



Huge iceberg in the harbour at Twillingate, NFLD, June 1, 2023 Photo Credit: Donna Sharpe

THE BRIDGE

KTRTA NEWSLETTER Editor: Donna Sharpe onlineoffice.ktrta@gmail.com

THE BRIDGE

*Bridges provide a link
Bringing people closer,
Filling the space with new possibilities.
Let's bridge age, status, race, differences
With uncommon humanity.
Let's bridge the gaps that chain us,
Unlocking our grandest vision for today.
By Barb Stankiewicz*

LETTER FROM THE EDITOR

Welcome to 2024. I hope you had a good Christmas and New Year. In this issue of *THE BRIDGE* we are covering a wide range of topics.

The photo you see above is one I took while in Newfoundland. It was a trip on my bucket list for many years as it was the only Canadian province I had not travelled in. I have more about that trip later in this issue.

The wildfires and weather were very much a major part of our lives in 2023, but not all things bad came from it, as you will read in Caroline Hilland's heroic story on page 2.

When Harvey Dalley decided to retire from his post-retirement hobby of website administration and close his website hosting project, CanWebPromotions, we were extremely sorry to lose Harvey's expertise. Our longstanding website, *KTRTA.ca*, is now officially closed, and we are using our Kamloops Thompson page on the BCRTA website to communicate with members. I did an interview with Harvey to reminisce about his sixteen-year post-retirement project hosting, administering and managing our website and forty others. You can read this interview later in this issue. It's on page 8.

Our former newsletter editor, Frank Veszely, has not been sitting idle since his retirement project as editor of *THE BRIDGE*. He has had two books published; take a look on page 10. He has been working on these books for many years.

On page 25, you'll find the reports of our three AGM delegates, who represented your interests at the 2023 BCRTA Conference and AGM. This year, at short notice, the conference needed to be held online via Zoom due to a labour dispute at the venue where it was to be held. It was definitely not our favourite way to attend the conference, sitting at home and viewing it online. But under the circumstances, it was an effective way of holding the conference, rather than cancelling it.

There is much more to read as you go through this issue of *THE BRIDGE*, so relax and enjoy the photos, stories and articles.

Do let me know if there is something you would like to see in the Spring/Summer issue that will come out later in the year. My heartfelt thanks and congratulations go out to everyone who helped me by contributing to this issue: Caroline Hilland, Troylana Manson, Pat Petley, Frank Veszely, Harvey Dalley, Noeleen Bunney, Marlene Olineck, Rosemarie Stoltze, Glenn Dreger, Marney Bethell, and Marnie Strong.

Wishing you the best in 2024,

Donna Sharpe, Editor



MEMBERS' STORIES

My Adventures Fire Fighting

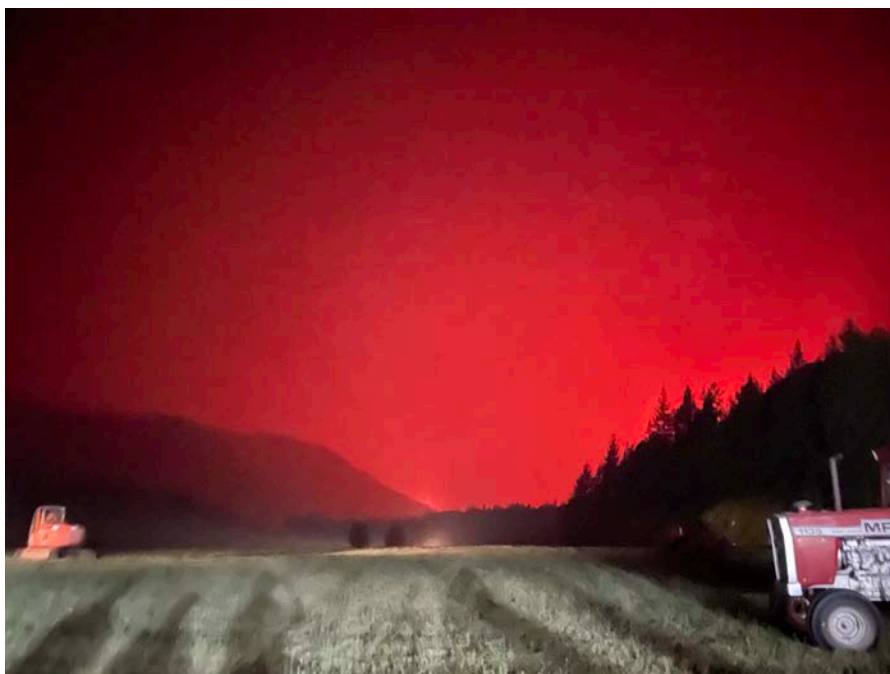
by Caroline Hilland

If you had asked me what I'd be doing at age 60, firefighting wouldn't have been my first guess. But then you never know what adventures await you if you are open to them.

In this case, it was our new neighbour, the chief of the Anglemont Fire Department (AFD), who brought the idea to our attention. Mike and I hadn't even unloaded the moving van when he was in the driveway making his sales pitch, and hence, a week later, we both found ourselves as the newest recruits. Originally, I decided that my skill set was best suited for office duties, so I assumed the administration of the fire hall. I also honed my first aid skills and became a member of the rehab unit. Mike, on the other hand, decided to undertake the training to become a full-fledged firefighter. We had no idea of what would befall us and the community almost exactly one year later.

The first of the call-outs in regards to the Bush Creek East wildfire came late on Thursday night, August 17, 2023. We were summoned to a property above Celista,

"...in a pitch-black field we could see the orange glow of the approaching wildfire all around us."



In the field at Meadow Creek on August 17, 2023. Photo Credit Caroline Hilland

where, in a pitch-black field, we could see the orange glow of the approaching wildfire all around us. It was more than eerie as we could feel the wind picking up, but could do nothing to intervene after receiving directions from the BC Wildfire Service (BCWS) that we must stand down and wait for their crews to arrive.



From the boat looking towards Celista as the firestorm raged. Photo Credit: Caroline Hilland

We returned home at 4:00 am, but I didn't sleep that night thinking about the glowing menace making its way towards us.

The next call came later that same morning. Once again, we raced to the field above Celista but were reassigned to do structure protection at North Shuswap Elementary School. Well, not all of the AFD staged at the school, as the rehab unit, Kath, Sue and I, were diverted to the Scotch Creek Fire Hall to set up rehab there.

The hall at Scotch Creek was empty, save for the chief, Ben, who stood outside monitoring his radio. Kath, Sue and I set up the rehab inside and

waited for the firefighters in need of water, food and medical attention. No one came. In the kitchen were sandwiches, so Kath decided she would run some to our crew in Celista, leaving Sue and me without a vehicle.

Just previous to this, the BCWS had lit a back-burn in the hills above Lee Creek to prevent the Adams Lake wildfire from spreading. Once lit, however, the wind direction changed and suddenly the two fires merged to become the inferno that was the Bush Creek East wildfire. Lee Creek, adjacent to Scotch Creek, was the first community to be ravaged by the firestorm. Thus Ben directed his units to protect the bridge between the two communities as it provided the only viable escape out of the North Shuswap (save a very remote logging road through Seymour Arm, 75 kilometres to the east). That's when I began to get nervous, realizing that we were stranded at the hall. Sue called her husband who was at home in Magna Bay, and Scott agreed to pick us up and take us to the others in Celista.

For those unfamiliar with the North Shuswap, I need to explain that there is only one main road which strings each of the little resort communities together. After exiting the East Trans-Canada Highway one travels along Squilax-Anglemont Road, which hugs the lake's north shoreline through Lee Creek, Scotch Creek, Celista, Magna Bay, Anglemont, St. Ives, and finally, Seymour Arm. Thus Scott had to travel west from Magna Bay to Scotch Creek. But by the time he got midway at Ta'Lana Bay, the fire had descended down the mountain and reached the road.



Working with a crew from Eagle Bay Fire Dept. I'm the one with the blue hard hat. Photo Credit: Caroline Hilland

Undaunted, Scott made the harrowing journey, and so we jumped in his truck and headed back the way he had just come. Scotch Creek had been placed on an evacuation order, and the town was deserted, although, the baseball field was laden with classic cars left there by their owners as if huddling together in safety. The three of us sat in silence as Scott raced us all back toward Celista.

Alas, when we got to Ta'Lana Bay the vehicles ahead of us began turning around, as trees candled on each side of the road. Scott, having just driven through, was certain he could make this gauntlet, but I insisted he stop so that I could phone Mike. Meanwhile, Mike and Anglemont crew were heroically battling the fire on the other side of Ta'Lana Bay, but they were beaten back by the flames. "Don't try to drive through!" he yelled, "You will be incinerated!" Scott did an abrupt u-turn and we raced back to Scotch Creek.



Me putting out spot fires above Celista. Photo Credit: Caroline Hilland

“...we stared in disbelief at the shoreline, which appeared to be one great wall of fire...”

Again at the Scotch Creek hall, I could see the fire coming down the mountainside towards us. Ben was still out front, and I could hear frantic voices coming from his radio as his firefighters were battling to save the bridge. I jumped out of the truck and ran over to him. “Ben, what is the evacuation plan?” He stared at me blankly. I then went into the fire hall, turned out the lights, and shut all the doors. This is the last time I’m going to see this hall, I thought to myself, and I was right.

My next instinct was that we needed to get down to the lake. We drove to the marina and parked the truck in an open area, then Sue called her uncle in Sorrento. He gallantly agreed to boat over and transport us up to Magna Bay. However, the winds had kicked up the lake, so the little boat had to battle through white-capped breakers to get us to safety. Bouncing madly in the back of the open boat we stared in disbelief at the shoreline, which appeared to be one great wall of fire with huge orange clouds billowing in the air. Surely there will be nothing left of my beautiful Shuswap home!

When we came ashore we learned that Celista and Magna Bay were also on evacuation order. Sue’s neighbour agreed to drive me home, while she and Scott packed to leave via the treacherous Seymour Arm route. Between Magna Bay and Anglemont is the Ross Creek Store, where I saw that the AFD had regrouped. “Stop!” I yelled, “I’ve got to join them!” And thus, even though the thought of being at home was enticing, my need to be with Mike and my team was the only antidote for the fatigue, fear and confusion that had suddenly overcome me.



Me training as a full fledged firefighter.
Photo Credit: Caroline Hilland

And confusion did reign. The power had gone out, and evacuees were gathering at the store to arrange rides, boat passage or refuge for the night. The wind was still driving the fire towards us, and we wondered at what point we would have to run to gather our own belongings. The Celista Fire Department had already been evacuated to St. Ives, so we were the last line of defence. Then something truly miraculous happened...the wind stopped.

"You're sticking close to me now," Mike stated, as he pulled me up into the engine. Then the AFD made its way back into Celista. We went to the school and sprayed it down once again. It was just getting dark, and all around the school we could see houses suddenly light up like torches, and we could hear the loud popping of propane tanks exploding in the distance. It was surreal. Dave, the old guy who owns the garage, had refused to leave, and he sat in a lawn chair with a hose in one hand and a beer in another, transfixed. His garage is still standing today.

"I worked 12-hour days for three weeks pulling out hoses, dragging hoses through the bush, dousing smouldering logs, rolling up hoses and carrying them back to the truck. And I loved it."



Some of the crew and I on patrol. Photo Credit: Caroline Hilland

And so it was that over the next few days, our crews put water on the structures in Celista, saving many of them.

As for me, I was assigned to a crew which set up sprinklers and put out spot fires on the properties above Celista. I worked 12-hour days for three weeks pulling out hoses, dragging hoses through the bush, dousing smouldering logs, rolling up hoses and carrying them back to the truck. And I loved it.

I love that I can point to a house and say we helped save it. I love that the community is so grateful and appreciative that I feel like a hero. I also love that I am still learning new skills and that I have garnered new confidence in myself.

I know that when the chips are down I can make good decisions and stay safe, so I am now pursuing further training to become a full-fledged firefighter at age 60. And who would ever have guessed that?

“I know that when the chips are down I can make good decisions and stay safe, so I am now pursuing further training to become a full-fledged firefighter at age 60.”



A thank you sign posted along Squilax-Anglemont Road. Photo Credit:
Caroline Hilland



Harvey Dalley's Retirement Project: CanWebPromotions

Interview with Harvey Dalley by Donna Sharpe

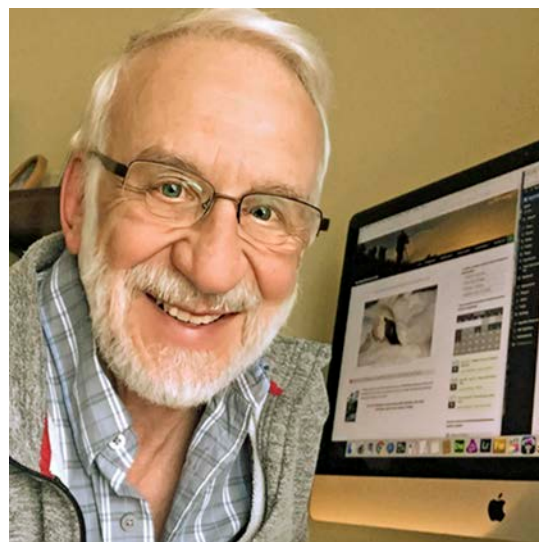
Harvey Dalley recently closed his web hosting service, CanWebPromotions. We have benefitted from his technical skills and enjoyed having our local retired teachers' website, which was created by Harvey sixteen years ago and hosted and monitored by him ever since. I interviewed Harvey about his adventure with the technical world of website design and hosting.

DS Thinking back to the time when you helped the KTRTA set up our website, what were the reasons for setting it up?

HD I retired in 2006 and was pursuing a hobby of building websites — the first of which was for Haldane Elementary School back in 1996. I learned that the Kamloops Retired Teachers' Association spent hundreds of dollars mailing out copies of *THE BRIDGE* - twice each year! I immediately arranged to meet with Darrel Johnson and Frank Veszely to discuss the idea of building a website that could, among other things, present the newsletter to be read online and/or downloaded for printing in order to cut costs dramatically. I registered the original domain name, krta.ca, and launched our first website in 2007. On the 22nd of September, 2019 I registered the new domain: ktrta.ca. Around this time, the site was also updated to the WordPress platform. This allowed other association members to participate and the Web Content Manager (WCM) role began. This has been a huge help in keeping the site content relevant and up-to-date. My role as Site Administrator focused on providing a premium hosting experience, assisting the WCM, and monitoring the technical aspects of maintaining an active website.

DS Were you an early adopter of computers as a teacher? What captivated you most?

HD Absolutely not! My introduction to computers was at Stuart Wood Elementary during my early years of teaching. An Apple rep gave a demonstration to our staff — and I was NOT impressed. I had just purchased a number of math game cards for my classroom. I felt that, for a small fraction of the cost of just one computer, these game cards provided a much more valuable learning experience and certainly a more efficient use of student time. To this day, I believe that computers were brought into elementary schools long before they could provide any valuable learning experience beyond what students were already receiving...at far less cost! Most available software at the time was classed as *edutainment* - that's *entertainment* with the possibility of a little *education* along the way...maybe.



DS How did you use computers in the early days of computers? What did you like best/least?

HD Well, love 'em or hate 'em, it soon became apparent that computers were here to stay. Some years later, at Haldane Elementary School, I adopted a more positive attitude and began to explore how this new technology might better serve as an educational tool. I set up one of the first SD73 *Computer Labs* with nine Commodore 64 computers in a small room off the library. This approach seemed to work much better than having them wheeled about individually on carts. As the concept of computer labs took hold in elementary schools, I managed our first lab of 15 PCs — not networked. A colleague, Bruce Nelson, introduced me to the *Accelerated Reader Program*, but there were some issues running this program on 15 independent computers. This was very demanding of my time, but it provided opportunities to advance my computer knowledge and skills. All the while, I also dabbled in programming with the Commodore 64 and developed a program called *Fast Facts Math*, which was made available at BCTF Teaching Resources. A later version of this program was written for PCs.

Very early on I also had opportunities to experience and learn the value of teaching children about programming. *LogoWriter*, a programming language for children, was, in my opinion, the best thing that happened with computers in education — at least in those earlier years. Later on, with the arrival of class-sized, networked computer labs, I also enjoyed using tools such as Word Processing and simple Spreadsheets with students. Computers had become, potentially, a valuable teaching tool — as opposed to very expensive, “*edutainment*.”

Later in my career I was presented with the opportunity of becoming the Teacher Librarian for Haldane Elementary School. After we managed to get a small, networked computer lab in the library I thought it time to re-visit the *Accelerated Reader Program*. This turned out to be, in my opinion, the

absolute best use of computers in education that I had experienced. I developed a companion incentive program called the *All-Star Reader Program*. This combination was a huge success school-wide. It was a lot of work, but well worth the effort. When used correctly, the *Accelerated Reader Program* did a lot to encourage the vast majority of students to read more and read better. Clearly, using computers in this manner is one of the things I liked best.

My *All-Star Reader Program* was used in a few other elementary schools as a companion to their *Accelerated Reader Program*. All Good! View here if you wish: <https://archives.hjdalley.ca/webdesign/allstarreader/index.html>

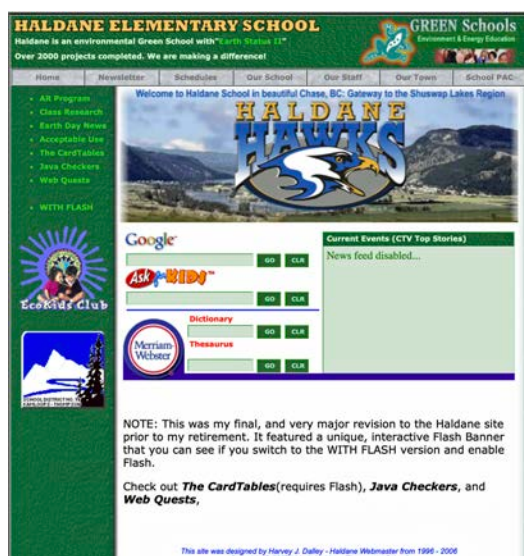


Photo Credit: Harvey Dalley

DS What do you love the most about computers nowadays?

HD I very much love the little computer I hold in my hand. It is a camera that meets my current needs as an amateur photographer. It is simple to use, edit and share photos. And, of course, I can surf the web, check email, send texts to family and friends, and, Wow, it even has a phone built in! What's not to love? My new iPhone 15 Pro is so good I've decided to sell my Sony RX10 IV Super Zoom. Is anyone interested? Check Marketplace.

DS What encouraged you to set up a website hosting service, CanWebPromotions, as your retirement project?

HD Long before I retired, I had built a few websites for friends and family as add-on domains under my single hosting plan. As my collection grew and I made the switch to WordPress, this approach was no longer adequate. I switched to a reseller plan, which had to have a name, and I settled on CanWebPromotions — because my goal was simply to assist people in promoting their interests on the web. This allowed me to set up individual, WordPress Optimized hosting plans for all my clients and this helped pay for my hobby.

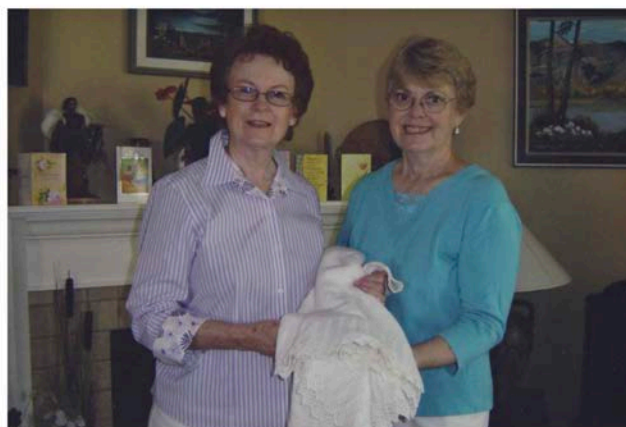
DS What sort of services did you provide with CanWebPromotions?

HD My primary service was always the designing and building of websites. Hosting has always been in support of that. I've never promoted "hosting" as a stand-alone service. Over the years, I have built and hosted over 40 websites. I enjoyed meeting with potential clients to discuss and learn about their special interests, be it photography, art, public service or small business. Applying that knowledge in designing a website to showcase that interest was always a rewarding challenge. My hosting plans included a number of "Premium" additions such as regular optimization, off-site backups, top-of-the-line themes and image galleries from Imagely and Genesis as well as special events and directory plugins.

The K.R.T. Bridge

Fall 07

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Our motto: "It's great to remember but the bliss is to forget."

Raffle raises TRU Bursary to over \$ 50,000

Bursary Chairperson Bev Maxwell on the right presents the lovely Swedish knit throw donated by Joan Cole to the happy winner. Liz Bryson, now of Vancouver, has taught for many years in Kamloops and purchased the ticket on one of her frequent visits to our dinners. Congratulations, Liz! We are all happy for you.

Bev reports that the raffle has raised \$ 1,390 Dollars and as of April 1, 2007 the balance in the KRTA-sponsored TRU Bursary has reached \$ 51,355.53. She says Liz was "thrilled to receive the throw, cushions and quilt stand, especially when she knew the throw was donated by Joan Cole." She concludes: "We can be very proud of our contributions over the years." Indeed, Liz, and thank you and members of the Bursary Committee for your efforts.

Cover of THE BRIDGE newsletter posted online back in 2007 when the website was first launched. Photo Credit: Harvey Dalley

DS What was your most enjoyable part of being a computer and website consultant?

“I seemed to fall naturally into it, and my interest just grew along with the experience and knowledge I was enjoying.”

HD For some reason, this new technology seemed less intimidating to me than it did to most of my colleagues. Once I came to accept it, I seemed to fall naturally into it, and my interest just grew along with the experience and knowledge I was enjoying. Sharing this new knowledge at district and school-based workshops was quite enjoyable, and although I have never been a trained expert, I do believe I made a positive contribution to the whole movement of bringing computers into elementary education in our district.

DS What was the most challenging part of being a website host, what are your plans for your upcoming second retirement as you close CanWeb Promotions? What now?

HD Hosting websites does cost money. My goal was always to try and break even. It's nice if you have a hobby that supports itself. Charging and collecting a fee was necessary, but not something I enjoyed. However, I guess the biggest challenge was just keeping up with the constantly changing technology. My first websites were all hand-coded (HTML) and designed for one viewing platform: desktop computers with EGA monitors. Viewing platforms went from desktops with various screen sizes, to laptops, then tablets and smartphones — each needing special accommodation in webpage design.

Coding standards changed as well. One time, I received special recognition for my use of “Frames” in website design, but that became obsolete, and those sites had to be updated. This encouraged me to move from basic HTML to professional “mobile first” design templates and later on to WordPress. WordPress is probably the most common CMS or Content Management System in use worldwide — about 43%. WordPress allows the client(s) to become involved in maintaining the content on their site, thus relieving me of some of that responsibility...and that was a good thing! What now? For sure, I can do without the stress of trying to keep up with this rapidly changing technology. I expect to scale back to just one or two personal websites that require very little maintenance, but I think most of my time will focus on photography/videography. I really enjoy restoring old photographs and making short videos of family events and travel.

“WordPress is probably the most common CMS or Content Management System in use worldwide... WordPress allows the client(s) to become involved in maintaining the content on their site”

DS What's your best tip or encouragement for retired teachers who are longing to be more savvy with the latest devices?

HD Hang in there...it can only get worse! Seriously though, I do think technology is getting much more user-friendly over time. I remember telling students how important keyboarding skills are in this new world of computers...well, now we have Siri, Alexa and a few other virtual assistants to help out — not to mention the likes of ChatGPT.

My current photo editing program uses artificial intelligence (AI) to restore faces in old photographs...how cool is that? Soon we won't have to think at all. Just talk to our lapel pin to converse with friends afar, order dinner, turn on the TV, be reminded when to take our medications and head off to bed. Thinking for ourselves is highly overrated anyway. Mmmm...now that's a thought!

“ ...technology is getting much more user-friendly...now we have Siri, Alexa and a few other virtual assistants to help out...my current photo editing program uses artificial intelligence (AI) to restore faces in old photographs... how cool is that?”

If you are having trouble with newer technology the simplest solution is to ask any newer person. Most kids delight in helping us poor old folks with the stuff they are so fluent in.

DS How will you keep busy in the months and years ahead?

HD It will take some time to shut down CanWebPromotions. I don't want to up and leave any of my clients stranded. I expect to continue with photography, videography, kayaking, long walks and maybe some travel. Currently, I'm doing photo editing/restoration for my sister-in-law, who is writing an extensive family history. Recently, I consulted with a friend who wanted to build a WordPress website for his place of work. I'm sure other such projects will come along. What now? For sure, I can do without the stress of trying to keep up with this rapidly changing technology. I expect to scale back to just one or two personal websites that require very little maintenance, but I think most of my time will focus on photography/videography. I enjoy restoring old photographs and making short videos of family events and travel.

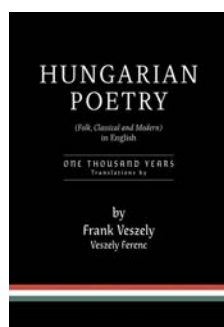
DS On behalf of the KTRTA, thank you, Harvey, for sixteen wonderful years as the Creator, Developer, Administrator and Content Manager of our website. You provided us with a premium hosting experience with all of the technical aspects of maintaining an active website. THANKS SO MUCH!



BOOKS OF NOTE

Hungarian Poetry in English by Frank Veszely

by Frank Veszely



Why translate my own poems? The one-word answer is *family*. My family is English speaking, and the language I speak at home is English. On the other hand, my mother tongue and the language of much of my poetry is Hungarian or, more precisely, Magyar. After I retired, I wrote many poems in the Magyar language and my family wanted to know what I was writing as much as I wanted to share with them what I wrote. I wrote a lot, and although I did not translate everything I wrote, I translated a lot. Practice makes perfect, they say, and I had a lot of practice. This is how, in time, I became a skilled translator. The

skills involved in writing poems I brought with me from Hungary, as it was my youthful ambition to become my nation's next great poet.

Why translate the poems of others? The one-word answer is responsibility. The need to translate others' poetry was already there and growing for centuries. Watson Kirkconnell published *Hungarian Helicon* in 1985 (Do look him up on the Internet!), but that was pretty much it. To Kirkconnell, Magyar was just one of the many languages he translated poetry from, and while he was very skilled, his translations made me realize that a Hungarian poet to translate Magyar poetry into English was greatly needed. I then realized, with some fright, that this humongous task was on my shoulders.

So, what motivated me to become a translator was revealed to me by my sense of responsibility. Talent and ability come with responsibility, so when the opportunity arose to translate, I felt it was my duty to

answer the call. Opportunities came first as a curiosity, then led me to study Hungarian Canadian literature, and later, Toronto publisher Rose Dancs requested translations for her bilingual literary magazine, *The Kaleidoscope*. Other requests followed. But mostly, I relied on my treasured four-volume anthology of Hungarian poetry in Magyar that I purchased with my first paycheque and brought with me when I escaped from Hungary. Whenever I found myself alone, I worked on translating these, beginning with folk poetry and then working through the centuries. These volumes were the rock on which my house of translations was built.

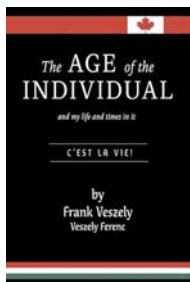


Photo Credit: Frank Veszely

“What motivated me to become a translator was revealed to me by my sense of responsibility.”

The Age of the Individual by Frank Veszely

by Frank Veszely



This book is my autobiography set in the history of our lifetime. It contains my written reactions to the life I was fated to live from my childhood to the present in the form of essays, letters, short stories, literary criticism, biography, a one-act play and, of course, several poems.

Thematically, it covers wide-ranging, major topics like education, health care, immigration, politics and propaganda, fortune and misfortune. The book deals with historical events like Communism, the Hungarian Revolution, Hungary and Transylvania, the changes in the US after 911, and the History of the US-Canada relationship.

Philosophy and religion are further topics. I write about the lying world

we live in, issues with

democracy and the

news media. In a

personal vein, I write

about becoming a Canadian, living with heart

disease, the consequences of our daughter's head injury, and my career in teaching.

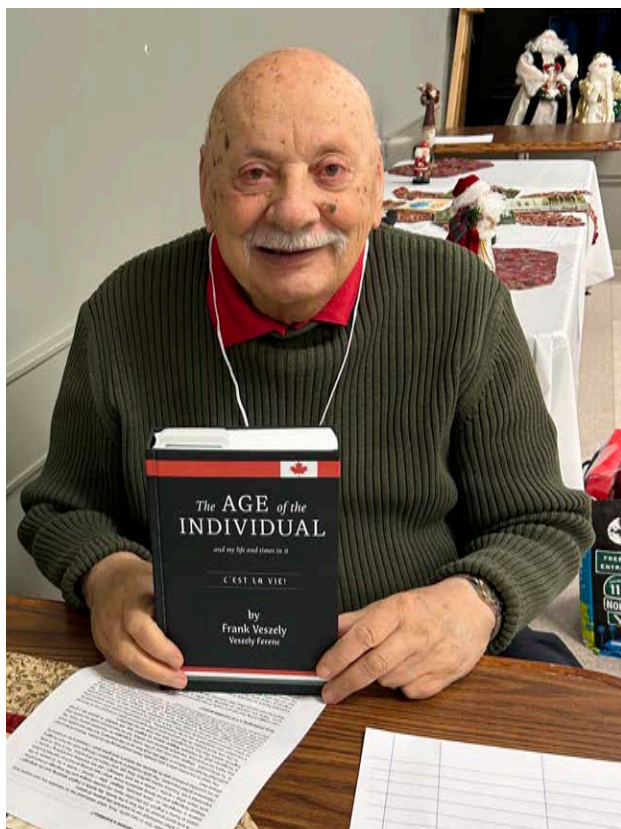
Of local history, I recount the AJAX fiasco in what should have been headlines, as the *Age of the Individual* arrived in Kamloops. I share a study of two significant Kamloops poets, Alex Forbes and Gary Gottfriedson, as well as my mentor, John Miska. This is not a complete list.

Frank's books are available at Friesen Press

[https://books.friesenpress.com/store/title/](https://books.friesenpress.com/store/title/119734000354183116)

119734000354183116, Amazon or contact Frank at fveszely@gmail.com.

"I write about the lying world we live in, issues with democracy and the news media."



Frank Veszely at our November Lunch & Learn.

Photo Credit: Donna Sharpe



TRAVEL

Newfoundland

by Donna Sharpe

Over the summer, I had the good fortune to visit Newfoundland with my sister, her son, and his wife. The four of us spent eight days driving around with a rental car and pre-booked accommodations arranged by my niece. We saw and experienced some incredible things during our trip, but most importantly, we had a great time as a family.

“...we made a list of things we wanted to do during our trip, including getting screeched-in, seeing icebergs and puffins, eating lots of seafood, hiking a bit, and visiting the easternmost point of land in North America...”

We had made a list of things we wanted to do during our trip, including getting screeched-in, seeing icebergs and puffins, eating lots of seafood, hiking a bit, and visiting the easternmost point of land in North America. We were also open to discovering sights that we had not known about before our trip. We managed to do all of that and more, making our trip an unforgettable experience.



Lighthouse at Cape Spear. Photo Credit Donna Sharpe

Cape Spear was exciting to see as it is the most easterly point of land in all of North America. The old lighthouse was first built in 1836, and it is the oldest still-standing lighthouse in Newfoundland.

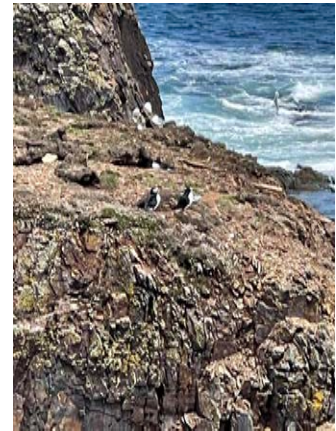


Bruneau Centre Photo: Donna Sharpe

If you are a fan of the TV show *Hudson and Rex*, you might be familiar with this building. The popular TV series is filmed in St. John's, and I told my niece, Val, that I wanted to take a photo of the St. John's police station that often appears in the show. To my surprise, I found out that the building is not actually a police station, but a research building located at the University!

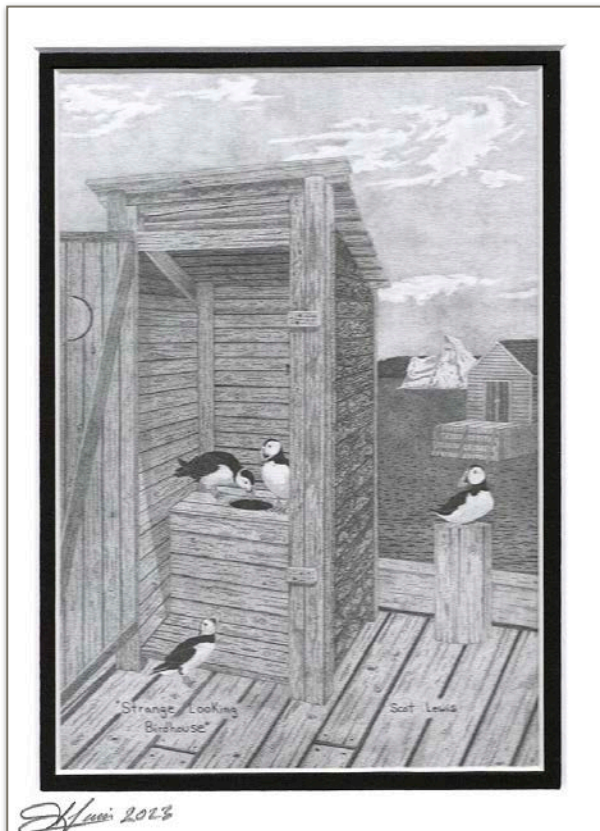


Photo Credit: Donna Sharpe



Puffins near Elliston, Nfld.

Photo Credit: Donna Sharpe



"Strange Looking Birdhouse" Here is a photo of a humorous drawing I purchased in NFLD. The artist is Scott Lewis. Photo Credit: Donna Sharpe



Atlantic Puffin, Elliston Nfld. Photo Credit: Ryan Hodnett
<https://commons.wikimedia.org/w/index.php?curid=89514274>

During our journey to Trinity, we had the opportunity to observe some charming and adorable puffins near Elliston. Their unique and colourful beaks were a sight to behold and added to the overall beauty of the natural surroundings.



My nephew eating a whole lobster for dinner. Photo Donna Sharpe

One of the best experiences I had was at Christian's Pub in St. John's where we got screeched-in. The bartender was an excellent storyteller, but the most impressive part was when he asked each of us (and there were more than 50 people!) to introduce ourselves by name and where we were from. He then used each person's name when he presented the frozen cod for us to kiss and later when he gave us a little glass of screech to drink. The bartender only needed a prompt to remember the name of one or two people out of the 50 people there. It was such a memorable and fun experience.

The "screech-in" is a ceremony performed on "come from aways" or "mainlanders" involving a shot of screech, a short recitation, and the kissing of a cod. It is often performed either in homes or more commonly in town pubs.



The bartender presented me with a frozen cod to kiss! Photo Credit: Donna Sharpe

During our journey from St. John's to Trinity, we had the opportunity to visit the quaint town with the unconventional name, Dildo. We were pleasantly impressed by the warm hospitality of the locals and stumbled upon a charming brewery that offered a great selection of food and drinks. As we enjoyed our meals, we couldn't resist taking a look at the brewery's merchandise. Of course, I purchased a sweatshirt with the brewery's logo on it, as a fun keepsake of this memorable experience.

"One of the best experiences I had was at Christian's Pub in St. John's where I got screeched-in."



Dildo Brewery, St. John's
Photo Credit: Donna Sharpe



Mystery Trip

By Rosemarie Stoltze



Hoodoos near Sagewood Winery
Photo credit: Rosemarie Stoltze



Hoodoos near Sagewood Winery.
Photo Credit: Rosemarie Stoltze



Photo Credit: Rosemarie Stoltze

We were fortunate enough to purchase the Mystery Trip for Four at our KTRT Club's Annual Silent Auction last Spring. After much contemplation and planning, we finally agreed on a date to embark on this adventure. Our mystery destination was the Sagewood Winery, located to the east of Kamloops. Along the way, we stopped to take some beautiful photographs of the hoodoos, and we were amazed by their beauty and grandeur. The hoodoos were a sight to behold, and the brilliant blue sky added to the charm of the scenery.

At the winery, we were greeted by the owner's son, a young and enthusiastic man who gave us a tour of the wine facility. We got to taste some of their finest wines. The wine tasting was an experience to remember, and we each selected a bottle of wine to take home as a souvenir.

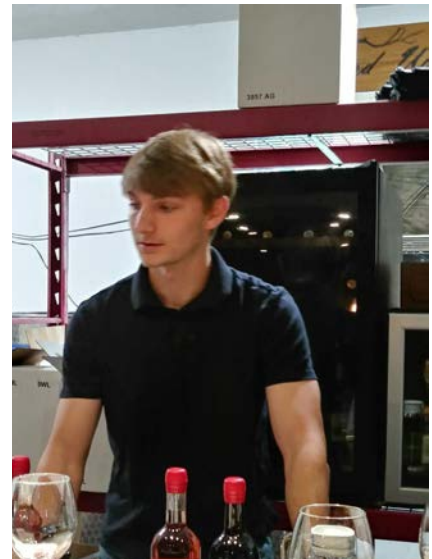


Photo Credit: Rosemarie Stoltze

As we were getting ready to leave, we met another group of people who were celebrating an upcoming wedding. It was a delightful sight to see them enjoying the ambiance of the winery, and we couldn't help but join in on the celebration.

Our mystery trip and picnic was a memorable experience filled with new discoveries and good company during a beautiful day of warm sunshine.



HEALTH & WELLNESS

Taoist Tai Chi®

by Donna Sharpe

Taoist Tai Chi® is a moving art that does much for the individual who is practising it on a regular basis. It is described as a moving meditation and involves slow deliberate movements that help the body, mind, and soul. There are several aspects to Taoist Tai Chi®, but the basics start with learning to do a set of 108 moves. Usually one learns this with a group of others who are also learning. It is a volunteer organization with clubs practicing Taoist Tai Chi® all over the world. Sessions are led by volunteers. When doing the set, one experiences a general workout of the entire body: muscles, bones, internal organs, and the mind. One receives energy and support from a group of individuals who are practising together. It can be done at any age and even with some physical challenges. There is a way to do Taoist Tai Chi®



Photo Credit: Fung Loy Kok Institute of Taoism

from a sitting position if mobility is compromised. To learn more about the organization, you can go to taoist.org on the internet, watch people doing it, and read about some of the benefits.



Photo Credit: Fung Loy Kok Institute of Taoism



Photo Credit: Fung Loy Kok Institute of Taoism

Personally, I have enjoyed 20+ years of practising Taoist Tai Chi® here in Kamloops. It is good for improving balance,

reducing stress, and helping general fitness. It's also great for meeting interesting and caring people. It is an organization that extends across Canada and to many countries. I have enjoyed going to sessions in Alaska, and Quebec, but the opportunities to practise with others are endless. The beauty is that it doesn't matter what language you speak, the practice of Taoist Tai Chi®

“...a general workout of the entire body; muscles, bones, internal organs, and the mind...”

is the same worldwide. At our Lunch & Learn in January, a group of Taoist Tai Chi® participants will demonstrate many of the movements while sharing their passion and enthusiasm for this intriguing form of exercise.



RECIPE

Waldorf Astoria Carrot Cake

Recipe from the Waldorf Astoria Hotel, New York City

At the end of our April Lunch & Learn, several people asked for the carrot cake recipe. Here it is.

Cake

1 cup white sugar
1 cup olive oil
3 eggs
1/2 tsp salt
1 1/3 tsp baking powder
1 1/3 tsp baking soda
1 1/3 tsp cinnamon
1 1/3 cup flour

Mix in the order given and beat well.

Add:

2 cups grated carrot
1/2 cup chopped walnuts

Line a lightly greased cake pan with parchment paper.

Bake in a 300-degree oven for one hour.



Photo Credit: Wikimedia Commons

Cream Cheese Icing

8 oz (250 g) package of Philadelphia cream cheese
1 1/2 tsp butter
1/4 tsp almond extract
1/2 tsp vanilla
1 1/4 cup icing sugar



KTRT CLUB REPORT

A Significant Milestone

by Pat Petley, KTRTA Club President

We had two KTRT Club executive meetings in 2022-2023. In August 2022, the Club recommended the distribution of \$500 each to the Thompson University's Retired Teacher's bursary fund, (which generates two annual KTRTA bursaries), \$500 to Canadian Harambee Education Society (CHES), \$500 to Kamloops Immigrant Services, (to assist with their work with the Ukrainian resettlement), \$100 to Kamloops Hospice, and \$50 towards the Peace Walk.

\$1937 was raised this year at the 2023 Annual Silent Auction - this includes cheques written directly to TRU and CHES. Wow! Thank you everyone! Our Kamloops Retired Teacher's endowment at TRU now totals over \$102,000. Our endowment was recognized by Thompson Rivers University, and we were added to the TRU President's Club. This is a significant milestone for Kamloops Thompson Retired Teachers!



Photo Credit: Glenn Dreger



OUR LUNCH & LEARN GET-TOGETHERS

September Lunch & Learn - Kamloops Literacy by Fiona Clare

by Donna Sharpe

On September 22, we had our traditional Harvest Sharing Table with Fall flowers, herbs, plants, vegetables and fruits to share with one another. Our presentation, by Fiona Clare, was about the *Bright Red Book Bus* and other wonderful volunteer opportunities with Kamloops Literacy.



Photo Credit: Donna Sharpe



Photo Credit: Donna Sharpe

October Lunch & Learn - Dreams of Travelling to Greece and Beyond by Tom McLean, Trip Merchant

by Donna Sharpe

We had a most delicious Greek feast and an interesting and informative presentation about travel by Tom McLean from Trip Merchant.

Tom told us about many of the places he has taken groups on vacation, explaining the benefits of travelling with his company: savings, loyalty programs, trip contests, a newsletter, group departures, matching up singles, assistance with travel visas when required, and more...



Greece Photo Credit: Wikimedia Commons

Tom's presentation showed us many photos of worthwhile places to explore and included stories about some of the people who have travelled with one of his group tours, and he certainly made us think about the possibilities for our own travel plans. He answered questions at the end of the session and stayed to talk with individuals if they wanted to discuss their plans in more detail.

Most importantly, he gave us the contact information to get started on our own travel plans:

bcрта.tripmerchant.ca The password is BCRTATM18 info@tripmerchant.com or 1-800-481-9739



Caroline Miller with Tom McLean Photo Credit: Donna Sharpe



Marion and Mary Ellen. Photo Credit: Noeleen Bunney



Noeleen Bunney speaking with Tom McLean Photo Credit: Donna Sharpe



Cora Jones, Marney Bethell, Sandy Baird. Photo Credit: Noeleen Bunney



Pat Petley with Tom McLean Photo Credit: Donna Sharpe

November - Traditional Christmas Luncheon

by Marlene Olineck



Photo Credit: Donna Sharpe



Photo Credit: Donna Sharpe

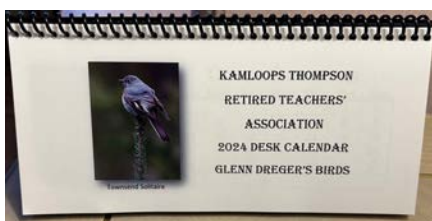


Photo Credit: Donna Sharpe

WHAT A PARTY!!! Huge kudos to all who made our Christmas luncheon so much fun!

The tables were festively decorated, complete with Christmas crackers. The food was delicious. We even had wrapped Christmas gifts! Marion got us all in the Christmas spirit with songs of the season.

And what a perfect Santa....he truly was a jolly old St. Nick as he and his elves delivered little treats to each person there. The gingerbread was the best. It was wonderful start to the Christmas season.

Each of us received a beautifully wrapped gift. It was placed at our table spots. Thank you to Marney Bethell, Noeleen Bunney and photographer Glenn Dreger for their work on this lovely gift of a desk calendar.



Photo Credit: Donna Sharpe



Photo Credit: Donna Sharpe



Photo Credit: Rosemarie Stoltze



BCRTA ANNUAL CONFERENCE & AGM

KTRTA Delegates' Conference Reports (conference highlights: <https://bcрта.ca/category/conference2023/>)

by Donna Sharpe, Troylana Manson, and Marney Bethell



Inukshuk at Rivière-Koksoak, Nunavik
Photo Credit: Martin Tuchscherer, <https://commons.wikimedia.org/w/index.php?curid=56802844>

Teaching in the North - Helene McGall has taught in several countries; she shared her recent experience of teaching in Canada's North and the challenges and rewards of doing so. At 75, Helene reflected on her own indigenous identity (Metis), some of the tragic events of Northern Quebec's history, and lessons learned during her time teaching in Nunavik-Quebec.

After opening the Conference with a formal land acknowledgement, Helene provided some historical context by briefly recounting

some of the injustices that occurred when many Inuit families were forcibly relocated by the Canadian government from their traditional lands.

She also talked about her welcome as a teacher in the North and the positive attitude toward education that prevailed in Nunavik. At the graduation ceremony, the school administrator congratulated the four graduates that year and praised them for their hard work. Then, at least ten community members spoke about the importance of getting an education.

She told a few stories about her work with the children and how she adapted her teaching to their way of learning, which had traditionally been to watch and listen for a long time before doing it themselves. She talked about being invited to one of her student's birthday parties and how it made her feel accepted in the community. She told us about going on community picnics and eating berries, Arctic char, ptarmigan, moose and other local foods.

Helene ended by saying that it was rewarding to teach in Nunavik, and she encouraged anyone looking for an impactful retirement adventure to consider submitting an application to the Kativik School Board; they currently have 50 to 60 vacancies available.

Nunavik means "great land" in the local dialect of Inuktitut.

“It could be a one-time deal, a once-a-week stint, or a bigger commitment. Many people say volunteering changed their lives.”

Trends in Volunteering - Jocelyn Fong explained the different ways in which Richmond Cares Richmond Gives (RCRG) supports volunteer work. RCRG is a member of Volunteer BC which is one of many organizations throughout Canada that helps people find volunteer opportunities that fit their interests and abilities. To get started, it is recommended to visit a local Volunteer Centre or check out *Volunteer BC* online. There are over 30 volunteer centres listed in BC, including Volunteer Kamloops on Victoria Street. Volunteering provides a sense of fulfillment and the opportunity to contribute to one's community. Jocelyn shared a story of a volunteer who delivered groceries to an elderly woman each week and discovered that he was the only person who ever visited her. The delivery meant much more to her than just groceries.

It could be a one-time deal, a once-a-week stint, or a bigger commitment. Many people say volunteering changed their lives.

Better At Home (BAH) Program - The Better At Home (BAH) initiative was developed as part of United Way's seniors' services to help seniors age-in-place. Non-medical home support services include visits, transportation, yard work, home repairs, snow clearing, housework and grocery shopping, which are provided by volunteers, contractors or staff. There are eighty BAH programs in BC; all seniors are eligible to apply at <https://betterathome.ca/>. Various ministries help fund the cost of services, but a nominal fee may be charged. The BAH report for 2022-2023, showed that 3/4 of the people applying for services live alone, and 3/4 are women. All reported feeling safer, more connected and better able to stay in their homes thanks to receiving services from BAH.

BC Teachers' Pension Plan Fund Investments - Rob Field is one of the managers of our BC Teachers' Pension funds at British Columbia Investment Management Corporation BCi®, one of the largest institutional investors in Canada, handling over \$233 billion dollars. It is overseen by a board of seven members, one of whom is a BCRTA member. There were several takeaway points. First, our pension fund is in excellent shape, is being well looked after and safe from “being acquired” by the government. They are our private funds, not government funds. Second, the interest rate has recently improved, and thirdly, BCi® uses an “ESG” investment strategy, which stands for “Environment, Social and Governance.” The ‘Environmental factor’ focuses on evaluating a company's environmental impact, such as risks and opportunities associated with climate change. The ‘Social factor’ focuses on evaluating a company's impact on people and communities. The ‘Governance Factor’ focuses on evaluating issues such as how the company is run and executive compensation. It is important to know that 75% of every dollar received in pension payments comes from investment returns achieved by BCi®.

“... our pension fund is in excellent shape, is being well looked after and safe...”



KTRTA Delegates' BCRTA AGM Report

by Marney Bethell, Donna Sharpe and Troylana Manson

At the BCRTA AGM, there was the Call to Order, Adoption of Agenda and Minutes, and then a report was presented by the Pension Trustee, Al Cornes. This was followed by the elections of BCRTA officers for 2023-2024:

President	Arnie Lambert
1st Vice President	Carolyn Malm
2nd Vice President	Dave Scott
ACER-CART	Steve Bailey
Directors, Lower Mainland	Barb Mikulec, Linda Wilson, Pat Theisen and Ros Kellett
Outside Lower Mainland	Dave Denyer, Marg Sutton, Stephanie Koropatnick, Charlene Hodson

The BCRTA Finance Statement was reviewed and questions from the BCRTA membership were answered. I have the Annual BCRTA Financial Statement, and I will bring it to our *Lunch & Learns* for anyone who would like to review it. Our association is run mainly by the hardworking volunteers listed above, with only four paid employees, listed below:

Executive Director	Tim Anderson
Office Administration	Kristie Josephson
Administration Assistant	Laurie Boyd
Receptionist	Amberly Tse

Committee Reports were presented by the Chair of each of the following committees: *ACER-CART, Advocacy, Communication, Excellence in Education, Heritage, Membership, Member Well-Being, Pensions and Benefits, and Personnel*. The BCRTA provides us with the *Committee Reports Booklet*, which includes each committee's report. This booklet will be available for you to look at at our *Lunch & Learns* or can be found online at the BCRTA website.

At the last AGM, it was voted on and passed that our BCRTA annual membership fees be increased slightly to \$56.00. Each year following this one, our BCRTA membership fees will be increased by the same percentage as the annual cost of living allowance (COLA).

“...Each year following this one, our BCRTA membership fees will be increased by the same percentage as the annual cost of living allowance (COLA)...”



KTRTA Delegates' R.R. Smith Foundation Report

by Marney Bethell, Donna Sharpe and Troylana Manson

At the R.R. Smith AGM, the KTRTA delegates presented a motion: "That the R.R. Smith Memorial Foundation name be changed to the British Columbia Retired Teachers' R.R. Smith Memorial Foundation." It received a favourable reaction from the RR Smith Foundation Committee, has been referred to the committee for discussion and will be voted on at next year's AGM. They agreed that the amendment would give clarity, however, it is not an easy task to change the name, as it is registered with the BC Provincial Government, and all pamphlets, literature, and banners would need to be changed, bearing a cost.

To learn more about the BCRTA Conference and AGM, visit the BCRTA website. Conference highlights (such as the PostScript Awards segments where Tim Anderson interviews each winner) Find the conference highlights here: <https://bcrt.ca/category/conference2023/>



Cartoon by Marnie Strong

The Bridge newsletter does not dispense legal, medical or financial advice. Opinions presented are always those of the writers.

We acknowledge that we live, work and play on Tk'emlúps te Secwépemc territory within the unceded ancestral lands of the Secwépemc Nation.

Please submit your articles (max.1500 words) and photos to Donna Sharpe at onlineoffice.ktrta@gmail.com. Submissions on various topics, such as travel, good books, writing, poetry, hobbies and sports welcomed. Authors agree that their submissions may be edited.