

RIVERSIDE

REFLECTIONS

Newsletter of the New Westminster
Retired Teachers
October 2025



John Robson Elementary

The President's Comments

by Kerry Babiuk

Well here we are, the beginning of another school year. As a retired teacher of almost 20 years, it is still difficult not to think of September as the start of a new year. I'm sure it doesn't help that most Retired Teacher Associations celebrate a, "Hell with the Bells" lunch. Despite this being an opportunity to NOT go to school, but rather to enjoy a long leisurely lunch with our fellow colleagues, it is still a reminder that a new school year is in session. This year 14 members of the NWRТА celebrated our freedom from school bells, students, and lessons, by dining at a Mexican restaurant on Sixth Street. The conversation was boisterous, the food was excellent, but best of all was the conversation with friends. September also means that our BCRTA AGM was at hand. I had the privilege to attend the AGM on Saturday morning and was most impressed with a speech made by retiring Executive Director, Tim Anderson.

He spoke on the importance of "personhood". He suggested that there were three things that helped create the essence of being a valued person. These were: the need to respect and cherish oneself, to have a sense of purpose, and to have strong personal connections. This left me with a sense of how important it is to maintain and develop new personal relationships and to have meaningful goals in one's life.



Sandra Audet, who is one of our NWRТА Members-at-large, attended as our delegate from New Westminster. She has kindly submitted a summary of the opening day Keynote speakers.

BCRTA AGM HIGHLIGHTS

Devona Putland:

Devona spoke about Age-friendly Communities, specifically in her hometown, Moosomin, Saskatchewan. Her Keynote was presented with information and humour. Age-friendly Communities we learned, focus on environments that emphasize healthy aging, encouraging participation and working to improve accessible public transportation, well maintained sidewalks with benches etc. Social support and community programs are also promoted. Although the focus is seniors, an increasing percentage of the

population, improvements benefit the whole community. It was interesting that advertising meetings and activities in Moosomin is largely done through local newspapers, something we miss here. There is a website for Age-friendly Communities Action Guide in BC and there are grants available. One site is:

<https://tinyurl.com/5n6dnm6z>

Crawford Killian:

Well known writer Killian took us through "Teaching from the Stone Age to AI". He reminded us that early humans shared stories and knowledge in an oral tradition, often one on one. Often today's education is often the opposite of this type of learning. AI provides its own challenges and opportunities, with students having a "one on one tutor" at their fingertips on their devices.

Vicki Robinson:

Vicki spoke from personal experience as she presented "Steps to Consider before the End". Coming from both personal experience and from years volunteering in Hospice Care, she took us through the Basic Requirements of Power of Attorney, Wills, Executors, Representation Agreements, and Advance Care Directives. She then led us through the continuum of Hospice and Palliative Care sharing with us this quote from Cicely Saunders, founder of the modern hospice movement, "You matter because you are you, and you matter to the last moment of your life. We will do all we can not only to help you die peacefully but also to live until you die." Finally, Vicki took us through the steps involved with a decision to choose MAID (Medical Assistance in Dying). Her talk was thoughtful, personal, and informative. You can view these speeches in their entirety at the following link:

<https://www.youtube.com/watch?v=-mOKWiyag5Q>

Golden Star Awards

There were four of these presented to various schools in the province. It was wonderful to learn that Kim Zimmerman, a teacher at Lord Kelvin school, here in New Westminster, has been awarded a Golden Star Award. For the past 8 years Kim's "Seniors Sewing and Such" has connected seniors and Grade 5 students. Students learn hand sewing techniques while building confidence, patience and fine motor skills as well as developing relationships across generations. Congratulations Kim!

by Sandra Audet (NWRТА Member-at-large)

NWRТА Meetings

Tuesday, November 25th

Pre-Christmas Celebration

When: Tuesday, November 25

Time: 12:00m to 2:30pm

Where: New Westminster Public Library

Lunch: Pizza, salad, dessert, tea/coffee

Entertainment: The Old Broadway

Video clips from "Bored Teachers"

Cost: \$20.00

Mid to Late February

Hospice and Palliative Care, Wills, Power of Attorney, etc..

Keep watching for further updates.

John Robson Elementary

(Opening photo)

The photograph shows the second of three John Robson Schools. This school stood near the corner of Sixth Street and Queens Avenue. The building was first used as the Central School for boys. In 1955 the T.J. Trapp Technical School on 8th Street became the third John Robson School. This school has since been demolished and has been replaced with Ecole Fraser River Middle School. The first school was on the same block as the second school, but directly below it on Royal Avenue near where the present day Royal Towers exists.

The photograph is from the New Westminster Archives and can be reached at:

<http://archives.newwestcity.ca/permalink/17269/>

THINGS TO DO AROUND TOWN

New Westminster Farmer's Market

Every Thursday from 3:00 pm 7:00 pm until October 30th. This is your chance to shop local.

Cost: Free

Vancouver Chamber Music Society

Present "Lines of Longing"

Anvil Centre

Monday, October 20th

1:00pm - 3:00pm

\$29.50

Remembrance Day Ceremony

City Hall Cenotaph

10:25am - 12:30pm

Tuesday, November 11th

Los Panchos Live in Concert

Massey Theatre

Thursday, November 20th

8:00pm - 1000pm

\$69.00

BASKETS FOR BURSARIES:

This year our pre-Christmas celebration will be without our silent auction of the "Baskets for Bursaries". The Executive decided to relegate this fundraiser to alternate years. The cost and time of making baskets, then buying one or two more baskets tend to cost our members between \$100 to \$200. Realizing that it is important to continue with our bursary fund for a student from NWSS, we would like to propose that our members make a donation of any amount to the bursary fund. A donation of more than \$20.00 will receive a tax receipt. This

donation can be made to School District #40, Charitable Organization. On the cheque memo write **NWRTA Bursary**.

A cheque can be dropped off at the School District Office at 811 Ontario Street or bring it to the lunch on the 25th and our Treasurer will take it to the District Office.

FROM THE KITCHEN OF CHEF JANET

Irish Soda Bread Recipe

Ingredients

- 3 cups (rounded) flour
- 3 teaspoons (heaping) baking powder
- ½ teaspoon (level) baking soda
- 1 ¼ cups (approximately) buttermilk
- 1 egg
- 3 tablespoons (level) sugar
- ¼ teaspoon salt
- 1 cup (OPTIONAL) raisins

Instructions

Preheat oven to 375° F (if using convection bake set oven to 350° F).

Mix all dry ingredients together. In a separate bowl, mix (beat) the egg and the milk together. Add the milk and egg mixture to the dry ingredients. Knead the combined wet and dry ingredients until fully combined.

Shape dough into a round and put in a greased pie plate or on a greased flat cookie sheet. With a sharp knife, cut a shallow cross in the top of the dough (this allows for better baking). Bake for approximately 30 minutes. It is better to overbake this bread than underbake it. When the bread is baked wrap it in a clean tea towel, which will help soften the crust (or leave it open if you want crusty bread).

Notes/ Helpful Hints

If you do not have buttermilk around, add 4 teaspoons of lemon juice or white vinegar to the 1 ¼ cups of milk.

You do not need to let this dough rise. Simply mix everything together and then bake.

The bottom of the bread, once baked, should be a golden brown and make a hollow sound when knocked on.

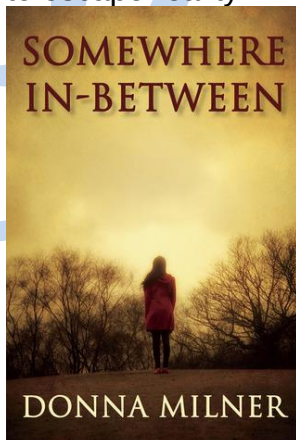
This bread is excellent fresh, but it also freezes well (cut into slices before freezing!). It pairs well with jam, ham, cheese, honey, and butter.

THE BOOK CORNER:

Somewhere In-Between

By: Donna Milner

Have you ever felt that somewhere in-between feeling? Undecided about something? Wrestling with a difficult decision? Nothing is definitive? No doubt we've all been there at some point in our lives. Victoria, BC born Canadian author Donna Milner has crafted an amazing story about a couple who face a tragic event that leaves them very undecided about how to carry on with their lives. Julie and Ian O'Dale's marriage is on the rocks as they deal with heartbreaking sorrow and guilt and are trying to escape reality.



They start with relocating from the city to Cariboo Chilcotin country where they purchase a 600 acre ranch which includes a team of draft horses, range cattle and a few cow ponies. The purchase also includes a tenant who is more or less a hermit. They have never experienced winter driving like it is in the Chilcotin nor do they expect the wildlife and the wilderness which is virtually on their doorstep. The mysterious tenant named Virgil rents a small cabin on the property and helps out with the ranch. All of this becomes part of Julie and Ian's daily lives....lives they're not totally sure they're cut out for. And even though Virgil is difficult

for Julie and Ian to get to know, he is someone who will leave an indelible impression on their lives in ways they couldn't possibly begin to predict. Enjoy being swept up in this mystical area of our province, feel the chill of a Chilcotin winter and sense the wilderness around you when you read this novel!

by: Devon Codesmith

NWRTA MEMBERS IN ACTION

We are starting a new segment in our newsletter which will feature an NWRTA member participating in an activity, sport, volunteer position etc.. So many of our members are involved in a wide range of activities from crafts, choir, bands, billiards, gardening, painting, writing, and many more. We are hoping to include a photo and short story about their activity. Our ultimate goal is to help members to get to know each other better and maybe connect through common interests. This segment will start with our new year 2025 -2026.

AND YOU THOUGHT YOU KNEW MUSIC

...Edition#20

Contributed by: Seedy

Hello again! We hope to continue your education and enjoyment of music by showing you different interpretations of well-known (and sometimes NOT so well-known) tunes. Different people look at a page of black notes on white paper, and often see things totally differently. Consider this column's offering:

This tune was originally recorded as a band/swing tune by Glenn Miller and was featured in the 1941 movie, Sun Valley Serenade. This song was the first to get a "gold record" for sales of over 1,000,000. The movie version includes vocals from Dorothy Dandridge and a notable tap-dancing routine from The Nicholas Brothers. You will note this runs a bit longer than usual, but please stick around until the

end – I think you'll find the final three minutes a pleasant surprise.

Bing Videos

And now for something completely different. This rendition is from another planet, but at least they speak English.

<https://www.youtube.com/watch?v=3SJEvTZY-sM>

Cute, eh?



For those who enjoy the Hollywood extravaganzas of the 30's and 40's. I believe this singer is from earth, although I don't recognize the language. Carmen Miranda was born 1909 and became popular in Brazilian films in the 1930's. Her first North American film was "Down Argentine Way" with Don Ameche and Betty Grable. She is best remembered (at least by me) as the "Lady with the Tutti Frutti hat". This selection features great cameos for the movie buffs.

CARMEN MIRANDA ON CHATTANOOGA CHOO-CHOO

I don't know about you, but I've always been awed by Carmen's talent – she is clearly being herself, which is definitely not like anyone else I've ever come across. So, there you have it - one tune, three quite different interpretations. I hope you enjoyed the reading and listening as much as I

enjoyed the research and writing. Got some ideas for my next column? Please let me know.

Cheers, Seedy.

DINING WITH PATRICIA

I offer you a whirlwind taste of the world, everything from Mexico, to Italy, and Japan.

Taqueria on Sixth Street and Fourth Avenue

This lively restaurant has delicious Mexican food at very reasonable prices. There are specials for each day of the week. On the Wednesday of our NWRTA Fall luncheon, the special was the quesadillas which many of us ordered at \$11. The shrimp, pork, beef, mushroom were all delicious. The burritos and tacos were also enjoyed. There were many Spanish speakers in the big room which is a good sign. With the colourful decor, a sunny day, it all led to a tropical feeling.

Note: It is a loud restaurant so conversations can be difficult.

They also have an extensive takeout menu.



NWRTA members having lunch at the Taqueria

The Golden Boot Italian Ristorante

This long time Italian restaurant is located on Nelson and Ridgeway near Austin in Coquitlam. There are many free places to park on Ridgeway. Lunch is available from noon and there are many specials. Other diners reported that the pasta is excellent but I ordered the half panini and half salad

for a mere \$15. The paninis have many different delicious fillings for both carnivores and vegetarians. The half portion was large. The salad contained many ingredients, including artichokes and olives. The server was friendly and efficient. Also the coffee was good. In the summer there is a small patio.

Guu Toramasa Japanese Restaurant in Vancouver

If you like the ambiance of a tapas style eatery try this place. The food is Osaka style so the dishes are more traditional. It is also Japanese owned and the staff are also Japanese. There is an extensive menu of tapas style dishes or small plates for \$6-7. The eggplant is excellent, as is the jellyfish and tofu, chicken karage, pork cutlets and so many other dishes. Noodle dishes, sushi, and sashimi are also on the menus (there are three+) Happy hour has drink prices which are very reasonable. It is located about halfway between the Granville Station and the Orpheum, at 757 Seymour, so it is very convenient for lunch or an early dinner before or after a concert.

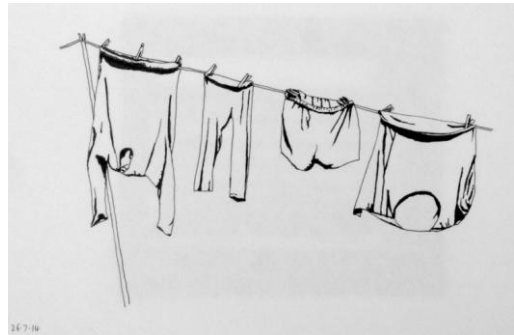
Happy Dining!

THOUGHT FOR THE DAY

Dirty Laundry

A young couple moved into a new house. The next morning while they were eating breakfast, the young woman saw her neighbour hanging the washing outside. "That laundry is not very clean; she doesn't know how to wash correctly. Perhaps she needs better detergent." Her husband looked on, but kept quiet. Every time her neighbour hung her washing out to dry, the young woman made the same comments. A month later, the young woman was surprised to see a nice clean wash on the line and said to her husband, "Look, she's finally learned how to wash correctly. I wonder who taught her this?"

The husband replied, "I got up early this morning and cleaned our windows."



The moral: What we see when watching others depends on the clarity of the window through which we look. So don't be too quick to judge others, especially if your perspective of life is clouded by anger, jealousy, negativity or unfulfilled desires. "Judging a person does not define who they are. It defines who you are."

KERRY'S TOONIES WORTH

or

One Step Away from Relevance

Seniors, Don't Mess with us SURGERY

An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation. As he was about to get the anesthesia, he asked to speak to his son. "Yes, Dad, what is it?" "Don't be nervous, son; do your best, and just remember, if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife...."

Stunned

I'll never forget the day, when I was at Garden Works and the look on the cashiers face when she scanned a package of bird seed and I asked her, "How long does it take for the birds to grow once I plant the seeds?"

Just a Warning

Don't do anything to really annoy us, since the older we get, the threat of "life in prison" becomes less and less of a deterrent.

Why do some British people not like Donald Trump?

by Nate White, an articulate and witty writer from England.

A few things spring to mind. Trump lacks certain qualities which the British traditionally esteem. For instance, he has no class, no charm, no coolness, no credibility, no compassion, no wit, no warmth, no wisdom, no subtlety, no sensitivity, no self-awareness, no humility, no honour and no grace – all qualities, funnily enough, with which his predecessor Mr. Biden was generously blessed. So for us, the stark contrast does rather throw Trump's limitations into embarrassingly sharp relief.

Plus, we like a laugh. And while Trump may be laughable, he has never once said anything wry, witty or even faintly amusing – not once, ever. I don't say that rhetorically, I mean it quite literally: not once, not ever. And that fact is particularly disturbing to the British sensibility – for us, to lack humour is almost inhuman. But with Trump, it's a fact. He doesn't even seem to understand what a joke is – his idea of a joke is a crass comment, an illiterate insult, a casual act of cruelty.

And worse, he is that most unforgivable of all things to the British: a bully. That is, except when he is among bullies; then he suddenly transforms into a snivelling sidekick instead. There are unspoken rules to this stuff – the Queensberry rules of basic decency – and he breaks them all. He punches downwards – which a gentleman should, would, could never do – and every blow he aims is below the belt. He particularly likes to kick the vulnerable or voiceless – and he kicks them when they are down.

So the fact that a significant minority – perhaps a third – of Americans look at what

he does, listen to what he says, and then think "Yeah, he seems like my kind of guy" is a matter of some confusion and no little distress to British people, given that Americans are supposed to be nicer than us, and mostly are. You don't need a particularly keen eye for detail to spot a few flaws in the man.

And the Fight was on

Wife: I have blisters on my hands from the broom.

Husband: Next time take the car

My wife asked me if she could have some peace and quiet while she cooked dinner. So I took the batteries out of the smoke alarm.

**My wife took up gardening...
I wonder what she's going to plant**



Preaching to Bears

A Catholic Priest, a Baptist Preacher and a Rabbi all served as Chaplains to the students of Northern Michigan University at Marquette in the Upper Peninsula of Michigan. They would get together two or three times a week for coffee and to talk shop. One day, someone made the comment that preaching to people isn't really all that hard, a real challenge would be to preach to a bear. One thing led to another, and they decided to do an experiment. They would all go out into the woods, find a bear, preach to it, and attempt to convert it to their religion. Seven days later, they all came together to discuss their

experiences. Father Flannery, who had his arm in a sling, was on crutches, and had various bandages on his body and limbs, went first. "Well," he said, "I went into the woods to find me a bear. And when I found him, I began to read to him from the Catechism. Well, that bear wanted nothing to do with me and began to slap me around. So I quickly grabbed my holy water, sprinkled him and, Holy Mary Mother of God, he became as gentle as a lamb. The Bishop is coming out next week to give him first communion and confirmation."



Reverend Billy Bob the Baptist, spoke next. He was in a wheelchair, had one arm and both legs in casts, and had an IV drip. In his best fire-and-brimstone oratory, he exclaimed, "WELL, brothers, you KNOW that we Baptists don't sprinkle! I went out and I FOUND me a bear. And then I began to read to my bear from God's HOLY WORD! But that bear wanted nothing to do with me. So I took HOLD of him and we began to wrestle. We wrestled down one hill, UP another and DOWN another until we came to a creek. So I quickly DUNKED him and BAPTIZED his hairy soul. And just like you said, he became as gentle as a lamb. We spent the rest of the day praising Jesus. Hallelujah!" The Priest and the Reverend both looked down at the Rabbi, who was lying in a hospital bed. He was in a body cast and traction with IVs and monitors running in and out of him. He was in really bad shape. The Rabbi looked up and said: "Looking back on it, circumcision may not have been the best way to start."

Dad jokes

1. I can't believe I got fired from the calendar factory. All I did was take a day off.
2. Do you know why chicken coops only have two doors? Because if they had four, they'd be called chicken sedans.
3. Golf is a lot like taxes: you drive hard to get to the green and wind up in a hole.
4. What do you call a magician who has lost his magic? Ian
5. What noise does a 747 make when it crashes? Boeing, Boeing, Boeing
6. What do you call a pig with laryngitis? Disgruntled
7. What do you call a band with cows in it? Moosicians
8. Did you hear about the new music group Cellophane? They mostly wrap.
9. Me and my friends are in a band called "Duvet". We were a cover band.
10. Why don't skeletons ever go trick or treating? Because they have no body to go with.

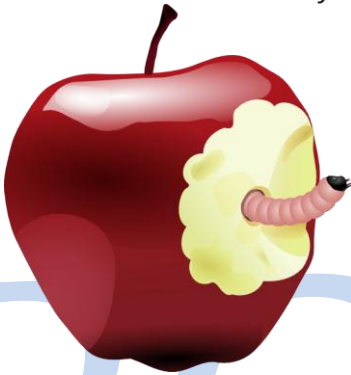


Neologism Contest

This is the process of inventing alternative meanings for common words or a word that you have either added or subtracted one letter.

1. Innuendo(n), an Italian suppository
2. Esplanade (v.), to attempt an explanation while drunk
3. Balderdash (n.), a rapidly receding hairline

4. Bozone (n.): The substance surrounding stupid people that stops bright ideas from penetrating
5. Willy-nilly (n), impotent
6. Lymph (v.), to walk with a lisp.
7. Osteopornosis (n): A degenerative disease.
8. Sarchasm (n): The gulf between the author of sarcastic wit and the person who doesn't get it.
9. Caterpallor (n.): The color you turn after finding half a worm in the fruit you're eating



Useless Trivia

1. Stewardesses is the longest word typed with only the left hand
2. And lollipop is the longest word that can be typed with your right hand.
3. The common palindromes are, racecar, kayak, and level.
4. A 'jiffy' is an actual unit of time, one trillionth of a second.
5. Niagara Falls froze completely solid in March 1848 due to an ice jam that blocked the Niagara River.
6. There is one word in the English language that have all six vowels in order, facetiously.

Senior Insights

1. Old people shouldn't eat Health foods. They need all the preservatives they can get. (Bob Hope)
2. We don't grow older, we grow riper. (Pablo Picasso)
3. The older I get, the better I used to be. (Lee Trevino)
4. When I was young, I was called a rugged individualist. When I was in my fifties, I was

considered eccentric. Here I am doing and saying the same things I did then, and I'm labeled senile." (Milton Berle)

5. At age 20, we worry about what others think of us... at age 40, we don't care what they think of us... at age 60, we discover they haven't been thinking of us at all. (Ann Landers)

Finally some Dark Humour

1. When I die, I want to die like my grandfather who died peacefully in his sleep. Not screaming like all the passengers in his car.
2. I was reading a great book about an immortal cat the other day. It was impossible to put down.
3. Why are cigarettes good for the environment? They kill people.
4. My grief counselor died. He was so good, I didn't even care.
5. "I'm sorry" and "I apologize" mean the same thing, except at a funeral.

