

RIVERSIDE

REFLECTIONS

Newsletter of the New Westminster
Retired Teachers
January 2024



Colonel Richard Clement Moody

The President's Comments

by Kerry Babiuk

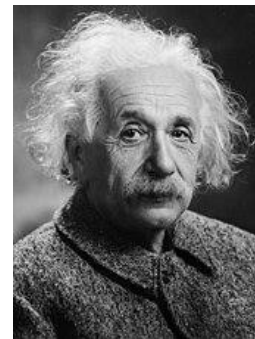
"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." – Martin Luther King, Jr.

We have just started a new year and as always this is the opportunity for change. It should inspire us with new hopes, thoughts, resolutions, etc. It is this positive thinking that will bring us joy and a sense of positive well-being. This feeling of euphoria releases endorphins and helps us create the changes that we want in our lives. We are all familiar with the saying "laughter is the best medicine" and that "hope and a positive attitude are as important as the medical treatment" one can receive. Researchers at the Mayo Clinic suggest that the benefits of positive thinking may include: lower rates of depression, lower levels of distress and pain, greater resistance to illnesses, better

psychological and physical well-being, and even better coping skills during hardships and times of stress.

It is this positive attitude that is vital to maintain good mental health. It is difficult to face the hardships of life without a sound and healthy mind. One of the things that we can do is surround ourselves with people who have a positive outlook and who eagerly encourage us. Also take the time to do activities that make you happy and be open to humour. Give yourself permission to smile and laugh.

Be cautious of negative thoughts. Worry and the constant anticipation of problems will just lead to stress and that will take the joy out of most of our daily activities. This will have an overall adverse effect on your physical and mental health. One of the most difficult things for many people is to accept themselves for who they are. It is too easy to worry about what others think and that we are not good enough. One needs to practice self-thought that is gentle, encouraging and most of all loving. As Norman Vincent Peale said, "Believe in yourself! Have faith in your abilities! Without a humble, but reasonable confidence in your own powers, you cannot be successful or happy."



Stay away from negative people. They have a problem for every solution. Albert Einstein

Richard Clement Moody

(Opening photo)

Colonel Moody was appointed the Chief Commissioner of Lands and Works and also the Lieutenant-Governor of British Columbia in 1858 and is often considered the father of

New Westminster. He was put in command of the Royal Engineers and arrived with a contingent of 170 sappers and miners. His duties included finding a site for a capital city which would also have the best possible military advantage, surveying sites for other towns, roads, and even a harbour.

A dispute quickly erupted between Moody and Governor Douglas (Hudson Bay man) over the site of a capital. Douglas preferred Langley, while Colonel Moody preferred New Westminster because of its better strategic position. Soon thereafter Colonel Moody established "Sappers Town" and then began the layout of the future capital city of New Westminster. He also designed many of the key roads around this new city. He established "Kingsway" thus connecting New Westminster with False Creek and "North Road" connecting New Westminster to Port Moody. He also was instrumental in constructing "Cariboo Road" and even "Stanley Park". He named "Burnaby Lake" and "Mary Hill". He even designed the first coat of arms for British Columbia. The opening photograph is from Wikipedia and can be found at:

<http://tinyurl.com/jm9ydybyb>

2024 NWRТА Meetings

Travelling is in our hearts

When: Monday February 12, 2024

Time: 11:30am to 2:00pm

Where: New Westminster Public Library

Lunch: Pizza, salad, dessert, tea/coffee

Cost: \$15.00

Speakers: Lisa Hansen - the travel insurance advisor for Johnson Insurance. She will be comparing the Prestige and Medoc travel plans. Please come with questions to ask of Lisa.

This will be followed by two short travelogues by Janet Sammon and Roxsane Tiernan.

This will be an RSVP event, so please email me if you are planning to join us for this lunch event.

Flash Mob or Pop Up Event

Something new - a two week notice of an event and those members who can show up it's a go. It could be three people or it could be 15. It could be to see a movie or a walk through a park. If you have an activity that you would like some people to join you, let me know and I will send out an email.

Watch for a notice about a pop up event.

Year end meeting/AGM

When: Late May/early June

What: TBA

THINGS TO DO AROUND TOWN

Bernie Legge Theatre

The Last Romance

February 8th to 25th

\$17

Massey Theatre

International Guitar Night

January 7:00 - 9:00pm

\$45 - \$50

Century House

Time for Change - Isobel Mackenzie

January 25 2:00 - 4:00

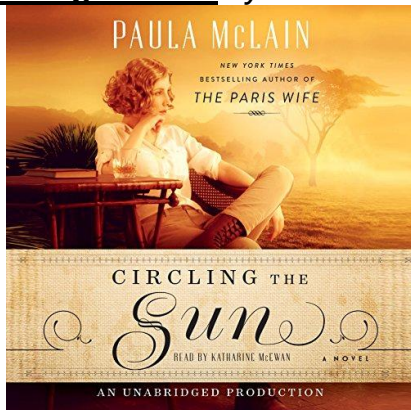
Free - pre-register at front desk or call 604 519 1066

Baskets for Bursaries

On November 29, 2023 the NWRТА held its annual "Baskets for Bursaries" at the New Westminster Library. We were entertained by High Strung, a harp duo, who regaled us with a pastiche of Christmas music. Throughout the luncheon, bids were placed on the 19 baskets created by our members. When the bidding was done, we raised \$765.00 and also received an additional \$170.00 in donations for a total of \$935.00. This is absolutely amazing for such a small association.

THE BOOK CORNER:

Circling the Sun by Paula McLain



If you happen to have an interest in aviation, specifically during the early 1930's, before the advent of Dreamliner 787s and Boeing 757s, the name Beryl Markham may be familiar to you. If you are asking yourself 'who is she?', get ready to launch yourself into a novel about a remarkable and captivating woman. She was one of the first women to fly solo across the Atlantic Ocean. Hmm.....hang on a minute....wasn't Amelia Earhart **the** first female solo pilot to cross the Atlantic back in 1932? Well, yes she was.....But Beryl Markham was the first female aviator to not only cross the Atlantic ocean solo, but to fly all that long way from east to west....against prevailing winds... in 1936 - only four years after Earhart stunned the world with her solo flight. Markham's original flight plan was from England to New York, but she ended up crash landing at Baleine Cove on Cape Breton Island, Nova Scotia. She survived and was hailed an aviation pioneer, as was Amelia Earhart.

So your next question might be....well, how did Beryl become interested in flying? We have to go back to her early years in colonial Kenya, having moved there at the age of four in 1906, to a 1500 acre farm estate consisting of a few huts and bush as far as the eye could see. Fast forward to her early adult years, Beryl has become a bold, young woman having been raised by her father and the native Kipsigis tribe who lived on the estate. She has also developed her knowledge and love for horses and

becomes a horse trainer and owner. Along the way she is swept up in number of relationships and affairs, most notably getting caught up in a passionate love triangle with safari leader Denys Finch Hatton, and Karen Blixen who is the author of the classic memoir *Out of Africa*. Hatton is also a pilot with whom Beryl had many conversations about flying and how it must feel like pure freedom. The love between Beryl and Finch Hatton enabled her follow her heart and reveal her true self...one that is destined to fly. Beryl also gets to know a fellow named Tom Campbell Black. And he is a pilot - the one who ultimately teaches her how to fly.

The most interesting thing about this book is the fact that it is a fictional biography...about real people whose lives unfolded in many ways...some by choice and others as a matter of circumstance. As you read this novel, you might see in your mind's eye the majestic and amazing landscape that is Kenya. And maybe just get a feel for how it might have felt to live in those times.

Just a note....if you want to read more about Beryl Markham, you might want to peruse her memoir written in 1942 called "West with the Night"...about her solo journey across the cold and unforgiving Atlantic ocean.

by Devon Codesmith

Unleashing the Power of Laughter: Reigniting Our Passion for Physical Activity in the New Year

Introduction

Picture this: a group of vibrant seniors engaged in an epic water balloon fight, laughing so hard that it sends ripples of joy throughout their bodies. Why shouldn't our golden years be filled with moments like these? And this is our call to action- it's time to embark on an adventure where physical activity and humor intertwine, allowing us to unlock the potential for a truly fantastic life. So, grab a cup of humor-filled inspiration

and let us unleash the power of laughter together!

1. Rewriting the Script on Aging:

Age is just a number when your spirit is uplifted with laughter. By incorporating humor into physical activities, we can challenge societal norms and redefine aging. Don't be afraid to embrace your inner child! Rediscover the joy of skipping, playing hopscotch, or even bursting into spontaneous dance parties. Let laughter mold the path towards a youthful existence that defies limitations.

2. The Chuckle Circuit:

It's no secret that laughter is the best medicine. Engaging in physical activity heightens our chances of experiencing those infectious moments of hilarity. Imagine the thrill of exercising while watching stand-up comedy or joining a laughter yoga class where laughter is the primary workout! By working those laughter muscles alongside our bodies, we can create a harmonious synergy that enhances overall well-being. Don't just exercise—it's time to exer-laugh!



Life is better when you're laughing.

3. Endorphins and Entertainment:

Who said workouts have to be dull and monotonous? Inject some humor into your fitness routine and let the endorphins run wild! Join a group exercise class where laughter is encouraged, or buddy up with a friend for a comedic power-walk session. As the endorphins flood our bodies, paving the way to enhanced mood, stress reduction, and improved cognitive function, we'll realize that combining physical activity and humor

isn't just a delightful experience—it's an incredible wellness strategy!

4. Sharing the Joy:

One of the greatest delights of laughter-infused physical activity is the chance to connect and share the experience with others. Organize a senior-friendly Olympics with silly challenges, or throw a "crazy hat" walking club gathering. By engaging in these hilarious yet meaningful activities, you'll forge new friendships, create lasting memories, and amplify the power of unity. Together, we can inspire each other to strive for better possibilities, revolutionizing what it means to be a senior.

Conclusion:

What better time than now to embrace physical activity with open arms and an open heart, infusing every step, jump, or dance move with laughter. As we rewrite the script on aging, let humor be our perpetual companion, our source of empowerment. Remember, limitations are shattered, and extraordinary possibilities are revealed when we combine physical activity and laughter. So, let's embark on this exhilarating journey together, where golden years are filled with joy, inspiration, and endless laughter. Unleash your inner comedian and find your path to an active, laughter-filled life! HAVE A HAPPY, ACTIVE AND SAFE NEW YEAR EVERYDAY!

by Judi Clark

AND YOU THOUGHT YOU KNEW MUSIC

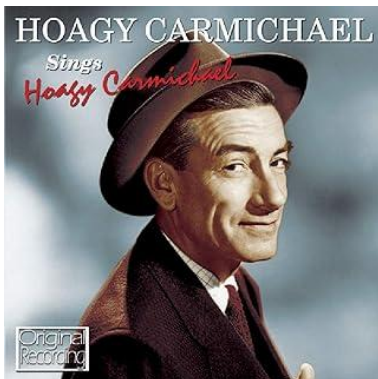
...Edition#14

Contributed by: Seedy

The purpose of this column is to show you how a well-known tune can be "personalized" – changed, if you will, by the artist or the arranger. A tune that may not interest you in one form may delight you in another. In this instance, we looked at *Heart and Soul* – a 1930's tune written by *Hoagy Carmichael* with words by *Frank Loesser*. So popular it charted from 1938 to 1961 - a classic to be sure; as it has stood the test of time – as we shall soon see and hear. This

has been covered many times, but since we are looking for different interpretations, I chose the following three for your consideration:

Firstly, the original, as Hoagy Carmichael wrote it: 1930's big band with a female torch singer. Betcha our parents enjoyed dancing to this one: [Bing Videos](#)



And now, for something completely different: (love the musicians and the close-ups, eh; but what ARE those instruments??) [Bing Videos](#)

And, by far my favourite: the one that we played in the band, or tried to dance to: [Heart and Soul-The Cleftones-original song-1961 - YouTube](#)

SPECIAL BONUS ADDITION for those of you who say “not the way my piano teacher taught it”. As the paragraph heading suggests, I suspect there are many of you out there saying “I took piano when I was ten years old, and what Seedy is peddling is not what I remember”. So, for you ONLY: [Bing Videos](#)

It boggles the mind, the talent of some people! Anyway, I've hope you've enjoyed our look at a great tune that will be celebrating its 100th birthday ere long. (WOW: lasted longer than the USSR!). Music, imho, should not be what the record companies (not sure what they are called in the 21st century) want you to hear; but what YOU want to hear. Whether you are a practicing musician, a funky dancer, or simply like background music when doing

crosswords, I hope I've shown how the music is not *theirs*, it is *yours*, if you choose to make it so.

Next edition's column is still in the embryonic stages, but is likely to be an early Canada Day special celebrating an **amazing** Canadian musician, and analyzing his best-known tune. Sorry folks, no more hints. Hope you check your emails in about three months.

THE ELDERLY

They call us "The Elderly. We were born in the 40-50-60's. We grew up in the 50-60-70's. We studied in the 60-70--80's. We were dating in the 70-80-90's. We ventured into the 80-90's. We stabilized in the 2000's. We got wiser in the 2010's. And we are going firmly through and beyond the 2020's. Turns out that we've lived through EIGHT decades, TWO different centuries, and TWO different millennia. We have gone from the telephone with an operator for long-distance calls to video calls anywhere in the world. We have gone from slides to YouTube, from vinyl records to online music, from handwritten letters to email and WhatsApp. From live matches on the radio, to black and white TV, colour TV, and then to 3D HD TV. We went to the Video store and now we watch Netflix. We got to know the first computers, punch cards, floppy discs, and now we have gigabytes and megabytes on our smart phones. We wore shorts throughout our childhood and then long trousers, Oxfords, flares, shell suits and blue jeans. We dodged infantile paralysis, meningitis, polio, tuberculosis, swine flu, and now Covid-19. We rode skates, tricycles, bicycles, mopeds, gasoline or diesel cars, and now we drive hybrids or electric. Yes, we've been through a lot but what a great life we've had! They could describe us as "exennials", people who were born in that world of the fifties, who had an analog childhood, and a digital adulthood. We've kind of "Seen-it-all". Our generation has literally lived through and witnessed more

than any other in every dimension of life. It is our generation that has literally adapted to "CHANGE". A big round of applause to all the members of a very special generation that is incredibly UNIQUE!

-- Author unknown --

THOUGHT FOR THE DAY

You are special

A popular speaker started off a seminar by holding up a \$20 bill. A crowd of 200 had gathered to hear him speak. He asked, "Who would like this \$20 bill?" 200 hands went up. He said, "I am going to give this \$20 to one of you but first, let me do this." He crumpled the bill up. He then asked, "Who still wants it?" All 200 hands were still raised. "Well," he replied, "What if I do this?" Then he dropped the bill on the ground and stomped on it with his shoes. He picked it up, and showed it to the crowd. The bill was all crumpled and dirty. "Now who still wants it?" All the hands still went up. "My friends, I have just showed you a very important lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20. Many times in our lives, life crumples us and grinds us into the dirt. We make bad decisions or deal with poor circumstances. We feel worthless. But no matter what has happened or what will happen, you will never lose your value. You are special – don't ever forget it!

KERRY'S TOONIES WORTH

or

One Step Away from Relevance

More Dad Jokes

1. I thought I saw an eye-doctor on an Alaskan island, but it turned out to be an optical Aleutian.
2. Time flies like an arrow. Fruit flies like a banana.
3. Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You

stay here; I'll go on a head".

4. I wondered why the baseball kept getting bigger. Then it hit me.
5. The midget fortune-teller who escaped from prison was a small medium at large.
6. When cannibals ate a missionary, they got a taste of religion.
7. A vulture carrying two dead raccoons boards an airplane. The stewardess looks at him and says, 'I'm sorry, sir, only one carrion allowed per passenger.'
8. Did you hear about the Buddhist who refused Novocain during a root-canal? His goal: transcendental medication.



What does
Jeff Bezos do before
he goes to sleep?

He puts his PJ-Amazon.

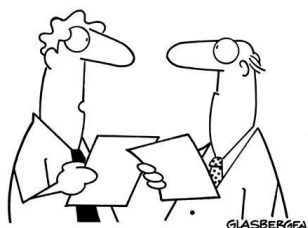
Ageism

1. The older I get, the more clearly I remember things that never happened." (Mark Twain)
2. "I'm at that age where my back goes out more than I do." (Phyllis Diller)
3. "Nice to be here? At my age, it's nice to be anywhere." (George Burns)
4. "First you forget names, then you forget faces, then you forget to pull your zipper up; then, you forget to pull your zipper down." (Rob Reiner)
5. "Old people shouldn't eat Health foods. They need all the preservatives they can get." (Bob Hope)
6. "At my age, flowers scare me." (George Burns)
7. "Everything seems to slow down with age, except the time it takes cake and ice cream to reach your hips." (Elizabeth Taylor)
8. "Time may be a great Healer, but it's a lousy Beautician." (Zsa Zsa Gabor)

Financial Advice

1. If gas for your car cost \$2.07 per/L and if you put in 128L, the cost will be \$267.52. However, if you drive away without paying, you will get a court date in about six weeks and a fine of \$80.00. This amounts to a savings of \$187.52.

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www.glasbergen.com



"I found a quick fix for our company's financial problems.
I removed the red ink cartridge from the printer."

2. If you take out a LOAN at your local bank, it will take you about 30 years to pay it back. However, if you ROB that bank, you'll be out in about 10years and you will have the added bonus of free room and board.

Follow me for more financial advice.

Monday Morning Musings

1. What did our parents do to kill boredom before the internet? I asked my 26 brothers and sisters and they didn't know either.

2. I tried donating blood today...NEVER AGAIN! Too many stupid questions: Who's blood is it? Where did I get it from? Why is it in a bucket?

3. When I offer to wash your back in the shower, all you have to say is 'yes' or 'no'. Not all this "Who are you and how did you get in here?" nonsense.

4. Struggling to get your wife's attention? Just sit down and look comfortable.

When I see lovers' names carved on trees, I think it's strange how many people bring knives on a date.



5. I grew up with Bob Hope, Steve Jobs, and Johnny Cash. Now there are no jobs, no cash, and no hope. Please don't let anything happen to Kevin Bacon.

6. One minute you're young and fun. And next, you're turning down the stereo in your car to see better.

7. Think you're old and you will be old. Think you are young, and you will be delusional.

8. Not in jail, not in a mental hospital, not in a grave—I'd say I'm having a very good day.

Clever Signs

IN A SHOE REPAIR STORE:

"We will heel you

We will save your sole

We will even dye for you."

ON A SEPTIC TANK TRUCK:

"Yesterday's Meals on Wheels."

AT AN OPTOMETRIST'S OFFICE:

"If you don't see what you're looking for,

You've come to the right place."

ON A PLUMBER'S TRUCK:

"We repair what your husband fixed."

IN A NON-SMOKING AREA:

"If we see smoke, we will assume you are on fire and will take appropriate action."

ON A MATERNITY ROOM DOOR:

"Push. Push. Push."

AT A CAR DEALERSHIP:

"The fastest way to get back on your feet ... miss a car payment."

AT A FUNERAL HOME:

"Drive carefully. We'll wait."

AT A CHICAGO RADIATOR SHOP:

"Best place in town to take a leak."

ON ANOTHER SEPTIC TANK TRUCK:

"Caution - This Truck is full of Political Promises."

Trump's visit to the Vatican

"I met with Pope Francis today. He's a really great pope — great, great pope You know he's the leader of the Catholic Church — big church. "I couldn't believe it when he told me how many Catholics there are. Way more than I thought. They have

churches all over the world; some are very, very close (so close) to my hotels and golf courses. He tells me he's elected for life, probably copying that Xi guy in China. Fantastic idea, though, sooo Fantastic. It turns out the pope is a lot like me, you never see him with his wife. He told me he's infallible. I said that's great, you'll never have to worry about breaking a hip. And he told me about a Mary Magdalene, beautiful girl, beautiful. Apparently a hooker. I asked him for her number. Didn't catch his answer. I'm told he said it in Latin. I give the guy credit because he doesn't look Latino. He took me into the Sistine Chapel. Beautiful ceiling. Not the usual white stucco stuff. I don't think too many people even know about this place. The paintings are great, I'm telling you. Lots of colours. The Pope (great guy, by the way, knows more about the Bible than almost anybody, we got along great. I think he really likes me) told me the whole thing was painted by this young Italian. I think his name is Mike Langelo. At least that's what Francis (we're great friends) called him, I think. Trust me, we're going to hear more about this guy. He's really artistic, and everybody tells me I have the greatest eye for the best art. It's natural, just like my incredible understanding of science.



All the renowned scientists say they can't believe it. I told Frank I'd like to buy some of Mike's art. I asked if Mike's done anything on velvet. He'll check (great guy). I'll hang his stuff at Mar-a-Lago or Trump Tower. This Mike guy needs more exposure. He's too much with the churches. He could paint my presidential portrait on the Capitol Dome. Or maybe a mural on my big, beautiful border wall; but just on our side. When we left, the pope gave me a Bible. Huge book (Huge.) I told him, " I have the

full set. You get one for free every time you take a porn star to a hotel room." Unbelievable. Just heard. The lame stream media is at it again. Fake news. (Fake news.) I just saw something on TV. They claim Mike the painter died 450 years ago. Sad. I've already got people looking into this and you won't believe what they're finding!

NWRTA EXECUTIVE, 2023-2024

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