

RIVERSIDE

REFLECTIONS

Newsletter of the New Westminster
Retired Teachers
October 2023



T.J. Trapp Technical School - 1942

The President's Comments

by Kerry Babiuk

A new year for people in the teaching profession is well under way and also for those of us who are retired. As teachers, our year always began in September and not January like the rest of the world. Like every beginning we tend to ponder where are we going and how do we get there. This year brings a wide variety of issues, challenges, and the possibilities of new causes to champion.

The writers and actors strike made us all aware of the impact of AI. AI algorithms can be used to generate images, music, and even entire films. What happens to the creativity that evolves out of experience? AI can also allow students to create essays and projects. How will this impact the authenticity of their work? Book censorship, by select groups begs to ask, "Are we falling into the cradle of "1984"?

What about the impact of war? There are approximately 32 countries that are experiencing some type of conflict, whether it is an invasion, civil unrest, or fighting of

drug cartels. What about world hunger? About 10%, or 258 million people, from 58 countries, are dealing with acute hunger. On a more individual level, how are we affected by group participation, loneliness, and depression? How does our exercise, or lack of it, sleep, and nutrition impact our mental health?

These and many more issues face us every day and it is all too easy to say. "I'm okay", or "I'm too tired", or "I'm just one person what can I do?" As Alice Lukacs from, Life in the 90s states, "No matter how you feel, just get up, dress up, and show up. No excuses." Therefore don't give in, show up, and become a volunteer or champion a worthwhile cause.

BCRTA AGM

On September 29th and 30th, Orrie Babiuk NWRTA Treasurer and Kerry Babiuk NWRTA President attended the BCRTA AGM via Zoom. Friday featured a number of exciting speakers and was chaired by our very own ex-Secretary Dave Scott. The first speaker was Helene McGall, a fellow musician and retired teacher. She spoke about her teaching experiences in Nunavik and the opportunities that exist there today. Helene is 75 years young and has just signed up for another contract in this exciting territory.

Our second speaker was Jocelyn Wong who spoke on volunteering. She indicated that there is a need for volunteers in many areas, everything from schools to retirement homes. She also talked about what makes a good volunteer. A person should do a self assessment of; why you want to volunteer, what do you enjoy doing, what skills do you have that you would like to share, when can you help, and how many hours do you want to give. A great place to get started is the website, <https://volunteerbc.bc.ca/>

The next speaker was Bev Pitman from, Better at Home, which is funded by the B.C. government but is managed by United Way.

This program is about Aging in Place and being safe, healthy, and independent. A core function of this program is to ensure social connectedness and building relationships.

This was followed by Gerry Tiede and Lisa Hansen who spoke about changes in our Health Plan and the benefits in the Prestige Travel Plan.

The next speaker was Rob Field, from the B.C. Investment Corporation. They manage 253 billion dollars for 32 public sector clients in B.C., which we are one. An interesting comment was that for every \$0.25 we contributed to our pension plan we get back \$0.75 from investment returns. Bottom line is we are doing better than okay.

The final speakers were Graham Freemam and Sara Goldvine who spoke on B.C. housing. Graham pointed out that 88% of us want to remain in our own homes and that most of our equity is in the land and not our houses. Sara, from B.C. Housing stated that their purpose is to provide a place of belonging and being part of a community.

The highlight on Saturday was the election of officers as David Scott was elected second Vice-President of the BCRTA.

You can view the entire conference which is posted on the BCRTA website for AGM at:

<https://tinyurl.com/bddzvd7u>

T.J.Trapp Technical School

(Opening photo)

The Trapp Technical School was named after the hardware store owner T.J. Trapp. He was the Chair of the School Board for many years and was instrumental in incorporating technical training as part of the school program. In 1919, the provincial government agreed to lease the building and grounds of the old provincial jail, at the corner of 8th Street and Royal Avenue, to the City. Trapp Technical School opened in the following year. The physical nature of the old jail building was not particularly suitable as a educational institute, so a

new school was built adjacent to the old jail building in 1928. Later, the new building became known as the John Robson School. Both buildings were used for a number of years until the 1950's. By that time Trapp Tech and Duke of Connaught High School were considered to be too small for the growing student population. The two schools were replaced by a much larger senior high school, Lester Pearson. June 24, 1955 was the last day of school students at Trapp Tech. My sister-in-law, and retired New Westminster teacher was one of the first students to attend the new school. In 1966 Lester Pearson High School amalgamated with Vincent Massey Junior High School to form New Westminster Secondary School.

The opening photo is from the New Westminster Archives. This is item IHP7389 and can be located at:

<https://tinyurl.com/mr38p8me>

2023/24 NWRTA Meetings

Hallowe'en Lunch

Wednesday, October 18th
New Westminster Library
Catered lunch
11:30 - 2:00

Baskets for Bursaries

Wednesday, November 29th
New Westminster Library
Catered lunch
11:30 - 2:00
Silent Auction

Love is in the Air ???

Early February

THINGS TO DO AROUND TOWN

Massey Theatre

Oktopus
October 21st 7:30 - 9:30
\$45 - \$50

Queens Avenue United Church

May the Music Be With You: Music scores
by John Williams and other film composers
October 22nd 2:00 - 4:30
By donation

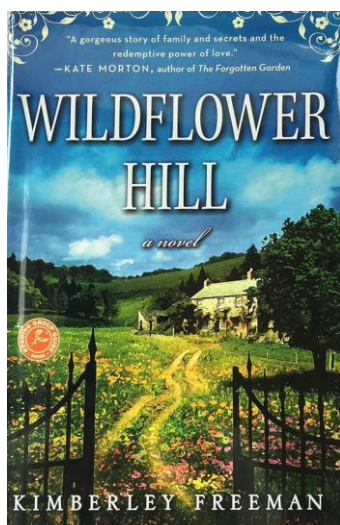
Bernie Legge Theatre

The Marvelous Wonderettes
November 30th to December 17th
\$25 - \$30

THE BOOK CORNER:

Wildflower Hill by Kimberley Freeman

If you have never been to Australia, this compelling novel spanning three generations and half the world away, will have you catching a glimpse of the lay of the land....specifically a sheep station located in an isolated and rural area of the continent. In the Australian wilderness, there is a place called Wildflower Hill. Just the name conjures up images and possibly connections to a few of the five senses. Maybe you can see the gorgeous flowers on the hillside; maybe you can smell the scent of the fields and fresh air.



Though the story doesn't start there. It begins in the late 1980's with a young girl named Emma practicing her ballet dance positions at the age of 11. Her Grandma loves to watch her dance. Her Grandma's

name is Beattie and was born in 1910. At the end of the first four pages we are immediately whisked back to the year 1929. Beattie is living in Glasgow, Scotland, is unwed and pregnant, and at a loss as to what to do. No sooner are we into the story about Beattie and the dilemma in her life, when we are propelled into the 21st century. It is 2009. Emma is now in her early thirties and a prima ballerina performing in London, England. This novel is atmospheric. You can't help but keep turning the pages to see what is going to happen next. It weaves its way back and forth between Sydney, Australia; London, Glasgow and even Tasmania. The lives of three generations are connected throughout the novel. It is a story of two very different women who have lived through heartbreak and share a legacy of secrets. Their lives are intertwined by fate, opportunity, love, and family.

As you read this story, you may likely be asking yourself questions. Will Beattie keep her baby? Is Emma's mother the baby born in 1929? As you turn each page your questions are answered. This is a novel about taking risks, believing in yourself and starting over. Beattie and Emma are two women discovering what they really want and finding that the answers may not be at all what they expect.

by Devon Codesmith

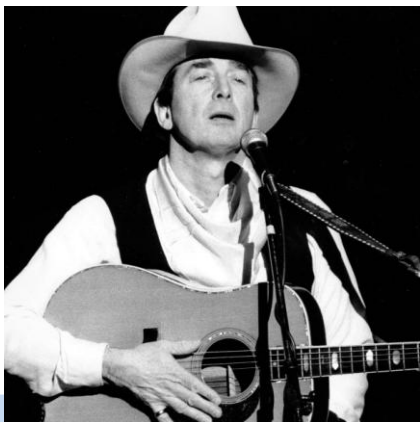
AND YOU THOUGHT YOU KNEW MUSIC

...Edition#13

Contributed by: Seedy

About a year ago, Canada's music scene lost a remarkable singer and songwriter. Ian Tyson has a reputation as long as a politician's promise list; and we won't attempt to rewrite it here, but DO google him if you are not familiar with his career and contributions. So, rather than the usual parsing of a well-known tune, we pay homage by examining some of the work of this Order of Canada recipient. We offer four tunes.

The first one is as much folk as country, and is a duet with his wife Sylvia. This tune is considered useful as it shows both his singing and song-writing abilities. This rendition also lets us listen to the written harmonies and the other feelings these two had for each other at the time. Should bring back memories. [Summer Wages - YouTube](#)



Our second selection is probably his best known, due to the oft-played (at least in Canada) Neil Young rendition. Why not Neil Young now, you ask? 'Cause everyone's heard him, and we have here a rare example of "Mr. tough guy" showing some emotion. (Maybe because his wife had just died and he had a few months to live had something to do with it). In any event, this tune is useful here in showing that the writing of an art student from British Columbia is good enough for a superstar from the USA to cover. [Johnny Cash - Four Strong Winds - YouTube](#) You have probably have heard Johnny Cash before, but *with such emotion?*

Ian can (could) sing other people's stuff. He wasn't just a country singer working for beers in places like the Paddlewheeler, this guy was GOOD! Here he is doing an old standard, albeit with a western twang and a trucker format: way to make this your own, Ian! [Ian Tyson blue moon - YouTube](#)

I can hear you wondering, lotta macho stuff going on here; too narrow-minded to write for those many great female singers out there? Thought you'd never ask! Grab a

listen to this one, non-believers: [Crystal Gayle - someday soon - Bing video](#)

He wrote a great tune; she sings it even greater! Sing from the heart, not from the chart. Tres bien!!

Well, not much I can add after that last one. Hope to have you back next issue.

EATING WITH IMPUNITY IN ITALY

by Devon Codesmith

Did somebody say gelato?? Or pizza? Or pasta? How about a kebab? A what??

All sorts of wonderful food to be had in Italy and Slovenia... And even more fun to eat when you're on a bike pedaling an average of 30 or so kilometers a day over five weeks. One can eat with impunity!! Of course that all changes when one returns home...

We enjoyed all kinds of meals in the various towns and cities in which we stayed. This most recent trip, both in Italy and in Slovenia, had us being introduced to the kebab. Basically like a donair or Greek gyro...often pork or lamb...cooked on a rotating spit and shaved into pieces. Add some veggies and yogurt sauce and wrap in a pita or flat bread. We enjoyed them for a quick bite...but basically they were as filling as a whole meal. And often were eaten right at the kebab stand while seeing the city sights.



And the gelato is fabulous in Italy. Many different flavours...my favourites were caffe and tiramisu. Sometimes we even had two cones in one day. Just ask for 'una pallina in cono' (one scoop in a cone) and the flavor (gusti) you want. Just divine!

If you ever find yourself in Levico Terme, Italy you could stay at the Hotel Lucia. A

lovely family-run establishment. We also enjoyed a fantastic dinner at the hotel, which at the time, was only 20 euros per person. And for your 20 euros you can enjoy antipasti (appetizer) such as melon and prosciutto, a prima piatto (first proper course in a traditional Italian meal) such as scrumptious pasta or risotto, a secondi piatto (yes,you guessed it – a second course) usually of meat and potatoes and a vegetable or an egg dish such as a formaggio(cheese) omelet also with potatoes/vegetable. And then of course...dessert!! Panacotta with whipped cream, or chocolate mousse and whipped cream. Outstanding! Or if you arrive in Tolmin Slovenia, you can dine on a fabulous capricciosa pizza at the Pizzeria Soco 202. They also serve gelato!

So if a trip to Italy is in your future....get your taste buds ready! And enjoy all that Italian cuisine has to offer!!

THOUGHT FOR THE DAY

A lesson in giving

Several years ago, Sarah, a retiree, worked as a transfusion volunteer at a hospital, where she got to know a little three-year-old girl suffering from a disease. The little girl needed blood from her five-year-old brother, who had miraculously survived the same condition. The boy had developed the antibodies needed to combat the illness and was the only hope for his sister. The doctor explained the situation to the little brother and asked if the boy would give his blood to his sister. I saw him hesitate only for a moment before he took a deep breath and said, "Yes, I will do it if it will save my sister." As the transfusion progressed, he lay in bed next to his sister and smiled, seeing the color returning to her cheeks. Then his face grew pale, and his smile faded. Finally, he looked up at the nurse beside him and asked with a trembling voice, "When will I start to die?" The young boy had

misunderstood the doctor and thought he had to die to save his sick sister.

"It's when you're acting selflessly that you are at you bravest." Veronica Roth

CLEAR THE CLUTTER

Once upon a time, in February 2017, the NWRTA had Elinor Warkenin attend our meeting and she presented a workshop on what to keep and what to get rid of. Her basic rules included the ideas that you keep things that "lift your spirit", "revitalize you", or simply "make you smile". Unfortunately, for many of us that means throwing out those things that bring you down or make you frown. This is hard because we all know that we will need that item someday. This "decluttering" can help you create a more harmonious home. It will create a better sense of mental well-being by removing a source of stress, that is the clutter that you are faced with. This clutter will steal your time and energy as you try to sort your way through the 'pile of junk' while looking for that one item that you know is there. It can even cost you money when you finally give up and resort to buying a new item and then finding it the next day or week. This does nothing for your peace of mind. Decluttering is about getting rid of the stockpile of 'treasures' so you have more time, space, energy and freedom for what matters most to you in your life.

"Clutter is nothing more than postponed decisions" — Barbara Hemphill

ADVENTURES IN ITALY

from the Seat of a Bicycle
By Devon Codesmith

Have you ever dreamed of taking a trip to Italy? Have you ever contemplated a trip to Italy and seeing the sights as you pedal along on your bike? Well...climb aboard a Lufthansa Boeing 787-9 Dreamliner pointed

in the direction of Italy....one of the largest countries in Europe.

My husband and I dreamed about it and have now been on half a dozen trips to Italy since 2009.....the most recent three trips have included some amazing bike tours. It helps that my husband's father's cousins live in a small village in the northeastern part of the country...an area known as the Friuli-Venezia Giulia region. Close to the Julian and Dolomite mountains and set in the countryside, it is a cyclist's paradise with loads of amazing bikeways. We have spent a lot of our visits cycling in various areas in the north eastern section of the country while staying in the village as a home base.

We went just this past May/June....Springtime is lovely...not too cold, not too hot. Though, it can be a bit rainy at times, especially in the late afternoon. In past years, prior to my retiring, we had to go in July/August when the cycling days were 30+ degrees Celsius on a regular basis. One day the temp hit 40+ degrees....thank goodness for Gatorade.



Biking in Slovenia

My husband is the trip planner...all tours, places to go and places to stay. We enjoy being our own guides...going at our own pace. Basically we cycle everywhere....sightseeing, to the grocery store etc. We manage to rack up about 1100 kms over a 5 week visit. Tour distances ranged from 30 to 80 kms a day. Trip

lengths were anywhere from six days to 16 days...depending on where we were headed. Four years ago we did a 16 day tour along the Danube...Tarvisio to Vienna. Cycled almost 900 km.

This past Spring, we went on two tours....one in Italy and one in Slovenia. On the Italy tour, we headed up by train towards the Swiss/Austrian/Italian border from Merano to a place called Malles Venosta. Then we cycled back to Merano - pretty much a gentle downhill all the way.

Ten days in total to cycle from Trento, our starting point, back to the front door of our rented apartment in the relative's village. Along the tour we stopped for the night in places such as Merano, Mezzocorona, Levico Terme, Bassano del Grappa, Vittorio Veneto and Maniago.

(Though when faced with a steep climb or an unpredictable roadway, we could usually get on a train run by Trenitalia.) That tour was about 460 km. Cycling back through the valley from Malles Venosta on amazing bikeways was nothing other than a slice of heaven.



Vittorio Veneto, Italy

Slovenia is also a beautiful country. We enjoyed visiting some lovely places such as Tolmin and Kranjska Gora, which was like a mini Whistler village. Throughout our trips, especially in the beautiful valleys surrounded by mountains and blue sky, I felt like I was in a pop-up fairy tale book. Nothing else on Earth existed but these places. And I was there....you could be too!!

KERRY'S TOONIES WORTH

or

One Step Away from Relevance

Dad Jokes

1. I once dated a girl who broke up with me because I only have 9 toes. Yes, she was lack toes intolerant.
2. I've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.
3. I've started investing in stocks: beef, vegetable, chicken. One day I hope to be a bouillianaire.
4. I accidentally rubbed ketchup in my eyes. Now I have Heinzsight.
5. I tried to come up with a carpentry pun that woodwork. I thought I nailed it but nobody saw it.
6. The Black-Eyed Peas can sing us a song but the Chick Peas can only hummus one.
7. Then there was the time Fruit of the Loom took Hanes to court... It was a brief case.
8. How much does a chimney cost? Nothing, it's on the house.
9. I was struggling to understand how lightning works and then it struck me.
10. I went to the paint store to get thinner. It didn't work.



Growing older

The preacher came to the house the other day. He said that at my age, I should be thinking about the hereafter. I told him I do - all the time. No matter where I am - in the

parlour, upstairs in the kitchen, or downstairs in the basement - I always ask myself "Now what am I here after?"

More fun about growing older

At Thornbridge Gardens, an assisted living centre, the people residing there had their own small apartments, but usually ate their breakfast at a central cafeteria. One morning Jim didn't show up for breakfast so a good friend went upstairs and knocked on his door to see if everything was alright. She could hear through the door and he said that he was just running late and would be down shortly, so she went back to the cafeteria. An hour later, Jim still didn't show up, so she went back towards his room. On the way she found him on the stairs and he had a death grip on the handrail and seemed to have trouble trying to get his legs to work properly. She said she would get an ambulance, but he insisted he was okay and had no pain, but could she help him the rest of the way. After breakfast he tried to go back to his room, but couldn't even make it up the first stair. Taking no chances, an ambulance was called. A couple of hours later the friend called the hospital to see how he was doing. The receptionist said he was fine, he just had both of his legs in one side of his boxer shorts.

More fun with ants

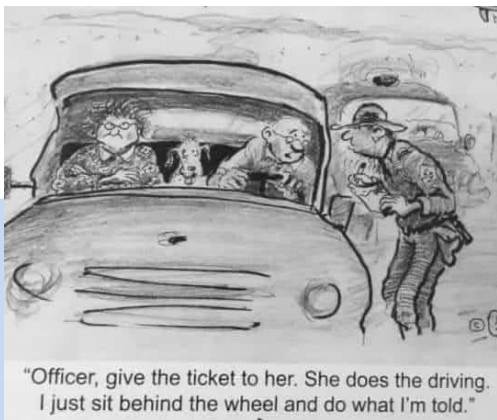
Ants outnumber us 2.5 times to 1, so we should become well versed on how they impact out society.

1. Ant that accumulated so much food in winter for summer = Abundant
2. Ant that doesn't need a change: Reluctant
3. An ant that keeps your books = Accountant
4. Ant that occupies an apartment = Occupant.
5. Very big ant = Giant
6. Big ant = Elephant
7. Ant that is important = Significant

8. An extremely fast ant = Instant
9. A dirty Ant = Pollutant
10. Ant that makes headlines = Important

And the fight was on

1. Susan turned to her husband and asked, "Do you remember the most stupid thing you ever said?" Jim replied, "I do."
2. While watching Nature of Things, Susan shared an interesting fact with Jim. "Did you know that a single ant can live for 29 years?" Jim queried, "What about a married one?"



Second opinion

Ever since Ken was a child he always had a fear of someone or something under his bed at night. So he went to a shrink and told him, "I've got problems. Every time I go to bed I think there's somebody under it. I'm scared. I think I'm going crazy." "Just put yourself in my hands for one year," said the shrink. "Come talk to me three times a week and we should be able to get rid of those fears." Ken asked "How much do you charge?" "One hundred fifty dollars per visit," replied the doctor. "I'll sleep on it," Ken said. Six months later the doctor met Ken on the street. He asked "Why didn't you come to see me about those fears you were having?" Ken replied "Well, at \$150 a visit, three times a week for a year, comes to a total of \$23,400.00. A bartender cured me for \$10.00. I was so happy to have saved all that money that I went and bought a new pickup truck." With a bit of an attitude the

shrink said "Is that so? And how, may I ask, did a bartender cure you?" Ken replied "He told me to cut the legs off the bed. Ain't nobody there now."

A second opinion never hurts.

More on Lexophilia

Lexophilia is a love for words and a fascination or obsession with playing with language, such as puns, wordplay, and wit. It involves a deep appreciation for the intricacies of language, its various meanings, and the creative possibilities it offers.

1. England has no kidney bank, but it does have a Liverpool.
2. Haunted French pancakes give me the crepes.
3. I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.
4. When the smog lifts in Los Angeles, U.C.L.A.
5. A dentist and a manicurist married. They fought tooth and nail.
6. A will is a dead giveaway.
7. With her marriage, she got a new name and a dress.
8. Police were summoned to a day care center where a three-year-old was resisting a rest.
9. A bicycle can't stand alone; it's just two tired.
10. Did you hear about the crossed-eyed teacher who lost her job because she couldn't control her pupils?



The Ten Commandments of Understanding Politics and Government Passed Down Through the Ages by the Esteemed!!!

1. We hang the petty thieves and appoint the great ones to public office ... Aesop
2. Just because you do not take an interest in politics doesn't mean politics won't take an interest in you ... Pericles (430 B.C.)
3. In general, the art of government consists of taking as much money as possible from one party of the citizens to give to the other ... Voltaire (1764)
4. A government big enough to give you everything you want is also strong enough to take everything you have ... Thomas Jefferson
5. A government which robs Peter to pay Paul can always depend on the support of Paul ... George Bernard Shaw



6. I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle ... Winston Churchill
7. Foreign aid might be defined as a transfer of money from poor people in rich countries to rich people in poor countries ... Douglas Casey, U.S. Political Operative
8. Giving money and power to government is like giving whiskey and car keys to teenage boys ... P.J. O'Rourke, Civil Libertarian
9. What this country needs are more unemployed politicians ... Edward Langley, Artist

10: In an era of pervasive political deceit, telling the truth has become revolutionary. Translation: Fake News and Alternate Facts are the New Normal ...

NWRTA EXECUTIVE, 2023-2024

- PAST PRESIDENT:** (Sharon Yeadon - President 2018)
- PRESIDENT:** Kerry Babiuk
- VICE PRESIDENT:** Karl Moser
- SECRETARY:** to be filled???
- TREASURER:** Orrie Babiuk
- COMMUNICATIONS OFFICER:** Kerry Babiuk
- PROGRAMS:** Janet Sammon
- COORDINATOR:** Patricia Tanaka
- MEMBER:** Jenni Lynnea
- AT LARGE:** Sydney Dean
- MEMBER:** Roxsane Tiernan
- AT LARGE:**

Please notice that the NWRTA has no Secretary. It would be nice if someone would volunteer for this position. We meet 4 or 5 times a year, usually via zoom and often for only 45 to 60 minutes. If you have a talent for summarization and feel like you would like to contribute to the direction the NWRTA is taking, please email me at kgbabiuk@gmail.com