

PostScript

FALL 2019



THE MAGAZINE FOR RETIRED EDUCATORS



Retirees Eager to Try New Hearing Aid[†]

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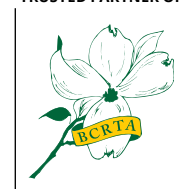
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Cover photo by Kathryn Bourdon. "Our Golden Retriever, Zoe, climbed up into this tree in an old growth forest in Springboard Park, near Salmo, BC as she followed an intriguing scent."

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We all have "lost and found" episodes in life. Alas, there is no backroom office that can restore to us some irreplaceable treasures: our youthful hopes, the people we have lost and places that once meant so much to us. But in this issue of PostScript Magazine, we hear several stories where our contributors have lost out, even lost some essential part of their future, and through generosity find renewal.

"We were on a quest and lost," begins Gord Yakimow's "Lisbon: Home of Fado". It isn't a spoiler to tell you he got home again, and we're glad he did, especially when he brings home the adventure in full colour with wonderful, detailed storytelling. How can the sad songs of Fado bring such joy?

Parents and grandparents of children with a disability spend much of their lives filling the gaps for these loved ones. In a follow-up article to last issue's *Money Talks* article on the RDSP, guest columnist Nicola Dunne shows how parents and grandparents are finding a way forward for their families.

Ralph Martin's robust little piece "Graduation Day" elicits both wonder and disbelief. It had to be verified, this teenaged adventure into mendacity and mischief. It's a fun read. Then, sitting with it, one better sees the power of a native and irrepressible humour, one of the few defenses he had against the adversities of his youth. It's a deft portrait of the wit as a young man, certain to leave you mildly scandalized and touched, laughing all the while.

Lorrie Williams' European years were gone, but then she saw an enticing ad for a rental house in *PostScript Magazine*, and it all came rushing back. She proves here that it is possible to share the joys of old discoveries with new friends as she re-explores the *Route des Vins* in the *Alsace* region of France.

For Joan Thompson, a great loss inspired a great gift: a 6,000+ km cycle across Canada. We present her story as an opportunity for all her BCRTA colleagues to salute her accomplishment and support her efforts to raise funds for the prevention and treatment of ovarian cancer. Let's get behind this campaign.

Finding purpose in the face of great loss is one of the signal moments of a strong community. These friends of the BCRTA mark out moments of courage, renewal and inspiration. To those among us who offer such gifts, we can only say *thank you*.

Yours truly,

The Editors
postscript@bcрта.ca

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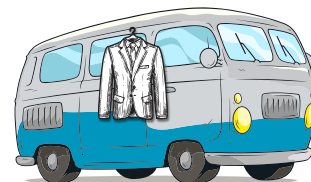
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Last summer our family knocked another destination off the bucket list with a visit to Ecuador. Ecuador might not be high on your list but maybe it should be. It's the jumping off point to the Galapagos Islands and much more.

The Galapagos Islands are worth the trip. We visited six islands – each different from the other, depending on how recently each island was formed by volcanic activity. The wildlife seems to have no fear of humans – my daughter sat on a rock filming a blue-footed boobie as it walked right up for a close look at her camera. And while we're not accomplished snorkelers, we've now swum with giant sea turtles, dozens of playful sea lions, manta rays, thousands of beautiful tropical fish and reef sharks that were much bigger than us.

But that's not all Ecuador has to offer. It's a short hop into the steaming Amazon basin and there are long, beautiful beaches on the north coast for swimming and fishing. Our fishing trip was interrupted by a pod of humpback whales.

Quito, the UNESCO World Heritage site and national capital, sits at 9,350 feet of elevation. Nearby are five volcanic mountains, each over 16,000 feet. We climbed one of those mountains and reached 13,800 feet. I know my huffing and puffing was from the thin air, not my poor conditioning!

Many retired teachers love to travel now that we have the time and the opportunity. I'm sure everyone has different reasons for travelling but I

like to travel as a “temporary local”, as Rick Steves describes it. For me, that often means staying away from the crowds and the multinational hotels, preferring closer contact with the local population. This approach never fails to become a welcome adventure - there's the huge benefit of gaining a new perspective on the world through close contact with local cultures, practices and food.

One's destination is never a place, but a new way of seeing things. (Henry Miller)

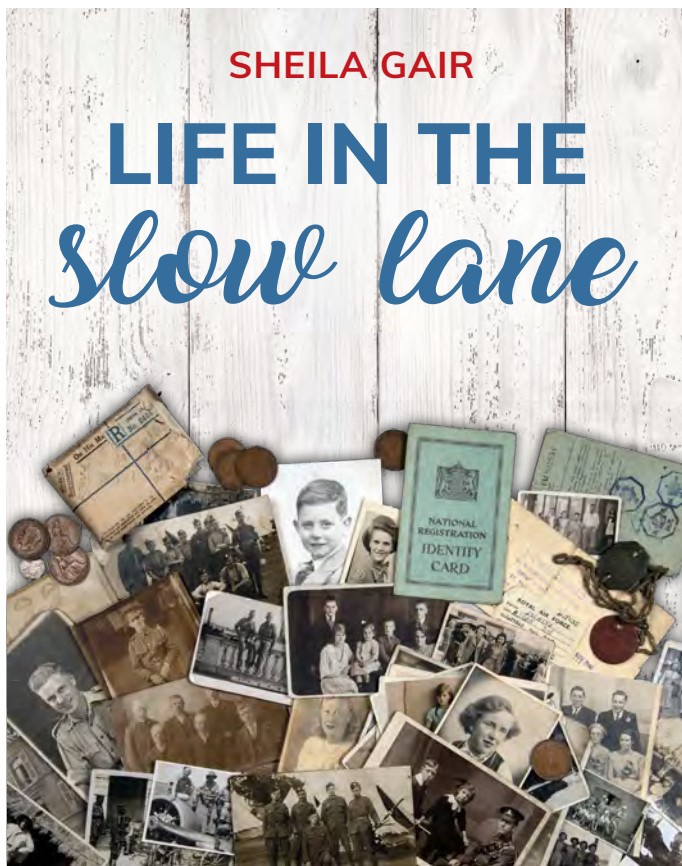
New perspectives and new thoughts enrich life back home, too. Our Board of Directors has looked at the BCRTA from a new perspective over the past few years. Together we have worked to grow our membership, develop our communication channels, improve our business practices and provide a rich variety of valuable services to our members.

The twin themes of travel and service have borne fruit in a new initiative. As featured in the last issue of PostScript, the BCRTA put together a group travel opportunity to Portugal and Morocco, and, boy, did it take off with our members. We booked a generous allotment of hotel rooms to meet the anticipated demand. Those were snapped up the day after the trip was announced and then the scramble was on to find more hotel space. As I write this, we have about 80 persons registered for Portugal and over 30 have signed on for the Morocco extension. What a great start to a new program of discovery and partnership. We will do more. Perhaps you, too, will join us on our next group adventure and come back home with a new perspective and lasting memories.



Gerry's new perspective on Quito, Ecuador.

Gerry Tiede is President of the BCRTA



I needed my passport yesterday and in taking it from the little strong box kept in my bedroom I also pulled out a small flat box marked Special Photographs. Did I put that back? Of course not! I poured a cup of tea and parked myself in 'my' chair in the living room.

It seems I've always had a camera – starting with a little Brownie that took just a dozen photos, most of those going over to my grandparents in the UK with only a few kept for me. They were expensive.

My father was a photographer and our homes always had a dark room. One day I went into the living room and on the table were a half dozen of the silvery sheets that he laid damp photos on, face down, to make them glossy. I turned a couple of them over and was simply horrified to see heaps of human bodies, piled ten deep on a cement floor. Somebody had taken the photos in a concentration camp and buried the roll, picking it up later and handing it to my father to print. I can still remember my shock.

But back to my box. On top of the pile are sepia photos – one of my mother with her mother and sister in Cairo in 1922, and another of my father playing soccer with a friend, probably around the

same time. There is another family group sitting around a table, their names printed across the back of the photograph – I can recall hearing the names but do not recall the people. Here is one of a rather portly gentleman and woman walking down a slope where a photographer lies in wait, and it has writing on it. This is Grandpa Challenger, my great-grandfather, with his third wife. She was also his niece and so they came to Canada to marry as it was illegal in the UK! I have another snapshot of him standing beside a Bristol Tramways bus, as he built that system donkeys years ago.

Another sepia photo is an advertisement for the Bristol Glee singers to which my grandfather belonged, where he sang countertenor. Their visit to the Crystal Palace to sing for Queen Victoria was often mentioned. He was a school headmaster, so I can trace my teaching and my singing days back to him.

I find a photo of myself in the dress I wore to the sixth form school dance. My mother worked as a seamstress and one of the ladies she worked with passed along a mauve halter-necked dress. Moments after the photo was taken I took a taxi to the school, feeling very grown up.

Another one of yours truly shows me at 18 and dressed 'to the nines' in a mauve two-piece dress and jacket, cream feathered hat, cream purse and mauve nylon gloves. I am heading for the church wedding of my boyfriend's sister. The evening before I had received my own proposal, and I was to give my answer at the church—appropriate I guess—and in the photo I have a little smile on my face. Can't think why!

A later one shows me around 25, wearing a long gown I had made myself. It was the night of a bank dinner and dance as my husband worked for the Toronto Dominion bank when we first came to Canada. My hair is piled high, my gloves reach to the elbow and beside me, draped over the chair, is a full-length fur coat – a coat which is still in my spare room closet. My godmother had sent the fur over. I look at the photo and realize that must have been well over 50 years ago!

Further into the pile there are family photos of my grandparents and siblings dated 1907, where the ladies have wasp waists and huge befeathered hats – and I don't mean just feathers, there are whole birds on them!

Here's a family portrait: as the newest member of the family I perch on my grandmother's lap with dad behind and grandpa seated – four generations of the family. Dad favoured group shots, and would line us all up tallest to shortest. When all were involved he used a time-delayed shutter, which meant he could leap back into the frame before the camera clicked. We are grouped at the front door of the house for one photo – cannot imagine what the neighbours thought. In the summer we would rent a beach hut along the 'front' and take our two cousins with us. Here are the six of us lined up on the curb. One of the boys had come from the uncle's marriage, but the youngest was seemingly the son of a local hairdresser – I was intrigued but never asked.

There are my early pictures from Canada as well – we are taking family trips to the park and the beach, the kids growing taller as the years pass.

We camp and the kids fish and swim. Here are school photos when their hair was long and faces sullen! And then photos of them all lying around doing nothing, sprawled on the floor and over the furniture. I have a hard time looking at these pictures and recalling how things were. Most of them were taken more than fifty years ago.

It seems that I have not used a camera in decades and photos now come via my crew and their phones to my computer. I save them in a file but would so much prefer the 'hold in your hand snapshots' to sit with and mull over on a summery evening with a glass of wine on the deck. For now this box will go back into the bedroom, and perhaps later I will take out another photo album, turning the pages for another slow trip down memory lane.

Sheila Gair is past editor of *PostScript*.

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People with disabilities must overcome many challenges throughout the course of their lives. One of these is financial security. In this second installment of a series on assisting children and grandchildren with disabilities, we hear from guest columnist Nicola Dunne of Plan Institute, a not-for-profit organization in Vancouver that works with people with disabilities and their families to create a more secure future.

ACCESS RDSP: PARTNERING TO HELP PEOPLE WITH DISABILITIES BUILD A BETTER FUTURE

The Registered Disability Savings Plan (RDSP) provides one of the best returns on investment available, but, as Mike Berton noted in his recent Money Talk column (PostScript Summer 2019) only 38.9% of British Columbians who are eligible for an RDSP have opened one.

In response, Disability Alliance BC (DABC), BC Aboriginal Network on Disability Society (BCANDS), and Plan Institute, developed Access RDSP, a “one-stop-shop” for all things RDSP. With the support of the Vancouver Foundation, we provide the free direct assistance that many people need to apply for the Disability Tax Credit (DTC) and to open an RDSP. One example of how we do this is through the Disability Planning Helpline, which provides information about the RDSP and other aspects of disability planning.

Nicola Dunne is a Project Manager with Plan Institute, a not-for-profit organization in Vancouver specializing in future planning for people with disabilities. Learn more at www.planinstitute.ca

“SECOND TO NONE”

Ric opened a RDSP for his daughter Erin as soon as this plan became available in 2008. He had heard about the RDSP through Planned Lifetime Advocacy Network (PLAN), a family-led organization in Vancouver dedicated to building inclusive communities. Since opening Erin’s RDSP, her family have chosen a fairly conservative investment strategy and have made a contribution of \$1,500 per year, for a total family investment to date of \$15,000. After ten years of accumulated interest, and boosted by generous federal grants and bonds, Erin’s RDSP is now worth more than \$90,000. Erin’s plan is worth six times the amount her family have contributed personally, thanks to those investment returns and government contributions. As Ric says, “The gains of the RDSP are second to none. The fact that Erin is only 41 years old and already has more than \$90,000 in her RDSP has truly given me peace of mind for Erin’s future.”

THE EDUCATOR/ADVISOR

Helene Eschbach, an advisor with Access RDSP, brings her experience as an educator to her work on the helpline, where she answers questions about the RDSP and the DTC. A retired teacher and BCRTA member, she worked as a primary teacher for the VSB for twenty years. Her experience teaching Kindergarten informs how she now supports callers, taking the time to explain the concepts and ensure they receive the information they need. She’s also familiar with different disabilities and understands the difficulties that children and adults face in their daily lives. Her own lived experience as a parent of a son living with a disability enables her to build trust and kinship with the individuals she supports. “When I speak with clients they learn that I have personal experience with the RDSP. This helps to build trust and makes it easier for me to provide the information and support that they need.” Helene has witnessed first-hand how the RDSP can help families build financial security and urges everyone who qualifies to open one. “RDSP grants and bonds are available to individuals who are residents of Canada, under 50, and qualify for the Disability Tax Credit. It is a wonderful plan. It will give you peace of mind and provide a better life for



your loved one with disabilities in the future. Even if you are over 50 and have the Disability Tax Credit, you still have an opportunity to save, tax free, for your future.”

The Access RDSP program also provides a referral service between the three partner organizations, so individuals and families can receive prompt and appropriate support depending on their needs and what stage they are in the process.

Garry, a 49-year-old individual, contacted DABC in late fall about opening an RDSP. Due to his age, he needed to open an RDSP by December 31 to activate government grants and bonds. He was given DTC support, then referred to Plan Institute in early November. Two Plan Institute advisors then worked with him to clarify his needs and assist with receipt of his government ID, which is required to open an RDSP. By mid-December, he had opened

Endowment 150 - \$150 grant for BC residents

The Endowment 150 program (also called E150) helps individuals and families save for their future by providing a one-time \$150 grant to help their Registered Disability Savings Plan grow. E150 grants are available to the following BC residents:

- Adults with a disability, who are under 60 years of age (if 59, the individual must apply before the end of the calendar year in which he/she turns 59), have received income assistance sometime after January 1, 2008 or have income below \$25,000 per year, and have an RDSP.
- Children with a disability, who are under 18 years of age and have an RDSP.

Grant applications can be submitted online, by email or by Canada Post. There are no deadlines for Endowment 150 applications at this time. Plan Institute accepts applications on a rolling basis.

For more information about the criteria and application details, visit

www.rdsp.com/Endowment-150

his RDSP. As he had opened his plan before December 31, he was eligible to receive \$9000 in government grants and bonds. DABC offered further support with tax filing that would benefit his RDSP.

One of the most common questions we have been asked when we tell people about the benefits of the RDSP is, “but what if I am unable to contribute anything to my RDSP, how would it grow or be of benefit to me?” As previously mentioned, the federal government may contribute up to \$20,000 through the Canada Savings Bond to plans for qualifying individuals under 50. In addition, in BC all children with an RDSP, and adults living on low income are eligible for the Endowment 150 Grant, a free \$150 grant to jumpstart savings in an RDSP. The receipt of the Endowment 150 will also trigger a matching grant from the federal government. So far, through the Access RDSP partnership, we have distributed over \$270,000 to families in British Columbia through the Endowment 150 Grant program.

Other free supports and services offered by Access RDSP include:

- DTC/RDSP information sessions and teleseminars for individuals and professionals
- One-to-one support with Disability Tax Credit applications
- RDSP navigation for Indigenous individuals and families living with disabilities
- RDSP tutorial and calculator - www.rdsp.com

Chris, a helpline caller who received one-to-one support recently told us, “I don’t like asking for help, but I found RDSP stuff so hard to figure out by myself. Helene walked me through everything, gave me great references, and helped me get my confidence back.”

We are proud of the impact of this partnership, but our work is not done. We continue to work to increase uptake, distribute more Endowment 150 Grants and ensure that the RDSP is in the hands of every eligible Canadian.

For information and support, contact Access RDSP by email: info@rdsp.com, call the helpline at 1-844-311-7526 or visit: www.rdsp.com

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Exploring Historic Alsace

Route des Vins or Winestrasse?

His name was Henri Kieffer and I asked him, "Do you feel yourself to be more French or German?" "I'm Alsatian!" he answered. His name and his answer were typical of the Alsace region of France, which sits on the banks of the Rhine River across from Germany.

This area was my turf for five years when I was teaching in Lahr, Germany for the Department of National Defence. So, when I recently saw an ad in PostScript Magazine for a house rental in Alsace, I immediately made plans for a two-week stay at the end of June. The house had three

bedrooms, a modern kitchen, dining and living rooms. Our group of five had no problem settling in. There was a grocery store and bar across the street and a fabulous bakery a block away. Oh, those fresh croissants, crunchy baguettes, tasty cheeses, and—especially—the wine!

This takes me back to the vintner Kieffer and his wine. I had first visited him in the 1970's and now had a chance to return. My friends gleefully sampled *Riesling* (often regarded as the King of Alsatian wines), *Pinot Noir*, *Gewurztraminer* (famous for its highly perfumed aroma) and others. We bought too much wine and were given a bottle of bubbly to mark the occasion.

But the Winestrasse has more than just wine. We visited Haute Konigsberg, a completely restored medieval castle with period furniture. On its ground floor are the cellar and the kitchens which feature one of Alsace's oldest barrels. The upper floors include the knights' apartments, guest rooms and a chapel. The most impressive rooms are situated on the West side, notably the community hall, which is decorated with frescoes representing the siege of 1462. The armory displays impressive armour, spears,

Below: A rented house advertised in PostScript Magazine was our great "home base".



Local delicacies abound.

and formidable crossbows. We could sense the history in the walls. Below the castle, villages are strung like a necklace across the landscape.

In the villages between Strasbourg and Colmar it is almost impossible to take a poor photo. The narrow cobbled streets have colourful half-timbered houses, and almost every window has a flower box. The charming Alsatian architecture is distinct, and many of the towers have stork nests on top.

We had to remember the hours for lunch. There is no service between 2 and 6 pm, so we planned our day around lunch in various villages using Google Translate to scan the menu. We sampled *flammekueche* or *tarte flambée*, made from dough covered with cream, bacon and onion; *Münster cheese*, which comes from this area and is used in quiches; and, of course, *foie gras* and sausages with *choucroute* (sauerkraut). One day we undertook a tri-country challenge: breakfast in France, lunch in Switzerland, and dinner in Germany. We were lucky to catch the season of *spargel* – a white asparagus smothered in Hollandaise sauce. In Switzerland we were also fortunate to experience *raclette* – “scraping off” (from the French *racler*). Imagine Gruyere cheese melting under a heater accompanied by small boiled potatoes and dill pickles. I was in gastronomic heaven!

Beyond the food, wine, bread, cheese and castles, there is the allure of the culture of the Alsace region. Our neighbours were friendly and helpful as we communicated with a



Above: Vineyards and distinctively Alsatian architecture are a delight. Below: A local fountain.



mixture of English, French, German and charades. We experienced nothing but courtesy. I gradually mastered the protocol of roundabouts – though sometimes going around two or three times before choosing the correct exit. Got honked at just once. One Sunday afternoon we stumbled upon a dance with all the seniors of the village, dressed to the nines and having a wonderful time. The myth that the French are arrogant, or that they scorn imperfect French was not our experience. In fact, locals helped us carry our bags, find our way, and even accompanied us to make sure we reached our destination.

Having a “home base” and venturing out daily was ideal. We took turns choosing a village to explore and came to realize that the little villages were just as interesting as the tourist sites.

The Alsace is magic!

Lorrie Williams is a retired teacher and lives in New Westminster.



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PostScript Letters

Some Comments About PostScript From BCRTA's 2019 Survey Results

I really enjoy the PostScript Magazine and BCRTA's concern for retired teachers' health and welfare. I couldn't answer some questions because I choose not to have a computer. (Last of the dinosaurs!)

I like to read about my retired colleagues and how they are faring. I would like to read more stories about teachers' beginning years and experiences.

I enjoy the magazine, especially the crossword puzzles. I like to see what other retirees are doing and keep up with the pension and health info.

Please: Change the name of the magazine. It's very 1950s.

Good diversity of articles. Always something to read of interest. Enjoy reading it.

The new format and text font and variety of articles in Postscript are wonderful. I read it cover to cover.

I like the articles that provide information on things that may not be common knowledge, e.g., the current article on tax credits when supporting a person with disabilities.

I have found the PostScript a great magazine and look forward to receiving it. Seems like there are more commercial ads.

I look forward to the PostScript Magazine. I read it from cover to cover. The articles are interesting and thought-provoking. The puzzles are my favourite. Thank you for all of your hard work and dedication in producing such a great publication.

I like reading the Postscript Magazine. I would like to see more travel opportunities.

PostScript is excellent.

I think your organization is doing a great job and I LOVE the Postscript magazine.

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Lisbon

HOME OF FADO



TEXT AND PHOTOS BY GORD YAKIMOW



Above: Pedestrians are reflected in the window behind these bronzed live-statue street artists.
Below: Streetcar on the cobblestone streets of Lisbon.

We were on a quest and we were lost - but we knew that if we kept making our way down the narrow, cobblestone, twisting laneways of the *Alfama*, we would eventually reach our destination.

Graffiti-like murals strewed the walls of this unique section of Portugal's capital city as we descended further and further into chaos. Laundry hung drying from balcony clotheslines. Windows and doorways bore decorations with the national colours, every corner of the city abuzz with World Cup expectations, for the world's best football star, Ronaldo, played for Portugal. We pushed on in anxious confusion, occasionally seeking help from bemused bystanders. Our guide book had warned us that we shouldn't be caught here in the dim-light of evening, or in the dark of night.

Earlier, we'd been to the top of Lisbon's medina-like quarter, visiting its signature showpiece, the *Castelo de San Jorge*. Next to the castle, *Santa Engracia*, a cathedral which contains the remains of explorers Vasco da Gama and Henry the Navigator. Eusebio, at one time the world's greatest football player, rests in the *Santa Engracia*, as do many kings and queens of Portugal. So too another queen, *Amalia Rodrigues*, Queen of Portuguese Fado music. *Amalia Rodrigues* was to





Left: World Cup colors. Right: Santa Engracia, the resting place of Portugal's national heroes.

Portugal what Leonard Cohen was to Canada, Woody Guthrie to America, Piaf to France. When she died at age 79, she was given a state funeral.

Eventually, almost by accident, we located what we were looking for - the Fado Museum of Lisbon.

Fado is a music of sorrow and longing. It is to Lisbon what jazz is to New Orleans, opera to Vienna, honkytonk to Nashville, Celtic to Cape Breton. The Fado legends of Portugal are national heroes and heroines and on show in this fascinating museum in the nation's capital. The story of Fado unfolds through painted portraits and old concert posters, in listening areas, video shows and dioramas. The *guitarra*, a mandolin-like musical instrument with paired strings is unique to Portuguese Fado. It is soft, mournful music. Lamenting-loss music. Hurtin' music.

We meandered through the museum for two hours... until we could take in no more.

"If you had a cousin visiting from Canada, and he wanted to seek out a good Fado club, which one would you suggest?" I asked the young lady at the ticket desk, showing her a guidebook which had several recommendations.

"None of these," was her response. She circled on

a map the location of the one she would go to: "Half the price of the ones in your book... and twice as good. And an easy walk from your hotel."

We did go to the club which she recommended, but not until several nights later, since reservations were required and seating was limited. Finding our way there along the narrow passageways (*becos*), and then back again to our hotel later that evening was as much of an adventure as the wonderful experience in the club. The food was good. But oh! ... such music!

My wife and I found Lisbon a wonderful city with wide pedestrian boulevards and abundant outdoor restaurants and beautiful city squares and street cars on steep streets and decorative tiles and those narrow baffling laneways of the Alfama.

And yes... we did bring home a couple of Fado compact discs, including one by Amalia Rodrigues, the Queen of Fado. Exquisite!

Gord Yakimow is a retired teacher who was head of the English Department at Chilliwack Senior Secondary. He is a frequent contributor to PostScript.

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As seen in



CAMINO

FOR CANCER

In May 2019, BCRTA member Joan Thompson filled a bottle with water from the Pacific Ocean and began a cross-Canada trip by bicycle to advocate for greater personal awareness and public action about the prevention and treatment of ovarian cancer. She was inspired to do this in honour of her younger sister, Sheila Rae, whose life was cut short by the disease. Joan completed her remarkable journey in Halifax in August. Here are some excerpts from her blog, justgojo.com.

CAMINO

I lost my sister Sheila Rae last year to ovarian cancer and am passionate about making a difference for those sisters, mothers, wives, daughters or friends that may face a diagnosis of ovarian cancer in their lifetime.

Today, thousands of Canadian women are living with ovarian cancer and another 2,800 will be diagnosed this year. Each of these women is central to a family. Supporting these women, and their families, is the reason I am riding. I will not be riding on an established path (or *camino*) as I am the first to cycle Canada on behalf of ovarian cancer. Instead, the ride's effectiveness as a conduit for teaching, learning and personal healing will be discovered in the making.

Every dollar I raise supports Ovarian Cancer Canada, the Canadian charity championing the health and well-being of women with ovarian cancer.

A PUBLIC PROJECT FOR AN INTROVERT

Setting out on a public venture like a cross-Canada ride to speak to Canadians about the need for greater personal awareness and public action around ovarian cancer can be a bit daunting for a self-identifying introvert. I am the kind of person that seeks quiet places, and restorative niches to cope. My comfort zone is

one-on-one conversation, on a beach with a book or a trail with an understanding companion. Anything that is not conducted under the gaze of others. So how did I survive years of teaching and choral directing, when it involved the most critical crowd of them all – adolescents? I muzzled my fear by the sheer passion I felt for educating and inspiring others in music.

This is how an introvert goes public – when the reason to do so is compelling enough. I am devastated and angry about the outcome for my sister and 56% of the other women in Canada with ovarian cancer who don't live past 5 years. I feel called to inform people about the best preventative strategies, like a total hysterectomy or DNA testing, and the symptoms that may indicate the onset of ovarian cancer, like having a bloated abdomen when you have been eating like a bird. It's time women with ovarian cancer become part of a good news story – one of survival, and stronger lives. And I want to help make this happen.

I want us to climb up on our soap boxes to insist that it's time women with ovarian cancer become part of a good news story, having the time and funds needed to advance ovarian cancer research and treatment. Behind every premature death is a lack of knowledge. Let's improve our knowledge, and ensure that every daughter, mother and sister has the means to live vibrant and long lives.

I miss you, Sheila. That's why I'm not letting my introversion get in the way. Bring on the ride and the chance to lay down my heart for this story about my sister and all women affected. I boldly and proudly speak for this cause.

SUPPORT FROM THE VAN MAN

I was prepared to do the trip alone. But Ken, my partner, decided he would do it with me.

It started with learning up-to-date information. Ken took that on with zest that equalled mine,

with late nights reading research and honing charts of ovarian cancer symptoms and statistics to use for our campfire and library chats en route. He conjured up a great logo, postcards, a farmer's market banner, and a head-turning van wrap.

Ken put together our route and itinerary right down to each .5 hour and metre of elevation. He camp-erized our Dodge Caravan, installed a Thule bike rack, and gradually assumed the role of quartermaster of provisions. I was limited to one pillow.

On the road, 'the van-man' keeps the bike well oiled, the coffee piping hot, the beer cold, the tech charged. How wonderful it is to be greeted by a steaming cup of STRONG coffee and a bowl of fresh strawberries & Greek yogurt in the morning. Two hours thereafter either a power-ade, a rain jacket or a banana is handed out the van window. Our camping spot is always tranquil, the picnic table sturdy, and the showers hot. All I have to do is fall off my bike and reach for a beer!

I'm in good company on this journey – Saint Kenneth Joseph and Saint Sheila Rae are never far behind.

CYCLING THE RED COAT TRAIL ACROSS THE PRAIRIES

After the launch from rain-soaked English Bay in Vancouver on May 14, the ride through B.C. on Highway #3 was predictably tough (5 mountain summits) and exhilarating. Stopping at those sites you zip past when driving - Westminster Abbey in Mission, Othello Tunnels in Hope, Farmer's Markets in Penticton and Grand Forks, and artisan's studios in Crawford Bay – reveal the depth of B.C.'s attractions. Beyond the Rockies, things get a little less predictable.



The support van with custom graphics.

For someone who grew up in BC, cycling through country scrupulously ironed of tectonic rumples was a daily marvel. I cycle-sailed through this flattened version of Canada on one of its lesser known roads – The Red Coat Trail – from Pincher Creek, Alberta to Winnipeg, Manitoba.

A flat grid of deeded settlements becomes immediately apparent upon leaving Pincher Creek. The school bus ahead of you will be visible five kms ahead, the next turn in the road, ten. The landscape becomes steadily drier and more inhospitable – the 'Badlands' are upon you.

A TRAIL THROUGH TIME: SASKATCHEWAN

It was haunting to cycle through parts of this province. Abandoned garages, boarded towns (except for post office, grocery store and beauty parlours), suggest that this was a route that had been crushed by the changing fortunes of time. Tourism is untapped. Gas stations, restaurants, motels are few and far between; seven hours between pit stops for the cyclist becomes the norm! But a proud history lives on. French, Dutch and Belgian heritage means that Catholic nunneries peer from closed windows, French signs on the highway are untranslated, and razor-edged gardens and fields confirm the Dutch presence.

In Weyburn, we enjoy the spotlight given to travellers that have strayed from the Trans-Canada. Radio, newspaper, library, city campground – they become a speakeasies for our cause. Bless them.

On shoulderless roads, I approach the city of Winnipeg in winds that have overturned rail cars, and realize how understated the title of 'Windypeg' is. It is truly the last swirl of prairie wind and dust before the boreal forest takes over to the east. Wipe away its modern veneer of endless traffic and muffler shops, and Winnipeg's prairie heart beats strong. The quilt of Canadiana in the Prairies is thick with histories, from the T-Rex to the most recent wave of immigrants that are proudly calling this country home.

ONTARIO

Within hours of leaving Winnipeg we were back to forests and lakelands that reminded us of B.C., minus the mountain vistas. Northwestern Ontario is all about wilderness and family run lodges and

urban resistance. We love it, and discover that stereotypes you have long subscribed to about long-hauling through Ontario are completely shattered when you bike the province. We felt the sociability and kindness of the people. From Nipigon to Wawa to Vankleek Hill, in libraries and campgrounds, visitor centres and newspaper offices, cafes and farmers' markets, people reached out to us. My sister's story elicited their own and the hardship and heartbreak they have endured never diminished their capacity to help others. Perhaps not surprisingly it was Thunder Bay, the town that knows the cruelty of cancer the best (where Terry Fox finished his Marathon of Hope), where we felt embraced the most.

Being June, we have chosen a good time to travel the country. Temperatures are still cool and we get to experience one growing season colliding with another. Lilacs are in bloom and the first crop of hay is being cut. The bugs didn't find us until 70 kms north of Thunder Bay, but remained our constant companions until Ottawa. At their worst, we simply barricaded ourselves in the van. Give me wind, rain, 18-wheelers hugging my side – there is nothing that has me fleeing faster than an invasion of buzzing insects.

Concluding the Ontario section of my ride with Canada Day fireworks in Ottawa was just a harbinger of the 'highs' experienced cycling in neighbouring Quebec. Every pedal along the St. Laurence River was picturesquely pleasant. Those landscapes we dream about are right here in our very own country! Equally charming and European in flavour are the larger cities of Montreal, Trois Rivieres and Quebec.

LE TOUR DE QUEBEC

In Quebec City, we stayed in the meticulously refurbished St. Augustine Monastery aside the ramparts in the oldest city of Canada. With its annual summer festival, torrents of tourists, all shops and windows flung wide in welcome, the city was bursting with summer energy. Within a few hours of being on a guided city tour, you realize you have just been introduced to the most beautiful city in Canada.



Halifax

BIENVENUE AU NOUVEAU-BRUNSWICK

Quebec's beautifully maintained bike paths (the Quebecois are serious cyclophiles) gradually yield to the forests of northern New Brunswick. But not to English. New Brunswick is stolidly Acadian French in the north. By Fredericton, we are again conversing in full sentences and in Moncton TV reporters have seized our story for both the 6 PM CTV and Global News broadcast. Be still my heart.

THE FINISH LINE

Frenetic traffic at the outskirts of Halifax and no bike lane. The highway eases into downtown Halifax, and through the leafy arbour of the Dalhousie University district, I approach my final destination – Black Rock Beach. I am filled with a multitude of contradictory emotions – relief, disbelief, gratitude, and sorrow for my sister and every woman who has had ovarian cancer.

On the beach, Emilie from Ovarian Cancer Canada meets us with her dog, Olive, along with two women living with ovarian cancer – Mary Lou and Val. My bottle of the Pacific Ocean meets the Atlantic, the bubbly is poured, and the rain begins. It seems so right that my journey is humbled by weather at the end, just as it was at the beginning.

This was no heroic journey, only one small attempt to ease the needless suffering of one group of women. I salute all of you living with cancer, and the mountains you climb every day. I have stood on rooftops and cycled the width of this country to tell your story; it is my heartfelt hope that the message has been heard.

To make a contribution to Joan Thompson's Camino, visit bcrrta.ca/camino



Association Canadienne des enseignantes et des enseignants retraités
Canadian Association of Retired Teachers

SENIORS' ISSUES FOR THE 2019 FEDERAL ELECTION



ENDORSED BY





Seniors' Issues Information

To: BCRTA Members,

This year, BCRTA has cooperated with the Canadian Association of Retired Teachers to write and distribute an election issues brochure to prepare our members for the coming Federal Election. We identified four issues that apply to retired teachers and all seniors:

1. Pension Security
2. National Pharmacare Plan
3. Opposition to the privatization of medical services
4. A National Seniors Strategy on Healthy Aging.

How to use the brochure:

- Use this background information to help understand and determine your own priorities.
- Use these questions when candidates or their agents phone you seeking support.
- Use this brochure when you are talking with friends and family about the election issues.
- Use the information and questions when you attend All-Candidates meetings. Ask all candidates the same questions.
- Use the answers you get from the candidates to determine who you will vote for.

Gerry Tiede
President, BCRTA

To: ACER-CART Members and Friends

In the Spring of 2019, ACER-CART worked collaboratively with eight other Seniors Organizations to develop a consensus on key issues for the upcoming election campaign. We are particularly indebted to the Retired Teachers' Association of Ontario (RTO-ERO) and the National Association of Federal Retirees, for their leadership in this endeavor. Other participating groups included the Canadian Federation of Pensioners, the Canadian Health Coalition, CARP, the College and University Retiree Associations of Canada, the International Longevity Centre of Canada, and the National Pensioners Federation. ACER-CART drew on their positions to consolidate these, our own, established priorities.

We hope you find this information useful in assessing the positions of the various parties. We encourage you to visit the nominated candidates of each political party to focus their attention on these four critical issues facing seniors now and into the future.

Each issue has facts and questions to help you prepare for your visit. You might select only one or two issues important to you for your conversations. We suggest you use the same issue(s) for the candidate of each political party so you can compare their responses.

Bill Berryman
President ACER-CART 2018 - 2019



Making Retirement Income More Secure

Key message

Canadians deserve a secure and dignified retirement, with a guaranteed and sufficient source of income.

What is the Issue?

A defined benefit pension is a pension as we traditionally think of it. Employers and employees contribute to a pension fund which is pooled and invested. Retirees are paid a specific amount for the rest of their lives, using a formula that usually considers years of employment and salary. Defined Benefits Pensions have proven to make retirement secure, with up to 80% of all pension dollars spent coming from investment returns. This enables retirees to continue to contribute meaningfully into local, provincial and national economies.

The rate of individuals covered by defined-benefit pensions continues to decline across the country, having moved from 70% in 2005 to 42% in 2015 in the private sector. This happened despite the fact that, when properly managed, this pension option is the best way to ensure retirement income security. Defined Benefit Pensions are proven to make retirement secure.

Further, employees and retirees must not be left out in the cold when their employers go bankrupt. We have only to look at the recent Sears example to know that defined benefit pension plans are not always guaranteed.

More work is needed to ensure that pensions are protected during insolvencies.

Advantages for Canadians

Protecting Accrued Pension Benefits: means that no employer, in either the public or private sector, will be allowed to change the compensation promised to employees once they have retired. Employees can have confidence that their future is secure and their contractually promised pension, in reality deferred wages, will be guaranteed.

Protecting Employees and Retirees in Corporate Insolvencies with a pension insurance plan, paid for by pension plans, means that pensioners will have a secure retirement and not have to rely on tax-payer funded benefits like the Guaranteed Income Supplement.

Strengthening Defined Benefits Plans will deliver the same retirement income at a much lower cost than defined contribution plans. Government policy and legislation must support the protection and expansion of defined benefits plans. For example, the BC Teachers Pension Plan's Administration and investment costs are 0.34%, compared to the Average Management Expense Ratio of Canadian Mutual Funds which was 2.35% in 2018.

Questions

- What is your party's retirement income security plan for current and future seniors?
- Will you ensure employees and retirees with defined benefit pensions are protected if their employer goes bankrupt?
- In 2016 the federal government introduced Bill C-27, legislation that would allow employers to press for the surrender of defined benefit pensions. Do you support this approach?

More information

- For general information on pensions: Ontario Securities Commission
- <http://bit.ly/2vBUE4s>
- <http://bit.ly/2ZR165i>



Key message

All Canadians should have access to the medications they need. A universal, public, comprehensive, accessible and portable national Pharmacare program would cut costs and lead to a healthier population

What is the issue?

Canada is the only country in the world with universal health care that does not also provide universal drug coverage and we consistently pay among the highest prices for prescription drugs. Twenty per cent of Canadians have inadequate coverage to meet their needs. One in four households in Canada can't afford to fill their prescriptions.

A universal, public Pharmacare program would help Canadians better manage their health, lead to reduced medication costs and allow for better monitoring of the effectiveness and safety of medications. It would also reduce the burden on other parts of the health care system.

Advantages for Canadians

Canadians would save between \$4 and \$11-billion with a national drug plan that had interprovincial cooperation in buying. With no plan, Canadians drug costs as a share of GDP have more than tripled since 1985.

The disparity in drug costs, insurance coverage and drug availability would be eliminated. Today, prescription drug coverage is provided through a patchwork of 100 public and 100,000 private insurance plans. Many Canadians can't afford insurance or prescription drugs and do without, suffering poor health and requiring more expensive, taxpayer-funded medical services as a result.

One in six hospitalizations could be avoided if prescription drugs were used appropriately.

A universal, public Pharmacare Plan would allow for better monitoring of medications, support evidence-based drug coverage, and reduce the burden on other parts of the health care system.

Questions

- Will your party implement a universal, public, comprehensive, accessible and portable Pharmacare program?
- Will your party ensure that federal and provincial governments work together effectively to implement universal, public Pharmacare?
- Will your party ensure a comprehensive, evidence-based formulary, so that Canadian's can access the medications they need to maintain and improve their health?

More information

- Canadian Health Coalition: <http://bit.ly/2Wqae4>
- Advisory Council on the Implementation of National Pharmacare: <http://bit.ly/2PJxa8>



Opposition to Privatization of Medical Services

Key message

Access to medical support should not be dictated by an individual's means to pay.

Medicare is based on the five principles contained in the Canada Health Act: public administration, universal access, comprehensive coverage, accessibility without extra charges or discrimination and portability across the provinces.

What is the issue?

Private clinics are operating across the country offering health care services for a price, and the federal government is doing nothing to stop it. British Columbia and Quebec already have a number of these clinics, while other provinces – such as Alberta and Nova Scotia – allow them to a lesser extent. A report by the Ontario Health Coalition found that there are 130 private clinics open in five Canadian provinces, and provided evidence that 89 of these clinics may be selling services in violation of the Canada Health Act.

Federal and provincial governments need to work together to ensure a strengthened public health care system that provides timely, quality health care services to all Canadians, not just for those who can afford to pay.

Advantages for Canadians

All Canadians should have equal access to quality medical care. When Privatization of Medical Services occurs, a two-tiered system is created. People with money can get the medical services that they need/want. People without money wait in line.

When the Canada Health Act is enforced, with strong penalties on provinces that allow private clinics, the system becomes fairer, with all funding for necessary medical treatment paid from one source.

When Canada insures all its population for necessary doctor and hospital care, the delay of timely access to care is eliminated. Too often what could have been routine becomes critical, and when delayed, results in the need to access more expensive facilities and services. This creates additional stress on the system.

Questions

- Will you support the provisions of the Canada Health Act which assures Canadians universal accessibility without extra charges?
- Will your government make adherence to the provisions of the Act a condition for Federal Transfer Payments?
- Will your government ensure that physicians and institutions are not able to participate and receive funding in both the Public and User-funded domain?

More information

- Re-examining Public Funding and Not for Profit Health Care – Canadian Nurses Association:
<http://bit.ly/2UeDHXG>
- Canada's Health Care System:
<http://bit.ly/2VdsvzK>



Key message

Canada needs a National Seniors Strategy that optimizes health, financial security, affordable housing and social inclusion so all Canadians can age with dignity.

What is the issue?

Older Canadians are the fastest growing segment of the population, and gaps in healthcare and social policies are creating barriers to seniors' independence and the essential role they play in healthy communities and economies.

These issues must be addressed as a whole to get the results we require. A coordinated National Seniors Strategy, with dedicated funding and accountable goals will ensure we meet the needs of seniors.

Advantages for Canadians

Providing the right care, at the right time, in the right place, at all stages of aging, allows seniors to remain healthy and active for as long as possible. Canadians are living longer, and our health care system must adapt to shifting demographics. Stable funding is needed to provide the social determinants of health.

More long term, community and home care, closer to home enables seniors to receive care in comfortable and familiar settings. Current shortfalls in the appropriate delivery of healthcare for seniors forces them to stay in expensive hospital care longer than they need. The provision of facilities to house patients transitioning from hospital to home, as well as adequate staffing levels, better training and education and safe working conditions will bring about the needed improvements to care.

More primary caregivers and geriatricians would provide a consistent and appropriate quality of care. Many Canadians do not have access to a primary care giver, and with one geriatrician per 15,000 adults, Canada is unprepared to

meet the current and growing demands for geriatric expertise. Current nursing shortages create a stressful working environment, burning out experienced nurses and discouraging new recruits.

More than 8 million informal caregivers support a family member or friend, contributing an estimated \$25-billion in unpaid labour. This comes at a cost to their personal finances, and to their physical and mental health. These informal caregivers need support. Expanded respite care and adult day programs are needed to provide relief for family caregivers and support aging in place.

Seniors who are socially connected and have adequate support contribute productively to society. Social isolation, elder abuse and a lack of age-friendly strategies can deteriorate quality of life, and lead to poor health outcomes, higher social costs and loss of vital economic and social contributions of older populations.

Questions

- Will your party implement a National Seniors Strategy that addresses health care infrastructure, caregiver support, home care, long-term care and age-friendly communities?
- Will your party establish national standards of care for home and long-term care?
- Will your party recognize and support unpaid caregivers who play a vital role in our health care systems?
- How will your party support health care and personal support professionals to better meet the growing need for geriatric expertise in Canada?

HERITAGE PROJECT

Little Red Schoolhouse

This year BCRTA's Heritage Committee supported the Little Red Schoolhouse project in 150 Mile House. Support from the Cariboo-Chilcotin Retired Teachers Association led to the hiring of a summer intern, Jade Johnson, who has collected the stories of the pupils who attended this rustic one room schoolhouse. The artifacts include registers which show grades 2-6 in the same class, their original desks and many examples of early photos and anecdotes carefully restored and catalogued. Several costumes are available for visitors to wear, and local classes visit to learn how school was taught in earlier times.

In 1880 there were enough students to create the first Williams Lake School District. The people of the area set about creating a school in an old log barn with 'mud-chinked walls', at a cost of \$300. The first teacher, Mr. Henry Bird, reported that he had 17 boys and 3 girls enrolled in grade 1-8. His teacher's salary was \$60 a month.

By 1893 the old log schoolhouse was inadequate and a new building, large enough for 40 students was built with a barrel stove heater and separate outhouses for boys and girls. This Little Red Schoolhouse continued to be used until 1958,

The Little Red Schoolhouse was for a time largely neglected, served as a private residence and was later abandoned. Some citizens of the 150 Mile House community decided to fix it up with new concrete footings. The roof was repaired and siding replaced. In 1994 the refurbishing continued inside so the schoolhouse could be an historical display and teaching classroom again, a reminder of a long, proud school history.

Jade Johnson wears period costume to welcome visitors to the Little Red Schoolhouse at 150 Mile House. She is studying to be a teachers' assistant.

Barb Mikulec is a BCRTA Director and member of the Heritage Committee.





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Graduation Day



I wasn't a very good student. In fact, I was quite troublesome to the teachers in my high school. School was easy for me because I had been blessed with a good memory and that seemed to be the main requisite for success. It meant that I passed exams easily and found day-to-day lessons less than engaging. I found playing hookey to be a wonderful way to spend my time.

My best friend and I discovered early on that since a note was required to explain any absence from school it would behoove us to be able to produce notes without having to bother anyone at home. The less anyone at home knew about our activities, the better. The solution was simple: my handwriting would be used for any correspondence from my buddy's household and his handwriting would likewise serve to provide me with notes explaining my absences.

This system worked so well that we spent a large number of our days at the river or the beach or up on the fire lookout tower. Then in the afternoon, we went back to the school in time for the bus which took us home. It was a perfect way to have a day out - transportation to and from town and we had lunches to take with us.

Teachers, however, failed to appreciate the beauty and freedom achieved by our acts of forgery. I think some of them didn't like the fact that I was able to pass their courses without attending too many of their lessons. One teacher in particular punished me for my disregard of his class.

High school graduation depended upon successful completion of a course taught by my arch enemy. I was confident that I would manage the exams. And I did. What I did not realize was that this instructor was able to offer input into the final grade for his course. And so my final

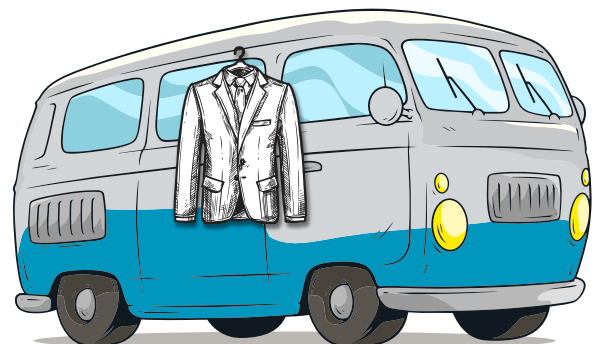
grade was adjusted to 49%. But this score was kept from me until I opened the official transcript which came by post weeks later.

There wasn't a lot of money in my mother's house. Poverty pretty much sums it up. Wearing other people's clothes and having no pocket money to speak of was the usual way of things. But I needed a suit to go to graduation. My older sister came to my rescue.

Her husband belonged to a group of motorcycle enthusiasts, one of whom had the moniker "Stevie Hot Suit". So I went for an overnight at my sister's and Stevie stopped by with his van of merchandise. He opened the doors to display his mobile "cash and carry" men's wear. I told him what I was after and he said, "Graduation! Good for you. Take your pick for \$20."

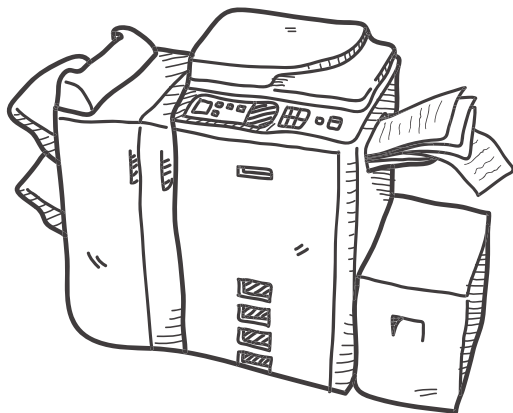
So it was in my stylish Stevie suit I strolled across the stage and collected a rolled up paper tied with red ribbon. The paper declared that I had attended high school, which was pretty much meaningless. My mother was pleased as punch that I had done something she had always wanted to do, and I never could bring myself to tell her the truth.

There was, in fact, no graduation.



I got a summer job, made some money, bought a cheap car and generally enjoyed myself for a couple of months. However, things did not go particularly well that fall. When the summer job evaporated so did my income. What little money my roommates and I did have was squandered on cigarettes and beer. The situation did not have much to recommend it for the long term.

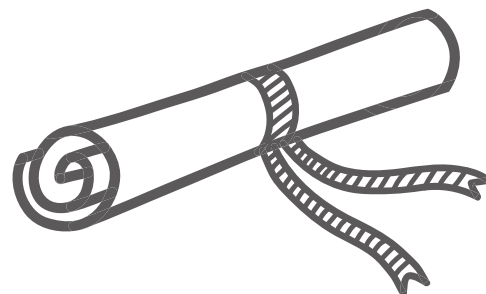
Family came to the rescue again. At Christmas my cousin offered me a place to stay and encouraged me to enroll at a local college. It seemed like a great idea. When I went to register I found out that a high school graduation certificate was required. At 17 I apparently didn't qualify as a mature student. What to do? My forgery skills came to the fore once again. And not wishing to indict myself directly, let's just say that by manipulating my high school grades and making a few promises that would make a politician proud, I was accepted as a college student.



Several years passed and I found myself a university undergraduate about to complete my studies and begin a career as—of all things—a schoolteacher. Now to become a schoolteacher one must apply to the Ministry of Education for a license to teach. As part of that process I needed to submit a high school graduation certificate. It would be foolish to provide my old doctored copy to the people who held the original. So I found myself in a bit of a predicament.

After a little bit of investigation, I determined that any resolution would involve the section of the

My forgery skills came to the fore once again...



ministry which dealt with high school graduation. I explained my situation to a helpful secretary by telephone. She offered an appointment with someone who might help me solve my problem. I had no idea who that someone might be, but I was prepared to go and plead my case.

It so happened that I was enrolled at university in Victoria. On a Thursday I played hokey from school (that old habit) to visit the ministry. It was a lovely April afternoon. I wore a jacket and tie and took the bus to the government buildings. I made my way to the office of the helpful secretary. She greeted me warmly and asked me to wait just a minute, please. She consulted with her intercom and told me that I could go right in to the inner office.

It was a splendid room; the carpet was thick and the walls were oak panelled with a warm, rich look. The walls were hung with paintings and photos and a big oak desk sat at the far end. The gentleman behind the desk got up, walked around and offered me his hand. We introduced ourselves and then he declared, "So, you're going to be a teacher. My son is a teacher in Alberta."

He led me to a shelf where he introduced me to photographs of his family. He asked me where I was from and I told him I had grown up on the west coast. He said he had grown up here as well and told me he had worked as a logger to pay his way through university. When I said I had done the same thing and mentioned a couple of camps where I had worked we were like old friends.

Then he asked if I played golf. I admitted that my only golfing experience was on the putt-putt mini-golf tour. That seemed to please him and he produced a couple of putters, balls, and a little putting target.

When in Rome... so we putted and chatted for a bit. Then we got around to discussing the reason for my appointment.

As one logger to another, I explained how I had come to be in the predicament where I found myself. He nodded in agreement when I said in retrospect I had not chosen wisely to so irritate my high school nemesis. But we all make mistakes. In fact, he said that after his secretary had explained my problem to him it seemed very likely to him that my high school graduation certificate itself contained a mistake. It was likely a computer error. He spoke to his intercom and the secretary came in and presented him with a document. He made a fuss of signing the bottom with his fountain pen.

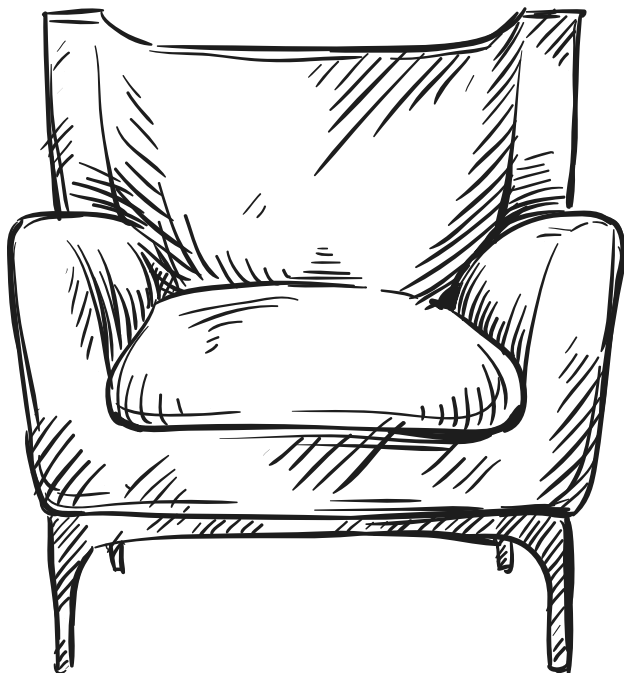
Then the three of us had a small graduation ceremony. He shook my hand and presented me

with my crisp new document and offered me warm congratulations. The secretary gave me a handshake, a big smile, and wished me well in my new career. She told me that my teaching license would be issued soon. I thanked her profusely and she went back to her office.

My host asked me to sit on one of the easy chairs in a corner of the room. He offered me a glass of scotch saying, "It's not every day you graduate." He produced a box of cigars and following his lead, I lit up and we smoked. The afternoon drifted by with another glass of scotch and some pleasant conversation.

Eventually I stood up, shook his hand a final time, thanked him again, took my diploma and my cigar, and left. The secretary had already finished for the day. I made my way through the empty offices and out to the street.

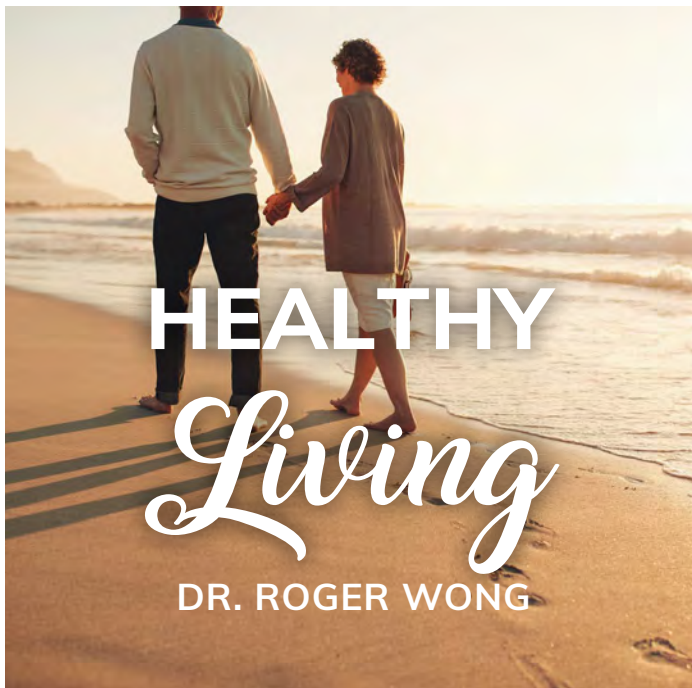
So there I was, a little drunk in the April sunshine, my diploma tucked in my pocket, a graduate. It was a great day out - one of the best days of playing hookey in a while.



Ralph Martin left high school in foggy circumstances about fifty years ago, and freely confesses that he still cannot be trusted - especially, he says, with baked goods.

Learn more about his writing at www.ralphsbooks.com.





Preventing Social Isolation and Loneliness in Seniors

Social isolation and loneliness can negatively affect seniors' health. There are things that all of us can do to prevent isolation and loneliness in seniors at the individual and societal levels.

Let's remember first that our social relationships with family and friends (including neighbours and other local networks) are often more effective in preventing isolation than externally hired personnel alone. There are times when hiring someone can be helpful to alleviate the stress of caregiving, at least on a short-term basis. A combined approach is often best, especially when family members live distances apart. In its recommendation for age-friendly communities, the World Health Organization emphasizes the importance of social participation, respect and social inclusion, as well as civic participation. These connections are more easily created through effective social relationships with people who live close by.

Technology can play a role in preventing social isolation, although it alone is not sufficient. A new wave of "social robots" have been designed to assist in reducing social isolation by providing instant access to social media channels, messaging programs, as well as audio-video

streaming. The uptake of social technology among seniors has skyrocketed in recent years. Seniors should embrace technology while they are able, but keep in mind that technology still cannot replace a real hug.

At the community level, social interventions that promote active participation in a group setting and adapted to individual needs are helpful. The characteristics of successful community-based programs for combatting social isolation have been described (http://www.seniorscouncil.gc.ca/eng/research_publications//index.shtml), and a wide variety of the types of programs now exist. These programs include group activities, one-on-one interventions, support provision, arts and culture based activities, leisure activities, inter-generational activities, friendship programs, telephone support, Internet groups, support groups, religious activities, to name a few.

Last but not least, a public health approach has been proposed to focus on the prevention of social isolation and loneliness in seniors. There are three levels in this approach. Primary prevention can focus on building a safe environment and helping individuals develop emotional self-regulation and coping skills. Secondary prevention can focus on early intervention in critical moments of isolation and loneliness, such as during home relocation, divorce, job dismissal, retirement, and bereavement. A third level of prevention may focus on minimizing the negative impact of severe or chronic social isolation and loneliness. This level of intervention is more complex and takes time, and the main things to remember are to optimize psychological self-care as well as physical health.

Preventing social isolation and loneliness amongst seniors is possible, but it requires a thoughtful, collaborative and inclusive approach.

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 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.

IRIS ADVANTAGE



IRIS ADVANTAGE JOINS BCRTA ADVANTAGE!

Your exclusive benefits are combinable with your extended health plan. There is no cost to join, it is easy to register and you receive all the benefits IRIS offers like direct billing to your insurance, interest-free financing, IRIS No Matter What Guarantee and more!

HERE ARE JUST A FEW OF YOUR EXCLUSIVE OFFERS

PRESCRIPTION EYEWEAR SAVE \$150*

When you purchase any frame with fully coated prescription lenses (lenses valued at \$250 or more) or prescription sunglasses.

REPLACE PRESCRIPTION LENSES SAVE \$50*

Save when you purchase a pair of fully coated progressive lenses for your current frames (lenses valued at \$250 or more).

CONTACT LENSES SAVE \$50*

When you purchase an annual supply of contact lenses.

*These offers can not be combined with other IRIS offers, instant rebates, IRIS Cards, IRIS Certificates or any other offer or in-store promotion. Not applicable on Safety glasses, sports safety glasses, TruBlue glasses, RKS sunglasses for children, COOL KIDS packages for children or other IRIS eyewear packages. The IRIS Advantage Benefits Program offer can be modified without notice. No offer from the IRIS Advantage Benefits Program is transferable.



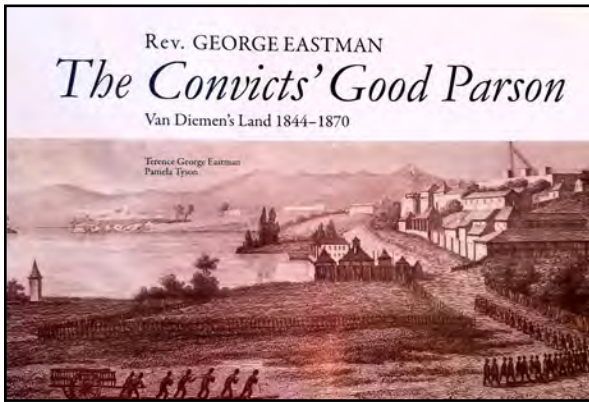
REGISTER NOW IN THREE QUICK STEPS

AND START RECEIVING YOUR IRIS ADVANTAGE BENEFITS TODAY!

- 1 Here is your **Access Code: BCRTA**
- 2 Go to iris.ca/advantage and enter your **Access Code**
- 3 Complete your registration form and submit

Need help registering or accessing your benefits?
Contact us at advantage@iris.ca or 1.800.663.3937 ext 224

books OF NOTE



The Convicts' Good Parson by Terence George Eastman and Pamela Tyson

A highly readable account of a churchman's selfless and intelligent devotion to the welfare of convicts transported to 19th century Tasmania.

The epitaph on Reverend George Eastman's grave at Isle of the Dead says George was, for twenty-six years, the faithful chaplain on Tasman's Peninsula and at other institutions.

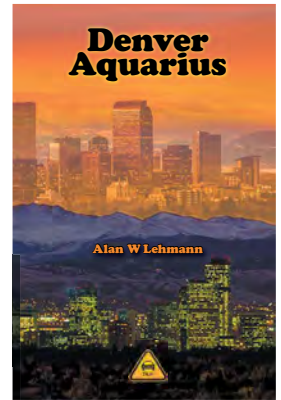
This account of George's life and work in Van Diemen's Land in the mid to late 1800s reveals a determined, witty and compassionate pastor and family man, sometimes controversial, sometimes contrite, always diligent. It was George's belief that religious instruction, education and training were the keys to convict reform and he set to work with vigour to prove his assertion.

Visit bookcellar.com.au or contact annpat40@gmail.com to purchase.

Denver Aquarius by Alan W. Lehmann

Set in 1970's Denver, Colorado, this is a "coming of age" story about a troubled young Canadian who seeks psychological help there. During his time in Denver, he meets all kinds of unusual characters, all part of the tapestry of the lifestyle indulged in by the generation of the "me decade." Serious, but with plenty of humor as well, its episodes are snippets that reveal the "way we were" during a period of angst-ridden, pleasure-seeking exploration.

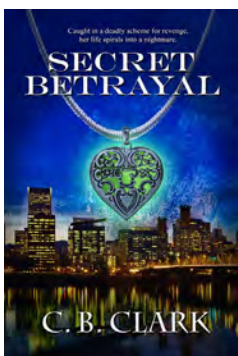
Available as an e-book from Kobo and Chapters-Indigo.



The Grizzlies of Grouse Mountain by Shelley Hrdlitschka and Rae Schidlo, illustrated by Linda Sharp

Retired North Van teacher Rae Schidlo is a volunteer at Grouse Mountain's endangered wildlife refuge. This beautifully illustrated children's book tells the remarkable story of two orphaned grizzly bears who were saved and brought to Grouse Mountain as cubs, where they now live in a protected wildlife refuge and serve as unofficial ambassadors for their species.

Available from Amazon and Chapters-Indigo



Secret Betrayal by Christine Clark

Head college librarian Marissa Reynolds has spent years distancing herself from her crime king pin uncle and his criminal empire. When she awakens in an unfamiliar hotel room with blood on her hands and no memory of how she got there, the past returns with a vengeance, and her life spirals into a nightmare. Assistant district Attorney Scott Bannister has spent a lifetime seeking justice for the senseless gangland shooting deaths of his parents, and will do anything to destroy Marissa's uncle, his prime suspect.

Available at bookstores, Amazon, and all online book retailers.



MOVING TO A PLANT-BASED DIET

FOOD FOR THOUGHT

Have you thought about making a transition to a plant-based diet? Perhaps you have been thinking about avoiding the standard North American diet high in animal fats, salt, and highly refined and processed foods. Perhaps you want to access the health benefits you have heard result from a plant-based diet. Perhaps you are concerned about the ethical implications of eating animal products; or perhaps you wanted to reduce your carbon footprint by changing your diet to more locally sourced and plant-based foods. Is it some combination of all those reasons? For us, the decision to adopt a plant-based diet was part of our plan to reduce our carbon footprint.

In the Spring 2019 issue of *Postscript Magazine* we showed how we were able to reduce our carbon footprint from about 12 tonnes of carbon dioxide per year to four tonnes per year. A large component of that reduction was due to switching from a normal North American diet to a plant-based diet. This article is written to encourage you to move toward becoming more plant-based in your food intake and provide some sources of information that will help you along the way.

JUMP IN OR EASE IN?

Changing how we ate was perhaps the most challenging part of the carbon reduction process. Food is fundamentally a source of nourishment and sustenance; but food choice often becomes much more complicated than fulfilling basic nutritional needs. Different types of food are associated with the regularity of daily meal preparation, feelings of comfort, linked to events and activities, and the foods of celebration. Tradition and habit generally dominate when food choices are made.

So should you jump in or ease in to a plant-based diet? Our decision was to jump in. The US Department of Agriculture calculated that going from a moderate meat/dairy diet, where we were, to one which was completely plant-based, where we are now, reduced an individual's carbon footprint by 1000 Kg of CO₂ per year. Between the two of us, our footprint was reduced by 2000 Kg of CO₂.

After extensive reading and research, we adopted the 21-day kickstart vegan diet freely available at the website of Dr. Neal Barnard, President of the Physician's Committee for Responsible Medicine. That website was a

Norman and Julie Gleadow are both retired teachers. They live in Roberts Creek, BC.

As soon as meat or dairy are eliminated from your shopping basket, the food costs zip down.

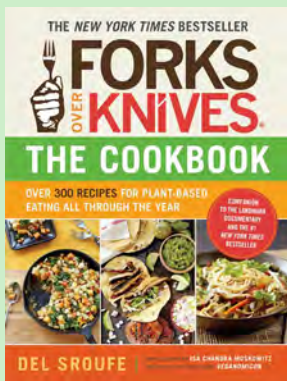


valuable resource for recipes, information on diet and nutrition, a shopping list of needed ingredients, and encouraging videos.

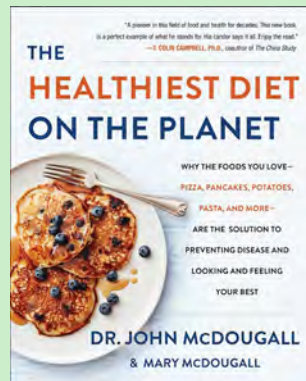
By following the diet exactly as presented, we were able to build up a repertoire of cooking techniques, discover which foods we liked and which foods we were not interested in trying a second time. Immediately we noticed a decrease in our food bills. As soon as meat or dairy are eliminated from your shopping basket, the

food costs zip down. We also found that meal preparation and clean-up was much easier, with fewer concerns about cross-contamination and sterile surfaces, issues which are especially associated with preparing meat. And plant-based meals are not dull! But if the jump-in is too formidable a task, and you would rather ease-in, you will still be improving your body's health and the Earth's health. Small changes can cumulatively have large effects!

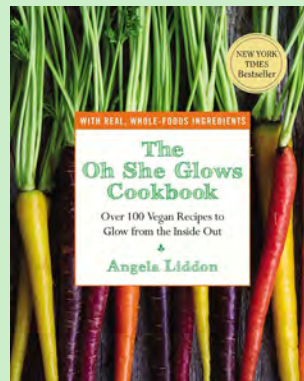
BOOKS WITH PLANT-BASED RECIPES



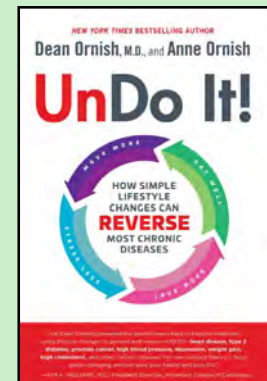
Forks over Knives
by Del Sroufe



The Healthiest Diet on the Planet
by John and Mary McDougall



Oh She Glows Cookbook
by Angela Liddon



Undo It!
by Dean and Anne Ornish

SOURCES OF INFORMATION

There are many books, articles, videos and research papers promoting a plant-based diet. We would suggest sources based on the work of Dr. John McDougall, Dr. Neal Barnard, Dr. Caldwell Esselstyn, Dr. Colin Campbell and Dr. Dean Ornish. This group of medical doctors and scientists use clinical, scientific and research data in their studies and recommendations. They also have provided recipes and nutrition guides which formed the basis of our transition to a vegan diet.

Recipe books are easy to find - we've featured a few of our favourites, below. We are not eating dairy or cheese products often found in the recipes of other vegetarian cookbooks, nevertheless, those books have many plant-based recipes, or recipes that can be easily adapted.

If you have vascular or coronary problems, then the books "Undo it", and "Prevent and Reverse Heart Disease" by Dr. C.B. Esselstyn will be particularly encouraging, as will be many of the videos on YouTube featuring the people mentioned above.

Though our transition to a plant-based diet was initiated by a desire to reduce our carbon footprint, we have discovered that this is also the healthiest diet we could have adopted. Other advantages include:



- it is easier to access local sources of food when you are looking for plant-based options
- plant-based alternatives to meat and dairy products in super markets have multiplied.
- restaurants are regularly offering vegan choices, as are airlines, cruise ships and trains.
- it will reduce your food bill
- you will lose weight

If the benefits of a plant-based diet intrigue you, ease-in or jump-in. Either way you will be better off.

Happy eating!

CANADIANS INCREASINGLY MOVING TO PLANT-BASED DIETS

A recent feature by CTV News noted that nearly 10 per cent of Canada's population now report themselves to be following a vegetarian or vegan diet. This increased demand for plant-based food items is having significant effects on the restaurant and food production industries.

Research conducted at Dalhousie University indicates that as of 2018 there were 2.3 million vegetarians in Canada, a significant increase from 900,000 just 15 years ago. Another 850,000 people consider themselves vegan. Vegans and vegetarians now comprise 9.4 per cent of the Canadian population.

GROWTH OF CANADIAN VEGETARIANS



**900,000
IN 2003**



**2,300,000
IN 2018**

CLASSIFIEDS

EMPLOYMENT OPPORTUNITIES

VANCOUVER COMMUNITY COLLEGE is hiring Classroom Assistants. This position is responsible for providing 1-1 non-instructional support for students with disabilities in a classroom setting. Experience working with blind students is an asset. For more info, visit: careers.vcc.ca

VOLUNTEER OPPORTUNITIES

Louis Brier Home and Hospital is seeking volunteers for our front reception desk. You are friendly, professional, are able to communicate with sensitivity and deal with people in an empathetic manner. Contact Julie at volunteers@louisbrier.com or 604-267-4736

DO YOU BELIEVE IN THE BOUNDLESS POTENTIAL OF YOUNG PEOPLE? At Junior Achievement, our purpose is to inspire and prepare young people to succeed in a global economy. We're always looking for volunteers to support our classroom programs. Please visit www.jabc.ca for more information.

EXPERIENCES

Women's Art Retreat, May 4 to 6, 2020. Loon Lake Lodge and Retreat Centre, Maple Ridge. Art for the Soul Retreat includes accommodation, all meals, art materials, and creative art experiences. No art experience required. Join us to relax, create and rejuvenate. More information at

www.marionmccrystalstudio.com
www.loonlake.ubc.ca

Email: artforthesoulworkshops@gmail.com

FOR SALE

CASA IN MEXICO 1/2 block from Ocean, Pool, 2 bedrooms plus screen room, quiet village. \$92,000. Contact: rubyfruitster@gmail.com

ACCOMMODATION OFFERED

France - Heritage house in Alsace-France, Vosges Mountains, three bedrooms, modern kitchen, located on wine route, close to Germany (Freiburg) and Switzerland (Basel). Cleaning included, CA\$600 per week, CA\$650 for more than 4 occupants: mano936@gmail.com

Victoria, BC - Resort Living at its Finest at the Westin Bear Mountain Golf Resort and Spa

Fully furnished 2 bedroom, 2 bath condo on the first fairway for rent October 01/19 to March 31/ 20.

Contact: junehinshaw@shaw.ca

CENTRAL PARIS for rent 1br

Fully furnished \$775 a week

Irene.roland@gmail.com

BIG ISLAND HAWAII

Available for 2019/20 season.

Kona Coast Resort, Kona, Hawaii. 7 nights \$1,750.00 US funds.

Paniola Greens Resort, Waikoloa, Hawaii. 7 nights \$1,600.00 US funds.

Contact sbava@shaw.ca for details & availability.

TRAVEL

DISCOVER CUBA check for new, shorter tours for 2019/20. Travel in the comfort of a modern, air conditioned bus and experience an unhurried look at the 'REAL' Cuba. Cuba1tours continues to offer the best guided tours to the most interesting parts of Cuba with a personal touch and excellent local guides. Early booking essential.

All tours operate through Square1travel of Courtenay, a BC licensed travel agency.

All tour details are at www.cuba1tours.com or you can contact Tom Robertson at tom@cuba1tours.com

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, 2019
- February 26, 2019
- March 27, 2019
- April 26, 2019
- May 29, 2019
- June 26, 2019
- July 29, 2019
- August 28, 2019
- September 26, 2019
- October 29, 2019
- November 27, 2019
- December 20, 2019

Teachers' Pension Plan

Here are the dates in 2019 that pension payments are directly deposited to accounts.

All payment dates

- January 30, 2019
- February 27, 2019
- March 28, 2019
- April 29, 2019
- May 30, 2019
- June 27, 2019
- July 30, 2019
- August 29, 2019
- September 27, 2019
- October 30, 2019
- November 28, 2019
- December 23, 2019



NOTICE OF 2019 AGM

74th Annual BCRTA Annual General Meeting (9:30am)
called for Saturday, October 5, 2019
BCRTA Positions for Election

President - 1 year term
1st V P - 1 year term
2nd V P - 1 year term
ACER-CART Representative - 2 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

18th Annual General Meeting of the RR Smith Memorial Fund Foundation
(9:00am) called for Saturday, October 5, 2019
RR Smith Positions for Election
8 Directors - 1 year terms

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

NOMINATION FORM FOR 2019-2020 BCRTA DIRECTOR POSITIONS (OCTOBER 5th, 2019 AGM ELECTIONS)

Note that the President and the two Vice-President positions have one-year terms. All other directors have two-year terms.

Information about directors' nomination and election procedures is summarized on the back of this form, along with a guide to related information contained in the BCRTA Handbook (www.bcrta.ca) - look under the "About Us" heading.

Nominators: (Two required. Must be Active or Life BCRTA members in good standing.)

Name: _____ Sign: _____ Phone: _____

Name: _____ Sign: _____ Phone: _____

We nominate (please print clearly): _____

(Nominee must be an Active or Life BCRTA member in good standing)
for the position of (circle):

President 1st Vice-President 2nd Vice-President
Director (Lower Mainland) Director (outside Lower Mainland) ACER-CART Representative

By signing here I affirm that I accept this nomination: _____

Nominee, please fill in the blanks below and **attach item #4** to this form.

1. Address: _____

2. Phone: _____ Email: _____
3. Branch membership (if applicable): _____
4. A curriculum vitae, preferably in item form - not to exceed 200 words - for publication in the Summary of Reports booklet (**publication deadline July 15th**).
Summarize educator positions held, experience on executive and other committees, and why you would like to serve on the BCRTA Board of Directors.

Please note: Candidates do not have their expenses paid to attend the AGM unless they are elected by their branches as delegates. There are not usually any candidates' speeches at the AGM. You will be asked to stand so that members can match vitae with faces.

Acknowledgment of receipt of your nomination will be forwarded to you as soon as possible.

Return this form by July 15th to:

Patricia Clough, Nominations Chair,
c/- BCRTA, 100-550 W. 6th Avenue, Vancouver, B.C. V5Z 4P2,
or fax to (604) 871-2265, or email a scanned attachment to <kristi@bcrta.ca>

NOMINATION AND ELECTION RULES AND PROCEDURES FOR BCRTA DIRECTOR POSITIONS

There are usually six 3-day (Mon.-Wed.) meetings of the Board of Directors each year. Most directors are asked to chair a BCRTA committee, and there is usually homework. Travel, accommodation and meal expenses are reimbursed by the BCRTA.

In summary, you may be nominated:

- a. by completing the nomination form and your c.v., and submitting them to the office by July 15th. Your c.v. will be published in the Summary of Reports booklet; **OR**
- b. by completing the nomination form and your c.v., and submitting them to BCRTA staff after July 15th but before the day of the AGM. Your c.v. will then be distributed by hand to the AGM delegates; **OR**
- c. by being nominated from the floor of the AGM -- whereupon you and all the other candidates for that particular position will be given two minutes to introduce yourselves.

The following refer to sections in the BCRTA Handbook, located on the BCRTA website at www.bcrta.ca

Handbook Section B. Bylaws:

- 2.16 Member not in good standing
- 2.12 Branch delegates
- 6.1 Number of directors
- 6.2 Eligibility to become a director
- 6.3 Election of directors
- 6.9 Limits on directors' terms in office
- 6.10 Board of Directors Meetings
- 6.11 Powers and Responsibilities of Directors

Handbook Section C. Procedures:

- 4.6.2 Pre-AGM nomination procedures for Director positions
- 5. Duties of Directors

Handbook Section E. Rules of Order:

- 8.4 Nominations from the floor
- 8.5.3 Voting in elections
- 8.5.4 Order of the elections
- 8.5.5 Balloting rules

BCRTA DELEGATES TO THE 2020 BCTF ANNUAL GENERAL MEETING NOMINATION FORM

The BC Teachers' Federation holds its AGM each year during the March spring break. A block of time during the AGM is normally set aside for debating recommendations and resolutions relating to pensions. The BCRTA sends a number of delegates to participate and vote in the "in-committee" consideration of those motions. Our delegation consists of BCRTA directors and BCRTA members elected at the BCRTA Annual General Meeting—to be held this year at the Hilton Vancouver Airport Hotel in Richmond on October 5th, 2019.

To be elected as a BCRTA delegate to the BCTF AGM, you must be an **active or life member of the BCRTA, and a member or honorary associate member of the BCTF**. If you were a BCTF member when you retired, you are almost certainly an honorary associate BCTF member now. If you are unsure, you should contact the BCTF to check. (Google "BCTF" to get phone nos. etc.)

A background of past membership on a BCTF or local association Pensions Committee is a requirement, and experience on BCRTA or Branch executive or other committees would also be helpful. If elected, you may be asked to attend a pre-AGM session to become familiar with the issues. You should be prepared to go to a microphone at the BCTF AGM, to speak for or against a motion if the opportunity presents itself, and to stay until the end of the Pensions section of the BCTF AGM agenda.

Filling in and submitting this form will result in your name being added to the list of candidates on the **BCRTA Delegates to the BCTF AGM ballot**, used in the elections at our BCRTA AGM, scheduled for October 5th, 2019. Nominees do not have their expenses paid to attend our BCRTA AGM unless they are delegates. You will be notified after our AGM if you are elected. If elected, your expenses will be paid to attend the **BCTF AGM**.



BCRTA DELEGATES TO THE MARCH 2020 BCTF ANNUAL GENERAL MEETING NOMINATION FORM

Must be in the hands of BCRTA staff by 5 p.m. on October 4th, 2019.

Name (please print clearly): _____ Phone: _____

Address: _____

City: _____ Postal Code: _____ Email: _____

Branch (if any): _____

Signed: _____

Nominated by 2 BCRTA members:

Nominator (please print): _____ Signed: _____

Nominator (please print): _____ Signed: _____

Outline positions held and/or the work you have done in the BCTF and/or the BCRTA, with emphasis on your Pensions Committee experience:

Mail to: BCRTA, 100 – 550 W 6th Ave., Vancouver, BC, V5Z 4P2, or email scanned copy to kristi@bcrt.ca

2019-2020 BCRTA COMMITTEES - APPLICATION FORM

DEADLINE for receipt of Applications: October 4th, 2019

BCRTA committees usually meet 6 times a year during a 2-day period prior to each Board of Directors meeting. Meetings are held in the BCTF Building, at 100-West 6th Avenue, Vancouver. Appointments are made at the post-AGM Board of Directors meeting, and terms are generally for 2 years. Members may serve on any one committee for up to a maximum of 4 consecutive years (i.e., two 2-year terms). Travel, accommodation and meal expenses are reimbursed.

Members are no longer expected to sit on two committees. For further information see the **Handbook** on our website (www.bcrta.ca), and look in "Section C-Procedures", parts 7 and 8.

Name: _____ Phone: _____

Address: _____

City: _____ Postal Code: _____ Email: _____

Branch, if any: _____ Signed: _____

Nominated by two BCRTA members in good standing:

Nominator (please print): _____ Signed: _____

Nominator (please print): _____ Signed: _____

The BCRTA Committees are:

COMMUNICATIONS EXCELLENCE IN PUBLIC EDUCATION HERITAGE MEMBERSHIP
PENSIONS & BENEFITS (A pensions background, e.g., in the BCTF or a local, is **required**.)
WELL-BEING [The FINANCE, ADVOCACY and PERSONNEL Committees are Directors only]

Please list in order of preference:

Committee Applying for: #1 _____

Why would you be a good choice for this committee? _____

Committee Applying for: #2 _____

Why would you be a good choice for this committee? _____

Committee Applying for: #3 _____

Why would you be a good choice for this committee? _____

Outline positions held and/or the work you have done in your branch: _____

Note: All applicants will be informed of the Directors' decisions concerning appointments.

Mail to BCRTA, 100 – 550 W 6th Ave., Vancouver, BC, V5Z 4P2, or email to kristi@bcrta.ca

Sudoku

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

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

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:

Oct 31st, 2019

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

Crossword:

Tom McCubbin (Prince George)

Linda Lehr (Vancouver)

Ann Lauderdale (Bulkley Valley)

Sudoku:

Gordon Chamberlin (Kamloops)

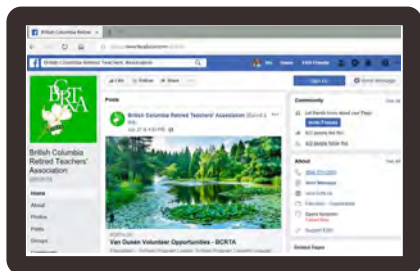
Ron Shulhan (Oliver)

Adelin Beaujot (Abbotsford)

SUMMER 2019 CROSSWORD SOLUTION

1	B	R	A	C		5	O	L	A	F		9	A	M	P	L	E				
14	C	E	L	L		15	H	E	R	R		16	D	A	R	I	A				
17	T	A	T	A		18	C	D	T	A		19	O	V	A	N	S				
20	F	L	O	R	A	21	A	S	S		23	N	I	T	T	Y					
					24	K	T	A		25		26	Y	E	T	I					
28	C	V	A		31	R	A	V		32	R	U	S		34	S	E	L		37	
38	H	E	D	D	A	39		40	A	S	I	F		42	C	L	E	O			
43	I	S	E	E		44	A	N	E	N	T		45	A	M	O	R				
46	E	T	A	L		47	I	D	E	S		48	A	R	E	N	A				
49	F	A	R	S	I	50	D	E	R		51	T	I	C		53	R	E	X		
						54	M	A	R	L		55	A	R	C		57				
58	C	R	A	M	P		62	Z	E	D		64	E	L	S	I	E				
68	C	U	R	I	O		69	A	V	I	D		71	A	M	O	K				
72	P	E	E	N	S		73	L	E	N	T		74	P	E	T	E				
75	A	S	S	H	E		76	M	E	S	A		77	S	E	A	S				

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News and links relevant to you.



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twitter.com/bcrtal

crossword

By David Squance, Victoria

ACROSS

1. "The ____ of the Apostles"
5. Small land mass in a body of water
10. What always gets in the food at the beach
14. ____ Atkins, a.k.a "Mr. Guitar"
15. New, full or gibbous
16. Margarine, mainly in Britain
17. Common brand of shoe polish
18. Winter (French)
19. One of a set of numbers
20. Above
21. Eggs
22. ____ Hooke, 17th C scientist
24. See 19 across
26. Anger
27. The compass dir. of Victoria to Surrey (BC)
28. Time of receding ocean (2 wds)
32. Saying
35. ____ Sea, a once-large lake in the former USSR
37. Accompanied; directed
38. Oil ____, a common sight in northern Alberta
39. "Stay calm, be ____, watch for the signs" (Dead Dog Cafe)
40. Heart testing procedure (abbr.)
41. Chinese word for path or way
42. Assistant
43. Dangerous
45. A branch of mathematics
48. Electrically charged atom or molecule
49. Former political alliance between Egypt and Syria (abbr.)
50. What y is in $y = f(x)$ relative to x
55. "The Delphic ____"
56. The political party once led by Nelson Mandela
59. A large Can. plumbing and heating supply company
60. Vale
61. Midday meal
63. Cat (Spanish)
64. Supermarket section
65. Madeleine L'____, author
66. Anthony ____, one time English politician
67. Children's toy for outdoor winter use
68. Supplied with medicine
69. Soaks in water, as flax

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21				22	23				
24				25					26					
			27					28				29	30	31
32	33	34				35	36					37		
38					39							40		
41					42					43	44			
45			46	47					48					
			49				50	51				52	53	54
55	56	57					58				59			
60					61	62					63			
64					65						66			
67					68						69			

DOWN

1. Role player
2. One of the girls in "Fiddler on the Roof"
3. Belief
4. Gazing intently
5. Widely used cell phone brand
6. Hindu god
7. University in Quebec
8. Suffix with many languages
9. "Ivan the ____" one-time Russian czar
10. Frozen dessert
11. Away from the wind
12. Close by
13. Stupid person
23. Sphere
25. "I think he's had ____ too many!"
28. Roof overhang
29. French plural of 5 across
30. Area of a ship
31. Skittish
32. Our provincial neighbour's counterpart to this publication's organization (abbr.)
33. Radio knob
34. Thunderstruck
35. Operatic solo
36. Cool (in modern lingo)
39. Went very fast, as down a steep hill
43. Very large, mythological bird
44. See 19 across
46. The founder of the geometry taught in school
47. What's left in the account (abbr.)
48. Crept along slowly
50. Large teeth
51. Chekov's "____ Vanya"
52. "____ ____ it!" (what you might hear on Kilimanjaro)
53. Group of eight, as musicians
54. The conventional time for 61 across (plural)
55. Chances, as in a betting game
56. Piece of fishing tackle equipment
57. Everything (German)
62. Card game with its own coloured cards

Obituaries

Location listed is the area given as "last taught"



Anderson, Leonard W.	Greater Victoria	Hoshizaki, William Y.	Central Okanagan
Armstrong, Robert F.	Vancouver	Ish, Lloyd Albert	Castlegar
Bermbach, Anna Maria	Burnaby	Klassen, Carolyn	Cariboo-Chilcotin
Black, Darla	Coquitlam	Kolody, John	Kamloops
Bourchier, Helen C.	Trail and District	Kuzyk, Isabel	Summerland
Brett, John R.B.	Campbell River	Lepper, James F.	Vancouver
Broughton, Thomas	Coquitlam	Lownie, Thomas	Peace River North
Brown, John Arthur	Surrey	MacLeay, Sylvia	North Vancouver
Campbell, Marion E.	Vancouver	Maize, Beverley	Merritt
Carswell, Daniel B.	Burnaby	Marchant, Patricia Mary	Vancouver
Cirillo, Francesco	Delta	Mattson, James	Coquitlam
Clark, Alfred	Delta	Menzies, James	Alberni
Clarkson, Bernard	Nelson	Norman, Raymond	Central Okanagan
Coates, Helen-Mary	Richmond	Parker, Joe	Courtenay
Couch, Herbert	Kootenay Lake	Player, Gordon	Kootenay/Columbia
Crane, Alton	Alberni	Raynor, H. Eric	Nanaimo
Curling, Elaine Greater	Victoria	Reid, Bernard	Richmond
Debiasio, Grace	Trail and District	Simpson, John T.	Campbell River
Denault, Muriel Jean	North Vancouver	Steinson, Douglas	Chilliwack
Denholm, Vera Gloria	Vancouver	Stephen, Bunny	Coquitlam
Emery, Barbara Anne	Terrace	Steuart, Sheila	Greater Victoria
Fisher, Mildred	Nanaimo	Tattersall, Marjorie	Prince Rupert
Gauthier, Jeannine M.T.	Summerland	Tout, R. Joan	Langley
Gibb, Margaret	Rocky Mountain	Tucker, Shirley	Shuswap
Gibson, Catherine	New Westminster	Tuningley, V. May	Campbell River
Guidi, Gordon R.	Penticton	Tupper, Gary	Terrace
Hannaford, Martha	Greater Victoria	Welch, Barbara	Coquitlam
Hannah, Steve	Delta	Wharton, C. Leigh	Nanaimo
Henderson, Anthony Arthur	Kootenay Lake	Wrench, Margaret	North Vancouver
Henderson, Don Gordon	Summerland	Zahar, Kathy	Qualicum

inspiration

ON HIS RETIREMENT

The shadows stretch, the worker shuffles home,
Exhaustive efforts and long labour's done.
What passions lie ahead when relay's run?
The void of knowledge filled with scholars' tome,
Creative skills that once were free to roam--
This to replace with emptiness of fun,
And banishment to lie in tropic sun?
The dynamo of life, replaced by foam?

We laboured then to earn deserved rest!
But work will never cease, it will divert
To other cause, to unfamiliar ends.
Retirement with ample time is blest;
Time to explore and latent fields alert,
To spend at home, at mountain streams with friends.

ON HIS RULER

And when I think my petty life is spent
In drawing lines that never could be straight,
When I at loss, for right equipment wait,
I find that nothing to my hand is lent,
Nothing, but scrap paper, which is bent.
But can that not become a useful mate?
So utilize it then, don't hesitate!
I doggedly my short resource lament:
"Do you expect straight measure, tools denied?"
"When you with skill employ whatever may
Be there, seek not perfection here, but strife,
The common scrap with skill is dignified.
At end of term the arbiter will say,
He persevered and drew straight lines in life."

Fred Loewen was a teacher in the science department at Langley Senior Secondary School. He was born in the Ukraine on September 25, 1940, and passed away in Abbotsford, on November 3, 2018. His wife Carol says that as far as she knows, these are the only two poems he ever wrote.



R.R. Smith Memorial Fund Foundation

Robert Reid Smith was a founding member, as well as a President of the B.C. Retired Teachers' Association. During his career he served as BCTF president. The investments he made on behalf of these organizations financed their growth and thereby helped BC teachers. To honour him, a fund was established to advance public education in BC and in developing countries. In the beginning it was a BCRTA committee.

In 2000, The R.R. Smith Memorial Fund Foundation was created by the BCRTA as a separate organization to provide a vehicle for members to donate to educational charities and receive an income tax receipt. A Constitution and By-Laws was written to maintain the purpose of the Foundation. The purpose is: "to advance public education in British Columbia and in developing countries".

The R.R. Smith Fund held by the BCRTA (about \$35,000) was transferred to the R.R. Smith Memorial Fund Foundation in 2000 and it became the Endowment Fund. This fund is now \$165,000. The principal is never used. Each year the R.R. Smith Board adds funds to keep it growing.

The R.R. Smith Memorial Fund Foundation created a second fund from which grants are given to registered educational charities in B.C. and around the world. This fund is from membership fees, member donations, interest, Enjoy Tour donations, Johnson donations, and Gluu technology donations. **Every cent** received from members is spent in grants to educational charities each year.

The R.R. Smith Memorial Fund Foundation is affiliated with and supported by the BCRTA. Since 2016, a Memorandum of Understanding between the BCRTA and R.R. Smith outlines how the BCRTA, its Branches and R.R. Smith will work together.

Many of the charities supported by R.R. Smith are brought to attention by members. Some members have made it their retirement lives work to advocate and support worthwhile educational charities in different parts of the world. Over the years, their incredible stories have been told in the Postscript and in the R.R. Smith Newsletter. BCRTA / R.R. Smith members are known world wide for their generosity, caring and dedication to supporting education for the betterment of the world.

The R.R. Smith Memorial Fund Foundation is run by a Board of Directors composed of eight elected and two BCRTA appointed members. Elections are held at the Annual General Meeting each September. The R.R. Smith website www.rrsmith.ca has information such as a history, Constitution and Bylaws, directors, grant recipients, making a donation, R.R. Smith University Endowment Funds, photos, grant application form, news and newsletters.

All members are informed about the work of the R.R. Smith Memorial Fund Foundation in articles in the Postscript, in the BCRTA Summary of Reports and by going to www.rrsmith.ca. Members on R.R. Smith email list receive the R.R. Smith Newsletter four times a year.

To become an R.R. Smith member, retirees need to tick the R.R. Smith box on the BCRTA membership application form. The yearly fee is \$2.00 and is paid each September.

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will get your tail wagging"*



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- Drugs / Diagnostic Services / Aids and Appliances
- Emergency Transportation (ground, air)
- Baggage & Personal Effects (\$1,500 per insured / \$3,000 per family)
- Vehicle Return (\$5,000)
- And more!

From health, dental, travel & trip cancellation insurance, BCRTA's Health Care Plan provides peace of mind offering comprehensive coverage and affordable rates.

For more information please contact the plan administrator, Johnson Inc.

1-866-799-0000

pbservicewest@johnson.ca

bcрта.johnson.ca