
THE BRIDGE

SPRING/SUMMER EDITION 2024

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.

Barb Stankiewicz



Photo by Donna Sharpe

Letter from the Editor

I don't have much to add to Marney's excellent report of our KTRTA and KTRT club activities. You might find some interesting reading as you scroll through this issue of The Bridge. A reprint of an article about our support of TRU bursaries can give you some inspiration for your donation program. An interview with Mary Ellen Patterson revealed some little known information about her. Frank Veszely, our former Editor of The Bridge, has written a couple of books. I have chosen one small part of one of his books to share with you as retired educators. Spring and summer are popular times for travel so I have a few photos of Carolynne Miller's trip to Ireland. There are many of you who have had interesting travels in your retirement. Please consider sending a submission to me for the next issue to The Bridge. I hope you enjoy your reading.

Message from the KTRTA President

Kamloops Thompson Retired Teachers Association

President Report 2024

Kamloops Thompson Retired Teachers Association has had another busy year. We have approximately 477 members with eight members on the Executive. We are currently short a formal secretary, but it still works as we don't hold formal meetings, except for the AGM. We don't print agendas, take minutes or have adjournments. I welcome everyone, make any announcements, have committee reports as needed, then lunch and a program. We have had few changes on the executive. Noeleen Bunney, our hard working membership chairperson has stepped down and is being replaced by Troylana Manson. Our well known past president, Sheila Park, has passed away just recently.

We host seven luncheons a year, previously held at the Cottonwood Centre in Kamloops, with 35-50 people in attendance. However, the Centre had a flood in January 2024, and we bounced around looking for the perfect venue. It needed to have lots of free parking, be accessible for wheelchair or walkers, be able to bring in caterers, with kitchen facilities, preferably with dishes, cups, and tableware. It has been a challenge! We have held one meeting in a historic community hall, with outhouses, (which proved to be unpopular) and no dishes, and we had to wash the floor at the end of the day. Several lunches were held in a local church, (with toilets), and a kitchen with dishes but we had to set up and take down tables and vacuum the hall at the end of the lunch. One meeting was held in a hotel banquet

room but we had to use their restaurant and we have Chinese food twice a year, not all meetings! We are still looking for the perfect venue for the Fall.

We have a different speaker for five of the months. We had the “Bright Red School Bus Project”, Tom MacLean and Trip Merchant, a Tai Chi Demonstration, the Salvation Army Program “Brave” and the COSCO program, “Staying Safe in Our Homes as We Age”. The other two lunches are social events, at Christmas and the Silent Auction Fundraiser in the

This is the 30th year of our Endowment and 51 students have received the support of Retired Teachers in the Kamloops Thompson area.

Spring. All KTRTA Members are automatically KTRT Club members. To date, over \$100,000.00 has been donated to the Kamloops Thompson Retired Teacher Endowment at TRU. The Endowment earns interest which currently provides two \$1,600.00 bursaries per year. The recipients are Thompson Rivers University Faculty of Education Students. We have found that many of our members are attracted to the opportunity for charitable giving. This is the 30th year of our Endowment and 51 students have received support from Retired teachers in the Kamloops Thompson area. We also support CHES (Canadian Harambee Education Society), with annual donations.

Our communication system is working well. We send out about fifteen emails per season between September and April. We try to limit the number of emails twice per month, which is an invitation to lunch, plus a reminder for the seven months that we have lunches.

We have a newsletter called “The Bridge”, with an editor Donna Sharpe and a committee of helpers with 400 copies going out by email and about 20 printed are mailed to people

who don't have access to the internet. All KTRTA Members are invited to submit their photos, articles, stories, and poetry and they certainly contribute.

We also have a website which is attached to the BCRTA website.

We held our Executive meeting in late August to plan for the upcoming year and we are all looking forward to welcoming new members and seeing old friends and colleagues.

Respectfully submitted,

Marney Bethell

President Kamloops Thompson Retired Teachers Association

Tribute to Sheila Park

We are deeply saddened to hear about the passing of our friend Sheila Park. There are no words that will heal the ache or fill the void. During her career, Sheila was a powerful force for bettering teaching in the province. We fondly remember Sheila's passion and enthusiasm for presenting the BCRTA Pre-Retirement and Living Well in Retirement Workshops as these were so helpful to many of us. Sheila served on the local Kamloops Retired Teachers' Association executive for many years, in several capacities. Her dedication to seniors' advocacy and social justice in Kamloops was paramount.



by members of the KTRTA executive



Sheila in happier times traveling with her friends.

Greetings from the KTRT Club

Reprinted with permission from TRU's Newsletter, "TRU GIVING NEWS"



Kamloops Thompson Retired Teachers

Thank you to members of the Kamloops Thompson Retired Teachers' Club. Their bursary, made possible through the Kamloops Thompson Retired Teachers' Endowment, has been providing financial support to students for 30 years.

Each year, generous members of the Kamloops Thompson Retired Teachers' Association make donations to continue building their endowment, which provides two annual bursaries to students enrolled in first year Bachelor of Education at Thompson Rivers University who

show commitment and demonstrate financial need. To date, 51 students have received the bursary. (Pictured left to right: Bev Maxwell, Pat Petley, Marney Bethell and Glenda Miles, who are all part of the club's executive team.)

Thank you for your generous philanthropy!

Donations to the TRU Foundation are accepted online at tru.ca/giving or by a phone call at 250-828-5264.

Lunch and Learn sessions

January

Our January Lunch and Learn session was held at Moon Wok Restaurant as a celebration of the Lunar New Year. We had a demonstration of Fung Loy Kok Taoist Tai Chi from our local group here in Kamloops. We were able to participate by learning to do a few moves with the group



Photos by Pat Petley

February

Our February Lunch and Learn was held at the Knutsford Community Hall. Our usual home at Cottonwoods was still closed due to flooding in January. We had a most interesting presentation by Lisl Barnes from the Salvation Army program, Brave. She told us about their program to help young girls, ages 12-18 to stay safe from trafficking in the sex trade.



Photo by Donna

Here is what she sent me to tell about their program.

BRAVE Global is an organization that seeks to educate and empower teen girls, especially those from vulnerable situations, in the hopes of engaging them before they become victims of sexual exploitation and human trafficking. The Salvation Army has partnered with Brave and together we put on an annual event followed by monthly Brave Circles. Our event is filled with guests, gifts and glorious food – all demonstrating to these girls, that we see them, they matter, we value them and they have worth, just because they exist. Through the event we are able to make first contact with these girls and ultimately, through our monthly Brave Circles, we foster relationships with

them. We believe that the mobilization of local communities through programs like Brave, can help to put a permanent end to the exploitation of girls across Canada.

Sincerely,

Lisl Barnes (Admin & Events Coordinator, The Salvation Army, Kamloops, BC, 1-250-554-1611 ext.203)



Photo credit Barb Mulhern

Thank you to the KTRTA executive for a wonderful luncheon and meeting at the Knutsford hall. The blue and white decor and seating arrangement was perfect. The lunch was delicious from

the wonderful soup to the yummy desserts.



Photo Barb Mulhern

Take care

Bev Maxwell



Photo by Barb Mulhern

Also thanks to Marney for bringing this display of doll houses. They are from her own collection. Read the next section to see the story behind them.

She did this as well as making all the arrangements, cooking two kinds of soup, making a salad, and picking up sandwiches and wraps from Safeway. She is a wonder.

Respectfully, Donna Sharpe

Marney's story:

At our most recent "lunch and learn meeting", there was a display of miniature houses in various scales.

These were at the Knutsford Hall because I had planned a display of another set of miniature buildings. The other set belonged to a lady named Margaret who loved her hobby. However because of growing health issues she had been unable to get to her basement hobby room. Her family decided that she needed an additional level of care and her house was sold and she was moved into a Retirement Home. News came to me through a friend of a friend of a friend that the house cleaners were coming the next day and the 4 buildings were destined for the dump.

They came home with me.

Just recently, I had a group of friends come and do a house clean up/repair/replace on Margaret's buildings. There was a log cabin complete with stage coach and out house; a Safeway Store (because that's where Margaret worked); a Craft Store; and a house set out as the one she grew up in, complete with Elvis record covers decorating the bedroom wall.

Once the houses were clean and shiny, we took the whole lot to her Retirement home and set up a display in the library. This way, Margaret had a

chance to see and share her passion with her new neighbours. She was delighted.

Best of all, all of the buildings were adopted by new owners to love and care for them. Margaret was very pleased and I didn't have to bring them home, as I already had 2 of my own!

Now that the original display was unavailable, I brought my collection to display instead. Attached are some pictures of Margaret's collection.



photos by Marney

March

March is our Silent Auction luncheon and this year we had to move to a different venue because Cottonwoods wasn't ready for us after their flood.

We were able to get a space at the Hills of Peace Church and thanks to our executive's efforts we had a delicious lunch. The silent auction went very well even in a different location from what we were used to.



photo by Donna



This lovely cake says it all as the members were most generous in both their donations of items for the auction and for their purchases and cheques to go to the charities of the KTRT Club.

Photo by Donna

April

Our April Lunch and Learn was also held at the Hills of Peace Church and we had a presenter from COSCO who told us about the many topics that can be presented by their volunteer presenters. Today's topic was Safe at Home presented by Edna Parks.

We held our election at our AGM this meeting and have a full slate of executive members for the coming year. However, there are some positions that could use a little help from our membership. Please let Marney know if you are interested in helping.

President: Marney Bethell

Vice President: Betty Karpuk

Secretary: Marney Bethell (temporary until someone else volunteers)

Treasurer: Sandy Baird

Program: Rosemarie Stoltz

Membership: Troylana Manson

Heritage: Marney Bethell, Cora Jones

Sunshine: Mary Ellen Patterson

The Bridge: Donna Sharpe

One item of business at the meeting was a recommendation to raise our annual fees from \$5.00 to \$10.00. This was carried and will take effect in September of 2025.

Getting to Know One of Our Own

Mary Ellen Patterson:

One afternoon I had the pleasure of doing an interview with Mary Ellen at her home on Monmouth Drive. We chatted for a while about what we would include in this short interview and then Mary Ellen took the time later to write up what we had talked about.

Growing up in Kamloops

I was born in Vancouver and came to Kamloops with my parents when I was 4. Kamloops was a great place to grow up as it was a very safe place. We went swimming at Riverside park inside the boom, a line of logs to keep the swimmers safe, but the river was flowing very fast. Sometimes the boys would jump off the Red Bridge into the swift flowing river, but I never did that. We would ride our bikes to the hobo jungle, which is now the rose garden, but then it was wooded, overgrown, with a little trail going through the bushes from the railway tracks. Sometimes there were friendly hobos who would wave to us as we rode through as fast as we could.

When we first moved to Kamloops my dad got a job with Dearborn Motors. At first he was just an employee pumping gas but eventually he worked his way up to be the owner of the dealership on 5th and Victoria. I went to school at Stuart Wood Elementary from grade one to grade six and to Kam High from grades 7 to 12 graduating in 1959. I took grade 13 at Kam High the next year, and then I went off to UBC where I took second year education. At that time you could go into schools after just 2 years of University and I was anxious to get started teaching so then I applied for a job in Kamloops.

While I was at High School I enjoyed being in the band and in the glee club under Marion Owens. We would enter competitions. One time the band, whose leader was Frank Hosek, went to Moose Jaw, Saskatchewan. We did not play well that day and were so bad that he left us and went home. A man from the school board, I think he was the secretary treasurer, stayed and brought us home on the train. It was a great adventure for us. Imagine doing that now. Someone's head would roll.

My years as a teacher

The superintendent, Nelson Allen, gave me a position in Brocklehurst Elementary. He asked me in the interview how I would be able to get to school. Did I drive? Yes. Did I have a car? No, but my dad worked for Dearborn Motors so I was able to get a car. I wanted a Beetle but my dad thought that it was too dangerous for me so I ended up with a 41 Meteor, a real tank.

My first class was grade one at Brocklehurst with Mme Coupier, the principal. I had 4 special needs kids in a class of 42 students. One little girl was epileptic, a little boy who was very disturbed lit a fire in the chesterfield at home, and to top it off he masturbated in school all day long. The other two had more emotional problems; kicking, fighting, and running away to go home.

Mrs. Coupier was really ahead of her time. She would make soup and buns and served the children lunch in the gym. I remember, too, that she served milk to all the children at recess, not in little cartons, but out of a large milk jug poured into individual glasses that then had to be washed ready for the next day. Outside each classroom was a little garden where we grew vegetables that eventually went into the soup.

After many years of correspondence courses with professors coming from UBC, I got my special Ed degree. I taught in many schools in Kamloos for 30+ years, some of it part time. They were during the years of integration of special needs children. I remember that during this time, three of us from School District 24; Ron Watts (principal), David Wise, (secondary), and me, (a primary teacher with experience with special needs children), were sent to a workshop in Vancouver. This workshop was to examine ways to work with special needs kids in the classroom. One of the demonstrations involved a child brought into the group of educators, on a pallet pulled by a rope. This horrified me. It was stressed that this child was capable of learning and should be accommodated in a regular classroom. I questioned myself as to how I could possibly work with this child in a regular classroom.

I remember that during this time, three of us from School District 24; ...were sent to a workshop in Vancouver. This workshop was to examine ways to work with special needs kids in the classroom. One of the demonstrations involved a child brought into the group of educators, on a pallet pulled by a rope. This horrified me.

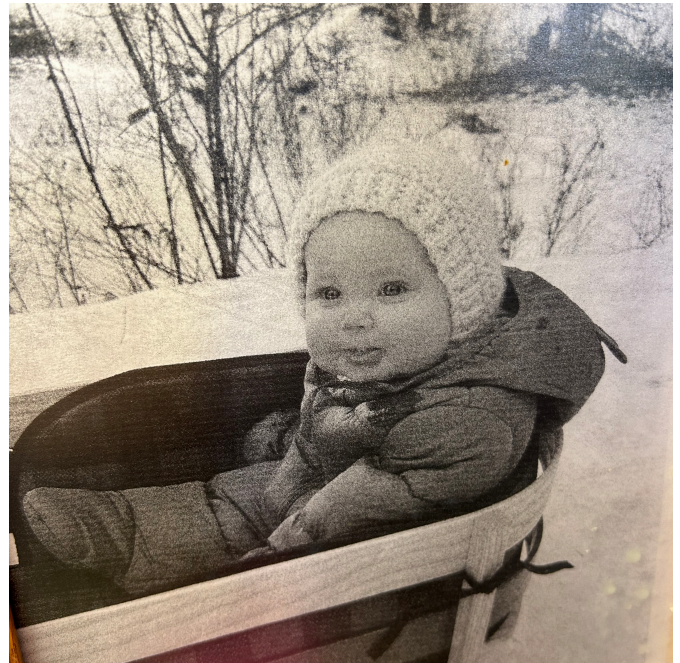
Life in Kamloops

The home we had, my first husband, Pat, and I, was right next to the Running Horse Ranch in Knutsford and it was a great place to bring up our two children. There were so many animals: horses, cattle, goats, chickens, ducks, geese, rabbits, pigs, sheep, wild coyotes, and all the while Pat and I were working full time. It was a busy, busy time but a great place for the children to play and learn. We have so many happy memories.

Now I am here with Gord, my second husband, of 35 years, in a beautiful home on Monmouth Drive, that looks over the valley and the hills, where I am enjoying my retirement, putting in the garden, playing with my big Doberman dog, and particularly enjoying my great granddaughter, Sloan.



Mary Ellen Patterson
Photo by Donna



Sloan
Photo by Mary Ellen

Recipes

HOME MADE GRANOLA by Donna Sharpe

Part 1

3 cups whole rolled oats

3/4 cup sliced almonds

1/2 cup raw pumpkin seeds

1/2 cup raw sunflower seeds

Chopped nuts (walnuts or pecans) optional

1/2 cup coconut

1/2 Tbsp cinnamon

1/3 tsp salt

Part 2

1/4 cup olive oil or alternative

2/3 cup of maple syrup

Mix all together and spread out on a parchment covered cookie sheet. Bake at 325 degrees F. for 15 minutes. Stir to mix the outside parts in and then continue baking for another 10 minutes.

Let cool and then mix in some dried fruit. I use raisins, cranberries, blueberries, cherries, and a little cut up candied ginger. (choose your own mix with what you have)

I store this in a ziplock bag in my fridge and then put a large spoonful in a bowl with fresh fruit, milk, or yoghurt for a nourishing and filling breakfast.

Deep thoughts from one of our own.

I enjoyed reading Frank Veszely's book, "The Age of the Individual". Near the end of his book there is a one page section called "Closing Remarks". I want to share this page with you, with Frank's permission. I think it has a lot of meaning for those of us who were educators.

Closing Remarks

I offer this book to family and friends and to posterity with the hope for a better life, without a complaint about mine. I have lived a very rich life, always engaging, always hopeful, and in the end very satisfying. I was born blessed with many talents I felt responsible for, and I tried to do justice to them always. I spent a career as an educator, but I was learning all the time myself. Education provides the greatest enhancement to life. It enlarges our world and deepens our appreciation of everything we see, hear, and feel, - in other words, our life.

Near my house and near a hilltop, there is a large smooth rock, shoulder high, that I drive by every day. Without education, that's all there is to it. With education I appreciate that it has been sitting on the spot for twelve thousand years, that it has

taken thousands of years to get here from hundreds of miles away, that unlike the thousands of others contained in the glacial till my house is built on, this particular rock has been smoothed by water somewhere along its way. Moreover, it must have taken a torrent to roll this huge rock, which must have been much bigger than it is now. I *know* this rock — it reminds



Photo by Frank

me of the geological history of the ground my house was built on and when I gaze across the valley - I appreciate it as a void - that the material that was once there forms the soil of the Lower Mainland that Vancouver was built on, many miles away. What a difference in appreciation!

How enriched my life has become with education! Knowledge is treasure, far greater than money could ever be.

The world I am leaving is not a good place. The rule of money and force - misleadingly called the Age of the Individual - is clearly leading to more of the same: more disenfranchisement, more oppressed, more angry, more conflicted people, more tightly squeezed and controlled. As one who lived through the Hungarian Revolution knows, there will come a point when people will cease being afraid. A system built on and sustained by lies and deception will be exposed. Aggressive action produces aggressive reaction. It is doing so already. Mankind is on the road to self-destruction. Yes there is hope, but the picture I get is a house on fire in which a candle of hope burns. Will Time and Change redeem us? I will die hoping.



Photo by Donna

Travels

Carolynne Miller has shared some of her photos of her holiday in Ireland.

Travel in Ireland. I loved the small towns and countryside. There were many ruins among the green countryside. Yes, Ireland is green. Rain jacket on and off regularly.



Narrow Roads



Cliffs of Moher



Carolynne at Giant Causeway



Ring of Kerry



Kilkenney



Irish History

Making Submissions to *THE BRIDGE*

Please do! *THE BRIDGE* editorial team is looking for engaging articles from our almost 500 members. Email your submissions to Donna Sharpe at onlineoffice.ktrta@gmail.com. Submissions cover a range of topics, such as:

- Travel experiences – recommendations, adventures,
- Local history of interesting characters and episodes in the education system,
- Stories of creative endeavours, hobbies, sports,
- community service, personal re-invention and celebration.
- Awesome recipes.
- Beautiful photos

Authors agree to allow their submissions to be edited, as needed. We appreciate submissions of articles and photographs. We use photos for article illustration and as content for its own sake. Note that photos need to be as high resolution as possible and credits are required.

Donna Sharpe

The Editorial Team

Donna Sharpe - Editor
Troylana Manson - Technical advisor
Margarett Catherwood - Mailing
Barb Mulhern - Proof Reading
Marney Bethell - Printing

Did you know?

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