



# Delta Retired Teachers Association

## Newsletter

# THE TRUANT

November 2024

*"The crisp fall air is perfect for exciting new adventures." – Unknown*

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## **DRTA CHRISTMAS LUNCHEON**

**MUSICAL PRESENTATION: BTO REVIVAL BAND**

**Date: Wednesday, December 11, 2024**

**Time: 11:30 am to 2:00 pm**

**11:30 Socialize 12:30 Lunch 1:15 Presentation 1:45 Prizes**

**Place: Sharkey's Seafood Bar & Grill  
4953 Chisholm St. at the Ladner Government Wharf**

**Menu Choices:**

- 1. Turkey Plate**
- 2. Fish & Chips (cod)**
- 3. Pasta (seafood, chicken chorizo, or vegetarian)**

***Non-alcoholic punch, coffee, tea, or juice/soft drinks are included with the meal.***

***Other beverages are available at your cost.***

***COST: \$25 (to be donated to the Retired Teachers of Delta Scholarship Fund. A form will be available to you to complete to get a tax receipt.)***

***Payment in CASH ONLY, no cheques or credit cards, thank you.***

***Invite a guest to help us reach 35 attendees for DRTA exclusive use of venue.***

***Please RSVP with your food choice to Yvonne Chard ([deltaevents@gmail.com](mailto:deltaevents@gmail.com))***

**RSVP Deadline is December 4.**

***Prizes to be won***

## ***President's Message***

DRTA welcomed September with our No Bell Lunch on a warm sunny afternoon on Sharkey's picturesque riverside outdoor patio. There was plenty of conversing during the social hour and then over a good meal. This was followed by Caroline Malm, the soon-to-be elected BCRTA President, who gave us an informative overview of the BCRTA Advantage Program with its many discounts on various services and products. (Please go to the BCRTA website for more information [www.bcrt.ca](http://www.bcrt.ca)). As a finale, several attendees won prizes.

At the end of September, Angelika Hedley, Val Windsor and I attended the BCRTA Conference and AGM as DRTA delegates, along with Pat Thiesen in her role as a BCRTA Board Director. There was much sharing and learning among the executive members of the many branches throughout the province. Segments from the Conference can also be viewed on the BCRTA website.

The Board met in October to finalize plans for our Christmas Luncheon, set for December 11, featuring the BTO Revival Band (comprised of retired teacher-musicians; formerly known as BTO: Backer Turner Overdrive). In the spirit of giving, your Christmas lunch payment (cash only please) will be donated to the Retired Teachers of Delta Scholarship Fund. So, please come, invite a guest and join us in some fun(d)-raising. With a minimum of 35 attendees, Sharkey's will give us the exclusive use of their venue giving us the entire space to mingle, to sing along and perhaps even dance to the live band music!

Another exciting event the Board is considering is a subsidized daytrip, possibly in late February or early March. Please send me your suggestions for possible daytrip destinations to my email: [acoblin@hotmail.com](mailto:acoblin@hotmail.com).

I look forward to receiving your daytrip ideas or other suggestions you may have, and most of all, celebrating the holidays with you at our upcoming Christmas Luncheon. Bring a guest, bring a dance partner, bring yourself! Let us come together for a festive meal, enjoy some music and have a "holly jolly" good time!

Annie Coblin, President

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## Your Delta Retired Teachers Association Board for 2024-25

**drtacountact@gmail.com**

<b>President</b>	Annie Coblin
<b>Vice-President</b>	Angelika Hedley
<b>Secretary-Treasurer</b>	Lois Wilkinson
<b>Past President</b>	Peter Yang
<b>Members-at-Large</b>	Yvonne Chard and Suzan Olsen
<b>Truant Co-editors</b>	Suzan Olsen and Pat Thiesen

### **DRTA Committees and Committee Chairs**

Social:	Yvonne Chard
Communications:	Carryl Koe
Membership:	Pat Thiesen
Christmas Outreach:	Joanne Thauli
Heritage:	Peter Scurr



### ***Membership Report***

YAY!!! The Delta Retired Teachers Association continues to grow. As of November 1, 2024, the DRTA has 560 members with 20 Life Members (those over 90 years of age) with three new members who have joined us since August, 2024.

***David Bennett, Alan Sudeyko, and Cyndy Pollock*** (names printed with permission)

We hope you will join us at our December 11<sup>th</sup> Luncheon at Sharkey's in Ladner.

**Change of Address or Circumstance or E-mail Service Provider**

Email or other change of address? Here's what we need from you ...

Email or call the BCRTA office: laurie@bcrt.ca

Phone: 604.871.2260

And/Or to

Email Membership Chair (Pat Thiesen): deltaretiredteachers@gmail.com

**NOTES FROM THE OCTOBER DRTA BOARD MEETING**

The DRTA Board held a meeting on October 23, 2024. Upon the Treasurer's recommendation and for accounting purposes, we will implement more transparent ways of recording money collected and paid out during our luncheons. A proposed budget for the fiscal year was also presented.

The latest version of the DRTA Practices and Procedures was discussed and accepted. Annie and Angelika reported on the BCRTA Conference and AGM.

Plans for our Christmas lunch, set for December 11, was finalized. The musical presentation will be the BTO Revival Band.

Due to decreasing attendance at recent pop-up events, it was decided to try something new and plan a DRTA-subsidized daytrip for some time in February or March in 2025. We will illicit daytrip ideas from members through the Truant and at the Christmas Luncheon. These ideas will then be discussed at our next post-lunch Board Meeting on December 11.

Submitted by Annie Coblin

## ***DRTA's No Bells Lunch at Sharkey's***



What a glorious September day! Nearly 60 retirees met-and-greeted at our annual no-bells luncheon. This year's format was changed a bit, opening the doors earlier at 11:30 before lunch was served at 12:30. Many thanks to

Yvonne Chard and Pat Thiesen who had name tags and meal selection place card ready beforehand (the happy plus of email-registration). This smoothly gave us lots of time to meet-and-greet. After lunch, guest speaker Caroline Malm, BCRTA 1st VP, explained our BCRTA Advantage program, opening a lot of eyes to the many small but not insignificant savings available to us, as members. We especially appreciated the printed handout with her 'walk-through' of the website.



And we had winners - of the table centers (perennial mums for the patio) and many gift certificates. Good weather. good company, good food, and swag. Life is good!

Talked out and full of the delicious food, we said good-byes

mid-afternoon to drive home before the traffic rush. We're all looking forward to our Christmas lunch, with entertainment by our own BTO, on December 11. Come and join us for a good time.



submitted by Angelika Hedley

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### ***Food For Thought***

*Laziness kills ambition*

*Anger kills wisdom*

*Fear kills dreams*

*Ego kills growth*

*Jealousy kills peace*

*Doubt kills confidence*

*Now – Read it right to left.*



## **BCRTA REPORT October/November, 2024**

The 2024 Conference/AGM was held in downtown Vancouver at the Hyatt Regency Hotel on Burrard Street. For many of the 101 delegates attending in-person, the venue was something of a flash-back to those days spent during earlier Spring Breaks at the BCTF AGM's held in the same venue. The changed location was necessary as the management and staff of the Richmond Hilton could not guarantee there would not be union job action on their site when the contracts needed to be signed. To view some of the Conference speakers and special events, go to the BCRTA website ([bcrt.ca](http://bcrt.ca)) and scroll down to "Appraising Special Objects ..." and "Notary Public...", as well as interviews with the PostScript Award winners to give you a taste of the day's events.

The inaugural meeting of the BCRTA Directors was held following the AGM on Saturday, September 28<sup>th</sup> to identify the various BCRTA Committee Chairs. Everyone met again the following Wednesday via Zoom to fill out the committee rosters and establish when the committees would meet. This year will have a blend of in-person and Zoom meetings.

The inaugural meetings for the committees took place between October 21-22, 2024 at the RTA office. The year's 2<sup>nd</sup> meeting of the Board followed on October 23<sup>rd</sup> with newly elected President Caroline Malm in the Chair. A review of this year's Conference/AGM held at the Vancouver Hyatt Regency led to the decision to hold next year's event back at the Richmond Hilton Hotel as in previous years. Not only was it based on financial concerns but also on comments provided by the delegates.

Considerable discussion resulted from a major concern for the BCRTA - the withdrawal of the Ontario Retired Teachers organization (RTOERO) from the National Retired Teachers Association ACER-CART. Please read the Open Letter (following this article) sent to all members of the RTOERO earlier this month explaining the concerns of all the other ACER-CART member organizations.

Following the morning break, the meeting continued into mid-afternoon, with each Chair reporting on their committee goals, whether in revision or as set by the previous committee. The next committee meetings will be virtual on Zoom early in December and reporting back for the in-person Board meeting on December 4, 2024.

## IMPORTANT INFORMATION FROM ACER-CART

October 18, 2024

### **An Open Letter to RTOERO Members From Retired Educators across Canada**

In a few days corporate members of the Retired Teachers of Ontario will be having an open discussion regarding a change of name for your organization. This is the culmination of a long strategic process. Why does that expansion strategy matter to us, retired educators from all the other provinces and territories? Because RTOERO's current corporate strategic focus is to supplant our provincial organizations. As the legitimate representatives of our members, we don't like that idea one bit.

The new tagline being associated with the name change is simple and all-encompassing: "Canada's Education Retirees." (*Renaissance Magazine, Fall 2024*) Supposedly that would include the tens of thousands of retired teachers from places other than Ontario. So you may have wondered why RTOERO isn't proposing a name like Retired Teachers of Canada. There's a reason for that – the name is already taken. ACER-CART (*Association Canadienne des Enseignantes et des Enseignants Retraités – Canadian Association of Retired Teachers*) has functioned as the national voice of retired educators for over 30 years. For many years RTOERO was a member of our group, alongside representatives from all the other provinces. However the leadership at RTOERO decided to remove your organization from that national group in 2023. The point of friction was the desire of

RTOERO to market insurance services to all Canadian education retirees.

We don't think that the average retired teacher from Ontario wakes up in the morning and thinks "how can I undermine the work of my colleagues from other provinces..." We think it is quite the opposite - that as retirees, Ontario teachers personally exhibit our shared pro-social, cooperative instincts that celebrate the development of individuals and communities. So it is also our belief that the membership of RTOERO was not canvassed for their wishes as to whether to withdraw from the national body and proceed to compete with each of the other provincial organizations for its members. In union parlance, this action is called raiding. In the community of non-profit advocacy and service for retirees it simply makes no sense.

Your colleagues across Canada believe it is important that retired educators have effective representation from amongst their own pensioners. Those of us who live elsewhere don't claim to understand all the intricacies and challenges of pensioners in Ontario, because we haven't lived your specific experience. In just the same way, the people in charge of RTOERO's current strategy have not earned the confidence of retirees who live in our provinces. They don't even know what they don't know. Surrendering our voice on all the issues

specific to our provinces is not in our members' interest, and it is not our desire.

The root of this strategic initiative seems to mostly be about money, specifically the revenues received by RTOERO's insurance plans. Other provinces have similar plans which have been designed by and for the people receiving them. They are working well, and are as important to our organizations as yours is to you. Perhaps even more. If by chance RTOERO actually succeeded in capturing the majority of smaller provinces' new retirees, it would hardly move the needle for RTOERO, due to the large number of retirees already on that plan. It would, however, severely undermine the viability of other provincial organizations. People are not likely to join more than one retirement association, so new retirees would not only lose a say in a locally-designed insurance plan, but they would also lose contact with legitimate local representation for their provincial pension issues and other seniors' issues like provincial health and support services. Losing meaningful representation on these issues is not a small thing.

RTOERO is facing significant challenges within your province, specifically sharp competition from your own Ontario Teachers Insurance Plan and others. Anecdotally we have heard from RTOERO leaders that OTIP's new retiree option is signing up many new retirees. We are

sympathetic to how such a development would put financial pressure on your plan. We certainly don't want RTOERO to fail or struggle, and hope that your executive can return its focus to serving your own constituency and regaining their trust.

We're not telling you what to do with regards to your own business. But we want you to know that changing your name to something that means "friendly understanding" will not make RTOERO's corporate strategy of expansion more ethical or helpful to retirees in the places where we live.

Here is all that we ask: Please ask questions about how RTOERO's strategy has been received by the people it is aimed at. Exactly who in Canada asked for RTOERO to become "Canada's Education Retirees"? It wasn't us. We would ask that as RTOERO members you speak up in your organization to assert respect for and willingness to hear from those affected by your executives' actions. Sometimes making a difference means restraining your organization from doing harm.

With our respect as your colleagues in learning,

Signed: The Advocacy Committee of ACER-CART (*Association Canadienne des Enseignantes et des Enseignants Retraités – Canadian Association of Retired Teachers*)

**BC Public Sector Retirees (BCRTA, BCGREA, MPRA and CPPR) are co-sponsoring an information webinar from Canada Pension Plan Investments which will provide information about the stability and future of your CPP. The seminar is open to all retirees at no cost. Register here: <https://bcrt.ca/cpp-investments-nov-22-2024/>**



## Let's Celebrate

### **Bill C-64: An Act Respecting Pharmacare**

Bill C-64 passed Third Reading in the Senate without amendments on October 10, 2024, and received Royal Assent on that same day. The legislation immediately came into effect and is now law.

The Federal Minister of Health, Honourable Mark Holland, is now required to negotiate bilateral agreements with the provinces (BC has agreed already) and territories to provide universal, single-payer, first-dollar access to a range of contraception and diabetes medications as the first phase of a national pharmacare program.

Additionally, the Act sets out certain powers and obligations of the Minister to prepare a list of essential medications and related products under a national formulary and to develop a national bulk purchasing strategy. Both obligations must be implemented no later than one year after the legislation received Royal Assent.

The legislation also calls for the development of a National Strategy for rare diseases and to improve the accessibility and affordability for catastrophic drugs for Canadians. At the present time, many of these biologic drugs are very expensive and therefore are not available on most provincial drug formularies.

The Minister is also required to establish a committee of experts, no later than the end of November, and to provide for its membership to make recommendations respecting options for the operation and financing of a national, universal, single-payer pharmacare program. British Columbia has already signed a memorandum of agreement with the federal government to provide coverage of diabetes and birth control medications. This is the first phase of the program as new discussions advocating that certain antibiotics, cholesterol medicines, blood pressure, and psychological medications are added to the national formulary as the second phase. Be aware and not complacent in believing Bill C-64 provides a universal pharmacare program. Continuing to keep pressure on federal and provincial politicians, and advocate for an expanded program remains a high priority. Our voices are still needed to ensure bilateral agreements are negotiated and the program is expanded to deliver a true sustainable, single-payer national pharmacare program.



## Delta Travellers Club

The Delta Travellers Group recently returned from a 2-week trip to **Turkiye** on October the 8th.



The group, made up of many retired Delta teachers and their friends, had a wonderful time exploring Istanbul, Cappadocia, Konya, Antalya, Pamukkale, Ephesus and Kusadasi.



Highlights of the trip included exploring the Hagia Sophia, the Blue Mosque, Topkapi Palace, the Grand Bazaar, Basilica Cistern in Istanbul, the small fairy chimneys and the Zelve Open Air museum in Cappadocia, historic Perge and the Archaeology Museum in Antalya, the thermal springs of Pamukkale, and the Virgin Mary house and Terrace Houses in Ephesus.

A hot-air balloon ride in Goreme was amazing and a once-in-a-lifetime experience.



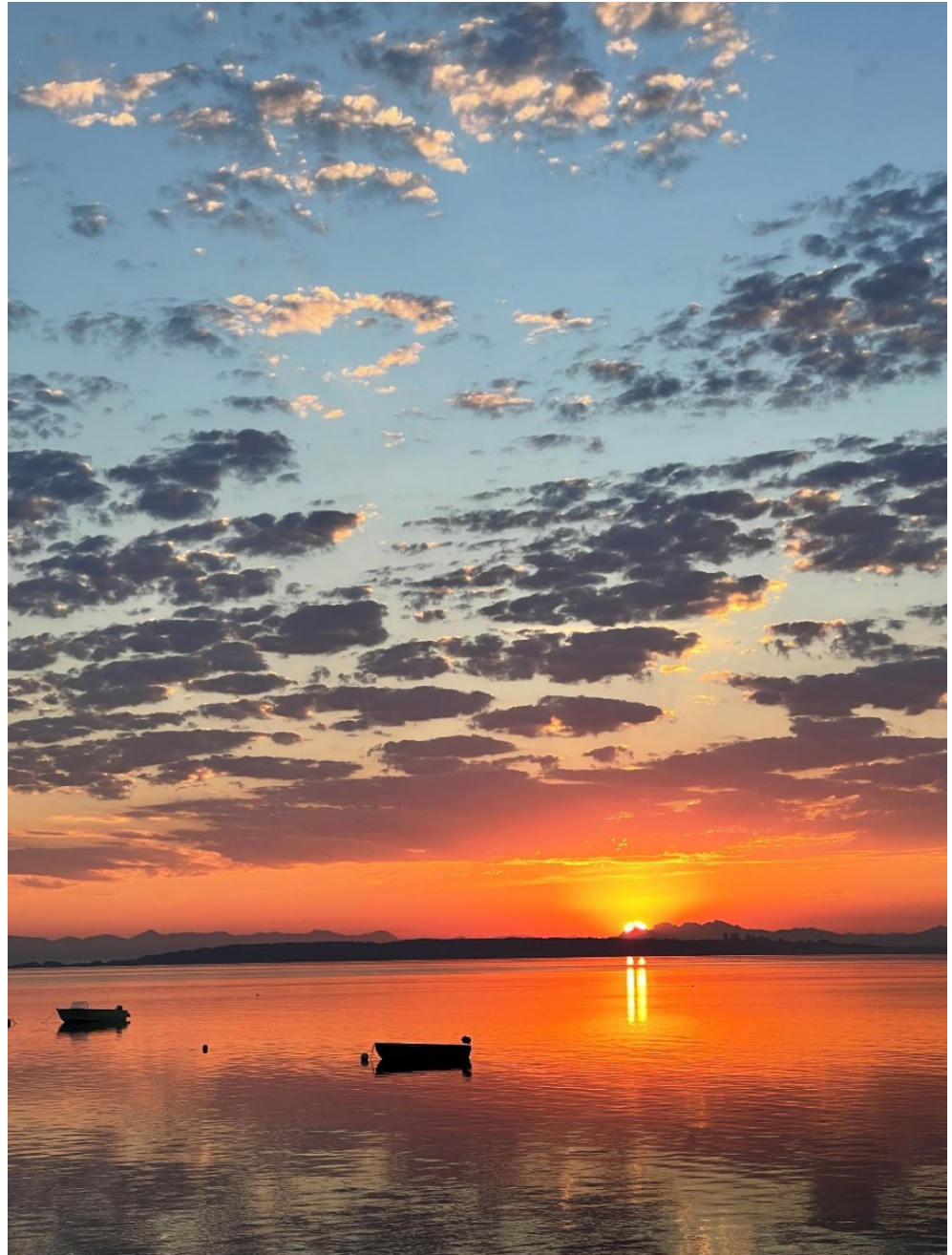
Hallie Peterson

## ... And the Winner Is ...

Former DRTA Vice-President and award-winning local photographer, Peter Scurr, is seen here accepting 1<sup>st</sup> Place honours at the Douglas J. Husband Discovery Centre on November 4<sup>th</sup> for his photo of Boundary Bay at sunrise.



The competition was conducted throughout Delta in October with the winners chosen by Delta's citizens who viewed the submissions.



*The Bay*

Simply entitled "The Bay", the photo is one of hundreds of early morning photos Peter has taken almost daily. His love of the area is most evident in this gorgeous portrayal of high tide during a quiet dawn.



### ... Well-Deserved Award ...

Ravi Kahlon, BC New Democrat MLA for Delta North presented the King Charles III Coronation Medal to Val Windsor during a ceremony on September 12<sup>th</sup>, 2024.

“The incredible work that she has done has made a positive, lasting change in Delta,” said Kahlon in a news release. “Her unwavering dedication to making our community a better, safer place for everyone is remarkable.”

Val has devoted more than 50 years as a teacher, serving as Delta Teachers’ Association President for many years and, currently, as school board chair in Delta. Her remarkable and visionary advocacy work includes improving graduation rates for Indigenous students and building Delta Community College.



### “RETIRED TEACHERS OF DELTA” Scholarship Fund

If you would like to support the Retired Teachers of Delta Scholarship Fund, please read the following and use it when donating money to the Fund.

I understand the money I donate will be used to support graduating students in their future studies. (Please indicate on your cheque that it is for the “Retired Teachers of Delta” scholarship fund. A tax receipt will be issued by the Delta School Board for donations of \$25.00 or more.)

Deadline for submissions, with thanks, is January 17, 2025. Send the following information to c/o Finance Department, Delta School District, 4585 Harvest Dr., Delta BC V4K 5B4

Enclosed is my cheque for \$ \_\_\_\_\_  
Name (Please print): \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

## All About Family ...

Family is where life begins and love never ends. This motto was paramount in the life of one of our recently deceased colleagues. There is no tighter bond than family that can both enrich and strangle. I am constantly amazed when anyone shares that they haven't spoken to their brother or sister in years. I am very close to my three brothers and could not imagine any circumstance that would cause us to not keep in touch. We celebrate all the important occasions and milestones in each other's lives. We are encouraged in our efforts and cautioned about risky ventures. At times, we support and grieve together and share our feelings of loss. As our careers advanced, and the children journeyed through our beleaguered education system, we cheered on the teams and helped with homework. University and college followed high school graduation(s) and eventually the boys became plumbers and Starbucks acquired a rising star, the Ontario family, a well-educated civil servant.

Oh! the bliss of retirement which at one point seemed so far away as to be laughable. And in retirement, so much to do and enjoy, so many volunteer opportunities. Must encourage all the interests: practising for choir concerts, gardening, book clubs, acquiring a rescue dog, babysitting, knitting, losing weight, watching hockey, doing 2 New York Times crosswords per day, driving for Meals on Wheels, reading, reading and reading. When the family celebrates, we share food, play word games, exchange gag gifts, tell amusing stories, listen to music, argue over politics and sports. I love to set a nice seasonal table and to have a special treat of some kind at each place setting. Ours are "dry" celebrations so that we never have those awful moments when someone has too much to drink. We get dressed up which is also another treat as sweatpants can become 'de rigueur' in retirement. And what delights does summer bring when barbecue season starts. You can't beat your favourite protein on the 'barbie' accompanied by the family favourite potato salad and coleslaw, with the necessary dessert with a huge dollop of vanilla ice cream. But the best parts are the conversations, the sharings of self, the latest gossip and news of far away extended family because family is where life begins and love never ends.

Suzan Egan-Olsen

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## ***In Memoriam***



### **ROGERS, Matthew Everett**

June 3, 1934 - May 2, 2024

Matt was born to Floyd and Marjorie Rogers on June 3, 1934 in Vancouver, BC. He was the oldest of four and held that responsibility well all through his life . The family moved to Ladner in 1943. Matt helped his dad with the family woodworking business while attending

school then university to become a teacher .

He married the love of his life in 1961. He and Pat (nee Husband) welcomed four children into their family over the next decade.

Matt taught history and geography at North Delta Senior School from 1961-1989.

Always a scholar and a teacher, he was constantly learning and reading or relaying relics of the past .

Kirkland House was his passion for the last 3 or so decades. If he wasn't at home, you could find him there; painting or pruning or doing whatever needed to be done with his like-minded handy crew *aka* his second family.



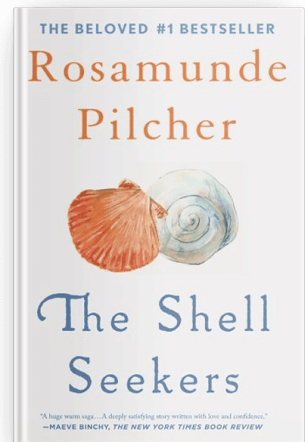
### **BURDEN, George William**

October 5, 1943 - October 26, 2024

George William Burden, 81, passed away peacefully on October 26, 2024, at Laurel Place Hospice in Surrey, BC. Born in Rossland, BC, on October 5, 1943, George was known for his kind and steadfast nature, a man of quiet strength who was always positive, friendly, and encouraging.

George truly believed that Math is Fun. He spent his career as a Math teacher in Delta, where his passion for teaching and his encouraging nature left a lasting impact on countless students. Outside of work, he was an active member of White Rock Baptist Church and then Cloverdale Baptist Church. George cherished time spent with friends, prioritizing early morning walks, curling, meeting for coffee and other get togethers. George's family was the cornerstone of his life. He was a loving father to Brent (Priscilla), Sher (Jim), and Taralyn, and a doting grandfather to Daniel (Kairi), Ben (Jett), Tiana (Nick), Isaiah (Hadas), and Dylan. George also delighted in his role as a great-grandfather to Silas, Oli, Alexei, and Elena. He was preceded in death by his beloved wife, Marley Burden.

## Recommended Reading for the Winter Months



### ***The Shell Seekers*** by Rosamunde Pilcher

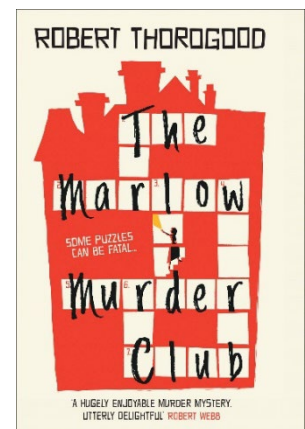
Published in 1987, this cozy read is about a woman named Penelope, who discovers that her father's painting is worth a small fortune. Her adult children have their own ideas about what she should do about the discovery.

*The Shell Seekers* moves between past and present, revisiting various times in Penelope's life, including her Bohemian youth during World War II. Penelope is truly an unforgettable character. I loved the slow reveal of her life told over decades.

### ***The Marlow Murder Club*** by Robert Thorogood

*Currently, there are 4 novels in this series and are in the process of being made into presentations for Masterpiece Theatre on PBS.*

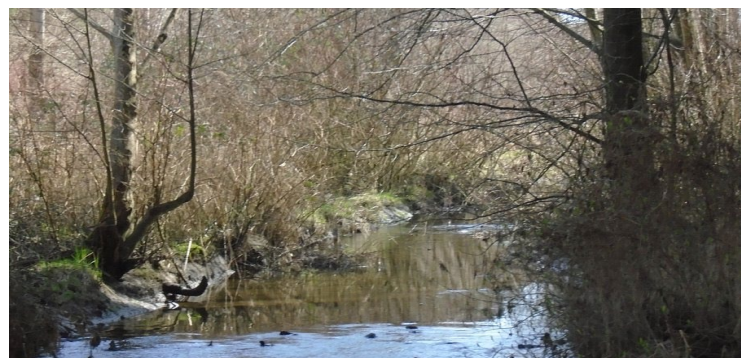
Judith Potts, a blissfully happy seventy-seven years old, lives on her own in a faded mansion just outside Marlow, with no man in her life to tell her what to do or how much whisky to drink. She keeps herself busy setting crosswords for The Times newspaper. While out swimming in the adjacent river, Judith witnesses a brutal murder. The



local police don't believe her story, so she decides to investigate for herself, and is soon joined in her quest by Suzie, a salt-of-the-earth dog-walker, and Becks, the prim and proper wife of the local Vicar. Together, they are the Marlow Murder Club. When another body turns up, they realise they have a real-life serial killer on their hands. Can they solve these murders and stay safe themselves?

### ***The Gardener's Guide to Saving the Planet***

Eliza Olson brought my attention to a new book she has co-authored. Saving peat lands around the world, and especially here in Delta, has been her passion. There is



significant information we all should know and understand about the role of "The Bog" is to our well-being. This book is available from the Peatlands Protection Society, email: [peatlands@peatlandsprotectionsociety.ca](mailto:peatlands@peatlandsprotectionsociety.ca).

## The Amazing Benefits of Music

Music is a fantastic elixir for the soul and a powerful force in our lives. The power of music is widely documented in studies that show it reduces stress, anxiety, and depression while



boosting self-confidence and mood. Making music, whether vocal or instrumental, leads to better cognitive function, concentration, and memory. As has been said for generations “music is the universal language”, research shows that it truly does have the power to improve one’s communication skills. It can also carry deep thoughts and emotions that would be difficult to put into words, leading to the increased production of dopamine, the hormone

responsible for regulating your mood and emotions. Many of us are needing to deal with increased levels of cortisol – the stress hormone. Thankfully, music has been shown to have beneficial effects on reducing anxiety and stress. Researchers at Stanford University found that just listening to music changed peoples’ neural activity in areas related to processing information. Their study showed that music’s power can change brain functioning and reduce anxiety as much as medication. Try to incorporate more music into your daily routine. Whether it’s when you’re getting ready for your day or winding down for the night, music can really boost your happiness in retirement.

## Hobbies Can Be Beneficial to Your Health

A study on the association of enjoyable leisure activities with psychological and physical well-being reported that engaging in enjoyable activities during one’s free time can lowers blood pressure, cortisol (the body’s main stress hormone) levels, and depression. When doing activities that bring joy, a sense of purpose and accomplishment brings feelings of success and





“upliftedness”. Additionally, finding people with similar interests can be a great way to meet new people and build relationships while helping alleviate boredom along with teaching patience (becoming good at it does take persistence) and developing the new skills needed to become better at whatever you’ve undertaken. Being involved in something one loves and enjoys is beneficial to both mental and physical health.



## **Travel is more than Sight-Seeing**

There are plenty of good reasons to pack your bags and take a trip, even if you don’t think of yourself as the adventurous type. Travelling usually involves a lot more walking and activity than your normal work-a-day life. Taking a trip can be a great way to relieve stress and reduce anxiety. You escape your daily routine, experience new things, and interact with new people. Encountering different lifestyles and customs is something that can't be matched as there are always new sights and sounds to be experienced. When visiting new places, the opportunities abound to experience dishes made with unique ingredients, spices, and differing cooking methods. And the best reason to travel will be the creation of new memories and the chance to share those experiences and discoveries with loved ones and friends once you’re back home. Whether you choose to go solo or travel with loved ones, the memories you make will give you souvenirs that money cannot buy.



## ***Fun and Games Pages***

### ***A Senior Warning***

This may have happened at an assisted living center.

The people who lived there have small apartments, but they all eat at a central cafeteria. One morning one of the residents didn't show up for breakfast so my wife went upstairs and knocked on his door to see if everything was OK. She could hear him through the door, and he said that he was running late and would be down shortly so she went back to the dining area.

An hour later he still hadn't arrived, so she went back up to his room and she found him on the stairs. He was coming down but was having a heck of time. He had a death grip on the hand rail and seemed to have trouble getting his legs to work right. She told him she was going to call an ambulance, but he told her no, he wasn't in any pain and just wanted to have his breakfast.

So, she helped him the rest of the way down the stairs and he had his breakfast. When he tried to return to his room he was completely unable to get up even the first step, so they called an ambulance for him. A couple hours later she called the hospital to see how he was doing. The receptionist there said he was fine, he just had both of his legs in one leg of his boxer shorts.

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### **It's just my perspective**

These are not gray hairs! They are wisdom highlights.

I'm not aging, I'm ripening to perfection.

Age and glasses of wine should never be counted. (*Italian proverb*)

Wrinkles merely indicate where smiles have been. (*Mark Twain*)

Time has a wonderful way of showing us what really matters.

You can't help getting older, but you don't have to get old. (*George Burns*)

Once you hit a certain age you become permanently unimpressed by a lot of stuff.



## Warning – a Poem

*Jenny Joseph*

*(written in 1961 when she was 29)*

When I am an old woman I shall wear purple  
With a red hat which doesn't go, and doesn't suit me.  
And I shall spend my pension on brandy and summer gloves  
And satin sandals, and say we've no money for butter.  
I shall sit down on the pavement when I'm tired  
And gobble up samples in shops and press alarm bells  
And run my stick along the public railings  
And make up for the sobriety of my youth.  
I shall go out in my slippers in the rain  
And pick flowers in other people's gardens  
And learn to spit.

You can wear terrible shirts and grow more fat  
And eat three pounds of sausages at a go  
Or only bread and pickle for a week  
And hoard pens and pencils and beer mats and things in boxes.

But now we must have clothes that keep us dry  
And pay our rent and not swear in the street  
And set a good example for the children.  
We must have friends to dinner and read the papers.

But maybe I ought to practice a little now?  
So people who know me are not too shocked and surprised  
When suddenly I am old, and start to wear purple.



# Holiday Trivia



1. How many ghosts visited Scrooge?
2. What is the famous Christmas story written by O. Henry?
3. In what movie was "Have Yourself a Merry Little Christmas" introduced?
4. What other title is "O Come, All Ye Faithful" known by?
5. Are the Hanukkah candles lit from right to left or left to right?
6. In what country do people celebrate Christmas by eating KFC chicken?
7. In "The Muppet Christmas Carol," who played Scrooge? (*Hint: It wasn't a muppet.*)
8. In 1996, what toy with origins in Sesame Street was a sensation at Christmastime?
9. How long does Kwanzaa last?
10. How many total gifts were given in the "Twelve Days of Christmas"?



1. **One Word** - What is the one word which can be used to complete all these words?

DE---ST      F---      SH---      ST---      D---      P---NT      C---

2. **Raffle Winners** – Monica drew the four numbers for the winning tickets at the retired teachers luncheon. The numbers were 327, 156, 471, and 978. Using the clues below determine in which order they were drawn.

- CLUES**
- a) The sum of the second and fourth numbers is one third the sum of the first and third numbers.
  - b) The third number is 24 more than the sum of the other three numbers.
  - c) The second number is less than half of the fourth number.



3. **Traditions are alive** – According to Sumerian legend, a wild boar mortally wounded by hunters threw himself into the sea. Since then, the Sumerians and all other people follow a particular custom related to their food. What is it? (*Hint: How might seawater translate into a common routine, even today, related to food?*)

4. **Matching** – Match the song title in Column A with its COMPOSER in Column B.

**COLUMN A**

1. "Imagine"
2. "White Christmas"
3. "Get Up, Stand Up"
4. "Your Cheatin' Heart"
5. "Heart of Gold"
6. "Bridge Over Troubled Waters"
7. "I Will Always Love You"
8. "Blowin' in the Wind"
9. "Big Yellow Taxi"
10. "Maybelline"

**COLUMN B**

- a. \_\_\_\_ Paul Simon
- b. \_\_\_\_ Neil Simon
- c. \_\_\_\_ Chuck Berry
- d. \_\_\_\_ Bob Dylan
- e. \_\_\_\_ Dolly Parton
- f. \_\_\_\_ Joni Mitchell
- g. \_\_\_\_ Irving Berlin
- h. \_\_\_\_ Hank Williams
- i. \_\_\_\_ John Lennon
- j. \_\_\_\_ Bob Marley

5. **Word Chain** - Create a chain of words that leads from the first one to the last by changing only one (1) letter at a time (e.g. COAT to SHOE: COAT, COOT, SOOT, SHOT, SHOE) in the shortest possible list of words.

- |                |                |                |
|----------------|----------------|----------------|
| a) EASY → CARE | b) GOAL → POST | c) BEAT → POET |
| d) EATS → MEAT | e) KIDS → TOYS | f) RAIL → WAYS |
| g) JAZZ → ROCK | h) BLUE → HENS | i) OVER → RICE |

6. **Fill in the Squares** – Think of something belonging in each category from the left that begins with the letter above each column. (Real challenge – Can you do it in less than 5 minutes?) Many different answers are possible!

	<b>S</b>	<b>P</b>	<b>A</b>	<b>C</b>	<b>E</b>
<b>MUSICAL COMPOSITIONS</b>					
<b>MYSTERY WRITERS SURNAMES</b>					
<b>FISH</b>					
<b>WORDS THAT INCLUDE THE LETTERS N, O, W</b>					

## 7. Cross 'Em Out

Cross out words in the table below using the directions. Once you've finished, the remaining words will give you a quote when you read them from Left to right, top to bottom.

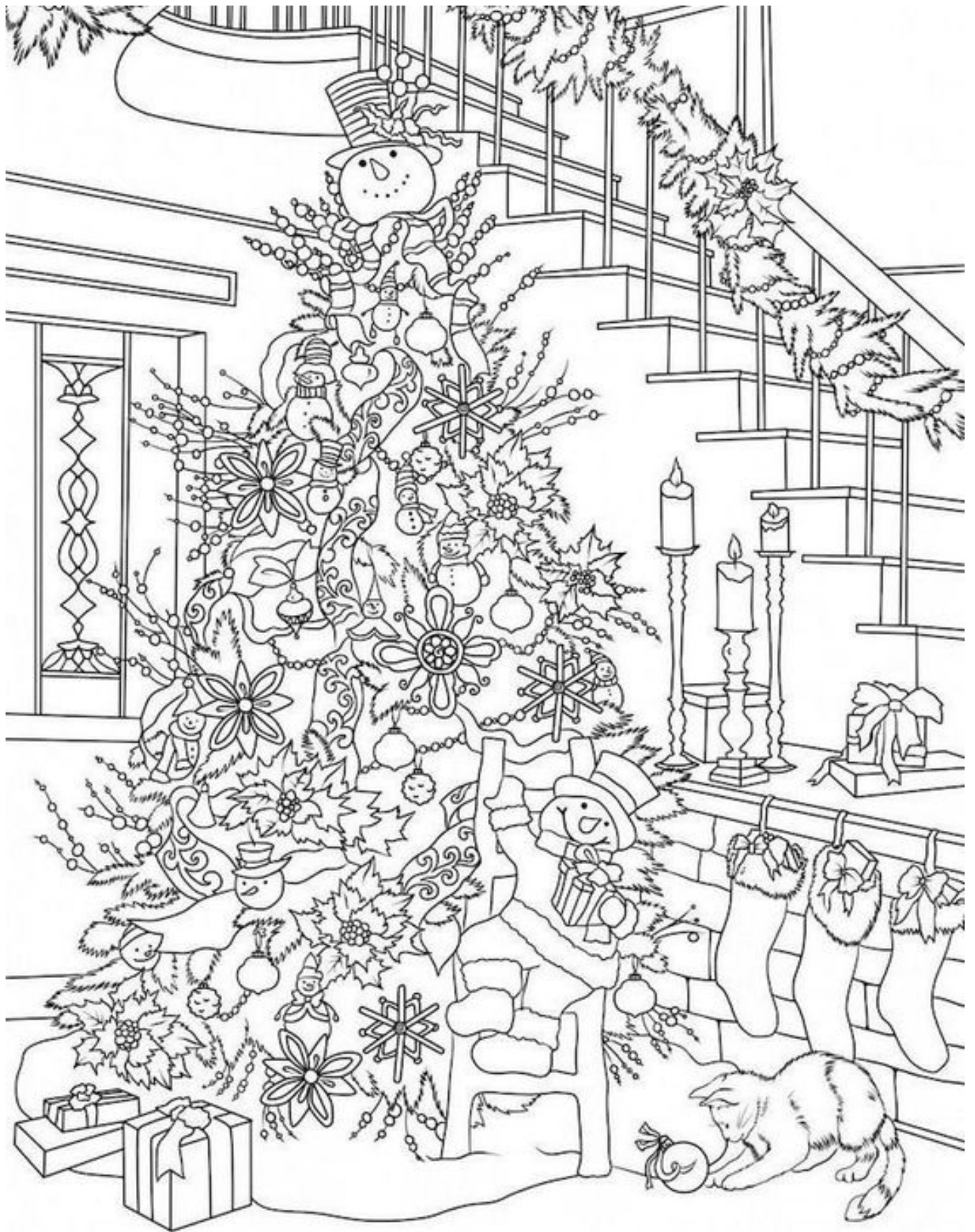
1. CROSS OUT compound words (like "briefcase") in Columns A and E.
2. CROSS OUT words containing numbers (like "phONE") in Column B and Row 1.
3. CROSS OUT words that are still words when the first letter is dropped in Columns A and D.
4. CROSS OUT watercraft in Column B and Row 5.
5. CROSS OUT words appearing twice in the same column.
6. CROSS OUT geometric figures in Rows 2 and 8.
7. CROSS OUT characters from "The Flintstones" in Rows 6 and 10.
8. CROSS OUT anagrams of "scare" in Column D and Row 7.
9. CROSS OUT plurals not ending in "s" in Rows 4 and 7.
10. CROSS OUT ways to cook food in Column C.

	A	B	C	D	E
1	CANINE	CANOE	NETWORK	CARES	ATONED
2	DOWNTOWN	TRIANGLE	POLYGON	VALLEY	CIRCLE
3	BLUE	FREIGHT	WHEN	INFREQUENT	HOUSE
4	TRAIN	TUGBOAT	GEESE	CHILDREN	HEADLINE
5	SKIFF	PLEASURES	HYDROFOIL	ACRES	RAFT
6	SIDEWAYS	FRED	BROIL	TROLL	DINO
7	FLIGHT	RACES	ARE	RADII	CACTI
8	SQUARE	EXTEND	BAKE	RECTANGLE	NAMEPLATE
9	BLUE	YACHT	THE	SCAMP	HOUSE
10	BRUSH	WILMA	WHEN	SWEETEST	BETTY

Your Answer: \_\_\_\_\_

## 8. Matching 2 – Match each Christmas movie with its main character.

- |   |                     |
|---|---------------------|
| 1. _____ Elf                                | a) Doris Walker     |
| 2. _____ The Nightmare Before Christmas     | b) Jim Hardy        |
| 3. _____ The Polar Express                  | c) Buddy            |
| 4. _____ Home Alone                         | d) Jack Skellington |
| 5. _____ A Christmas Carol                  | e) Hero Boy         |
| 6. _____ Miracle on 34 <sup>th</sup> Street | f) Scott Calvin     |
| 7. _____ Holiday Inn                        | g) Ebenezer Scrooge |
| 8. _____ The Santa Clause                   | h) Kevin McAllister |



**For when you need a calming break over the busy season.**

## Fun and Games – Answers

### Holiday Trivia

1. Four
2. “The Gift of the Magi”
3. Meet Me in St. Louis
4. “Adeste Fideles”
5. Candy, candy canes, candy corns, and syrup
6. Japan
7. Michael Caine
8. “Tickle Me Elmo”
9. A hula hoop
10. 364, or one for every day of the year except Christmas.

1. **One Word** - ARE is the answer.
2. **Raffle Winners** – 1<sup>st</sup> - 471    2<sup>nd</sup> - 156    3<sup>rd</sup> - 978    4<sup>th</sup> – 327
3. **Traditions are Alive** – People started adding salt to their food. Legend claims, that when the hunters pulled the boar carcass out of the water, the salty water had added some flavour to the meat. And to this day, most of us cannot imagine not adding salt to meat.
4. **Matching** – a - 6; b - 5; c - 10; d - 8; e - 7; f - 9; g - 2; h - 4; i - 1; j – 3
5. **Word Chain**    Other answers are possible
  - a) *Easy, ease, case, care*
  - b) *Goal, coal, coat, cost, post*
  - c) *Beat, best, pest, post, poet*
  - d) *Eats, pats, pets, peas, peat, meat*
  - e) *Kids, bids, bias, boas, boys, toys*
  - f) *Rail, wail, wait, wart, wars, ways*
  - g) *Jazz, razz, raze, race, rack rock*
  - h) *Blue, flue, flee, fled, feed, heed, herd, hers, hens*
  - i) *Over, ever, eves, eyes, dyes, dies, dims, dime, dice, rice*
6. **Fill in the Squares** – left up to you
7. **Cross ‘Em Out** – Infrequent pleasures are the sweetest.
8. **Matching 2** – 1. c    2. d    3. e    4. h    5. g    6. a    7. b    8. f