

RIVERSIDE

REFLECTIONS

Newsletter of the New Westminster
Retired Teachers
October 2022



Firehall # 1 - 1910

The President's Comments

by Kerry Babiuk

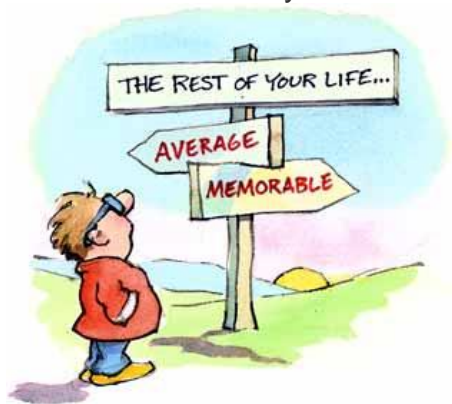
This summer I had the chance to travel and play with the Delta Music Makers. We had four concerts in England and two in France (at the Canadian War Memorials). While on this trip I had an epiphany, one of acceptance that I could lead a "normal" life again - free of fear, apprehension, and uncertainty about Covid. The trip from Vancouver to Manchester was made wearing a mask with the exception of eating and drinking. Once we landed and got on our band bus, the tour guide immediately informed us that there was NO MASK MANDATE in effect. If you wanted to wear a mask, go for it, but generally the Europeans had adopted an attitude that Covid is just another virus that you learn to live with. Being constantly surrounded by maskless Europeans I found that I wasn't as paranoid about Covid as I was at home. However, within eight days about 20 of the

band members had contracted Covid. Some had no symptoms, I slept for two days, and others simply had the symptoms of a cold. I think it was at this point that I jumped on the Eleanor Roosevelt bandwagon, "Life must be lived and curiosity kept alive. One must never, for whatever reason, turn his back on life." Now having said that, I'm not going to be careless - I won't be touching my eyes or mouth after touching a public handrail, door handle at a store, gate latch at the dog park, but at the same time, I'm not going to stop shopping for groceries or taking my dog to the park. I have accepted that Covid is here to stay and in many ways I am treating it just like a cold or flu. Every year I will get my booster shot and be hopeful that the booster is the right one for the new variant of the virus that has just evolved.

It was nice to see, when returning to Vancouver, that the Canadian attitude toward Covid-19 is also changing to "how do I live with the virus" as opposed to "how do I survive the virus". This certainly was true in Europe. Even our own Health Officer, Dr. Theresa Tam stated, "What we need to do going forward, as we emerge out of this Omicron wave, is recognize this virus is not going to disappear. We do need to get back to some normalcy." Dr. Kieran Moore, the Health Officer for Ontario, said that, "We're not out of the woods yet. We still have to be cautious, but we've learned significantly from the last two years and I believe we're in a much better position to learn to live with this virus and to be less fearful of it."

I think that living with this virus means taking the necessary precautions to keep yourself safe from the virus and being aware and being responsible toward other people around you. Getting back to "normal" is going to be different for each person. Each person is going to have to transition from fear to acceptance in their own way, get information from trusted sources, talk to family, friends, neighbours (anyone that you trust) and slowly become involved in the

things that make your life a pleasure and not one of fear and worry.



BCRTA AGM

Sharon Yeadon, our past President, was the NWRTA delegate to this year's AGM. She has provided you, the Riverside readers, a "Reader's Digest" abridged version of the two day conference. The two-page **summation** introduces you to the three keynote speakers, their themes, and includes some suggested readings as well.

Please open the attachment for the complete details of the AGM.

2022 - 2023 NWRTA Meetings

Wednesday, October 26th

The 'Hell-o-we'en Brunch

WHERE: Angelina's Dutch Corner, 810 Quayside Drive, Unit 122, New Westminster

HOW: Walk, bus, sky train, car pool. Pay parking available at the Inn at the Quay

WHY: Opportunity to see friends and colleagues that you haven't seen for a year.

MORE DETAILS: Meet at 9:30 a.m. on the boardwalk and chat with your fellow retirees. We will be seated at 10:00 a.m. Don't forget to sign in and get your chance to win a door prize. You can check the Dutch Corner menu at:

<https://angelinasdutchcorner.ca/>

This will be a RSVP event.

Email me at kgbabiuk@gmail.com if you are planning on attending. This is needed so we can give the restaurant a heads up on the numbers to be served.

November/December

Baskets for Bursaries lunch

WHO: All New Westminster Retired Teachers Association Members and Guests

WHAT: Baskets for Bursaries

WHEN: 11:45 a.m. - 2:15 p.m.,
Date TBA (late November/early December)

WHERE: TBA - Hopefully at the Centennial Community Centre, 65 East 6th Ave., New Westminster

HOW: Walk, bus, car pool. Parking behind the curling rink off of Cumberland Street.

WHY: To get an early start on the Christmas spirit.

FIRE HALL #1

(Opening photo)

New Westminster fire fighters are seen standing in front of Fire Hall # 1 on Columbia Street. Chief J.H. Watson is standing in front of the fire truck and there are portraits of King George V and Queen Mary hanging from the fire hall. This could then be the year of their coronation in 1910. The Fire Hall was located in the same building as the City Hall in the 500 block of Columbia Street. The building next door, on the south side, was the Post Office and on the north corner, the Bank of Montreal. This City Hall/Fire Hall was designed by architect F.J. Bauer and was officially opened on September 27, 1901.

This photo is from the New Westminster Archives. This is item IHP9183 and can be located at:

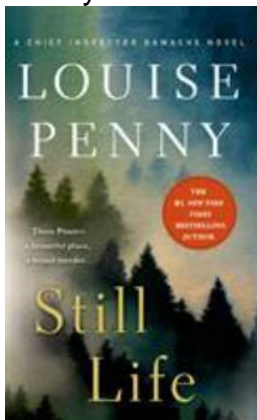
<https://tinyurl.com/3bx6xrtu>

THE BOOK CORNER:

We are back, thanks to a newly retired teacher, Devon Codesmith.

“A Penny for your Thoughts”.....
or Thoughts about a Penny, by the amazing author, Louise Penny.

I was recently looking for a new author to try. A friend suggested I might like the mystery/whodunit series written by Canadian author Louise Penny. Some of you may have already discovered this gem of an author. She had always dreamed of being a writer and pursued that dream when the opportunity arose. Her novels...eighteen in total so far...are set in Quebec, many of which take place in a delightful little village called Three Pines. The plots revolve around an intelligent, warm-hearted, and kind Surete du Quebec (Quebec police force) Chief Inspector, Armand Gamache. He specializes in homicide. You can follow the lives of an array of interesting characters, each with their own personalities and quirky characteristics. These characters, including Gamache, somehow make their way straight into your heart. It is also fascinating to read online about the author herself. It makes her writing that much more meaningful as I believe the characters are very close to her heart. It is especially nice to read a book series set in our own country.



I am currently on the thirteenth novel. So far each story has been better than the one before it – you can't wait to get to the next

one. I highly recommend these novels. The first one is called 'Still Life'. It has also been made into a movie. Watching the movie gives you a fair idea as to who is who. So, make yourself a café au lait or steaming hot cup of tea, curl up and immerse yourself in a novel by Ms. Penny. May you be as spellbound as I have been reading so many of her novels.

by Devon Codesmith

DINING WITH PATRICIA & JANET

Food Trucks

On the warm summer weekends there were food trucks in New West on Front Street Fridays and various other streets.

The Banh Mi makes delicious sandwiches on French bread in the Vietnamese style.

Japadog is always a favourite with its exotic condiments: grated daikon radish, Japanese mayo, wasabi (hot green mustard which can clear sinuses!), and pickled ginger to name a few. And tasty sausages.

Jerk Shack has yummy combos such as the spicy chicken with waffles!



Sixth Street Grill

This New West favourite is in the old diner style. There are obvious regulars. The service is friendly and the coffee is endless. The menu is large and typical of diner style portions. The veggie breakfast wrap was tasty and if you like blueberry pancakes this place is an alternative to the IHOP.

Landmark Restaurants in the Sky train station

There are several and if you like fresh handmade Chinese noodles (you can watch the master at work) try the Noodle Bar. It is casual and small but with great flavoured broth, veggies and different meats.

Soon it will be pumpkin pie and turkey season so, Happy Eating!

by Patricia Tanaka

Janet Sammond, our NWRTA Programs Coordinator, has kindly offered to share her recipe for that, "I need something that I can put together easily and tastes great dish" for a Pot-Luck lunch.

Hawaiian Beef Casserole

Ingredients

- 1 lb Ground Beef
- 1 can Kidney Beans
- 1 can Baked Beans
- 1 can Pineapple Tidbits
- 1 Onion Chopped
- ¼ Cup Brown Sugar
- 2 Tbsp Vinegar
- 1 Cup Ketchup
- 2 Tsp Dry Mustard

Method

1. Brown meat and add onions and cook lightly
2. Add the rest of the ingredients and stir lightly
3. Put in an oven safe dish
4. Bake at 350 F for 30 minutes

by Janet Sammon

I had the privilege to try this dish at our last Executive Meeting and all I can say is that it was "so yummy." I was shocked at how easy this dish was to prepare.

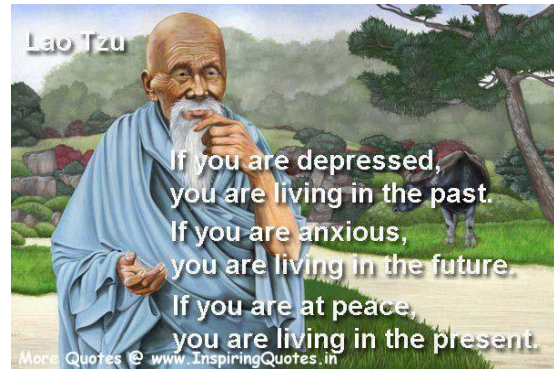
THOUGHT FOR THE DAY

Take that Leap

There's an old riddle that says five frogs are sitting on a lily pad. One decides to jump off. How many are left? If your answer is "four",

thank your arithmetic teacher for your excellent math skills. Unfortunately, this is not a test of your math abilities.

It's a life problem.



The correct answer is "five". Yes, all five are still sitting there on the lily pad. The one frog only decided to jump but hasn't. Life is not a spectator sport; it's indeed a contact sport and there are no practice sessions, and you've been in the game from day one. As Lao Tzu stated, "A journey of a thousand miles begins with one step" and not by thinking about taking that step.

Moral: Be the frog who not only decides to jump off the lily pad but actually jumps.

THINGS TO DO AROUND TOWN

Vagabond Players

at the Bernie Legge Theatre

Sherlock's Veiled Secret by K.C. Brown

October 6 - 22, 2022

Seniors - \$15.00

Anvil Centre

The Royal Canadian Theatre Company

Presents - Ghost of a Chance

October 22 - 29, 2022

Wednesday \$23.00 otherwise \$41.50

Shadbolt Centre

Burnaby Artist Guild

Presents - Falling in Love with Art

October 28 - 30, 2022

See attachment for full details

AND YOU THOUGHT YOU KNEW MUSIC

...Edition#9

Contributed by: Seedy

It is helpful sometimes to stray a little bit from the original narrow parameters to keep these columns interesting for the reader. And, I'd like to take this opportunity to make up for missing *International Women's Day*. I first asked myself if it was possible to develop such a column and yet stay true to the premise that music, and especially types of music with which the listener may be unaware and unfamiliar, can be interpreted in many different ways, not just as envisioned by the writer – one can take a tune and make it their own. I wondered if there is enough female talent to put together a whole column led by women. What follows are three women, from three countries in three continents with three “toe-tappers”. But THAT is where the similarities end.

Firstly, we take you to a sleazy basement bar in Paris, where we listen to a Michael Buble standard sung in English and Spanish:

<https://tinyurl.com/27vzskr8>

(If you get a message saying “your browser is up to date” please simply click “browse YouTube”). This tune turns out to be quite international all on its own, eh? Musicians will note how tacky that cheap stand looks, even in this grotty environment.

Next, off to Peru and a group I came across quite serendipitously. **Warning:** Men with heart conditions should have a close by. Note the beautiful countryside in the background, and the very subtle (?) product placement in the foreground.

<https://tinyurl.com/bdfmkaxh>



Lastly, off to North America and a young woman singing rock n roll. While most

people agree it is nigh on impossible to *define* rock n roll; I particularly enjoy this tune as I consider this one of the best (if not *the* best) examples of the genre: beat, chord progression, lyric repetition similar to blues tunes. BTW, note who the back-up gittar players are!! Recognize anyone?

<https://tinyurl.com/295jr247>

WOW, eh? Hope you enjoyed that as much as I did.

I haven't given much thought to the next column, which I believe is not due until early *next year*. But, expect to be back to the more basic “one song analysis” by then. Hey, if I don't get any interesting ideas, there's always *Louie Louie*. Perhaps you readers have some ideas on what you would like to hear analyzed. If so, send us your thoughts please.

OCTOBER TRIVIA

1. What kind of moon can you expect to see in October?
2. The Beatles' first single: 'Love me Do,' was released on October 5. What was the year?
3. The Orange Calendula is a flower associated with October. What is it commonly known as?
4. What went on sale for the first time on October 1, 1908?
5. What did Civil Rights leader, Martin Luther King, Jr., receive on October 14, 1964?
6. What was founded on October 24, 1945?
7. The biographical, 'First Man,' was released on October 12, 2019. Whose life was this movie about?
8. The first Monday of October is recognized and designated by the UN as what day?
9. In October 1926 this book was published and written by A.A.Milne. What was the book?
10. Who wrote the horror classic 'Frankenstein' and what was the name of the monster that Frankenstein created?

KERRY'S TOONIES WORTH

or

One Step Away from Relevance

Old Man and his Moped

An elderly man on a Moped, looking about 100 years old, pulls up next to a doctor at a street light. The old man looks over at the sleek shiny car and asks, "What kind of car ya got there, sonny?" The doctor replies, "1500+hp Porsche 917/30. It cost half a million dollars!" "That's a lot of money," says the old man. "Why does it cost so much?" "Because this car can do up to 320 miles an hour!" states the doctor proudly. The Moped driver asks, "Mind if I take a look inside?" "No problem," replies the doctor. So the old man pokes his head in the window and looks around. Then, sitting back on his Moped, the old man says, "That's a pretty nice car, all right... But I'll stick with my Moped!"



Just then the light changes, and the doctor decides to show the old man just what his car can do. He floors it, and within 30 seconds the speedometer reads 160 mph. Suddenly, he notices a dot in his rear view mirror. It seems to be getting closer! He slows down to see what it could be and suddenly, WHOOOSSSHHH! Something whips by him going much faster! "What on earth could be going faster than my Porsche?" the doctor asks himself. He presses harder on the accelerator and takes the Porsche up to 250 mph. Then, up ahead of him, he sees that it's the old man on the Moped! Amazed that the Moped could pass his Porsche, he gives it more gas

and passes the Moped at 275 mph and he's feeling pretty good until he looks in his mirror and sees the old man gaining on him, AGAIN! Astounded by the speed of this old guy, he floors the gas pedal and takes the sports car all the way up to 320 mph. Not ten seconds later, he sees the Moped bearing down on him again! The Porsche is flat out, and there's nothing he can do! Suddenly, the Moped plows into the back of his Porsche, demolishing the rear end. The doctor stops and jumps out and unbelievably the old man is still alive. He runs up to the banged-up old guy and says, "I'm a doctor.... Is there anything I can do for you?"

The old man whispers, "Unhook my suspenders from your side view mirror!"

Any Day Above Ground is a Good One

Over the last few years I notice that my morning ritual tends to be, grab the newspaper, read the obit column and if my name is not there, it's okay to have some breakfast and a cup of joe. I also notice that I tend to see things in a different light:

1. My tolerance for idiots is extremely low now-a days. I used to have some immunity built up, but obviously there is a new strain out there.
2. Do you ever get up in the morning, look in the mirror and think, "That can't be accurate."
3. I'm on two diets. I wasn't getting enough food on one.
4. God promised men that good and obedient wives would be found in all corners of the world. Then he made the earth round... and laughed and laughed and laughed.
5. Apparently RSVPing to a wedding invitation "Maybe next time," isn't the correct response.
6. I put my scale in the bathroom corner and that's where the little liar will stay until it apologizes.
7. I felt uncomfortable driving into the cemetery the other day. The GPS blurred

out, "You have reached your final destination."

Tablet - a small table
Tumour - one plus one more
Urine - the opposite of you're out

Gonna Be A Bear

by a woman and mother

In this life I'm a woman. In my next life, I'd like to come back as a bear. When you're a bear, you get to hibernate. You do nothing but sleep for six months. I could deal with that. Before you hibernate, you're supposed to eat yourself stupid. I could deal with that too. When you're a girl bear, you birth your children (who are the size of walnuts) while you're sleeping and wake to partially grown, cute, cuddly cubs. I could definitely deal with that. If you're mama bear, everyone knows you mean business. You swat anyone who bothers your cubs. If your cubs get out of line, you swat them too. I could deal with that also. If you're a bear, your mate EXPECTS you to wake up growling. He EXPECTS that you will have hairy legs and excess body fat.



Yup, I'm coming back as a bear!

The Fight Started

I was in bed watching "Who Wants To Be A Millionaire" with my wife. I rolled over and asked her, "Do you want to have some fun?" She looked me in the eye and quickly responded with a resounding "No". I proceeded to ask her, "Is that your final answer?" Without hesitation she replied, "Yes." I then said, "I'd like to phone a friend." And that's when the fight started..

The Garden of Eden

Surprise! Surprise! The first computer can be traced back to Adam and Eve. It was an Apple, but with limited memory. Just 1 byte, then everything crashed.



Fourth Grade Medical Dictionary

Barium - what doctors do when patients die
Coma - a punctuation mark
Dilate - to live long
Enema - not a friend
Fibula - a small lie
Morbid - a higher offer
Nitrates - cheaper than day rates
Rectum - nearly killed him
Seizure - a Roman emperor

The Beauty of the English Language

1. For most people when you lose your 'khakis', it means you've lost your pants. In Boston it means you've lost your car keys.
2. I asked a supermarket worker where they kept the tinned peaches. He said, "I'll see" and then walked away. I waited and waited and finally gave up. Low and behold I found them in Aisle C on my way out.
3. I visited a monastery, while on holidays, and happened to pass by the kitchen when I

saw a man frying chips. I asked him, " Are you the friar?" He replied, " No I'm the chip monk."

4. I plough on thoroughly through the rough although I cough and hiccough.

5. Since there was no time like the present, he thought it was time to present the present

October Trivia - Answers

1. Harvest moon
2. 1962
3. Marigold
4. Henry Ford's Model T
5. The Nobel Peace Prize
6. The United Nations
7. Neil Armstrong
8. World Habitat Day
9. Winnie-the-Pooh
10. Mary Shelly wrote 'Frankenstein' in 1818 and the monster had no name

Just in Case You Missed it

[R.S.V.P. Hell-o-we'en Brunch](#)

Just a reminder, if you are interested you need to email me at:

kgbabiuk@gmail.com