

# Coquitlam Retired Teachers' Association

November 2025  
Issue No. 2

## CRTA Newsletter



### CRTA Christmas Banquet

Join us on **Wednesday December 3, 2025** at Burnaby Mountain Golf Club (BMGC), 7600 Halifax Street, Burnaby B.C. Doors will open at 11:00 am. Luncheon will be served at 12:00 pm.



Once again the CRTA has decided to **subsidize the cost** of the buffet for BCRTA members:

**BCRTA Members, Partners/ Spouses, Drivers: Register by November 25: \$37.00**

**Friends (non- BCRTA Members): \$52.00 CRTA is not permitted to subsidize this price**

**Drinks: Regular bar prices plus tax and gratuity**

**Music by Jim Burton**

We'll be serving Christmas Spirit and a delicious shared buffet!



Assorted dinner rolls with butter

Tuscan green salad: kale, mesclun greens,  
mandarin orange, grape and cranberry vinaigrette

Caesar salad

Roasted garlic Yukon Gold mashed potatoes

Vegetarian lasagna

Oven roasted root and seasonal vegetables

Roasted Christmas turkey with gravy and mushroom stuffing

Chef's selected desserts

Coffee and tea



Payment methods: **eTransfer** to [crtalunch@gmail.com](mailto:crtalunch@gmail.com)

OR **cheque payable to CRTA**

Please **mail cheque by Wednesday** November 19<sup>th</sup> to **arrive by** Monday November 24<sup>th</sup>. Due to caterers' timelines, this is a firm cut-off date.

**Please mail to:**

Howard Spence: 2288 Portage Avenue, Coquitlam, B.C. V3K 2Z3

### Directions

The restaurant is located at the Burnaby Mountain Golf Course at the eastern end of Halifax Street.

From the Lougheed Highway, turn at Lake City Way, cross Broadway and continue on Arden Avenue, which follows around the golf course.

At the four-way stop at Burnwood, turn left. The golf course is on the left just before Halifax Street.

From Hastings Street, turn at Kensington and continue to Halifax Street. Turn left on Halifax and continue to Burnwood Street.

### Mark your calendar!

**CRTA General Meetings:** Coffee & Cookies 9:30; Meeting 10:00

February 4, 2026

April 1, 2026

June 3, 2026: AGM and free lunch

\*All meetings will be held in the gym at Montgomery Centre



# Coquitlam Retired Teachers' Association

CRTA 2025–  
2026

<https://bcrtc.ca/coquitlam/>

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## President's Report

It has been a busy fall for your CRTA Executive!

The season began with our traditional first day of school **To Hell with the Bell Brunch** at the Burnaby Mountain Golf Club. Along with much conversation and laughter, attendees enjoyed a delicious buffet. **Door prizes** went to Sharlene Birdsall, Don Portelance, Laurie Sinclair, Debbie Nicholson, Louise McDonald and Jennifer Blenkinsop.

We look forward to an equally festive gathering in December at our Christmas Luncheon - details are outlined in the newsletter. Be sure to secure your spot for this always popular event by sending in your cheque or e-transfer quickly!

The Executive Committee has been busy with its first two meetings of the year – in September and October – and producing two newsletters – in August and November.

Four CRTA delegates, myself included, attended the **BCRTA Conference and AGM** on September 26th and 27th at the Hilton Vancouver Airport Hotel in Richmond. Read the reports from delegates in this newsletter. All three Conference presentations can be accessed at <https://bcrtc.ca/category/conference-presentation/> ★★★★★ **Star quality!!!**

Our first **CRTA General Meeting** of the 25/26 fiscal year was held in the Gym at Montgomery Centre and was a rousing success. The members in attendance listened to an informative talk presented by two volunteers (and their dogs) with the **BC and Alberta Guide Dogs**. Again, thanks to SD 43 for confirming the Gym at Montgomery Centre for all of the 2025-26 General Meetings.

Lastly, I wish all CRTA members a healthy and productive fall as we look forward to the end of the year and a holiday season filled with happiness and the warmth of loved ones.

Teresa



## Conference Report 1 by Fran Mitchell

It was my pleasure to be a delegate at our BCRTA Conference this year held, once again, at the Hilton Hotel in Richmond. We started with the Meet and Greet on Thursday night and were entertained by the Louis Riel Métis Dancers with their energetic foot work.

Friday was a full day of informative presentations and problem-solving discussions. The final presentation of the day was "Gift of Knowledge - Steps to consider before the End" by Vicki Robinson. She covered the Basic Requirements - having a Will, Executor, Representation Agreement, Advance Care Director - all this information contained in the "all ready to go" binder so it's clear to family and friends how you want to live out your life. Vicki also spoke about the benefits of palliative care. Finally, Vicki briefed us on "As a patient in Canada you have the right to..." She also touched on the Law in Canada as it pertains to MAID.



Remember when female teachers had to wear skirts in classrooms? Well, on this cold January day we had enough! We brought a petition to the principal, who reluctantly agreed to allow us to wear pant-suits – as long as the jackets and pants matched and the jackets covered our "hind-quarters" (his words). Furthermore, we were charged with monitoring each other for compliance. Afterwards, we verified that males' jackets did not cover their "hind-quarters" or match their trousers. **Hmmm...**

# Coquitlam Retired Teachers' Association



## Conference Report 2 by John Pope

### Sustaining Age Friendly Programs Presentation by Devona Putland

The **Age Friendly** movement is a community of volunteers which uses the power of 'ground level' solutions to problems faced by local towns, cities and rural areas across Canada. They target a wide range of issues: accessibility, transportation, social participation, health, and more. They listen and observe, elicit support from appropriate members of the public, and find solutions to problems faced by people of any age, but with an emphasis on seniors. When a need is identified, rather than government and elected officials, they turn to the community, find individuals, businesses, other volunteer or community resource groups, the public library, schools (and students) and fix what's wrong, provide what's missing or needs inventing.

In Ms. Putland's hometown, the **Age Friendly network** has tackled many issues. Arranging rides for seniors to get to medical appointments; establishing weekly friendly coffee get-togethers; purchasing and selling advertising space on benches for walkers to rest 'en route'; finding funding for iPads to lend out, are some of the many examples that Ms. Putland described in a talk that was as entertaining as it was inspiring.

**The** Global Age Friendly Movement aims to build communities that work better for seniors. For more information, search [Age Friendly Communities – Canada.ca](https://www.agefriendlycommunities.ca)

## CRTA 2025 – 2026

### DIRECTORS cont'd

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Howard Malm



### October General Meeting

Lynn Radbourne and Debbie from the BC & Alberta Guide Dogs arrived with their cute 6-month old pups, Bridget and Lily.



Lynn and Debbie talked about the training the dogs go through to become service dogs for people who are blind or have low vision, children with autism or people with PTSD. Matching the dog with the recipient considers the dog's personality and training. While the cost to train a dog is about \$36,000, the recipient receives a dog at no cost. When Lynn and Debbie asked if anyone was interested in becoming involved with the socialization of a dog (BC Guide Dogs pays for everything except for the bed and toys), everyone wanted to become a volunteer.

### Calling All CRTA Members! Let's Reconnect!

We're gathering a cheerful team of **CRTA members** to reach out and **call fellow retired teachers** about our upcoming events and special get-togethers!

It's all about **friendship, community, and connection** — sharing a friendly chat, passing along event news, and keeping our members in the loop.

- ✓ Flexible schedule (make calls from home!)
- ✓ A great way to catch up, laugh, and stay connected

If you enjoy chatting with old friends (and making new ones!), we'd love to have you join our volunteer calling crew. For more information, please contact **Nick Magistrale** at 604-936-7701 or email [Magistralenick99@gmail.com](mailto:Magistralenick99@gmail.com) — let's keep our CRTA community connected, one call at a time!



# Coquitlam Retired Teachers' Association



## We'll be rich!

Submitted by *Howard Spence*

My successful use of genetically modified weevils prompted me to do further research. I have stumbled upon a way to build gold resources at almost no cost, via a hedge fund, and to secure its safety by using blockchain technology.

I have discovered a genetically modified juniper shrub (typically used in hedges), which collects minute gold crystals in the ground, and converts them to tiny gold medallions instead of the typical juniper berries. These medallions are called ittybittycoins.

I have collaborated with my neighbours to turn our residential block into a gold production facility. We have started a hedge fund in order to purchase numerous modified juniper plants, and will plant them in all unused spaces in our block, including creating a solid hedge surrounding the block. We will protect our bounty with a chain link fence around the entire block (the block chain). **We'll be rich!**



CRTA Sunshine Coordinator **Dale Linton** sends cards to those who are ill or to family members in the case of bereavement.



Please update Dale at (604) 937-5113.



## IMMEDIATE ACTION REQUIRED

Gluten-free food costs up to 500% more — and families are struggling.

A refundable \$1,000 tax credit could change lives.

Sign the 2025 petition now and help us reach 30,000 signatures by Dec 6! It takes 2 minutes. Sign now:

<https://www.celiac.ca/tax-fairness-and-affordability-petition-2025/>

## Walking Wednesdays at Como Lake Park

*Are you interested in joining your fellow retirees for a "walk'n'talk" at Como Lake Park? Meet at the north parking lot (between Regan Avenue and Grover Avenue) at 10 am on Wednesdays starting November 5<sup>th</sup>.*

<https://www.coquitlam.ca/facilities/facility/details/Como-Lake-Park-26>



## In Memoriam



The CRTA regrets to announce the passing of the following District 43 colleagues.

We extend our heartfelt condolences to their families and friends.

**Miller, La Vernne:** July 22, 2025: La Vernne taught for many years in SD 43, including at Central Elementary School. La Vernne is survived by her brother Harold (Brenda), sister Noella (Larry), daughter Michelle (Bob) and son James, as well as many family members, friends and colleagues.

**Whittome, Shirley:** Shirley was an elementary school teacher in SD43. She is survived by her children Clint and Shanda, family members, friends and colleagues.

**Thomas, Ruth:** April 23, 2025: Ruth was a long time Staff Rep. She taught at Coronation Park and Eagle Ridge Elementary schools. Ruth is survived by her sister Jean, her children Tamar (Doron), Heather (Mark), and Johnathan (Amy), grandchildren, family members, friends and colleagues.

**Steinway, Monica:** November 9, 2024: Monica taught music at Glenayre Elementary School. She is survived by her husband Marvin, daughter Louise, grandson Caleb, family members, friends and colleagues.

**Judyth Flaten**

**James Cropley**