

PostScript

FALL 2018



THE MAGAZINE FOR RETIRED EDUCATORS



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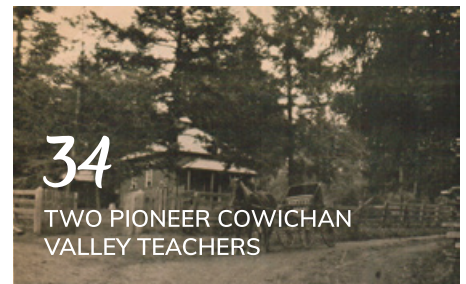
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PostScript

FALL 2018



This month's cover: Ocean House, Haida Gwaii by David Wei

PostScript welcomes photography submissions from members for our cover and for articles. Printing requires high resolution images at least 300 pixels per inch in printed format (approx. 3000 pixels wide by 3600 pixels high).

Submission guidelines at bcрта.ca/postscript-submissions

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The BCRTA is a Member of ACER-CART & COSCO, NPF & CCPA. PostScript Magazine is mailed to BCRTA members four times a year. DEADLINES for receipt of material for publications are Oct. 31, Jan. 31, April 30 and July 15. Submit material to postscript@bcрта.ca. JULY 15 is the DEADLINE for Committee and Branch Reports to be submitted for the Summary of Reports and the year end audit. Items published reflect the views of the authors and do not necessarily express the policy or imply endorsement by the BCRTA. PostScript reserves the right to edit all material. Canada Post Publications Mail Agreement No. 40062724 Return undelivered Canadian addresses to Circulation Department.



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IN THIS ISSUE

Renewal. Reinvention. Rearrangement. These are the marks of a lifelong learner. In this issue of PostScript, this cycle of transformation is expressed in word, in craft and in images. Lynda Grace Philippsen takes us to Japan to share in a journey of exploration that unlocks the creative longings of childhood in an intriguing foreign context. Ed Thompson jumps to China's Leaping Tiger Gorge and its vistas. David Wei and Suzanne Clouthier invite us to Haida Gwaii to see ancient west coast culture come alive again. These are personal stories, rich in insight - a privilege to share.



In our last issue, we introduced columnist Mike Berton, a Financial Planner and educator who specializes in the financial planning needs of retirees. In this issue we are delighted to introduce two more topic experts to our team.

Dr. Roger Wong is an internationally respected geriatrics specialist, professor and speaker on healthy living for seniors. From his extensive clinical and teaching experience Dr. Wong shares practical insights in a plain-spoken and engaging manner. If you have not yet seen his wonderful TedX talk, you need to do that. We have it at www.bcрта.ca/roger-wong.



Marie-Helene Pelletier is a registered psychologist with extensive experience as a speaker, business leader and mentor. Her column finds a nexus for mental and emotional well-being in the quality of resilience. The good news: we can nurture resilience and its benefits.

We love the feedback we get from readers - even when it is to point out a typo, like the error in one of the Sudoku puzzles in the Summer edition, which made it unsolvable. (Rest easy, Sudoku Masters, you aren't losing it after all.) Our Fall issue has a new crossword puzzle master. Are the new puzzles more humane? We are sure to hear about it.

The best feedback of all is to hear stories of retired teachers' adventures and continued service, how so many are making retirement the time of their life. These fascinating tales of growth, renewal and exploration are why we are here, and we share them with you.

Yours truly,

The Editors

postscript@bcрта.ca



SHEILA GAIR

LIFE IN THE *slow lane*

I am addicted to newspapers and the printed word, but have had it 'up to here' with advertising! I take a daily paper, pick up the local paper from a box at the top of the street and always take free papers that the local library offers a couple of times a week.

My daily routine starts with breakfast and the paper which lasts me a couple of hours – I save the two crossword puzzles for later in the day as I wind down towards supper. I still check on the computer for the day's top news but it doesn't compare with the broadsheet I hold in my hands. Last year I had a phone call – would I be interested in taking the National Post at a much reduced cost? I accepted and the paper arrived every day but Monday. Then a second call: would I care to take the Sunday Province for just one dollar a week? As this completed my daily breakfast routines for the week, I agreed. And what did I get for my money? Advertising!

The bulk of the Sun paper changes as the days go by with the thicker and thicker ones coming towards the weekend, and the Saturday paper is a lovely fat bundle made up of half a dozen sections. Quite often now the front and back page are not news, but full page advertisements. I strip that off right away. One weekend not so long ago I wondered at the number of advertisements on full

pages and counted. I was quite staggered to find that there were twenty full pages without news of any kind, and 14 half pages. There is a tendency today to add small four to six page sections on a particular topic, such as health for seniors, or the housing market, and each is filled with advertising.

When the Post began to arrive I realized that half of it was the same columns, same features, same columnists – even the same pictures. As I opened the Post there was a full page that I had already read in the Sun. At least the puzzles were different. I debated for the longest time as to whether or not to cancel and eventually I did. Having the Province on a Sunday would be a diversion, I thought, but lo and behold, huge chunks of the Sun were there too, plus more real estate and car sales than I had ever seen!

When we moved to Surrey we took the Sun and the Columbian – the only thing that was the same was the cryptic crossword, so my husband and I could each have a copy. We saw who could put it together first. We also had a paid subscription to the Surrey Leader. Now the local papers seem to have been swallowed up by others. I receive a free Peach Arch paper now, yet have never felt a part of South Surrey or White Rock. In the Sun today there is a headline 'Postmedia to close six community newspapers'. The article goes on about reducing staff and layoffs and buyouts to keep papers afloat, mentioning the digital presence and the loss of advertising revenue.

I used to subscribe to magazines but gradually dropped them – most were fifty percent advertising and I didn't need to update my wardrobe, my make-up, or hairstyle. My furniture and interior décor did not need any 'pop' of colour or a fresh décor – recipes didn't entice me to cook – it was farewell to them too.

With television I bless the public stations, although with a remote control I can zap offending commercials. At times I have had to restrain myself from throwing that implement at the old couple who ride slowly up and down the stairs in their Acorn chairlift, thereby upsetting my sessions with Jeopardy! Maybe the advertising is actually affecting my heart rate and keeping me on my toes. Maybe!

Sheila Gair is past editor of PostScript.



BEWARE JOINT-TENANCY

Janet Crompton believed she had set her estate in perfect order before she passed away in the summer of 2015. Her intention was to distribute her remaining assets equally among her four adult children. After chatting with some trusted friends, it had seemed obvious to her that her Vancouver home could easily be shared by her children simply by changing the ownership of her home to Joint Tenants with Right of Survivorship between her four children and herself. Her friends had told her this was a great way to pass down an asset to her intended beneficiaries and avoid provincial probate fees charged on estate assets at time of death. Assets held in Joint Tenancy pass directly to the remaining joint tenants outside of the estate (i.e. the will, and control of the executor) of the deceased joint owner. Assets passing this way do NOT avoid income tax consequences of the transfer.

NOT SO SIMPLE

What Janet had expected would be a simple transition, became, as it turns out, a nightmare for her children. While she had anticipated that the children would simply sell the home and share the proceeds, family needs and expectations had changed. Her youngest adult son Ron, who the others complained had never really “launched”, had been living in the basement of the home, helping Janet as she aged, cutting the grass, driving her to appointments, and the grocery store. This arrangement allowed him to live essentially rent free and at low expense, enjoying shared groceries provided by his mother.

When Janet died, Ron having just lost his mother and main supporter, did not wish to have his rent-free home sold out from under him. He couldn't afford to buy something with his share of the estate, and with a spotty work history and no current job he could not get a mortgage. Instead, he begged his brother Chris not to ‘un-house’ him. He started a campaign to retain the house as an investment for the others with him as ‘caretaker’. The other two children, Sally and Ben both had other plans for their $\frac{1}{4}$ share of the house (in one case, helping their children buy homes in the pricey Vancouver market). What Janet had thought was a simple method of distributing her property had now become a matter of conflict between her children.

Not only had conflict arisen, but serious risk to property ownership had been created by the Joint Tenants structure. If, for example, Sally were to pass away, her husband Andy would not inherit her share. Rather Sally's share would be split among the surviving three joint Tenants: Ron, Ben and Chris – rather than among Sally's children, which surely was not Janet's intention.

MEASURING THE TRUE COSTS

The use of Joint Tenancy has become a popular solution for many retirees considering their estate plans. In many cases, it can work very smoothly, however where there are second marriages, blended families, common law partners without agreements and children of varying means, Joint Tenancy planning should be properly reviewed with a lawyer to ensure that unintended outcomes, like Janet's are avoided. In many cases, a Will would provide a much more certain distribution of property. In her Will, Janet could have provided instructions that the house be sold with the proceeds divided equally, avoiding the sibling



A probate fee of 1.4% is a small price to pay for family harmony.

conflict that arose when people's priorities had changed by the time of death. Ron and Chris would not be able to forestall a sale of the house. Yes, the value of the house would be subject to the probate fee, however at about 1.4% (in B.C.), or amount \$14,000 on a million-dollar property, it is a small price to pay for certainty and family harmony.

TAX IMPLICATIONS

There is another consequence of Janet's Joint Tenancy strategy given the new principal residence rules. Under the new rules, when Janet changed her house from 100% self ownership to 20% ownership, each between her and her four children – she would have had to report the transfer on her tax return and she would have lost the principal residence tax exemption on the 80% she transferred to her children. Each of her children would now have to pay tax on whatever gains occurred between the date of transfer and date of death on their 20% ownership.

The transfer also cost her legal fees and in BC Property Purchase tax on the 80% transfer. Depending on the value of the house at the time

Janet made the transfer, the costs to pursue this strategy could equal the savings on probate fees.

When considering joint ownership, it is important to distinguish between Joint Tenants in Common and Joint Tenants with Right of Survivorship. If you own property in a Joint Tenancy in Common your share will be transferred to your estate on death. If you own property in Joint Tenancy with Right of Survivorship, your share will be transferred to the surviving Joint Tenant. In both cases, there are income tax issues.

Michael Berton, CFP, RFP, CLU, CHS, FMA is a Senior Financial Planner with Assante Financial Management Ltd. In Vancouver. Michael has taught Financial Planning courses at BCIT and TWU. He has written for **Advisor's Edge**, **Advocis FORUM**, and **Advisor.ca**. He is married to another financial planner, has three children and lives in North Vancouver. He is a Senior Financial Planner with Assante Financial Management Ltd. (604)678-3096. Always discuss your particular circumstances with a financial planner prior to acting on the information above.

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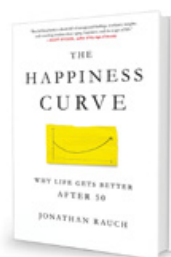
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TIM ANDERSON ON THE *bookshelf*

The Happiness Curve: *Why Life Gets Better After 50*
by Jonathan Rauch
St. Martin's Press, 256 pp, Hardcover \$34.99

Immortal Diamond: *The Search for Our True Self*
by Richard Rohr
Wiley, 288 pp, Hardcover \$17.95

The cover of **The Happiness Curve** shows its chief finding: a hand-drawn graph that smiles at us. This simple U shape, says author **Jonathan Rauch**, describes a universal progression: life is hard, harder than we think it should be, until somewhere in our fifties or sixties, at which point things look up.



Starting with his own experience, Rauch draws on biology and developmental psychology to find a common pattern of years of dissatisfaction yielding to equanimity. Some nations are happier—better to wake up in Sweden than Russia. But the happiness curve emerges regardless of culture.

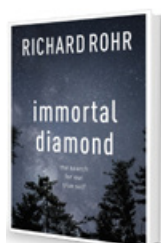
The U-shape: in youth we tend to optimism, our future unlimited. In our thirties, the daily grind of career and family demands produce patterns of compromise and delayed gratification. By our forties, depleted and not hopeful about our dreams (what were they again?) we despair that our lives will ever be repaired. A low point is commonly in the mid-fifties, when men in particular are at risk of suicide. And then, relief. Understanding how that relief arrives reveals much.

Rauch deftly debunks some tropes. A gay man, he wonders if this mid-life malaise has to do with his sexual identity in a straight world. No, he decides, after seeing precisely the same pattern amongst people of all kinds, male and female, rich and not so rich. As a decorated writer for *The Atlantic*, he travels in heady company, but he learns that the curve applies to the most successful among us, perhaps even more so. As one fellow writer puts it, by mid-life we carry the burden of unmet expectations like

a backpack full of rocks. We compare ourselves to successful peers and to role models. Confused, there is reluctance to disclose this dissatisfaction, to explore its roots.

Rauch expresses dissatisfaction with his dissatisfaction: it feels petty and formless. What has he got to complain about? Has he slipped into a pattern his father describes as “five dollar reactions to nickel provocations”?

Rauch finds that in later life, we can drop that heavy backpack of expectations, savor our daily lives and renew meaningful personal connections, be they in a social group, a faith community, or a worthy cause. As life's value asserts itself without comparison and competition, the pattern reaches fulfillment: the curve trends upward.



Where Jonathan Rauch appeals to emerging science to trace the rediscovery of self, **Richard Rohr** draws on quieter, ancient sources. A 70+ Franciscan priest and founder of the Center for Action and Contemplation in Albuquerque, New Mexico, Rohr traces a similar path of ascension of purpose

in **Immortal Diamond**. This inward journey is the essential task of “the second half of life.” The battle within us is a bogus competition between our “False Self” and “True Self”, he says, picking up themes of the contemplative Thomas Merton. The “False Self” is not fake, it comprises the performative roles we take on in youth to build a sense of competency in life. Frightened of water, Johnny pushes himself to learn the front crawl. Emboldened by success, eventually a new and confident identity emerges: champion swimmer. As Johnny moves into the grown-up world, the pattern repeats.

But performative mastery will only take us so far. Drawing from years of observation and insights from Buddhism and Franciscan Christianity, Rohr puts role-playing in its appropriate place. It helps us early in life but is not our deepest satisfaction. Readers with an openness to meditative and contemplative traditions will value this journey.

In sum, Jonathan Rauch and Richard Rohr describe keys to happiness in later life. Free of the need to impress or surpass others, we move to open-handed and non-judgmental relationships. We love more. Our days describe an ascending satisfaction, as sure as a penciled arc can become a grin.

Tim Anderson is BCRTA's Executive Director and Editor of *PostScript Magazine*.

POSTSCRIPT LETTERS

Doug McLeod's Breathing Legacy

That first morning that Doug describes in his article (*"Take a Breath", Summer 2018 PostScript*) was followed by at least ten years of mornings for him at Hazelton Secondary School, "taking a breath" and preparing and delivering lessons. The remarkable thing about Doug and a handful of other teachers (Neal and Janelle Erickson, Erica Ball, Sheila Clarkston, Lynn Newbery and Ed Harrison) was their recognition that the BC curriculum offered nothing to our Gitksan students (who comprised at least 82% of the students at Hazelton SS).

These dedicated teachers researched locally and in provincial archives, walked trails and learned plants, photographed totems, heard stories and created a new curriculum. Doug McLeod and I received a BCTF grant to develop a full course which we called First Nations Studies 11 L.D. We were fortunate to be mentored by two wise Gitksan elders, Vi Smith and Marie Wilson. And we learned a lot. The other teachers developed resources including a curriculum called "Peoples of the Skeena".

Eventually the province supported the development of B.C. First Nations Studies 12, and in the beginning only 5 high schools in the province offered the course. Of course, HSS was one of them.

So this is a shout out to teachers like Doug McLeod, who worked hard to ensure that the stories of the Gitksan students were honoured and that alongside courses like Western Civilization 12 and European history there was First Nations Studies 12.

Lynn N

President's Column Kudos

I wanted to tell you how much I enjoyed reading the 'Message from the President' in the Summer edition. I really enjoyed learning about your past experiences and how your career progressed from beginning teacher, to the BCTF and, finally, to the presidency of the BCRTA. You have many adventures to look back on! May you have much good health and happiness today!

Val D

There's the Rub

I note with concern the article, "All Pain, No Gain?" in the Summer 2018 issue. Readers need to be aware that in the scientific community claims for some chiropractic procedures are not yet supported by a solid body of evidence.

Lower back massage has been found to be effective in relief of pain. These treatments are also used by physiotherapists and massage therapists. Other chiropractic processes are open to question.

Some careful research in science-backed medicine may lead to a different course of action.

Ron S

Sudoku Snafu

I worked the left Sudoku (always fun), but the right side one has an error and is not solvable.

On to the crossword now. Keep up the good work, I love the publication.

Lucinda H

Indeed, we inadvertently created the world's most difficult Sudoku puzzle (i.e., unsolvable) by means of an incorrect digit. We received a few comments regarding this. Our apologies!

Eds.

PostScript Ads At Work

Thanks so much for the wonderful job your team did on the Costa Rica article "We Are Ollie's Friends - A Costa Rica Adventure" and the classified ad. I've been bombarded with phone calls and emails! I appreciate all your help in making our ad so enticing.

You do very nice work!

Danae P

**What do you think?
We welcome feedback at
postscript@bcrt.ca**



The Art Of ikebana

Insights from Tokyo

Text and Ikebana flower arrangements by Lynda Grace Philippsen

As my three-month Tokyo adventure drew to a close, I walked home along Aoyama-dori. The setting January sun gilded the glass facades of buildings. The normally gray towers glowed gold. I did too, quite on fire with exhilaration. I marveled at the sequence of serendipitous events which had brought me to the Tokyo headquarters of the Sogetsu Foundation to study ikebana, the Japanese art of flower arranging.

BEGINNINGS

Four years ago, quite by chance, a Sogetsu teacher engaged me in conversation at the Vancouver Ikebana Association's annual floral design show in Oakridge Mall. When she learned I was about to travel through Tokyo, she suggested that I take an International Class at Sogetsu Kaikan located beside the Canadian Embassy. Since I had planned to visit the Embassy's stunning rock garden during my visit, I took her advice.

From its origins in Buddhist offerings to the dead in the 6th century, ikebana has evolved through times of profound political and cultural change. Today, under the umbrella of Ikebana International, numerous schools promote the art form globally. Of these schools, Sogetsu is one of the most avant-garde.

According to the earliest writings about Ikebana, the purpose of the floral arrangement is to express the natural world in a room. Whether found in a Buddhist temple, a tea hut, public space or home, through use of abstraction and symbolism, the arrangement creates a complex secondary nature. Each design underscores the brevity of life in a

medium that is itself ephemeral. As a means of artistic expression, ikebana is ideal. Its scope is endless, its symbolism, refinements and nuances compelling, and its elegance inimitable.

My introductory lesson at Sogetsu Kaikan was an astounding success. On my return to Canada I called the woman who had suggested the idea to express my thanks. During our conversation she invited me to undertake monthly lessons with her, which I did. Then life unexpectedly catapulted me to Victoria where I was unable to find an Ikebana teacher.

Though disappointed by that turn of events, it occurred to me that I could return to Tokyo to study Ikebana at the source. That answered two long-held dreams: the first, to live for several months in Japan; the second, to nurture the inner artist and designer.

SOMEWHERE TO BLOOM

The artistic career I'd longed for in high school had been summarily quashed. In my era, little Mennonite-born girls like me who were savvy, creative and outspoken were not looked upon favourably. They weren't considered good wife-material for husbands who valued domesticity and deference. Bright girls who did not marry might make do as secretaries, nurses, teachers or better still, missionaries shipped off to foreign shores. Without the means or determination to buck the status quo, I did the practical thing and became a teacher.

I undertook various artistic and design-related pursuits throughout my life. However, in spite of



frustration with a teaching career that never quite fit, I didn't make the sacrifices necessary to switch tracks. But now, retired from teaching and not yet established in a new city, undertaking three months of ikebana study abroad seemed an ideal venture.

TOKYO

I arrived in Tokyo with an open beginner-mind and started over with the first lesson of level one. My prior grounding in Japanese aesthetics, culture and design elements was an advantage, as was some familiarity with a city I'd visited before. Even so, as is typical with any adventure abroad, there were significant challenges in the enterprise. Cultural and pedagogical differences, language barriers and personal discomfort were constants.

As is the norm in Japan, my studio apartment—about the size of my Victoria bedroom—did not have central heating or insulation. Interior temperatures hovered between twelve and sixteen degrees Celsius whenever the heater was off. Biting drafts blew candle flames into a wild horizontal dance. When the heater was on, hot air blasted onto my head. With a touch of self-mockery I fancied myself suffering for art.

Nevertheless, I savored every aspect of the experience—cultural, culinary and social. With a bucket-list of galleries, gardens, events and places to explore, I embraced the amazing and the annoying, the classical and the outré. These experiences fed my creativity as my lessons progressed.

There was profound pleasure as I created with three simple elements: a container, flowers and branches. The more classes I undertook, even when I struggled, the deeper the serenity and elation.

Our classroom overlooked Akasaka Imperial Property, Tokyo's distant towers and the skies beyond. In addition to mind-expanding vistas, the room provided all the required materials. There I joined 30 to 40 other expats and nationals with amazing backstories and brilliant creativity. In such company I was exposed to an astonishing range of designs at all levels of the curriculum.

Different teachers rotated through a monthly schedule, and I thrived in this format of instruction. It provided valuable perspective on how the instructors' personalities affected matters of design, flexibility with rules, and style.

At the end of each work period, the master teachers' demonstrations began. They offered critiques of the students' work. These assessments of arrangements in rapid succession gave insight into the many principles and nuances





of the art. Ordinarily, a beginner would not be privy to that much information. The intense daily instruction coupled with personal practice developed my skills, honed my sensitivity and boosted my motivation to work harder. I could better imagine what I might yet do.

NEW ARRANGEMENTS

Progress in ikebana will require more than the theoretical insights gained in Tokyo. It is an art which requires passionate commitment, concentrated study and relentless practice. I realize that I have never-ending refinement of my knowledge and skills ahead of me. There is no speed dial for the process. In addition, outside of Sogetsu Kaikan I will not enjoy the luxury of a classroom where everything is provided. Now, in an environment where materials are time-

consuming and often challenging to find, I must source and lug everything to class myself.

Fortunately, I have now found a class in Victoria. The focus has shifted to the development of personal expression within the previously established parameters. I continue to approach each lesson with the beginner-mind I cultivated at the outset. What I have yet to learn and achieve is limitless.

People always ask if I want to teach. Heavens, no! I have worked more than half of my lifetime as a teacher. From here on, it is the artist-designer who gets free rein.

Lynda Grace Philippsen writes from Victoria. She is returning to Tokyo this fall to continue her studies in ikebana. Read more of her adventures on her blog: www.thewayofwords.com.

OCEAN HOUSE

AT STADS K'UNS GAWGA

BY DAVID Y. WEI AND SUZANNE L. CLOUTHIER



Low clouds scudded overhead at Kaisun Harbour, near the mouth of Inskip Channel at the remote northwestern tip of Moresby Island in Haida Gwaii. Obscuring mist drifted and wound like ghostly apparitions through the tall cedars and wind-twisted spruce trees.

Our small group stood on a sloping, pebble-strewn beach. Saunders Island afforded protection from the brunt of the open Pacific Ocean.

Cultural Interpreter Jaylene Shelford broke into a lovely ancient Haida ballad. I felt transported to a time when this was the thriving Haida village of Ka'suun, with over 300 inhabitants. Just above high water, where we could now see only trees and undergrowth, there would have been 24 big longhouses facing the harbour, surrounded by towering totem poles. The waters of the open Pacific, estuaries of the region's many streams, and lush forests have always been a generous and plentiful environment. The forests and ocean provided materials for art as well as construction and food, nurturing the rich Haida culture over many thousands of years.

Sadly, in the 1860s, the Haida were hard-hit by smallpox introduced through contact with European traders. From tens of thousands, their population plunged to just over 500 by 1890. Villages like Ka'suun were abandoned, the forests and a thick layer of moss reclaiming them.

As Jaylene finished her song, we realized we were experiencing something very special: the ongoing revitalization of the Haida people.

Ocean House is a floating resort located in Stads K'uns GawGa (the Haida name for Peel Inlet), at the far eastern end of Inskip Channel on Moresby Island. The lodge faces the pretty inlet, while a steep flank of Mount Moresby – at 1,164 metres, Haida Gwaii's tallest peak – rises a stone's throw behind it.

The Haida Enterprise Corporation, or HaiCo, runs the resort. Wholly owned by the Haida Nation, HaiCo was formed in 2009 to promote economic development and employment. Its projects in travel and eco-tourism also help visitors learn about Haida culture, and showcase the renowned archipelago's environment.

The 12-stateroom lodge, a former fishing resort, was recently renovated with luxurious appointments that assure guests an eco-cultural experience in comfort. The upper level of the lodge includes a bar and lounge with comfortable seating around a central wood-burning fireplace, and panoramic views of the



*We realized we were experiencing something very special:
the ongoing revitalization of the Haida people.*

resort's mountain-rimmed anchorage. The bartender, Rodney Brown, kept us well-entertained with his many funny stories and fine singing. There is also a big outside deck with propane heaters, and an intimate library. Contemporary Haida art and historic photos of Haida Gwaii grace all the interior spaces. The resort even boasts a sauna and spa where guests can be pampered with massages and facials.

Ocean House offers a variety of outdoor activities, most of them needing no more than modest fitness and mobility. Our own adventures began with the short cruise to Kaisun Harbour. The resort's custom-made landing barge has a drop-down ramp that lets passengers simply walk onto most beach sites. Joining us was Haida Cultural Historian Captain Gold, who first visited Ka'suun in 1975 while working with archaeologists from SFU to register abandoned villages before the forests and seas reclaimed them. The site we visited is one of at least 10 known in the immediate area.

The village's location was almost ideal: a broad arc of protected beach, no great ocean surge, and only a light swell. It is easy to land a canoe there and drag it to higher ground. Leaving the beach, we stepped into the silent woods. Every visible surface was smothered in thick moss and, to our untrained eyes, that's almost all we could see at first.

Captain Gold pointed out culturally modified trees that people had once worked upon. Some cedars had elongated, triangular scars where strips of bark had been peeled off long ago. The bark was used to weave hats, baskets, mats, and other useful products. Another tree had layers of shakes taken from it. Judging by the coarse cut marks, it had to have been done long ago – with stone tools.

But where were the many long houses and poles? Leading us over to a Sitka spruce, Captain Gold showed us how the roots seemed to grow like a person sitting spread-legged over a bar stool. As a seedling, the spruce had used a corner post of a long house as a nurse log, and its roots had grown across, then down the post at right angles before the post rotted away. Another clue to house locations was the roots of new trees curling over fallen posts.

I later got full appreciation for how much work goes into woven cedar bark. Albert Jones, a cultural guide for Haida House (the land-based sister resort of Ocean House) and master weaver, flew in for a day. We jumped at the chance to see the bark-stripping process on an islet near the resort.

It looked easy enough. Make a 15-centimetre horizontal cut through the bark and soft cambium layer. Make vertical cuts at each end of the horizontal cut to loosen the bottom edge, and to make a secure handhold. Then pull the strip of bark and cambium off. Albert had no trouble removing a triangular piece almost seven metres long.

When I asked to try, my first effort resulted in a piece barely a metre long. Albert then revealed a big secret: "Don't choose the tree, let the tree choose you!"

Clambering about the steep, uneven ground of the dense forest, we found a lone cedar with a straight, branch-free trunk and room to swing my ax. This



Above: Jaylene Jones serves up a creation by Chef Brodie Swanson. Left: A stateroom. Opposite top: Beach foraging.



Above: Breakfast toast, seared ling cod, salmon. Opposite: Sea asparagus, rugged coast, Ocean House

was the one. With a lot of effort, I peeled off a satisfying five-metre strip. Albert nodded approval, and said, “Now remove the bark; we only use the pliable cambium layer for weaving.” Isn’t there a saying about the bark being worse than...?

Foraging remains a fascinating part of life on the Pacific coast; “when the tide is out, the table is set.” A visit to Security Inlet opened our eyes and taste buds to some of the wide variety of plants known to the Haida.

We sampled seaweeds on the tidal estuary, and

loved the salty crunch of sea asparagus. Captain Gold showed us trees whose bark could be used as a poultice on wounds, or to make everything from pain killers to cough remedies. Young buds of the spruce make a fragrant tea, and the forest floor yields a mild-tasting miner’s lettuce. Jaylene found us succulent roots from a fern that had a distinct anise flavour, and surprisingly, were very sweet. And what would be the name of this plant? Of course, the licorice fern.

We weren’t the only mammals to partake in the inlet’s bounty. On the tidal flats, veritable herds of





coastal blacktail deer browsed on the tender shoots of young conifers. We watched several different black bears gorging big mouthfuls sedge grass. And a mother raccoon teaching her three coonlets how to dig clams thoroughly entertained us.

Suzanne and I agree that we still might starve if we had to forage. Luckily, a stay at Ocean House is a food lover's dream.

Each morning, pastry chef Nicole Lee is up well before dawn to produce a stunning array of puff pastry creations, cookies, biscotti, and bars for the continental breakfast and snacks during the day. She also bakes loaves of sourdough bread, and prepares sinful desserts for which resistance is futile.



Above: Artist Derek Edenshaw. Opposite: The lounge.

You could ask breakfast chef John Lowe to “just” make you a traditional Eggs Benedict, but his twist is to convert it into a customized Sourdough Specialty Toast with the addition of fresh crab meat or a medley of wild mushrooms. The Haida Breakfast featured razor clam fritters, crab meat, and two poached eggs smothered in hollandaise.

Head chef Brodie Swanson has a deft touch with any kind of fish. The kitchen obtains its seafoods from another successful HaiCo company, Haida Wild, a partner of the Vancouver Aquarium's Ocean Wise conservation program. Accompanied by sous-chef Joseph Kinnard's fermented root vegetables (fermentation breaks down fibrous material, and brings out earthy richness), along with freshly made pastas or risotto, Brodie's seared ling cod, halibut, and salmon mains were amazing.

The resort has a visiting-artist program, which brings in a Haida artist for a week at a time throughout the season. The artists have an onsite studio to work, and can join guests during outings and meals to discuss their work. We were able to watch the creativity of painter Derek Edenshaw, and learn more about his commissioned murals in East Vancouver.

To help burn off calories after over-indulging at mealtimes, we used the resort's two-person kayaks to paddle around Peel Inlet. Suzanne was rather proud of the five whole calories she shed on a treadmill in the exercise room, while I was sure my bark-stripping efforts were worth at least one of Nicole's yummy cookies.

David Wei and Suzanne Clouthier live in Vancouver and together comprise the Tight Lines Writing Team. All photos © David Wei.

For more information visit www.oceanhouse.ca



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books OF NOTE



The Lost Empire

Set in the South American region we now know as Peru, **Inca Sunset** by **Alan Lehmann** explores the 16th century collapse of the Inca Empire as seen through the eyes of young men and women caught up in a maelstrom of violent change.

A priest informs young Juan Barnabas that the conquistador Francisco Pizarro “will help you find your destiny.” What follows is an adventure he could never have imagined.

One reviewer called Inca Sunset “a lovingly detailed, world-building adventure.”

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LEAPING TIGER GORGE

Hiking China's Deep Canyon

text and photos by Ed Armstrong

Last October, my wife and I visited Yunnan province in south western China. Yunnan is noted for its mountain scenery and its ethnic diversity. The Tea Horse Road (aka Southern Silk Road) was used by traders who carried tea from and through Yunnan's villages by horseback to southern Asia. Of the 55 ethnic minorities of China, 26 live in Yunnan. Some came to farm, some to trade, and some to avoid the Mongols.

Our goal was to hike one of the worlds deepest canyons - the Tiger Leaping Gorge. Our guide Greta organizes 8 day tours in Yunnan. She has lived in China with her husband for seven years. While English is her main language, she has learned to speak Mandarin comfortably. Our group of five people shared a driver and van.

DAY 1 - We landed at the city of Lijiang (7,874 ft) and were driven to Shuhe where the inn keeper and her Canadian partner welcomed our group with a tea ceremony. The renovated inn included "old" and "new" Chinese furnishings. At the evening meal, we tasted yak. In ancient times, Shuhe was a meeting

place for traders. Today, it still is a meeting place for tourists.

DAY 2 - A 3 hour drive through beautiful, mountainous terrain, brought us to Lugu Lake - 16 square miles of crystal clear waters(8,809ft). The Mosuo ethnic people occupy the villages around the lake. They are a matriarchal society and followers of Buda . Older Mosuo women can be seen wearing traditional hats. After a short visit to a Buda Shrine, we returned to our inn and enjoyed a flameless indoor barbeque.

DAY 3 - We returned to the Shuhe area and a heritage inn within the ancient Naxi village of Baisha. This quiet village is not on the itinerary of most tourists. After an early evening walk, we found shops and "eating places" closed. However, our guide found a small family restaurant that was closed but the owner invited us in. Several tasty stir-fried dishes were prepared by his wife. The Naxi are warm, welcoming people. The next morning, older villagers were selling their vegetables on street corners. The women were wearing their ethnic attire.



Above left: Garden Sumtseling Monastery Above right: Jade Dragon Snow Mountain from Naxi Inn

DAY 4 & 5 A short drive brought us to the small modern city of Shangri-la (10,367 ft) - a mix of government and religious structures. At this elevation, some tourists experience headaches: no problem. During the Tea Horse - Silk Road era, many traders stayed in Shangri-la. This city is known for the Garden Sumtseling Monastery, built in 1683. It is a large 'palace-like' structure where many stairs have to be climbed to get to 'heaven'. Shangri-la has the largest prayer wheel in the world. We stayed at the luxurious Shangri-la Hotel with air-conditioning and buffet breakfasts included. Two days were spent visiting monasteries and the city's unique architecture. In the evenings, locals and tourists come to the city square to participate in a circle dance. We enjoyed a "hot pot" dinner at the hotel. [There are a number of cities named after the movie city of "Lost Horizons": this Shangri-la is China's.]

DAYS 6 - 8 - After a short drive, our Tiger Leaping Gorge hike began: a 3 day 2 night 20 km adventure. Our day pack included water bottles, weather gear,

Facing page: Sunrise - Jade Dragon Snow Mountain
Below: Shangri-La



pjs, sunglasses, sun hats, and cameras. Guest houses along the trail provided accommodations and meals. This hike, at 6,500 to 8,500 ft, is on the mountain across the river from the Jade Dragon Snow Mountain. The raging Jinsha River flows beneath in the gorge. The first day was the most strenuous — three hours of uphill walking, with many rests and hydration stops. After a late lunch, we sat on the balcony of the Naxi Guesthouse enjoying the panorama of the Jade Dragon Snow Mountain. The next morning, after breakfast, we continued on - uphill and downhill, through 28 switchbacks, and finally reaching the Tea Horse Guesthouse - close to the half-way point. We walked around the village and then enjoyed an evening meal prepared by the personable innkeeper.

The last day of our hike, while mostly downhill, provided challenges: three waterfalls, steep drop-offs and large rocks to negotiate. We were pleased to reach Tina's Guesthouse in time for a late lunch. A bus took our group and other hikers back to Lijiang. The vistas of the hike made the extra effort worthwhile!

Our last night saw us return to Shuhe. Our Canadian inn keeper provided an evening of Yunnan tea tasting while his partner played the Guzheng (Chinese Zither) - beautiful!

All aspects of this guided trip were enjoyable: the food and accommodation, the weather, and the peoples of Yunnan.

Ed Armstrong retired from SD 79.

Greta Bilek's web page:
www.shenzhenparty.com/people/greta-bilek

time to get smart?

An experienced traveler shares what she has learned.

Story and photos by Lenora Klappe



When my husband Gerry and I empty nested we decided to put into action our long-time dream to travel the world.



PHASE ONE (1989-1992) We took two European bus tours. Using the supplied itinerary as a guide, we did research into the places we would be seeing. Between us we had four suitcases plus a bulky camera bag with loads of accessories for the perfect shots – and film by the roll! We felt obligated to buy souvenirs for

family and to send post cards, which were time-consuming chores. Once a week found a public phone booth to let the family know we were fine. The advantages of a bus tour: we saw highlights of every area; guides knew the history, including the names and accomplishments of famous politicians, artists, writers, and even criminals. But the downsides were strict time limits, the difficulty of focusing exclusively on the words of local guides, and limited choices for lunch and to view more sights.

PHASE TWO (1994-2001) Though not young in years, we were youthful in thinking. We purchased return tickets to Australia, enrolled in a Hostel Association and researched with a Lonely Planet

book. Outfitted with backpacks, we learned to travel light.

We took a bus from the airport, walked to our hostel, bought groceries and settled in the hostel common room. There we met young people from all over the world who shared mountains of information. Adventure was the name of the game: we went ballooning, whitewater kayaking, scuba diving, seeking out natural phenomena and man-made edifices, getting there by bus or train.



Trips to Zimbabwe, China, Thailand and Costa Rica followed the same format. We no longer bought souvenirs for others, just for ourselves, and shipped them home. Postcards were reduced which saved time and stress. One backpack each meant no baggage carousels!

PHASE THREE (2002–2007) On trips to New Zealand and Central America, Thailand and South America we were armed with a return ticket, Lonely Planet books, the same backpack (many of the same clothes) and that same attitude of adventure. A laptop meant we could use internet cafes, which



cut the time to find a hostel or a local map. The camaraderie at the hostels was the same, where young people shared travel information and told us about their own countries. We opted for rooms with a private bathroom. We tasted the local cuisine. In New Zealand we rented a car, bought basic camping gear and stayed in Holiday

Houses, a great invention! In Thailand, our Thai sister-in-law helped us with the language. Only Mom got a postcard.

PHASE FOUR (2008-2011) Lonely Planet books were useful but mostly we used the internet. Wi-Fi was readily available everywhere but Cuba. The laptop was replaced by a small notebook. Hostels gave way to home-stays or budget hotels; the camera bag replaced by compact digital; the tattered backpacks now had different clothes. No souvenirs, but now we had grandkids who liked getting mail, so two postcards had to be sent. Our biggest trip was to Scandinavia, Russia, Poland and the Czech Republic. This trip began with the wedding of a young couple we met while traveling on Chile's Easter Island.

PHASE FIVE (2011-2014) We stayed in North America and put kilometers on the RV. Our fellow campers were not young international students; they were our peers, retired Canadian or American fellow RVers. We learned about the history and geography of each new site. Communication was by internet hotspots in malls and cafes.

But the wanderlust bug bit again. In Ireland we rented a vehicle and toured the entire country, staying at budget hotels found on Booking.com. It was a whole lot of fun. In Iceland we stayed at a hostel, hired a driver and spent two days seeing this amazing country of contrasts. There was Wi-Fi everywhere.

PHASE SIX (2015-2018) It was time to embark on another long RV trip to avoid winter. The method

of accessing information changed again as we camped in faraway places without Wi-Fi. It was necessary to purchase a "burner" phone and a Wi-Fi hot spot device in order to have communications. (You know how daughters worry when you do not contact them.)

This year we went to five countries: Jordan, Israel, Cyprus, Malta and Italy. Using Booking.com, we prearranged transportation and accommodation. The tattered backpacks gave way to small carry-on suitcases. We now buy two postcards but bring them home to hand-deliver to the grandkids.

When we arrived in Amman, it did not take long to realize we should have taken the smart phone. Our driver was not there. The iPad failed. We borrowed a phone to call the hotel and discovered our driver had car problems but could not contact us because we did not have a phone. In Israel and Cyprus when we rented a car we were told to use smart phone maps. In Malta we used the local buses, where people in the lineup checked their phones to see the schedule. We just waited. An airports app on a smart phone would have reduced our wait at customs and saved us from having to find a place to print our boarding passes. It is time to get smart.

It has taken us a few years to move from bus tour itineraries to Lonely Planet Books, to internet cafes and then to Wi-Fi. Now we are told that Wi-Fi will soon be replaced by Li-Fi, using light waves rather than radio waves for connectivity. I guess then we will enter the Now Generation.

Lenora Klappe is a writer, pilot and traveler. Since retirement, Lenora and Gerry have visited 65 countries.





The Flu Vaccine and You

Over the years I thought of vaccines as protection for children. When my girls were young they each had a card that identified the date of their vaccinations. As a conscientious parent I wanted to protect them from some of the childhood diseases that I had experienced. After a vaccination they might be cranky for a day or two or have a sore arm but that was a small price to pay for the protection that the shots provided.

I never really gave much thought to the importance of vaccinations for seniors. However, as I aged I noticed that my body did not bounce back the way it had in earlier years. It took longer to recover. I now know that as we age there is a progressive weakening of the immune system that over time results in higher risk for severe cases of infectious disease. I began to notice news articles that contained information about different strains of flu and urged people to get the flu shot. However, I also learned that a declining immune system meant lower responsiveness to vaccines. Vaccines work by activating the body's immune system. I wanted to know what level of protection I was receiving from my annual shot. Was it the same as my adult children? Were there options that provide better protection for me as a senior?

New strains of flu make the rounds every year. The flu is a contagious disease transmitted through close contact with others and contact with contaminated surfaces. According to the Public Health Agency of Canada, seniors suffer disproportionately from influenza-related illnesses and complications. Statistics Canada indicates that 70% of influenza-related hospitalizations and over 90% of influenza-related deaths occur in adults over 65. Also worrying is the fact that seemingly healthy people can spread the flu before showing any signs of illness themselves. Because influenza is a vaccine-preventable infectious disease I needed to commit to the yearly vaccination.

High Dose More Effective

In the past decade new vaccines have been developed specifically for the needs of seniors. Fluzone High-Dose is designed especially for people 65 years and older. It has four times the antigen of the standard flu shot. Because age weakens immune defenses, the higher antigen levels in Fluzone High-Dose produce a stronger immune response and better protection against the flu. Studies show Fluzone High-Dose vaccine to be 24.2% more effective than the standard flu vaccine. Individuals 65 years and over with chronic conditions such as asthma, cancer, diabetes, heart disease, high blood pressure, etc. are at higher risk

for complications from an episode of the flu. Here again, studies demonstrate that Fluzone High-Dose vaccine offers greater protection against the complications so dangerous to these groups.

Our Health, Our Dollars

The process to get vaccines approved for use is rigorous and complex, with extensive field tests and the close monitoring of outcomes. Once this process is complete, the vaccine is made available to the public and the question arises as to whether the vaccine will be covered by medical insurance plans. Approval to fund a public program is the final goal, but is no sure thing with government departments trying to manage all the competing funding requests. The result is that some of the new vaccines are not covered by public funds. In British Columbia, a High-Dose formulation that is four times stronger than the regular publicly funded standard dose has been available for the past two seasons. But because the High-Dose formulation is not publicly funded I must make a choice between the declining effectiveness (for seniors) of a standard dose, or to pay out of my own pocket for the more senior-friendly High-Dose.

My choice of the Fluzone High-Dose vaccine will cost me approximately \$85 but my health and quality of life are important. I will have to pay this year, but continue to advocate for Fluzone High-Dose vaccine to be publicly funded because of the benefits that it affords seniors. Did you know that less than 1% of the total healthcare spending in Canada is committed to vaccines? Yet the preventative effect of vaccines for vulnerable populations is significant. There are huge costs each year both in lost lives and in the money spent on the hospitalization of seniors due to complications of influenza. In view of these facts, governments need to reprioritize spending for preventative efforts.

Timing

Flu shots are usually promoted beginning in October and continue to be offered throughout the flu season. Once vaccinated, it takes about two weeks for antibodies to develop so it is wise to plan ahead. Flu shots are offered at your doctor's office, health clinics, college health centers or pharmacies. I'll be heading off to a local pharmacist to ask them to order the high-dose vaccine for my husband and me. Finding the nearest pharmacy is as easy as checking on www.fluhd.ca. The pharmacist will remind me about possible adverse events: pain, redness at the injection site, headache, malaise or muscle aches. I'm confident that I have selected the best influenza protection for me.

Canada's National Advisory Committee on Immunization (NACI) recommendation for the 2018 and 2019 influenza seasons includes these recommendations:

"At the individual level, NACI recommends that high-dose TIV should be offered over standard-dose TIV to persons 65 years of age and older. NACI concludes that, given the burden of disease associated with influenza A(H3N2) and the good evidence of better efficacy compared to standard-dose TIV in this age group, high-dose TIV should be offered over standard dose TIV to persons 65 years of age and older (Grade A). There is insufficient evidence to make comparative recommendations on the use of MF59-adjuvanted TIV and QIV over standard-dose TIV."

Want to know more? BCRTA has developed a resource list on our website at www.bcrt.ca/flu

Grace Wilson is a member of the BCRTA Well-being Committee



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Thinking about resilience

So, what exactly do we mean by resilience? Resilience goes beyond merely coping – it's the capacity for perseverance that leads to recovering from or adapting to major stressors.

When you're resilient, you're not only able to absorb the stress of various challenges and recover your functioning back to normal, you're able to learn and grow from the adversity to emerge stronger than before.

Building resilience

There are a several lifestyle factors that can significantly influence our resilience. Here are three to focus on:

- 1) **Exercise:** this is key to both our physical and mental health. One strategy is to incorporate a mix of exercise you can easily fit into your daily life such as walking or going to the community centre pool. Add in a weekly session of another activity, such golf, tennis, or hiking, and you're well on your way to increasing your resilience.
- 2) **Nutrition:** there is a growing body of research that links good nutrition with improved physical and mental health. In fact, making choices aligned with a diet rich in fish, oils, leafy vegetables and low in processed foods may decrease our risk of depression. Good nutrition is a "win" on both the physical and mental health fronts – and is a great way to increase resilience as a result.
- 3) **Relationships:** having rich relationships is correlated with high resilience, and these relationships can also reduce health risks, from the common cold, to stroke, and mental health conditions such as depression and anxiety. Because your social network can grow smaller as you age, you may need to take active steps to rebuild it from time to time. For naturally social individuals, this is easy. For others, it may mean pushing themselves to join group activities or to reach out to long-time friends.

Protecting our resilience as we age

Contrary to the stereotype, ongoing psychological research indicates that as we get older, people generally enjoy more pleasant emotions and recall more positive images than younger adults do. In other words, as we get older, we get less negative.

This research aligns with the 'socioemotional selectivity' theory, which suggests that as we get older and become aware of the time left in our life, we focus more on the positive and the meaningful. While some of this comes naturally, it's also something we can actively cultivate and practice.

Keeping emotionally fit

Even if researchers are painting this reassuring picture when looking at older adults as a group, as individuals, older adults are often facing various new and at times difficult demands.

For this reason, actively working to stay emotionally healthy and building our resilience is critical – especially when our environment doesn't offer some of the protective factors that were there earlier in life (such as support from parents or work colleagues).

As seniors we may find that our environment doesn't offer some of the protective factors that were there earlier in life.

Even with a good predisposition and a healthy lifestyle, as we age our resilience and mental health can suffer. In fact, given the research on the tendency of older people to be more positive, expressions of negativity should not be taken as a sign of normal aging but should be assessed as possible signs of depression.

That's why it's important to monitor your mental health, and speak with a health professional early if you are noticing a negative change that you can't shift using lifestyle and other strategies. We all have what it takes to be resilient (and happy) as we grow older – we just need to give it the nurturing it deserves.

Dr. Marie-Helene Pelletier is a bilingual practicing psychologist and experienced leader with both a PhD and MBA. She helps individuals and organizations increase health and performance via her individual therapy practice and workplace mental health consulting, and as a resilience keynote speaker.



Connect with Marie-Helene at drmhpelletier.com, and on LinkedIn and Twitter.

important dates

Canada Pension Plan and Old Age Security

Includes the Canada Pension Plan (CPP) retirement pension and disability, children's and survivor benefits.

All payment dates

- | | |
|---------------------|----------------------|
| • January 29, 2018 | • July 27, 2018 |
| • February 26, 2018 | • August 29, 2018 |
| • March 27, 2018 | • September 26, 2018 |
| • April 26, 2018 | • October 29, 2018 |
| • May 29, 2018 | • November 28, 2018 |
| • June 27, 2018 | • December 20, 2018 |

Teachers' Pension Plan

Here are the dates in 2018 that pension payments are directly deposited to accounts.

All payment dates

- | | |
|---------------|----------------|
| • January 30 | • July 30 |
| • February 27 | • August 30 |
| • March 28 | • September 27 |
| • April 27 | • October 30 |
| • May 30 | • November 29 |
| • June 28 | • December 21 |

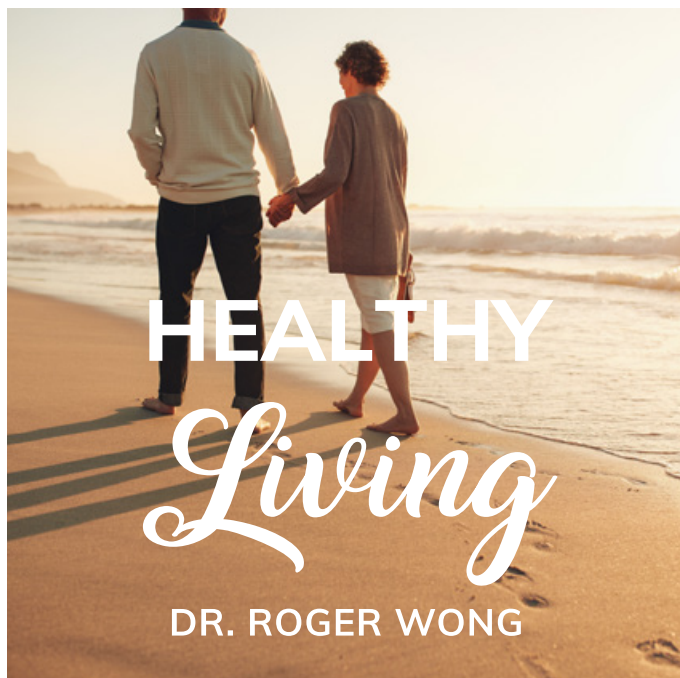
member stats

Active: 15,725

Life: 898

Associate: 63

Total: 16,686



Practical Tips on Brain Health

In June 2018, the Canadian Institute for Health Information (CIHI), the official organization that provides essential information on Canada's health system and the health of Canadians, released the first report on dementia in Canada. Dementia is a condition that affects brain function and in turn daily activities. Common causes of dementia include Alzheimer's disease, stroke (vascular dementia), or a combination of both causes (mixed dementia).

The number of seniors in Canada living with dementia is increasing – more than 402,000 or 7.1% of people age 65 or older. The number rises further as age increases, affecting about 1 in 4 people who are age 85 or older. While these figures are astounding, we should bear in mind that dementia is not a normal part of aging. Dementia is not inevitable, and there are many things that we can do to maintain brain health and hence prevent dementia. Below are three practical tips that are helpful.

Tip 1: Physical activity (exercise) that is good for the body is also good for the brain

We know about the benefits of physical exercise, how it can improve the health of our heart, lungs, blood vessels, muscles, to name a few. Exercise also benefits the brain. We recommend at least 150 minutes of moderate-intensity physical exercise every week. Any form of exercise is fine. For seniors

who also have a history of accidental falls, or who are at risk of falling, exercise such as Tai Chi can help to improve balance and agility. An additional benefit of any group exercise is the bonus of socialization, which can be great to overcome loneliness.

Tip 2: Prevent stroke to keep the brain intact

Stroke refers to the condition when brain cells die as a result of inadequate oxygen supply to the brain, either as a result of blockage of blood vessels that supply the brain, or rupture of the same blood vessels. Stroke prevention is very important in keeping the brain healthy. Common risk factors of stroke include diabetes, high blood pressure, high cholesterol, and a form of irregular heart rhythm called atrial fibrillation. Past stroke also increases the likelihood of future stroke. The strategy here is to produce a management plan to modify these risk factors, and then implement the plan. Consult with your doctor to create a plan that is tailored to your unique health needs.

Tip 3: Watch for early warning signs of dementia, and act early if they are present

At a recent TEDx talk (www.bccta.ca/roger-wong), I speak about watching for the early warning signs of dementia. The warning signs include difficulty with recent memory, confusion with time or place, misplacement of personal items, changes in mood and personality, and challenges with daily activities. There is a condition known as mild cognitive impairment (MCI), which is a high-risk state for dementia. Contact your doctor early in the presence of the above warning signs, so that a comprehensive medical assessment can be done and appropriate action taken.

Brain health is an essential component of general health. Let us keep our brain healthy by acting on these practical tips today.

Dr. Roger Wong is Executive Associate Dean (Education) in the Faculty of Medicine, University of British Columbia, a geriatrics specialist doctor, clinical professor of geriatric medicine, the 13th President of the Canadian Geriatrics Society, and a TEDx speaker. He was the British Geriatrics Society's 2017 Trevor Howell Guest Lecturer. He tweets at @RogerWong10.

The content of this article is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your doctor or other qualified health provider with any questions you may have regarding a medical condition.

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Contact us at advantage@iris.ca or 1.800.663.3937 ext 224

DEPRESCRIBING:

ARE YOU TAKING TOO MANY DRUGS?



The Canadian Deprescribing Network's 2018 National Stakeholder Summit on Medication Safety for Older Men and Women was held in Montreal, Quebec in February 2018. The Network defines deprescribing as "the planned and supervised process of reducing or stopping medications that may no longer be of benefit or may be causing harm. The goal is to reduce medication burden and harm, while maintaining or improving quality of life."

The purpose of the Summit was to provide a networking opportunity and forum for dialogue among diverse stakeholders including seniors' advocates, health care providers and policy makers. The presenters shared successful strategies to reduce the use of opioids and sedative-hypnotics among older men and women.

The question that the CaDeN wants to provoke is, "Am I, or someone that I care for, on too many (or the wrong) drugs?" It also asks people to consider alternate forms of treatment to manage and alleviate their health problems, with the consultation of their health care providers where appropriate. Who is at risk of the harmful effects of too many medications? Everyone. Most at risk are people who take lots of medication, women, and people over the age of 65. Common harms are drug interactions, memory problems, falls and fractures and additional hospital visits.

Seniors in Canada are prescribed an average of seven medications and one out of four take at least ten medications. The CaDeN says that seniors should note that with age, some medications can become unnecessary or even

harmful because of short-term or long-term side effects and drug interaction. \$419 million is the estimated public spending on potentially harmful prescriptions in Canada.

If you are asking yourself what to do, the CaDeN has these suggestions:

- Educate yourself about what medications you are taking and why.
- Engage in a discussion with your health care provider about deprescribing options and alternate therapies.
- Use MedStopper to assess whether you are taking any risky meds: <http://medstopper.com/>
- Download information on how you can stop certain meds: www.deprescribingnetwork.ca/useful-resources
- Ask questions, stay informed, be proactive, and participate in making smart choices. See <http://deprescribing.org> for more information.

Agnes Jackman is a BC FORUM regional representative. A version of this article appeared in the Spring 2018 edition of the BCFORUM news magazine the ADVOCATE.

Editor's Note: This is not medical advice. Consult with your doctor and specialists before making any changes to your prescription medications.

Free Vaccination Shot for Pneumococcal Disease

The BC Ministry of Health through Immunize BC provides a one-time free vaccination shot for Pneumococcal Disease for seniors 65 and over. Pneumococcal infection occurs when a person is attacked by *Streptococcus pneumoniae* bacteria. The disease is most commonly spread by coughing, sneezing, or having close face-to-face contact and through saliva. These bacteria can cause severe and life-threatening illnesses including meningitis, septicemia, infections of the blood, and pneumonia which affects a person's ability to breathe. Complications related to this disease can lead to permanent brain damage and deafness.

The Pneumococcal Vaccination is provided at no cost to seniors, and for anyone whose health has been jeopardized. The pneumococcal polysaccharide vaccine protects against 23 types of pneumococcal bacteria.

Health Canada and our Provincial Ministry of Health recommend that all seniors over 65 receive this vaccination and especially those of any age who are living in residential care or assisted living facilities. It is also recommended for anyone who might have the following conditions: damaged spleen, sickle-cell disease, weakened immune system, chronic liver disease, chronic kidney disease, transplanted organs, stem cell transplants, diabetes, cystic fibrosis, cerebrospinal fluid leaking, or an alcohol dependency. In some cases it may be necessary to have a second dose of vaccine and this should be discussed with your health care provider.

When you receive this vaccination not only do you reduce or eliminate the risk of contracting Pneumococcal Disease for yourself but you also prevent spreading the disease to others, particularly those who may be close to you but have deteriorating health conditions that make them more susceptible to the disease.

The most common reactions to the vaccine include soreness, redness, and/or swelling at the injection site and sometimes a mild fever. These reactions, if they do occur, usually last one or two days. You will be asked to remain at the place of vaccination for about 15 minutes after a shot, in the extremely rare case of an allergic reaction to the vaccine called anaphylaxis. Should this reaction occur then the health care professionals are prepared to treat it, usually with a shot of epinephrine. Please note that this type of reaction is extremely rare.

When I had my vaccination at age 65, I had no reactions. I was told by my public health practitioner that it would be best to be re-vaccinated in ten years and that at that time I would have to purchase the vaccine. The cost for the vaccine is in the \$50 range. If you have reached aged 65, see your doctor to discuss this vaccination as it just may save your life or the life of someone close to you.

The information in this article comes from the Government of British Columbia, Immunize BC, and the BC Centre for Disease Control.

Terry Green is Chair of the BCRTA Well-Being Committee



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Are you “Medication Aware”?

If you are taking any prescription drugs, do you know what they are for, and what each of them is called? Are you taking any vitamins or supplements? Do you know if they are compatible with your doctor-prescribed drugs?

Every year a large percentage of seniors die because of medication misuse or abuse:

- The drugs are not taken as directed (e.g., with food or without? every three hours?)
- Prescriptions aren't filled because they cost too much
- Some of the medication is used - the symptoms diminish, so the patient decides not to take any more and the remainder is saved for “another time “
- Drugs are shared with someone who seems to have similar symptoms (“this worked well for me!”)
- Over-the-counter medications are taken along with prescribed drugs without checking for compatibility

Other problems are inadvertent:

- Communication: the patient may not understand directions
- Vision and/or hearing difficulties, memory, or cognition problems
- Language difficulties

If any of these problems apply to you, then your first and most important task is to ask questions - of both your doctor and your pharmacist about the prescribed drug and your medical condition.

Keep notes on your symptoms. If you have trouble hearing or understanding, take someone with you when you see the doctor or pharmacist. Know the names of drugs you have been prescribed and of any possible side effects, or foods or drinks you have been advised to avoid. Follow the instructions for taking the medication - **TO THE LETTER!** Store your drugs according to your pharmacist's recommendation.

Remember - the drugs which are prescribed to help you cannot do that if you don't take them properly. If you have trouble remembering when to take your medication, create a chart - or use blister-packs. Keep a list of all the drugs and supplements you take:

- Keep one copy with you in your wallet or purse, and another in your home – somewhere accessible to first responders: this could be on the frig or in it!
- Give a copy to your doctor and discuss the drugs and supplements you are taking with your pharmacist.

Above all, ensure that you are **MEDICATION AWARE!**

Cheryl Halsted is a member of the BCRTA Well-being Committee.



COHOUSING

Cohousing is a wealth-creating strategy that allows people to develop affordable housing that is rich in social capital.

Social well-being – the degree to which we feel a sense of belonging and connection to others – is vital for health and functioning well in the world. But social isolation and loneliness are persistent issues in Canadian cities. A 2012 Vancouver Foundation survey revealed that social isolation was the primary concern of Metro Vancouver residents. 57% of people living in apartments and condos do not trust their neighbour.

The design of our homes and neighbourhoods can support (or hinder) us to be ‘out and about’, meeting others and building positive neighbour relationships (see www.thehappycity.com).

To address the simultaneous challenges of affordability and well-being we need communities designed to bring people together in positive, meaningful ways.

Cohousing directly addresses these needs.

- **Cohousing Creates Economic and Environmental Sustainability:** Energy costs are reduced with cohousing’s environmentally-friendly structures, shared resources, and sustainable approach. Living in proximity with common facilities allows structured activities and sharing of resources, communal meals, laundry facilities, bicycles, and gardening tools.

- **Cohousing Creates Emotional Sustainability:** From preparing food, to ensuring children are cared for, meeting the demands of household chores produces a secure life. Sharing delights of conversation, meals, and milestones yields a more enjoyable life.
- **Cohousing Creates Social Sustainability:** Humans thrive when in close physical and emotional proximity to others; relationships are paramount. Cohousing residents are folks who have figured out that their own personal life will be more practical, economical, convenient, and fun if they cooperate with their neighbour. This builds respect, trust, and accountability, all of which make for a richer community and strong bonds. Cohousing communities elect to remain fully embedded within mainstream society and seek to connect with the society in multiple ways and ‘influence’ from within.
- **Cohousing Nurtures Happiness, Health, Long Life and Healthy Brain Functioning:** People who are isolated are less happy, their health declines earlier in midlife, their brain functioning declines sooner and they live shorter lives than people who are not lonely. The people who fared the best and were the most resilient were the people who leaned in to relationships - with family, with friends, with community. (See the Harvard Grant Study – a 75 year study on adult development.)

Jane Harper retired some years ago and is now a Cohousing Consultant. She is starting a cohousing community in southern BC, exact location not decided.

Two Pioneer Cowichan Valley Teachers

Quamichan School, 1907

The United Nations' World Teachers' Day, held every October 5th since 1994, celebrates the role of teachers in providing quality education. This is a good opportunity to reminisce about two early teachers in the Cowichan Valley and their many contributions.



William Henry Lomas

William Henry Lomas was the first public school teacher in the Cowichan Valley. Born in 1839 in Derbyshire, England he earned his teaching certificate from the Royal College of Preceptors (founded in 1846 to pioneer formal training by examination for teachers). Along with 77 other settlers, Mr. Lomas arrived at Cowichan Bay on HMS Hecate in August 1863 and pre-empted some land on the east side of Somenos Lake.

The settlers immediately built a log building on the west side of Somenos Lake to serve as church, school and meeting hall. It was here that Cowichan Valley's first public school, Somenos, opened on April 1, 1864 with 11 children ranging in age from 4 to 15 years in the classroom under Mr. Lomas. His duties included rowing a number of children from the east side of the lake before school opened each morning, and then

rowing them back after school ended!

Mr. Lomas informed the Board of Education in Victoria in 1867 that Somenos School used 1st, 2nd and 3rd English readers, Thomason's Arithmetic and Mitchell's Atlas but had no blackboard. In about 1871 he was appointed Indian Catechist at the nearby Anglican Mission House.

He resumed teaching in the public system in 1874 on alternate days at the 1st Bench and 1st Koksilah Schools, crossing the Cowichan River by ferry to travel to the two schools six days a week. His pay was \$50 per month which, he declared, was barely sufficient to support his growing family, keep a horse and pay ferry fares to and from school!

One of Mr. Lomas' students in 1874 at Bench School was Canute Lemo, reportedly the first First Nations student at a public school in BC. His mother had been taught by the nuns at the nearby St. Ann's Convent and she wanted her son to be educated as 'an English gentleman'. Canute was present at the official opening of the current Bench School in December 1950. Then over 80 years of age, composed and dignified, he told the gathering of his school days under Mr. Lomas: "It was because my father was Indian interpreter to the magistrates of Cowichan and could speak the English tongue that he desired me to have instruction in Mr. Lomas' school. My mother accompanied me to school that first day, each of us riding a pony. Thereafter I had a pony for myself, for it was a long way to go."

Mr. Lomas was well respected. His inspection report for February 1878 read: "The pupils exhibited a fair knowledge of grammar, read creditably on the whole,

and in some cases very well, and generally had made satisfactory progress in geography, history, spelling and arithmetic. The teacher is painstaking and maintains good order.”

Mr. Lomas retained his post as schoolmaster until April 5, 1881 when he was appointed the first Indian Agent for the Cowichan Indian Agency.

He served as a school trustee for the Quamichan School District from 1883-1884. In 1886 he wrote a letter to William Smith, BC Premier, to report that nothing had been done about the drainage of the grounds of Quamichan School and that the outhouses needed fitting with earth boxes.

William Henry Lomas died in 1899 in Duncan. At least four of his grandchildren later taught in the public system in the Cowichan Valley (Gladys Edith William Lomas, Sheila Dwyer and Kathleen Dwyer, Althea Lemar Clague).



Mrs. Annie Monk

Ann Brown was born in 1843 in Warrington, Lancashire, England, one of ten children and daughter of a basket-maker. She married Alfred Monk, a professor of music, in 1863 in Warrington.

But when Mrs. Monk emigrated to Canada with her four children in 1875, her husband remained in England. She settled first in Hamilton, Ontario as a music teacher. Later she moved to British Columbia and taught at Mayne Island School from October 1883 to January 1884. The isolated setting of Mayne Island was very difficult, particularly with a young family. She wrote to the BC Superintendent of Education lamenting that there was no local supply of wool for the bootees she was knitting for the new addition to **his** family!

In February 1884 she began teaching in the Quamichan School District at the former Anglican Mission House located at the junction of today's Maple Bay and Tzouhalem Roads in Duncan.

Quamichan School, a one-room building, was completed in 1885. She later wrote: “The desks and seats were quite crude – probably made by local carpenters. My desk was also of the same type. We had one big blackboard and several large maps... It was some time before all my pupils assembled, but their number increased almost daily and in about two months' time I had a class of about sixty. Many of them came from a distance, some as far as five miles.”

Mrs. Monk often attended community gatherings which included readings, singing and recitations and in which she took an active part. By example she encouraged her students to organize and have their own concerts, acquiring the first organ in the district.

The 1885 Annual Report of the Public Schools of BC noted that there had been an increase in attendance at Quamichan School and that “the lady in charge is an experienced and painstaking teacher. The salary of the teacher has been raised to \$55 per month.”

Annie's home was on the Cowichan Bay flats. High water often made her late to school, with her wet, muddy skirts showing signs of her journey. Personality and character were included in her list of subjects. Knitting and needlework, for which she was famous, were taught to the girls, and manners to the boys!

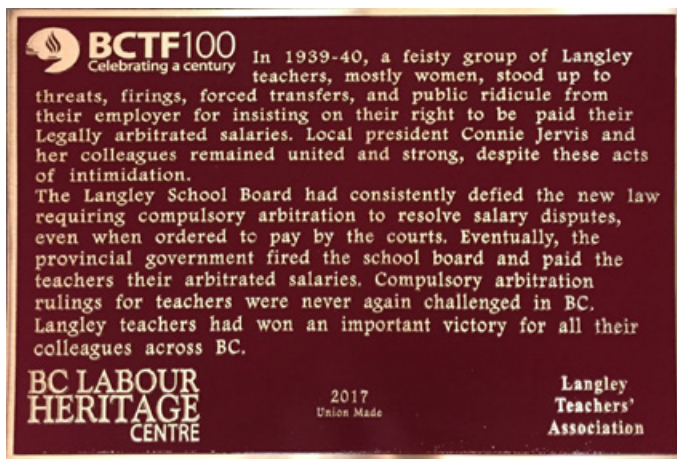
In August 1886 the E & N passenger train was on its second run ever from Victoria to Nanaimo, carrying the Prime Minister Sir John A. MacDonald and Robert Dunsmuir, president of the railway. It was stopped at Duncan's Crossing by a crowd of 2000 demanding a station to be built there. Mrs. Monk said “the train stood still long enough for me to have my pupils sing their song ‘Welcome to you all’, which they sang quite well and joyfully.” The outcome of that event was the birth of what it today the City of Duncan.

She had a total of 32 students in grades 1 to 8 in her classroom in 1887. It was her last year of teaching.

Mrs. Monk celebrated her 92nd birthday in 1935 in Duncan, receiving a number of visitors and letters.

She died in 1940 in Portland, Oregon, USA. Her grandson, Eldon W. Kier, was a former teacher in the Valley at Duncan Junior-Secondary and Cowichan Secondary Schools.

Carolyn Prellwitz retired from teaching in School District 79 Cowichan Valley. She is the Secretary-Treasurer of the Cowichan Valley Schools Heritage Society.



See a video about this historic episode at www.bcrta.ca/connie-jervis

Langley Looks Back

Langley Teachers' Association recently unveiled a bronze plaque recognizing Connie Jervis and her colleagues in their role to secure binding arbitration that settled salary disputes in 1937. Connie was the 24 year-old president of the Langley teachers and she led 40 colleagues in their struggle to have the arbitrated settlement implemented. (BC teachers achieved full bargaining rights in 1987.)

The BC government of 1937 introduced legislation giving compulsory arbitration as the dispute resolution for teacher negotiations. But some school boards chose to disregard the new law. In Langley the annual salary for an elementary teacher was about \$780 and secondary teacher \$1,100. There was no salary grid and women were paid less than men for the same work. Average class size was 45 students up to the high 50s. When women teachers married, they were asked to resign. As school districts did not have superintendents, the school boards were very involved in 'running' the district.

Prior to 1939, Langley teachers did not have a collective salary position, with the school board unilaterally setting teacher salaries. In 1939 president Connie Jervis organized a meeting of the Teachers' Association and they put together a salary case to present to the school board. BCTF President John Sutherland attended this meeting to show support for this initiative. The school board refused to agree to any increase in teacher salaries, so the Langley teachers requested binding arbitration. When the school board refused to attend the arbitration meetings, a person was named to represent them. The arbitration panel agreed with the teachers, but the school board refused to pay the increases.

The teachers took the school board to the county court to enforce the arbitration award, and the

judge ruled that the board must pay. Again the board refused, stating that any teacher requesting the arbitration award would be asked for their resignation immediately. No teacher resigned. The board then fired Connie Jervis and 13 other teachers. The teachers appealed their dismissal to the Board of Reference, a provincial body with a representative of the BCTF, the BC School Trustees' Association and a lawyer appointed by the Chief Justice which ruled that no legal cause existed for the dismissals. The Council of Public Instruction agreed and ordered the reinstatement of the teachers to their positions.

Langley's school board then reassigned Connie and four other teachers to remote parts of the district, and because few people had cars in 1940, travel within the district was difficult. On the first day of school in September, Connie and the other teachers simply went back to the schools where they had taught in June. The school board chairman went from school to school ordering the teachers to take their new assignments in the rural parts of Langley. When these teachers appealed to the Council of Public Instruction yet again, the entire Langley school board was ousted and a public trustee was appointed. The result was the teachers remained in their own classrooms and all the Langley teachers were (finally) paid the arbitrated award. Connie is remembered for her strength and courage against fierce opposition, helping Langley teachers entrench rights, and proving that school boards were subject to the laws of the land. Compulsory arbitration rulings were never again challenged by BC school boards.

Several of Connie Jervis' relatives attended the unveiling of this plaque and were very pleased to have her inspiring story recounted.

Barb Mikulec is chair of the Heritage Committee.

CLASSIFIEDS

TEACHING OPPORTUNITY

The Government of Nunavut, Department of Education and Regional School Operations is hiring this 2018-2019 school year, full time, indeterminate and term positions in the following categories:

- Elementary Teacher (Primary Grades)
- Middle School Generalist Teacher
- High School Generalist Teacher
- Principal
- Vice Principal
- Learning Coach
- Student Support Teacher

Programming is delivered in Inuktitut and English. Nunavut's 44 public schools focus on improving literacy outcomes for students and ensuring that learning experiences are culturally relevant and respectful.

Applicants must have, at minimum, a B.Ed recognized in Canada and a Teaching Certificate in good standing from a Canadian educational jurisdiction.

Nunavut ads are on Education Canada Website: <https://jobsearch.educationcanada.com/index.phtml>

For further information contact Bonnie Spence-Vinge, retired Executive Director, Department of Education, Government of Nunavut, spencevinge@shaw.ca phone 1 (250) 426-4274

TRAVEL



Fun Sailing The Med and beyond 2018-19 - Join my beautiful yacht for sailing the Mediterranean. A **30% discount for BCRTA members**. See my fun website www.sailingmanca.com for more information. Email Terry at tgeastmanterry@gmail.com and ask for the detailed pdf: "Proposal for Sailing The Med". You may join me on Skype at: [terryepicurious](https://www.skype.com/user/terryepicurious). Taking reservations now. *Sailing safely for fun since 1980.*

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France Alsace and Vosges Mountains -3 bedroom heritage house on wine route, all furnished with modern kitchen – wi-fi, very close to Germany (Freiburg) and Switzerland (Basel) CA\$600/week, CA\$650/week for more than 4 people (cleaning included) mano936@gmail.com.

PUERTO VALLARTA Quiet, bright, 1 bdrm. downtown, 2 blocks from beach, \$355/wk. Monthly \$1175. Contact: (604) 608-4268, dbemc@hotmail.com

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Sudoku

1	3	4						
8			5	3			1	
			9			4		
7		3	4				9	
2		9	7		8	3		1
	8				2	5		7
		5			3			
	1			4	5			9
						8	5	4

		4		8				
2	7				6			1
		3		1	4	6	8	
4		7					9	
	1						2	
	2					5		7
	8	1	2	3		7		
3			6				1	9
				9		2		

TO SOLVE SUDOKU PUZZLES:

Fill in the grid so that every row, every column and every 3 x 3 box contains the digits 1 through 9.

SEND COMPLETED PUZZLES TO:

100 – 550 West 6th Avenue,
Vancouver BC V5Z 4P2

FOR MORE ONLINE SUDOKU PUZZLES:

www.fiendishsudoku.com

DEADLINE FOR SUDOKU AND CROSSWORD

SUBMISSION IS:

Sept 30th, 2018

Congratulations to the winners of the last issue. Your cheques are in the mail!

Crossword:

Carol Eyles (Salt Spring Island)
Jack Greenwell (Victoria)
Glenn Parker (Comox)

Sudoku:

Margaret Paille (Salmon Arm)
Kate Rexin (Vancouver)
Miriam Bowles (Lake Country)

(The submissions are all completely randomly picked while still in the envelopes)

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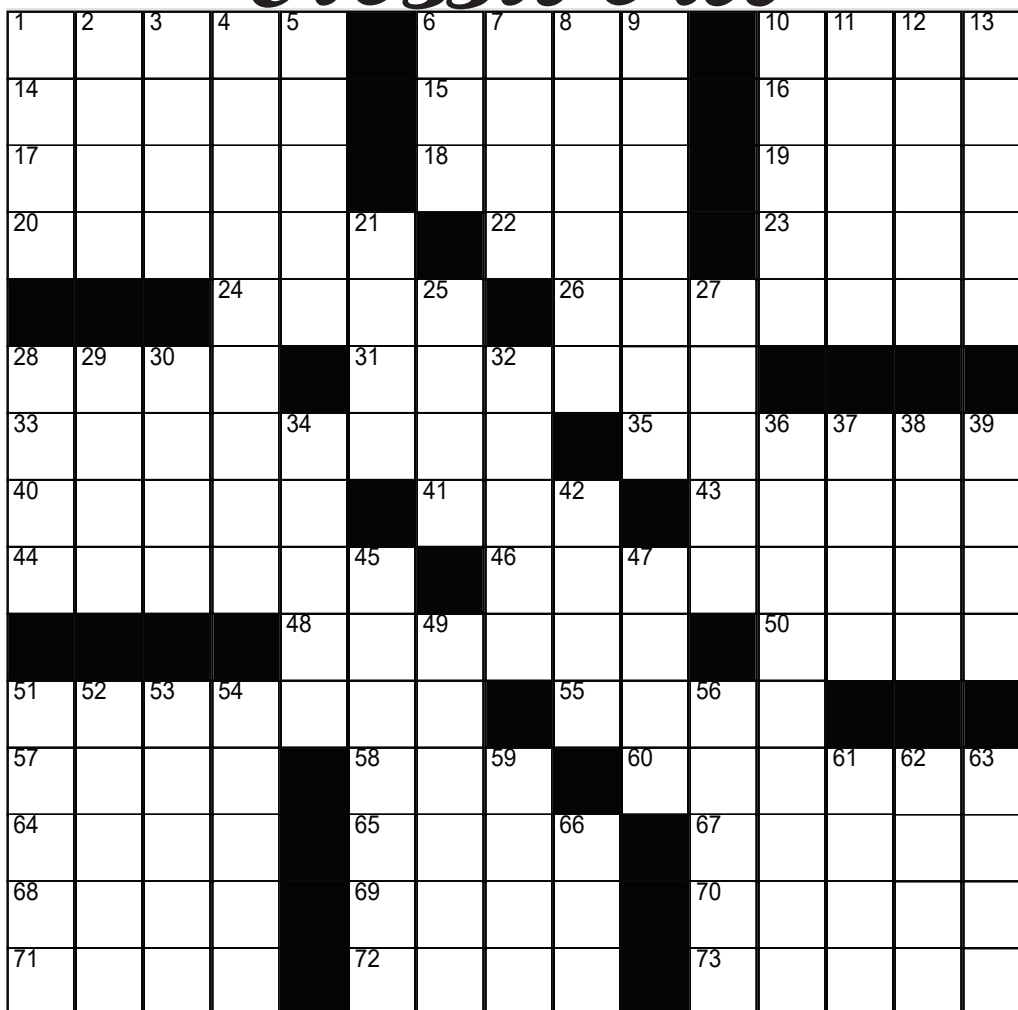


 facebook.com/BCRTA

SUMMER 2018 CROSSWORD SOLUTION

1	B	A	N	2	A	N	3	A	S	4	D	5	C	6	K	E	N	7	S
R			L		R						M			A					C
A			T		8	C	9	H	A	10	P			L					U
11	C	I	A	O				A	O					12	E	M	I	R	
K								L	L										K
13	E	L	B	14	A			15	R	O	W	E	R	16	R	O	P	E	
T					C			17	O		O		O			A			Y
					R			18	G	R	O	U	P			N			
19	W				E			20	E		E	E			C			21	P
22	I	N	K	S				23	R	24	A	D	25	A	R	26	H	O	P
L											B			N					R
27	L	U	S	28	H						B			T			29	H	A
O					O			30	S	A	H	I	31	B			E		U
W					A						U			A			E		R
32	S	H	I	R	L	E	Y			33	S	H	E	L	L	E	Y		

crossword



ACROSS

1. Mrs. Gorbachev
6. Catholic church service
10. Hemingway's nickname
14. Children ____ PD James novel (2 wds.)
15. Johnny ____; actor
16. "The stock was ____ all time high.
17. Swap action
18. Mrs. (German)
19. To put on notice
20. With 26 across - a school subject
22. A small leftover (archaic English)
23. Name for Irish language in Irish
24. Trigonometry (abbrev.)
26. See 20 across
28. Sport: Jai ____
31. Riots
33. Faithful marriage
35. Teased
40. By hand (Sp. 2 words)
41. Occupied a chair
43. Compass direction (Fr. Fem.)
44. Give a bad time
46. A school subject
48. L____; explorer (one word)
50. No (Russian)

51. Discipline that examines evidence
55. Firewood measure
57. Metallic element
58. Automotive Retailers Association
60. Peggy ____; US political writer
64. Canadian Singer ____ MacNeil
65. Leaning tower locale
67. Elliptical (French)
68. An earlier version of 3 down
69. As a verb: to ingest, as noun: victuals
70. An anti-anxiety drug
71. Bird's home
72. Undergarment
73. Possibly illicit encounter

DOWN

3. Colorful Apple desktop
4. Incitement to public disorder (pl.)
5. "Lend ____"; listen carefully (2 wds.)
6. Medium Density Fiberboard
7. Prefix concerning flight
8. Thinly spread
9. Speak in an excited & halting manner
10. Handled by a dog
11. An early video game platform
12. Separate text into component parts

13. Green Gables was ____ home
21. Capital of Peru
25. Precious stones
27. Taking drugs
28. Indian nanny
29. ____ Linda (Calif.)
30. Dabbling Duck genus
32. ____ Harbour, Saturna Island
34. ____ Heights; region in the Middle East
36. Held for trial (2 wds.)
37. Donkey sound
38. Rim
39. Active ingredient in insect repellents
42. Cosmetic powder
45. Getaways
47. Inert gas used in lighting
49. Pertaining to highwire activity
51. Singing sea nymph
52. Felony
53. Small amounts
54. To put a law into effect
56. Hen's perch
59. Sparkling Italian wine, ____ Spumante
61. "____ a one"; none
62. "____ poor Yorick I knew him well"
63. The one after
66. Viper



BC Retired Teachers' Association

Notice of 2018 AGM

73rd Annual BCRTA Annual General Meeting (9:30am)

called for Saturday, September 22nd, 2018

BCRTA Positions for Election

President - 1 year term

1st VP - 1 year term

2nd VP - 1 year term

2 Directors (2 yrs) from outside the Lower Mainland & Fraser Valley Regions

2 Directors (2 yrs) from inside the Lower Mainland & Fraser Valley Regions

17th Annual General Meeting of the RR Smith Memorial Fund Foundation (9:00am)

called for Saturday, September 22nd, 2018

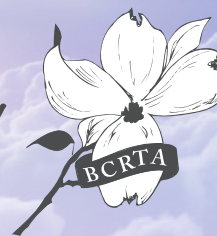
RR Smith Positions for Election

5 Directors - 1 year terms

**at the Vancouver Hilton Airport Hotel
5911 Minoru Blvd, Richmond, BC**

Obituaries

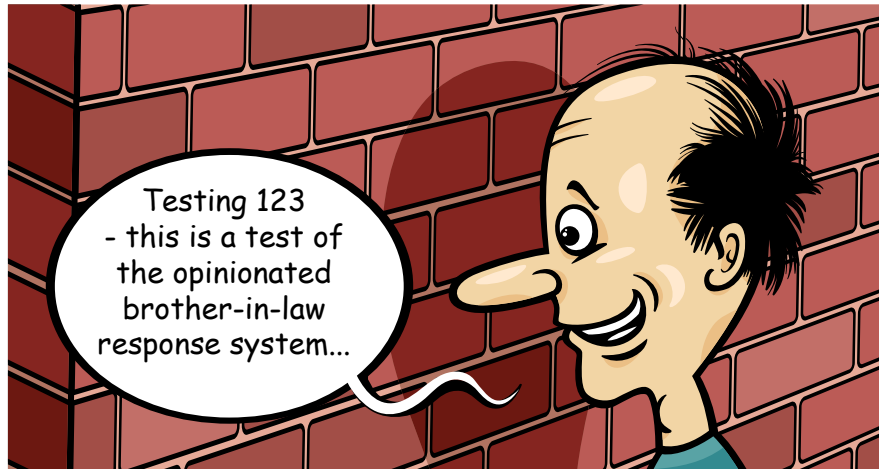
Location listed is the area given as "last taught"



Boulogne, Jacob, Surrey
Bouvier, Fernand D., Coquitlam
Bradley, Barrie R., Courtenay
Buckoke, Colin, Surrey
Campbell, Cheryl, Victoria
Carney, James F.W., Vancouver
Chell, Richard, Langley
Croil, Barbara, Central Okanagan
Dick, Ruth, Abbotsford
Douglas, Stephen, Nanaimo
Dowding, Celia J., Langley
Eades, John, Coast Mountains
Egerton, Eda M., Okanagan - Skaha
Ellison, William E., Vancouver
Enns, Nancy, Surrey
Gardner, Debra, Central Okanagan
Gropp, Georgina P., Vancouver
Kastelen, Lorraine, Kamloops
Keating, Edward M., Vancouver
Kelly, Brian J., Comox
Kuehn-Guriel Iris, Langley
Larsen, Karalee, Coquitlam
Linowski, Jerrold, North Okanagan/Shuswap
Mark, Dorothy, Trail
McKay, Dorothy, Kitimat
McKersie, Betty, Windermere
McNeil, Joan, Prince George
Morgan, Wendy C., Vancouver

Myers, Garry J., Surrey
Nutter, Alan, Surrey
Patterson, Ron, Surrey
Peters, Isaac, North Vancouver
Petersen, Kathleen Yukiko, Cowichan Valley
Planidin, Paul, Coquitlam
Power, Hugh, Terrace
Raines, Dorothy, Burnaby
Rapanos, George, Vancouver
Rees, Geoffrey D., Vancouver
Ross, Frank, Surrey
Ross, Raymond K., Surrey
Shortt, E. Stanley, Victoria
Stables, Rod, Surrey
Tan, John C.H., Armstrong
Thomas, John E., Vancouver
Wainwright, Jack, Vancouver
Wakefield, Patricia, Vancouver
Walls, Douglas R., Burnaby
Ware, Clifford A., Vancouver
Watson, Rosalie, Fernie
Vaugh, Gordon E., Saanich
Westfall, David C., Quesnel
Whitcutt, Ollie, Vancouver
White, Murray, North Vancouver
Wilson, Alastair R., Victoria
Witherly, Peter W., Prince Rupert

HAVE A *laugh!*



Lessons My Grammar Taught Me

A dangling participle walks into a bar.
Enjoying a cocktail and chatting with the bartender, the evening passes pleasantly.

A bar was walked into by the passive voice.

Two quotation marks walk into a "bar."

A malapropism walks into a bar, looking for all intensive purposes like a wolf in cheap clothing, muttering epitaphs and casting dispersions on his magnificent other, who takes him for granite.

A mixed metaphor walks into a bar, seeing the handwriting on the wall but hoping to nip it in the bud.

Three intransitive verbs walk into a bar. They sit. They converse. They depart.

A synonym strolls into a tavern.

The subjunctive would have walked into a bar, had it only known.

A misplaced modifier walks into a bar owned by a man with a glass eye named Ralph.

The past, present, and future walked into a bar. It was tense.

A verb walks into a bar, sees a beautiful noun, and suggests they conjugate. The noun declines.

Hyperbole totally rips into this insane bar and absolutely destroys everything.

Questions My Grammar Asked Me

What if there were no hypothetical questions?

Is there another word for synonym?

Can vegetarians eat animal crackers?

How is it possible to have a civil war?

If a parsley farmer is sued, can they garnish his wages?

If you were to eat pasta and anti-pasto at the same time, would you still be hungry?

Thanks to contributors Denis O, Vaughn W. and Soren K.





*R.R. Smith Memorial Fund Foundation
Building an Educational Legacy*

**Did you know that R.R. Smith has endowed funds in
six universities in B.C.?**

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Members wishing to add to the endowed funds at any of the universities may do so by contacting the university of choice and adding to the R.R. Smith Bursary fund. The amount of the bursary is dependent on the interest rate earned on the fund over the year.

or

Members may wish to have a more immediate effect by choosing to “top up” the yearly bursary from R.R. Smith.

or

Members may send funds to R.R. Smith and designate them to the university R.R. Smith endowed funds and R.R. Smith will forward the funds and give a tax receipt.

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