

PostScript

SUMMER 2020



THE MAGAZINE FOR RETIRED EDUCATORS



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SUMMER 2020



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During times of trouble, we seek comfort in the warm and familiar, and also in flight to the ideal. For many, a return to home-made food reinforces a fundamental experience that cannot be surpassed. At the same time, the quest for artisanal excellence is a growing interest to many of us. It should not be a surprise, then, that during these times of pandemic so many of us have turned away from the litany of stressful news to work once again with the basic elements of flour, water, salt. According to Global News, interest in online baking guides has multiplied four-fold over the past few months. Flour was a staple that sold out early in the pandemic. The *Journal of Positive Psychology* reports that simple household tasks, especially cooking and baking, promote a sense of well-being that lasts.

We first started encouraging Duncan Lowe to write an article about his traditional wood-fired bread oven way back in October of 2019. He has come through with a thoughtful, informative and humorous piece, sharing insights that land squarely on the needs of this time. Duncan and Leslie's oven has become a focal point, he says, for their community. An apt description, as our word "focus" derives from the Latin word for "hearth", the warm gathering place of the home.

And the place of bread in our culture has even given us a way of defining relationships. A "companion" is a person with whom we break bread. In these strange times, we are all bonded in precisely the same circumstance of isolation, yet are missing the joy of sharing food with those we care about.

In this issue, we hear about the many ways we are remaining connected to one another, to our dreams, and to our better health. However tough this passage has been, we will get to the other side.

Dear companions on this journey, we are all in this together. Thanks for traveling along with us in this issue. When you have had your fill of these pages, I know you will agree that our contributors have once again given us just what we need.

It has been a slice!

Yours truly,

The Editors
postscript@bcрта.ca

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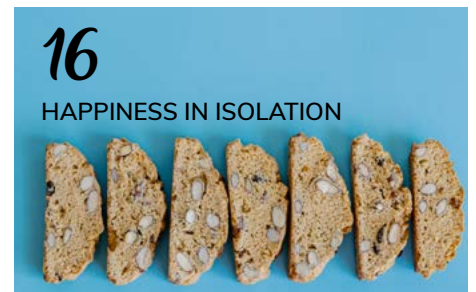
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Eighty-eight BCRTA members and friends returned from Portugal and Morocco in the middle of March from our first, and wonderful, BCRTA group travel adventure.

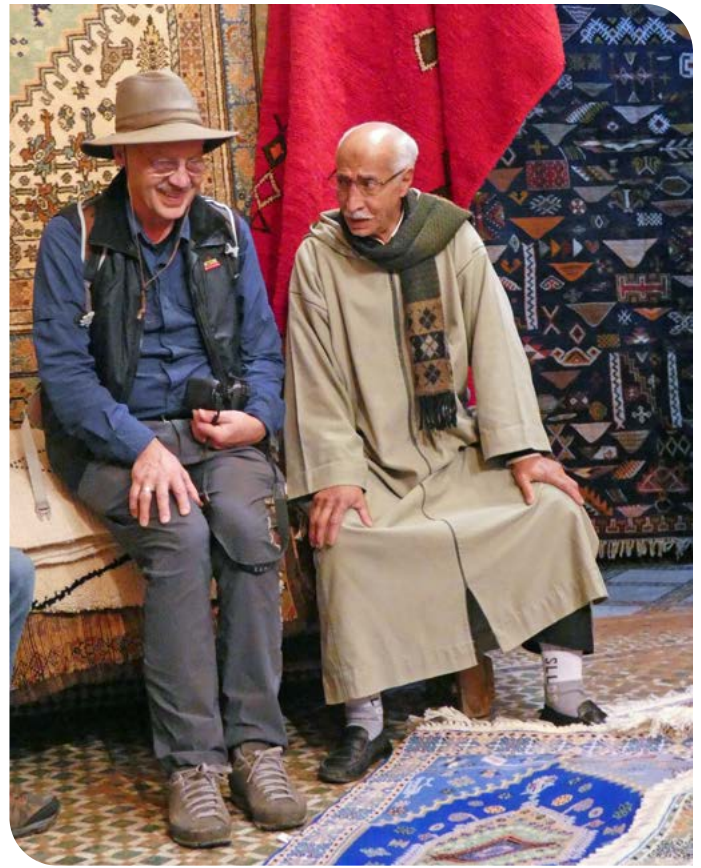
Usually when we travel it is to experience the new world of a different culture but this time it was the opposite: we returned to a very odd, unexpected world. Self-isolation and physical distancing, strangely vacant schools, parks, and stores. Toilet paper hoarding. No sports on TV. Pot banging at 7:00 pm. Very strange.

And unfortunately, our group was exposed to COVID-19—possibly on the plane, possibly in Portugal. About a dozen of our travelers were diagnosed officially, many more experienced symptoms, and several were hospitalized. It was with a very heavy heart that we learned in the last few days that one of our friends had passed away after several weeks of illness. After forming such good friendships on our trip, we found ourselves grieving together at this loss. We were hit hard.

OUR ASSOCIATION

How is the BCRTA doing through all this physical distancing? Very well, actually. Our staff are all safe and working remotely and thanks to the miracle of the internet and call-forwarding the work is getting done. We have cancelled all in-person meetings and workshops through the summer break. We will make decisions about the fall as the situation unfolds.

Our Board has had our first Zoom meeting and we are experimenting with virtual committee meetings and zone meetings. We held our first pre-retirement workshops using Zoom with over 300 active teachers participating. Of course there were a few technical challenges to overcome but



An unsuccessful sales pitch in Morocco

it went very well. We are working to refine the presentation to best suit the online environment. We have enhanced the workshop portion of our website so people in isolated communities around the province can participate in the comfort of their home. Zoom committee meetings have been so successful that we expect to make use of them regularly after the distancing restrictions are lifted. Organized properly, video conferencing works very well and saves much commuting time and expense. The Board will be deciding about the format of our October Conference and AGM at our next meeting. It too may be an online meeting, but our governance will continue unchanged.

CHANGES

Everywhere I look I see that things have changed, some of them drastically. But you know, I like some of the changes. I used to shop in my own little bubble, never speaking to anyone. Now I have friendly conversations with strangers—from a safe distance—as we are waiting a few minutes to get into the store. Our roads are less crowded and everywhere I ride my bicycle I see others riding, walking and enjoying the returning springtime. The pace of life has

slowed. Every evening at 7:00 when I bang pots on the front steps, I am more aware of and thankful for our health-care workers and the other formerly faceless people that make our lives so comfortable. Unexpectedly, friends and neighbours brought us groceries while we were in isolation. And my wife did a good job of cutting my hair so I saved \$30!

Our new world has reminded us what is most important. I know we will all continue to make our way, heeding Dr. Henry's daily reminder to, "Be calm, be kind, and be safe."

Gerry Tiede is President of the BCRTA



Gerry and Jeanie Tiede in Seville



Pop-up market in Morocco

SHEILA GAIR

LIFE IN THE *slow lane*



Nothing in life seems to be permanent these days, and as an old lady with a couple of chronic health problems I find myself at home, just like thousands of others. No trips to the shop or library, I can't get my hair done or even keep appointments. How will I spend my days?

The newspaper reports that three main trends in filling our time are baking, gardening, and bird-watching. Baking is out. I am a diabetic and my daughter and grandson who live with me are into Keto. Gardening was my passion until I became so unsteady on my feet I couldn't balance and do the simplest chore. Luckily for me, my daughter has a green thumb and has worked miracles out there this year, pruning, weeding, moving plants, dividing clumps of perennials, and even planting an entire vegetable garden!

So that leaves birdwatching, which has become a daily activity!

I have a comfortable chair right next to the double doors leading to the deck. To my right stands a bird feeder, built specially by my son when I moved to this house. Down the centre of the garden is a birdbath, and last night's rain has saved me filling it today. When I get up in the morning I put seeds and nuts on the bird table, even before I open the paper or take a sip of tea. Then I keep an eye out, hoping that one of my five Blue Jays will get to the nuts before those

darn squirrels and most days I'm lucky because the Blue Jays sit in the nearest trees and wait for me. Usually they hit the bird feeder before I have made it back to my chair and my tea!

There is a steady stream of birds all day long. The flickers are beautiful birds, large, with spotted bodies, black bibs around their throats and their wings have red feathers underneath which flash colour as they fly. They have visited me here for a couple of decades. At first their attacks on my metal chimney stacks had me calling the furnace repair service as the whole house reverberated – now I run onto the deck and clap my hands and yell, and they fly off – annoying at six in the morning! They do peck in the grass and the dirt, along with the robins. I have one of them who sits in the silk tree and sings her three notes, over and over and over. Often there is a reply from the gardens at either side.

Recently we had three new visitors – small slender birds with rosy faces and fronts. Using her cell phone to look them up, my daughter discovered that they are finches, and they have stayed with us. The chickadees are very noisy, clustering in the red maple and then landing on the bird table, sitting on the roof and making a racket as they hang upside down. Wrens are even smaller birds, but not as noisy.

We have the odd crow and the minute I see one on the deck rail I get up and open the door which is usually enough to get rid of it. If there is anything solid on the bird feeder they will take the lot – and they are forever visiting with a beakful of hamburger or hotdog bun from a neighbour's barbecue, which they drop into the bird bath and then eat. Whoever came up with the phrase 'bird brain' must have not seen these sneaky, smart-alecky crows.





On a warm afternoon I birdwatch from a chair on the deck. I watch for the eagles which are aloft most days, miles high in groups of four or more, circling on the updrafts of air, never moving their wings. Once in a while the crows get after them and it gets noisy as they challenge.

The eagle is the largest bird I see, but the smallest is also a regular. His name is Harry and he is a lovely pale green and shiny hummingbird. I do have a feeder for him but there are enough red blooms in the yard for him to fly from one to the other in search of nectar. I was given two lovely planters for

Mothers' Day that have mixed flowers in them. Looking out the other afternoon, I saw that Harry was stranded on the outside of the glass deck panels, entranced by those blooms and trying desperately to get through the glass.

When I read about birding it usually concerns an enthusiastic ornithologist with his camera, binoculars and tripod, traveling the province to track migrating species as they visit. But sitting here in comfort with my birds popping by all day long is good enough for me, and beats Netflix any day.

Sheila Gair is past editor of PostScript

important dates

Canada Pension Plan and Old Age Security

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

Upcoming payment dates

- June 26, 2020
- July 29, 2020
- August 27, 2020
- September 28, 2020
- October 28, 2020
- November 26, 2020
- December 29, 2020

Teachers' Pension Plan

Here are upcoming dates that pension payments are directly deposited to accounts.

2020 payment dates

- June 29, 2020
- July 30, 2020
- August 28, 2020
- September 29, 2020
- October 29, 2020
- November 27, 2020
- December 23, 2020



Many Canadian seniors continue to carry high levels of debt. How do recent world events change your risk profile? One couple took this time of change and uncertainty as an opportunity to review their financial plan.

ADJUSTING COURSE IN LIGHT OF THE PANDEMIC

Hassan and Marja Gupta* count themselves blessed that their family are safe and well during this time. That said, like them, you may also have concerns about the security of your retirement income as financial markets fall and the prospect of a global recession moves into view.

A CHANGED ENVIRONMENT

The Guptas, like most retirees, have relied on assumptions of steady economic conditions, stable house values, low interest rates and, indirectly, that Canadians will continue to pay income taxes to support government pension programs. But now that at least some of these assumptions cannot be relied on, what can or should they do?



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financial planner, has three children and lives in North Vancouver. Always discuss your particular circumstances with a financial planner prior to acting on the information above.

* Names have been changed.

There seem to be many options: harvesting home equity, returning to work to continue to support themselves and put aside further savings, or perhaps defer the income they expected to receive by selling portfolio assets, now that those assets have been devalued.

When Hassan and Marja sat down to review their finances, they felt uncomfortable with their level of debt. They are not alone. According to StatsCan, in 2016 Canadian senior families had doubled their mortgage debt while non-mortgage consumer debt (loans and credit cards) is up by more than 50% compared to 1999. Though interest rates have recently fallen, lower stock market levels and economic recession has spurred the Guptas to find ways to shed risk by reducing their debt, or at least making sure that they do not increase it.

The couple reviewed their spending patterns and were able to identify many discretionary expenses. One of the silver-linings of the pandemic is that changes to their daily routine had revealed a number of things they might easily reduce, including regular eating out, travel, and the costs of operating two vehicles (gas, insurance, parking and maintenance).

FIRST STEPS

They chose to restructure household finances, cutting spending on vacations and some other extras. They also put off a planned kitchen renovation. They were thankful they could manage without resorting to any more serious actions like downsizing their primary residence.

PENSION AND RRIF INCOME

Hassan and Marja also had a careful look at the sources of their retirement income. With such economic uncertainty in the world they felt relieved that they could rely on the security of their pensions. The Canada Pension Plan (CPP) and Old Age Security (OAS) pensions are well funded and reliable government sponsored plans. Hassan's BC Teacher's Pension is also secure. A recent message from the Chair of the Teacher's Pension Board of Trustees on May 12th, assures "that [their] pension will be paid now and in the future."

While the Gupta's pensions would continue to provide a solid foundation of reliable income, they did worry about their RRIF and TFSA portfolios. These were invested in well-diversified balanced retirement income-oriented securities with a healthy allocation to global stock markets. These portfolios were down by at least 13% since the beginning of the year. They wondered if they should be doing something about that. Their advisor, Sheila, reminded them that a stock market decline may not mean that they should change their asset allocation or withdrawal plan. A review of their long-term need for growth, balanced with their comfort with risk, indicated that they had properly designed their portfolios to weather events like these. They decided that their current asset allocation will continue to serve them well.

NEW RRIF GUIDELINES

Sheila pointed out that a recent Federal government change allows them to reduce their required minimum RRIF withdrawals by 25% for the rest of 2020. While this would take some pressure off their depreciated portfolios, and slightly reduce their taxes, they chose to leave the payments unchanged. Their thinking was that future tax rates may rise in response to increased government debt.

The Guptas also had a joint open investment account from an inheritance from Hassan's late father. While they liked to receive income from it, they wanted to ensure that it would continue to be sustainable. Sheila cautioned that they should not withdraw more than 5% of the portfolio's value each year, so the current 4%

should be maintained. Market capital returns generally in the 2-3% range combined with similar dividend yields and interest should be able to support this over the long-term, however it will be important to monitor this regularly. While less tax-efficient, Sheila suggested taking as much of their payments as possible from dividends and interest generated in the portfolio, which would leave more of the capital value in the plan to participate in a recovery when it comes.

A SPOUSE WITHOUT A PENSION

While Hassan has his teacher's pension, Marja has no guaranteed income source aside from her CPP and OAS. This made her nervous. Sheila suggested that Marja consider securing a portion of her market RRIF so that she too would have more guaranteed income. This would require moving a portion of the RRIF to a registered life annuity issued by an insurance company. Similar to a pension plan, these contracts guarantee an income for life based on long-term interest rates and the annuitant's mortality. Annuity rates have fallen over recent years making them less palatable, however they are seeing a resurgence in a time of negative economic and market outlook as a safe source of retirement income. Sheila reminded Marja, that while a life annuity may seem attractive, it is an irrevocable contract that cannot be undone. They are not appropriate for everyone and should be carefully considered before purchase.

A CHANCE TO REVIEW AND REVISE

In our new uncertain COVID-19 world it is important to question long-held assumptions about retirement income planning. Canadian seniors like the Guptas have been given an opportunity to re-evaluate their financial plan and reduce their levels of debt, adjust their spending habits, and ensure that their portfolios are set to continue meeting their long-term needs. Involving a financial planner in these discussions gave Hassan and Marja a court of second opinion.

In the end, retirement planning is a fluid, on-going exercise that requires regular revisiting and revision.

A large group of people, mostly older adults, are posing for a group photo in front of a large, ancient stone archway. The archway is made of weathered, light-colored stone blocks and has some faint inscriptions or graffiti on its upper part. The people are dressed in casual, colorful clothing, including hats, jackets, and scarves. The background shows a clear blue sky and some distant hills.

Morocco

BY "NUMBER 17"

Would we go on another trip with other BCRTA members, in fact, with many BCRTA members as our companions? Yes! In a heartbeat!

Our certainty is based on BCRTA's first group departure to Morocco and Portugal, a trip that proved to be fascinating and wholly satisfying.

On February 7th thirty-eight of us from all parts of our province arrived at the Air France desk at YVR. We were set to spend eight days in Morocco before meeting the rest of our group of ninety-plus in Lisbon. Our tour leaders Jeanie and Gerry Tiede counted us as they would do constantly for the next eight days, placing a tick beside each of our names. Our first destination: the city of Bogart, Bergman, and Rick's. There we were met by **Trip Merchant** guides with an efficiency and reliability that we came to value.

JoAnn Lauber is a member of the BCRTA who was awarded Life Membership in 2018 for her long service to our association.

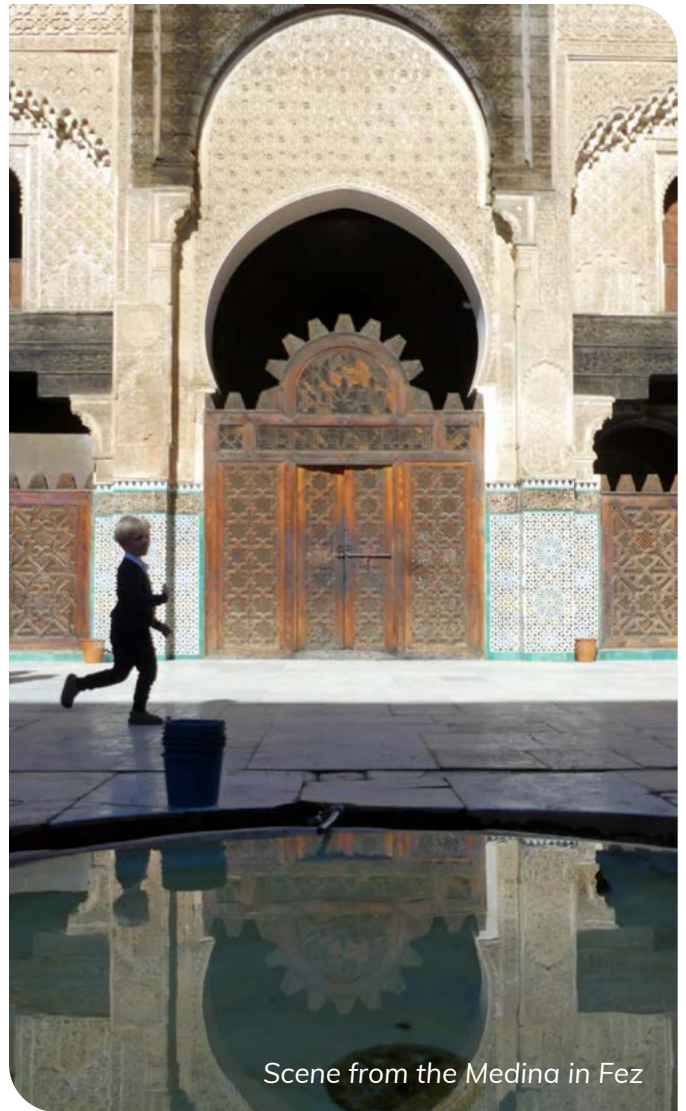
We bused our way to the heart of **Casablanca**, struck by the countryside – not the barren brownness we expected, but fields as green as those of the Fraser Valley, with tribes of goats, flocks of sheep, and shepherds checking their cell phones.

The Barcello Anfa, our first hotel, was elegant and well-located. It proved to be typical of our digs for the rest of our trip. Each day in Morocco we experienced the street life, the Islamic public calls to prayer, the stark white city structures silhouetted against the blue North African sky, and the fragrance of blossoms on orange trees lining the streets, knowing that soon we would return to the comfort of our well-appointed hotels. The hotels offered luxurious **hammams** for those who wished to be rendered "cleaner than we have ever been before." On our night table, an arrow pointing to Mecca. As we sought that much desired glass of wine or beer at the end of a lengthy day of touring, we learned that these could only be had behind closed doors. Street side patios were places for those who wished to drink coffee, juice and tea only. Culture shock.

Buffet breakfasts began with fruits and juices, fresh breads and pastries; healthy drinks and health bars, omelets, crepes, olives—purple and green; roasted eggplant, tomatoes, artichokes and beets; Moroccan soup, yoghurt and cheese of all kinds, chocolate and honey. The French influence on Moroccan cuisine is still evident.

After the morning feast, the prospect of lunch did not appeal. Yet as 1:30 pm rolled around we left the bus with enthusiasm and headed for large white-clothed tables in exotic rooms with tile (*zellij*) walls. Lunch was vegetables roasted in olive oil and served in small communal bowls, followed by tajine-inspired creations of meat, vegetables, dried apricots, dates and prunes. Moroccan mint tea was poured ceremoniously from aloft, with amazing accuracy, into glass jars. Dessert was an immense platter of the sweetest imaginable orange slices sprinkled with cinnamon. We could not get enough!

Mint tea, served with a flourish.

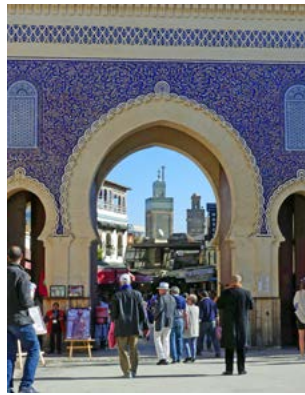


Scene from the Medina in Fez

Tours of the countryside and **Casablanca**, **Fez**, and **Marrakesh** immersed us in an ethos new to us. We were charmed by Morocco's people of Arab-Berber-Andalusian ancestry, its colourful history reflected in its art and architecture, its sensory richness and Muslim culture.

We entered the **medina**, led by guides who claimed they had been born in the crowded quarters at the heart of the city. And so they must have been, for without their innate sense of direction we would still be wandering the labyrinth of narrow lanes and dead ends. The walls of the medina typically envelop living areas, with just one street-facing door to indicate a dwelling. The door usually has an ornamental, protective feature: the **Hamsa (Hand of Fatima)**. Behind that door may be a home with a lush courtyard and a fountain, or a small school or mosque, or a **riad**, a house

From left, Bahia Palace, Gate to Fez, JoAnn and Dale Lauber. Photos by Gerry Tiede.



transformed for paying guests who dare to stay there. A spot of special interest for us retired educators in Fez: we peered into the courtyard of the **University of al-Qarawiyyin**, founded in 859 and reputed to be the oldest continually operating higher educational institution in the world.

Shops were tangled among the houses and riads, and at the hub we found the souk (market) and were drawn into the buzz of Maghrebi commerce with its tiny shop fronts, artisans and vendors. Traders noisily offered olives, spices, honey, and tea leaves; gold and silver, copper and bronze fashioned into plates and goblets, boxes and lamps; ceramic tajines and teapots, brilliant bowls and plates; handcrafted carpets. The sound of persuasive transactions followed us; marketers shouting out the supreme excellence of their goods, price hagglers in the wood shops, hawkers selling newly tanned leathers, locals bargaining for their fish and chickpeas. We faced the constant challenge of negotiating the narrowing streets, dodging the donkeys transporting goods, and striving to hang onto the group, for a hapless Canadian could be lost in this chaos.

The sales and exchange of dirhams were not all one-sided. A sharp-eyed vendor of silver jewelry and appraiser of all things lovely, studied our group as we examined Berber rings and Hamsa pendants. So struck was he by the beauty and grace of one of our fair-haired ladies of the West that twelve camels were promptly offered for the privilege of owning her! (Spoiler: Yes, she made it out to Portugal and back to BC.)

In Casablanca we visited **Hassan II Mosque**, the only active Islamic site of worship in Morocco that non-Muslims are allowed to enter. Again, an informative guide was a priceless asset. She

led us inside the vast interior which is stately and serene, although it can accommodate 25,000 worshipers at prayer time and 80,000 more in the surrounding exterior areas.

Volubilis is an ancient site, with evidence of habitation from 3000 BC. When the Romans annexed Volubilis in AD 40, they installed the Berber King Juba II whose wife was the daughter of Antony and Cleopatra. The area provided the Roman army with olive oil, wheat, and wine. From the hilltop basilica we could see this agrarian richness. The triumphal arch, the baths and ancient water system still discernible, the basilica ruins, and unearthed mosaics prompted **UNESCO** to declare Volubilis a World Heritage Site. The only inhabitants now are storks, building their nests atop ancient marble columns.

Our bus had AC and ample space for treasures, and swamper handled our luggage. We appreciated our own shepherds who hurried us into the bus, **yallah, yallah**, and counted our noses to set us on our way. Early on our leaders had assigned us each a number, as they did for elementary students on field trips. My number was 17. We could count ourselves off in an instant. Our BCRTA leadership, together with informative and amusing local guides kept all in order and added wealth to our experiences.

Morocco was exotic, a singular experience: illuminating, unforgettable. To experience this place over eight days as a group of retired teachers, our own ilk, was powerful. Our discoveries and delights drew us close, deepening friendships and striking new ones.

Next, on to Portugal, just an hour's flight away, to meet fifty other familiar strangers in Lisbon and enjoy a long-stay on the Algarve. ■



APPLE FOR THE TEACHER

One of the jobs I assigned myself during this extended physical distancing time was to finally clear out all of my stored teaching materials.

What value could 15-year-old resource stuff have for me? That question guided my decisions to either keep, toss, or assign items to a box for my grandkids (should they ever ask). At the bottom of my stacked boxes, I came across a wonderful, though not forgotten, find: the collected gifts from my former students. There was hand-made pottery for chip-dip, empty chocolate boxes filled with old thank-you notes from students and their parents, and a special set-aside group of apples. Yes, apples.

These offerings began in the June following the previous September, when I had brought an apple-shaped perpetual calendar to school. It's always a difficult decision for families to decide what to give the teacher at the end of a successful year. A couple of my observant students (those whose chore included changing the date for each day) must have suggested to Mum or Dad that "Mrs. T" would like something related to the daily "apple duty". The gifts were, of course, gratefully accepted and truly cherished.

Over the span of a dozen years or more, I had amassed a truly remarkable collection of apples: ceramic ones, an apple-shaped clock, aromatic candles, heavy paperweights, bookends, boxes with apples painted on the sides, and, a myriad of cards decorated with trees and apples. I had a menagerie of many "things apple."

Having realized I was, oddly, a collector got me thinking what possible reason had permitted me to keep those apples—separate, wrapped in white tissue paper and stored securely in a plastic see-through bin. Unlike other "collectors," my decision certainly wasn't motivated by imagining great wealth when each item was sold off, nor do I have hoarding issues. Some collectors gather together sets of tea cups and saucers, old board games, vintage car licence plates, even old typewriters (Tom Hanks) or cars (Jay Leno). Each collection has a value but, often not a monetary one. My collection had been prompted by the kids who passed through my classroom and wanted to say thank you for a great year.

I keep them because I want to remember those incredible years I had, working with the intelligence, wonder and enthusiasm of the children I had the fortune to teach.

Pat Thiesen is a BCRTA director and President of the Delta Retired Teachers Association.

FINDING

Happiness

IN ISOLATION

ARNIE LAMBERT

BCRTA 2nd Vice President and
Chair of the Communications
Committee



Isn't it incredible how the coronavirus has changed our lives these past few months? We have been happy in retirement thinking of ourselves as active and involved; young-at-heart retirees enjoying friendships, travel opportunities, grandparenting, volunteering, and social activities, dinners, and arts and sporting events.

What a shock to learn that we are actually part of the "vulnerable" population. It's like instant aging; going from vital and vigorous to vulnerable in a couple of months.

We know that being socially distanced and self-isolated is good for us, that it is smart and responsible to be avoiding the virus, protecting ourselves and others by cutting off physical contact.

But, what to do in this isolation? I have discovered something new and exciting. Not big or fantastic, just something that fills a small hole and provides some comfort or satisfaction.

Here in Parksville, my wife Bonnie and I love our latte in the morning. And I love biscotti! I searched the web for an "authentic" recipe so I could pretend to be back in Rome, sitting at a curbside table at Canova on the Piazza del Popolo. I discovered a great one on the Smitten Kitchen website. Now I crunch my way through a glorious chocolate hazelnut treat. I am avoiding discovering a recipe for *sfogliatelle* however. That would be a little too indulgent!

I asked BCRTA directors and staff about their isolation experiences. Here is what they said:

My husband and I have invited our Vancouver granddaughters to join us in creating a first birthday book for our grandson Axel, who lives in London, England. Nine-year old Abby wrote a poem for Earth Day entitled, "The Alphabet in Nature" and eleven-year old Haley takes photos; both girls enjoy drawing and taking screen shots. Each page of Axel's book will feature a line from Abby's poem along with the images provided by the girls.

While we can't be with any of the grandchildren at the moment, this is another way to connect with them and to have a unique *chef d'oeuvre* as a result.

CAROLINE MALM

BCRTA Director



ELAINE THOMPSON

BCRTA Director



My husband Dan is from Nova Scotia, I cherish the tradition of my Mom's good food, and we are both very fond of Clam Chowder. When we both craved a bowl of that wholesome goodness I could not find my regular brand of baby clams, but I did find cans of St.Jean's Whole Butter Clams from Nanaimo. The clams were larger than the baby clams I normally use, so I chopped them up and added my other secret ingredients, including a tincture of cayenne, my Mom's special addition.

These new clams created a truly amazing chowder. I have made it twice since lock down and we smack our lips with each spoonful.

As a retired music teacher, I have accumulated songs for all age-levels. These I collected in binders on various coloured construction paper so I could play them as either piano music or for the guitar or ukulele. I joined a small guitar ensemble (prior to physical distancing) which plays music from the 20's, 30's, and 40's and Country and Western tunes, but I hope to get them into the 60's and some folk songs. That idea prompted me to search out those old binders and get them written for the 21st Century. I have typed out the lyrics and added the guitar chords above the words using MS Word so that I have a ready source of fun songs to share with the group. Each song takes me about ½ hour to complete. I have saved over 160 songs as of today with another million to go.

Some of my favourites harken back to evening campfires with friends and family and those wonderful sing-a-longs that many of us remember fondly.

PAT THIESEN

BCRTA Director



Years ago I started meditating. Just short 10-15 minute guided meditations in the morning, using an app on my phone. I do it as soon as I wake up, before I walk the dog and commute into the office. Sometimes I used a float tank to be able to do longer meditations. I found it grounding and relaxing and for the most part helped me respond to any stress from a healthier place.

Now the morning rush and commute is gone and the Float House is closed, and life stresses are wildly different than what they were. I am looking at meditation a little differently. Working from home is different - it is just me, alone at the computer. If I don't find little ways to interrupt myself throughout the day my eyes go buggy. I have switched to mid-day meditations that have breathing as the focus. This type of meditation is to improve the mind's ability to concentrate. The jury is still out on how successful this has been for my isolation sanity. Some days are better than others, but any little bit helps! Be well.

KRISTI JOSEPHSON

Office Administrator



GRACE WILSON

BCRTA 1st Vice-President



Sun flowers are a huge part of the Kootenays. For the first time I'm trying my hand a starting some from seed. Not all of the seeds sprouted but I have enough to plant.

So I sit on the deck (between the hail storms) to watch my plants grow, and spy on the pileated woodpecker munching on the feeder that hangs from the apple tree.

On my birthday we hopped in the car and drove to Robert's Creek for take-out halibut and chips from Sharkey's (the best fish and chips around) and took our birthday feast to Cliff Gilker Park. We ate and had a wonderful hike through the greenery with its soothing waterfall.

As the deacon at St. Bart's Anglican I've been doing YouTube stuff and ringing the church bell at 7:00 pm in support of our essential workers, and again at 9:00 Sunday mornings just to remind people to call on what inner strength they might need during this time.

STEVE BAILEY

BCRTA Director



I have discovered that I can clean a bathroom to my wife's standards.

DAVE SCOTT
BCRTA Director



I now have more time to chat with neighbours and we all put hearts in our windows.

PATRICIA CLOUGH
Past President



JANICE ANDROSSOFF
BCRTA Director



I sewed a face mask, tried some vegan recipes, and started seeds for my garden. I made sourdough starter for the first time this week. It doubled in size in two days and should be ready for bread-making in two or three more.

My 1906 Blue Ribbon Flour recipe book has a recipe for starter using hops. My yard still has some hop plants left from gold mining days when there were several breweries in town. If the hops are still growing this summer, I will try it.

COVID days working from home have been challenging but someone remarked the other day they did not realize we were working remotely, so that was a good sign. I have been very fortunate to be in regular contact with members who call in to our office and while they are experiencing isolation themselves they always ask how we at the office are doing and encourage us to stay safe. They genuinely lift my spirits and I have come to realize that they represent such a resilient group.

Our Board and other staff have been amazing in keeping us connected and on track and offering words of support.

I miss everyone though, my office workspace and even my daily commute and being out and about.

LAURIE BOYD
Administrative Assistant



My wife Janet is a teacher and is suddenly working from home full-time. My youngest daughter is also an educator and she chose to come back to join our “bubble” during this season of restrictions. So I’m very busy doing video conferencing in a cubbyhole office downstairs while the other two do the same in other parts of the house. Another daughter lives in isolation in Vancouver and is able to join us now and then.

Once our work day is done we turn our hand to dinner. No commuting means we can prepare it together. The focus on food continues in the evenings as we have been watching a British baking show which inspires a lot of live commentary from the viewers. Some among us have been inspired to bake, too!

TIM ANDERSON
Executive Director



FLOYD SMITH
BCRTA Director



I have been learning new computer software as I have been hosting Zoom meetings for our SRTA branch and the Metro Fraser Zone. I am now researching webinars so that we will be able to offer workshops to our branch and with any luck our entire zone. With a little thinking, I believe that we will be able to offer them province-wide.

Ann and I have gone into our old storage and found a bunch of games to play that we haven’t played in years. Really enjoying Gin Rummy, Dominoes, Yahtzee, Cribbage and more. We play every day.

I’ve made two photo books, one for each of our holidays. They usually take a lot of time to finish because they are low priority productions. Example: I hadn’t started our Cycling book and we came home in September. But completely empty days, stuck at home and avoiding yard work helped it all come together.

GERRY TIEDE
BCRTA President



We have become proficient in Icelandic and Finnish watching Netflix. Actually, our vocabulary is limited to 'Thanks, hello, goodbye and please'.

We have also been exposed to certain Scandinavian profanities which are remarkably similar to English.

STERLING CAMPBELL

BCRTA Director



TERRY GREEN

BCRTA Director



I have now walked almost 200 miles on a daily five mile walk that gives me 10,000 steps per day. In one month, I have been able to shed 10 lbs and am now working on the second 10. All this without eliminating the occasional beer!

I know that soon this isolation will end, and better times will return. Until then, let's be thankful for the country and province we live in and let us be confident that with care and foresight we will see a return to a new normal that allows us the social and physical contact that we as humans need and seek!

be calm

be kind

be safe

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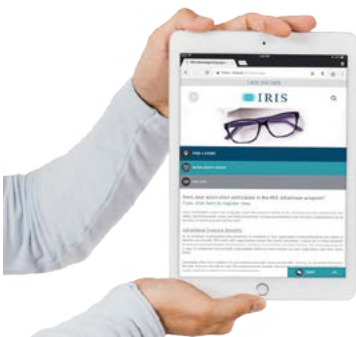
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Trek

A TUNISIAN EXPEDITION

It was when my Grade 6 English exchange teacher opened a map of the world that I saw my first glimpse of the Sahara Desert. Ever since then the idea of travelling that immense landscape has intrigued me. After repeated invitations from a cousin who lives there and organizes Saharan Treks, with excited trepidation, I committed myself to a 15-day trek. Not knowing what to expect, I deplaned at the modern, open-air Tunis airport. Hailing a taxi, I traveled the quick, though circuitous, route to my white downtown hotel. I was exhausted but full of anticipation. My 4-week adventure in Tunisia was about to begin.

.....
Harold Derksen retired from SD #22 and was a UBCO Secondary Education Coordinator.

My hotel was on *Avenue de L'Indépendance*, just a few blocks from the Tunis *medina*. Courteous and helpful staff along with a clean, quiet, room with all that I needed after my long flight from western Canada. After a nap, I ventured out in the warm early evening to stroll the wide tree-lined avenue. Greeting me were the sounds of French, Arabic, and a little English echoing from the sidewalk cafes filled with largely male clientele sipping their strong sweet coffee. Aromatic spicy scents and rainbows of colour met me as the assertive boisterous merchants proclaimed their merchandise in the winding maze of the walled Medina. There was also the smell of supple leather goods, the gleaming brassware, the handwoven baskets and hangings. After several days of ambling along the clearly labelled streets and visiting numerous museums and art galleries, I

clambered aboard a crowded tram to Carthage, an early Phoenician, Carthaginian, then Roman fortress and now a deserted UNESCO site. The scattered ruins echoed a once elaborate and massive port essential for Mediterranean commerce and imperial defense.

With excitement mounting to begin the trek, I continued south to Sousse, Sfax and then to Gabes. We passed vistas of scattered olive groves, sporadic herds of goats, and sand coloured villages along the eastern Mediterranean seaboard. From Gabes, a *Louage* (shared minibus taxi) to Douz where I met Juanita, the Trek owner and her assistant Mounir. We relaxed in Juanita's enclosed veranda watching her foraging ducks, sleeping dog, and cackling chickens. In the early morning, after picking up my custom-made desert clothes, we took a rugged hour's drive into the desert where we met our four cameleers (Ali Shenab, Ali Bouchouicha, Mohamad Ei Eid, and Mounir Benamor) and their twelve camels, who had set out the day before.

The landscape was eerily vast and seemed featureless, with expanses of light brown sand and rock-strewn flats crowned by a limitless crystal-blue sky. As we walked, distinctive dunes and unique flats became more obvious. Travelling south we gradually gained elevation and some dunes rose as high as 250m. Over time, with frequent missteps, I became more proficient navigating the wind-formed crests. A step on either side of the ridge and I sank to my calves in shifting sand.

Sleeping in the immense, open desert surrounded by untrammelled dunes with an over-arching limitless sky was unforgettable. Most memorable was the brilliantly coloured



Milky Way, the stars seemingly suspended ornaments in the fathomless, dark sky. With tents, sleeping bags, and wool blankets we searched for a depression which offered privacy and shelter from



The author clowns around with a friend.

cool night wind. After carving out a hollow, I spread several heavy wool blankets, followed by my sleeping bag and finally, several more blankets. The possibility of scorpions persuaded me not to step off this 'bed' at night. In the morning my desert bed gave a view of mist-filtered sun, with the sound of camels crunching scrub, in an otherwise stunning stillness.

Considering our marooned situation, meals were surprisingly nutritious, varied, and tasty.

Breakfast included fragrant, fresh bread prepared the previous evening, rising overnight and then baked in fire-heated sand in the morning. Then on a multi-colored 'table cloth' the four of us would eat torn chunks of bread with soft cheese and a boiled egg or two, and drink strong dark coffee or tea with rice milk and sugar. Many mornings we would have peeled pomegranate and fresh *halvah*. Bottled water was always available. For our mid-morning breaks we would have water, some lemonade, and a variety of sweet cookies.

Lunch was served on blankets layered under a tarp for protection from the penetrating midday sun. Here we would eat spicy rice or delicious lentil soup with fresh vegetables. Other delicious soups were *shorba* (barley), and *koucha* (lamb), supplemented with raisin-filled *couscous*. Apples and nuts were often our dessert. At times we also had mixed cabbage salad and raw fresh vegetables.

Suppers were eagerly anticipated and were always extraordinary. Once beds were set up we would be served nuts and/or dried fruit. The

menu could include a hearty soup/stew of peas, carrots, lamb, potatoes, and spices, or lentils and vegetables in tomato sauce, or barley soup with some dried lamb. We also had stews made with spaghetti, orzo, *ouja* (spicy tomato sauce), *kammounia* (sheep with cumin) or beans. After a hot day of riding and walking, our mouths were yearning for the *harissa*-spiced food. Often, I had more than one serving. Once we even had turkey *kabobs*. Bread was a daily staple. Date cookies for dessert were frequent but the real delicacies were the gazelle horns; a sweet, croissant pastry glazed with honey and almonds. That these horns and eggs were transported without breaking was astonishing.

In the cool evenings as we sat around the crackling fire in a circle of blankets and saddles, we were entertained with Bedouin music of drums and horns as my cousin belly-danced.

Labiath, my camel, was owned by Ali Shenab, and was a large male of the dromedary breed known for its endurance, pace, and calmness. These 'schooners of the desert' were our transportation and supply carriers for the entire 15 days. Perched high on a makeshift saddle



of rough wooden slats bound by raw leather straps, and covered with blankets, each traveller experienced various levels of comfort. Camels are very high off the ground, their gait is steady, but can be jerky, lunging, or sliding, depending on the terrain. A firm hand-hold was imperative.

Mounting and dismounting required practice and tenacity. First one had to approach from the side, firmly grasp a saddle part, and hoist oneself onto the saddle. Then the camel would rock back and forth several times until fully upright. When the camel straightened its back legs, I risked plummeting down its neck and landing in an undignified heap in the sand by its nose. When the front legs straightened, I jolted backwards and threatened to fly off the beast's back end. We dismounted when navigating steep terrain. Each night the camels were unburdened and set free to forage for whatever, wherever they could. In the morning, a whistle or two brought them back from the surrounding dunes to be loaded for the coming day.

Immersion in a desert landscape and culture was mind-altering. I came away with immense respect and appreciation for the Bedouin people and their culture that developed such creative means to survive and even thrive in such a seemingly inhospitable environment. I gained much more clarity and a more enlightened perspective about my place in the world.

I had fulfilled that childhood wish begun so long ago when my Grade 6 English exchange teacher opened a map of the world to give me a glimpse of the Sahara Desert.

AUTHOR'S NOTE

Sahha Sahara (<http://sahasahara.com>) is a camel trek company operating in Douz, a southern Tunisian city known for its date groves. Sahha Sahara prides itself on providing tourists with a variety of trek durations from 1 to 15-day treks, respect for local customs, environmental sensitivity, and provides higher wages in keeping with Fair Trade practices for the Bedouin cameleers. Juanita, the proprietor, is a Vancouver native who found her niche in providing unique, intimate and culturally sensitive excursions in the Sahara. Check Trip Advisor for up-to-date reviews.

Texada Vision

"Linda" - painting by Lori John

CREATING ART FROM FOUND AND RECYCLED MATERIALS

"Art is an integral part of who I am. From an early age I needed to create, to make things. My Kindergarten teacher was very concerned about me, as I would only draw with a black crayon. I've since moved on and now I use the whole box of colour, although I still am partial to the dark side of the palette.

I start most of my works by drawing in my sketchbook. I draw, take photos, do some sketches, paint, rework it, get frustrated, and

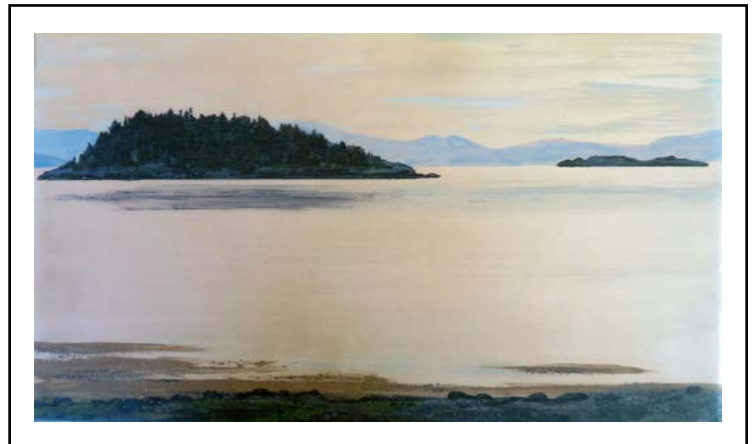
finally come to some kind of resolution with the painting. It is not an easy thing to make art. The self-critic sits heavily on my shoulders.

I recently started to use recycled stainless steel and aluminum for my Texada Island 'silver' paintings. What drew me to the use of these metal plates was how the metal surface reflected the ambient light, changing the paintings as the light in the room changes. These are a 'must see in person'."

LORI JOHN



SEA LIONS



DICK ISLAND IN LIGHT MIST



Lori Anne John Vick and Harry Vick are retired teachers who create art on Texada Island.

Lori has had a rich career as both artist and teacher. She taught art and math to high school students for twenty-seven years, some being at the first year university level.

In 2010, Lori was recognized by the British Columbia Art Teacher's Association with the Award for Excellence in Art Education, Graduation Level for her strong voice for the visual arts and for her classroom practices.

Throughout her working career Lori never stopped making art. She has explored the art of painting using a variety of media and styles to create works alive with personality. Lori has a Master's degree from the University of British Columbia in Art Education and also studied at the Vancouver Art Academy.

Through her involvement with "Artist for Kids", Lori had the opportunity to work with many Canadian Artists as their teacher assistant while leading week-long workshops.

Lori retired from teaching in Burnaby and now paints full time in her beachfront studio on Texada Island overlooking the the Salish Sea.

Lori writes: "We bring recycling into our art. I use recycled stainless steel and aluminum panels from old dishwashers sourced from our local metal dump. Word has gotten out about my need for metal and people are now dropping off metals that they no longer need. Harry cuts and prepares the plates for me to paint on. This surface creates the shine of those wet West Coast days that we have here on the coast, reflecting the ambient light. The painting changes as the light changes through the day.

I first used silver foil for my painting but then Harry suggested I try painting on an old aluminum panel he had in his shop. That worked!"



WHALES IN THE BAY

“ My husband, Harry Vick, prepares the plates for me from the fronts of old dishwashers we get in our local metal dump. I use acrylic paint on stainless steel and sometimes coat the painting with a clear resin, making them even more shiny. ”



Bookmarks and buttons by Harry Vick

Harry Vick was an elementary teacher in Vernon for 30 years.

Harry and Lori met on Texada Island. Living on an Island gives them the solitude to create.

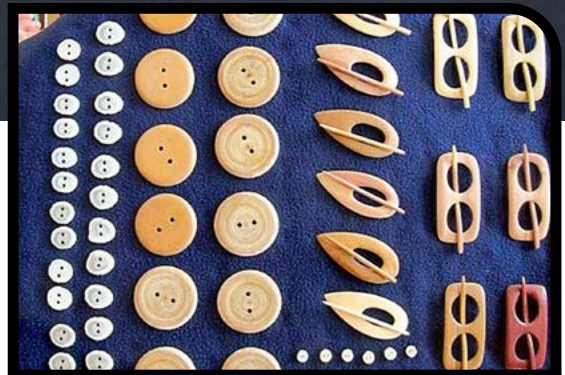
Harry is well-known on the Island for his woodworking.

Harry creates buttons, shawl pins, bookmarks, magic wands, salt spoons, letter openers, drop spindles and other small specialty wood items by request. He began making buttons for the sweaters Lori was knitting and it grew from there.

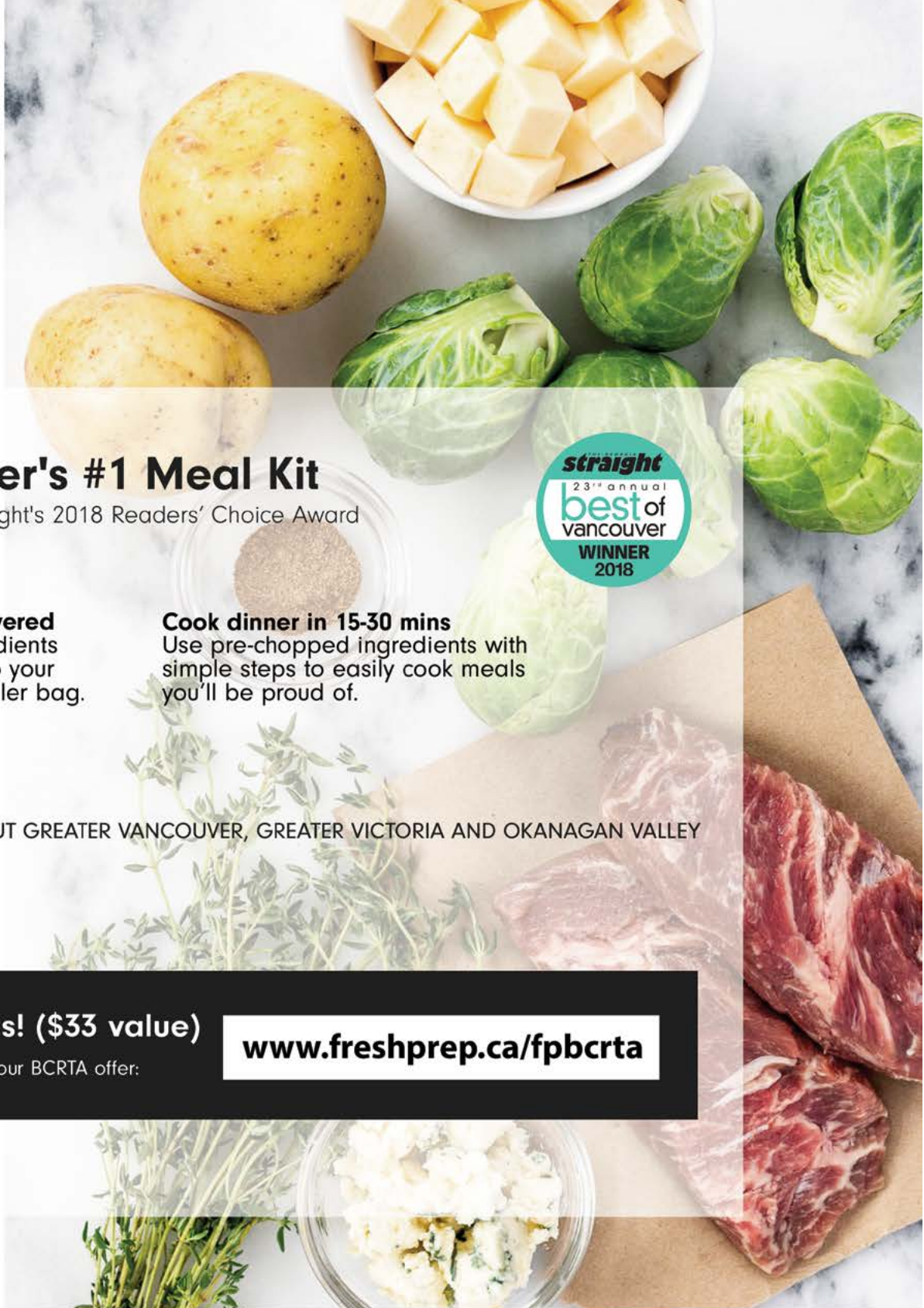
Wherever possible the speciality wood items are made from locally sourced wood. Most of it from driftwood on the beach, some from friends pruning trees or windfall. Harry prides himself in using recycled and repurposed wood scraps.

The local RCMP station gives Harry the wooden stocks from firearms they have destroyed.

“We live in a very supportive community.”



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As seen in



Slow Fire

BUILDING AND USING A WOOD-FIRED OVEN



It first arose as a resistance to fast food. I began to dislike the beep of the microwave. Steaks off the quick gas BBQ tasted less satisfying. The descent into slow food was easy. I discovered that many others who

felt the same way were buying old-style charcoal and lighting briquettes. It takes a while for the coals to get just right, and there is space to sit back with a contemplative glass. My meal was ready in the fullness of time and it tasted better!

No bread tasted as good as the bread I had encountered travelling in France, Greece, and Germany. No matter how wholesome the label or how sturdy the crust or how varied the seedy bits, even the local cottage bakery somehow fell short. Kind friends pointed out that I could try baking of my own. And I did, but this is where the troubles multiplied. My modern equipment did not feel right.

It seemed to me that to bake good bread I would need to take a step back in time and use an old-style oven. After all, the ancients in Egypt, the Romans, and societies on every continent baked their breads in primitive ovens. A friend suggested I look at adobe ovens and that I could—Tom Sawyer-like—invite some neighbours to help me build a cob oven. What a good idea, I thought. A little wood-fired bake oven in my back yard.

“A little knowledge is a dangerous thing” but more knowledge is even more dangerous. The simple premise of a wood-fired oven is wickedly deceptive. If you want a cob oven you must set it on a solid fireproof base, and if you want it outside you must make it weather proof, and if you want a traditional slow cooking time you are best to make it a size that will store the heat for longer, and if you want to avoid squandering firewood you had better insulate it as well.

It had not yet dawned on me why the village baker of ancient times was a revered citizen.



The wood-fired oven is a central point for gatherings with friends.



Duncan presents bread fresh from the oven.

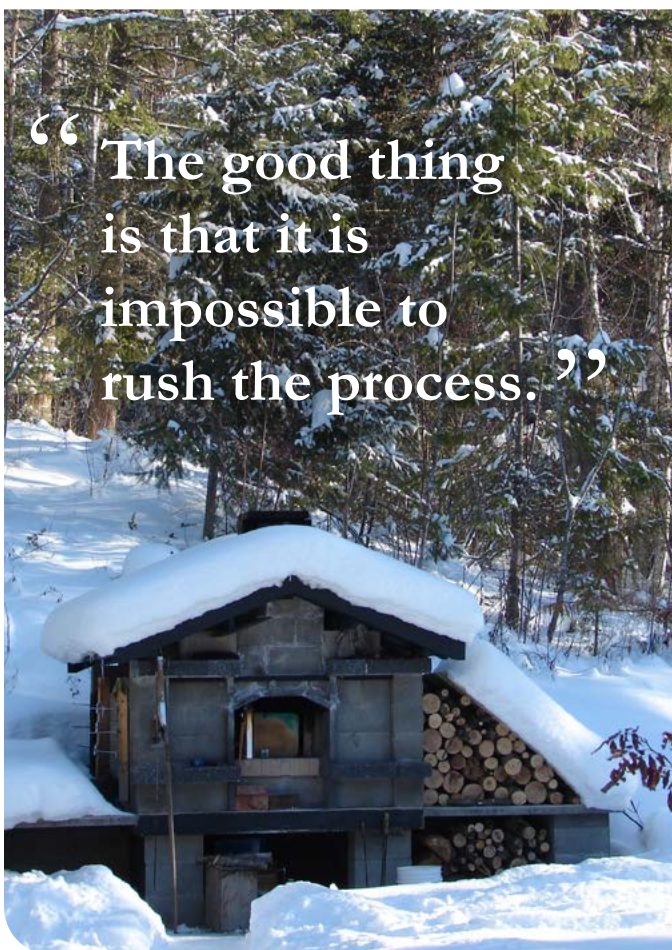
For many bakers there is a “holy grail” of bread. For some it may be a heart-breaking *ciabatta*, for others it may be the elusive sourdough rye, but for me it is the perfect French *baguette*. Some will assert that this is impossible beyond the central *arrondissements* of Paris, but I had to try. Impossibly tender dough is needed to produce a soft chewy center and achieving a firm but flakey crust requires significantly higher temperatures than most household ovens can attain.

So there it was. With visions of golden crusts and mouth-watering aromas of childhood memory, I had to build a bread oven.

IMPOSSIBLE TO RUSH

Wood-fired cooking embodies the zen of slow food. The whole point is to enjoy the journey along the way. The baker selects recipes with care. Ingredients are thoughtfully assembled.

In my oven, depending on the ambient air temperature, a good fire will raise the core temperature of the heat sink at a pace of about 150 degrees F per hour. For quick cooking at higher temperatures this implies lighting the oven about 4 hrs before cooking pizza. One can use that time to prepare pizza dough, chop ingredients, or pre-boil bagels. It is also a good time to sample various beverages and chat amicably with friends and neighbours. The good thing is that it is impossible to rush the process. The solid mass can only absorb heat at a steady pace and a bigger fire will not heat up the oven more quickly.



“The good thing is that it is impossible to rush the process.”

Of course there are many more uses for a wood-fired bread oven. Slow cooking transforms a simple pot of baked beans overnight while a hot searing flame cries out for Steak Florentine. Large onions roasted on dying coals and whole smoked garlic become delightful additions to any cook's recipe. Grilled vegetables add a unique accent to any dish and the smokiness imparted to any seafood (I like scallops best) is reminiscent of childhood beach campfires.

Every season provides opportunity to try some new culinary focus, from Christmas turkey to roasted ham with “crackling”, or perhaps carefully watched pumpkin pies. From simple overnight stew to a quick breakfast *frittata* there is great pleasure to be found in the simplicity of “going slow.”

A TIME TO BE SLOW

With the advent of Coronavirus and the mandates for all of us to stay at home, the world of bread baking has been renewed. Who would have thought there would be shortages of yeast and flour? My outdoor oven is well-suited for social distancing and has become a focal point for community consultation. I have happily taken advice from the neighbouring ladies (yes, all ladies) on recipes and techniques and sharing variations on sourdough, artisan shapes with *boules*, the uses of Dutch ovens, and easy no-knead sandwich bread. Our current adversity has actually liberated the imagination and generosity of many people. The impulse to share knowledge and skills has been lying dormant for many of us. The reward of this pursuit is a sustaining and nurturing experience which far surpasses the mere fueling of the body. I had not expected the sensual rewards of fresh baked bread to be matched by the almost spiritual pleasure of feeling part of a common purpose. As it turns out, the initially eccentric impulse which first appeared as an unnecessary frittering of time and energy has taken on greater meaning.

Our oven is fueled by the surrounding forest and it gathers our friends to us. Its glowing heat and rounded shapes reflect the traditional baking of the many peoples of our world. Like Tennyson's Ulysses, I now know that “all experience is an arch wherethrough gleams that untraveller world whose margin fades forever and forever when I move.”

CONSTRUCTING A WOOD-FIRED OVEN

First steps: Read a lot! There are many good books available. Watch online videos with care: many are good but a few are misinformed and outright dangerous. Check your local bylaws. View other ovens in use and solicit advice from actual users.

Next, plan the location for downwind patterns for smoke (rarely but sometimes objectionable) and aromas of cooking (always mouth-watering and may be tempting to neighbours). Plan also where you will store the construction materials

which can be bulky, heavy or both. Plan seating arrangements for an appreciative audience.

For support with all the labour, solicit help well in advance. Stress the aesthetic and social appeal. Build curiosity by being mysteriously secretive. Re-read Mark Twain to learn how to get others to paint a fence. Recruit as many helpers as possible.

Time to build: 60 to 90 hours of labour. (Or two to three months on the calendar!)

INGREDIENTS

(measurements approximate)

8 BAGS	60 KG PORTLAND CEMENT
4	CUBIC METERS OF "NAVY JACK" (PRE-MIX OF SAND AND GRAVEL)
3 PAILS	60 KG OF HIGH TEMPERATURE MASONRY CLAY
36	CEMENT CONSTRUCTION BLOCKS 8X16
48	HOLLAND PAVING STONES 4X8"
2	36" 4" X 8" CERAMIC FLUE TILES
296	2"X8" HIGH TEMPERATURE FIRE BRICK
3 BAGS	16 CUBIC FEET PERLITE
1 LARGE ROLL	HEAVY GAUGE ALUMINUM FOIL
60'	3/8" REBAR
20 SQ. FT.	6" WIRE FORMING MESH
48	750 ML WINE BOTTLES (EMPTY)

continued...

Construction: Base is a stable concrete slab supporting cement block walls which support an upper 6" slab of reinforced concrete. The upper slab supports a 6" layer of insulating perlite surrounding empty glass wine bottles. On this insulating layer is a floor for the oven of firebrick enclosed by a wall of holland pavers. The firebrick vertical walls and the vaulted dome of the oven are supported by wood forms and mortared in place with masonry clay.

The dome is then surrounded by heavy aluminum foil and forming wire mesh. A chimney of flue tiles is supported at the door of the oven and extended to carry smoke above the intended roof of the oven. The final layer of 6" concrete is then covered with an insulating layer of a perlite and concrete mix.

Other things to consider: Think of how you will use your new installation through the seasons.

You may wish to add

- a roof for the oven
- a roof for the baker
- A door for the oven.

You will also need:

- Firewood storage
- A temperature gauge.
- Ash disposal containers, brushes, and rakes.
- Traditional long-handled peels to handle your bread and baked goods.

Stages of construction to first fire.



Duncan Lowe and his wife **Leslie** are retired teachers who live in the Shuswap.

Silver Surfer



“Just exactly how old are you sir?” asked Dennis, my surf instructor. In his mid-thirties, he was lean and bronze with shoulder-length hair bleached blond by the Waikiki sun.

“Sixty-nine,” I answered boldly.

“Okay, take it easy. If you catch three, maybe four waves, that’s enough,” Dennis replied.

Take it easy. Catch three or four waves. Dennis didn’t understand what this surfing lesson meant to me. Ever since my high school friend Peter and I saw the iconic surfing movie “Endless Summer” at the North Vancouver Drive-in during the summer of 1968, I’d dreamed of joining the fraternity of surfers. There had been several attempts over the decades, all without success. This time would be different. I’d catch a curl, stand up on the board, and ride that wave as far as possible.

We had a brief dryland lesson where Dennis demonstrated basic techniques, including safely falling into shallow, coral bottomed water. He had taught this lesson to tourists hundreds of times. His delivery was glib and did not match the excitement raging through my mind. I concentrated on practicing the manoeuvres on the sand and felt certain that I had it down pat. So far so good. Then we paddled out to meet the surf.

Dennis stood in chest high water and one by one, the four members of our group paddled to him. When it was my turn, he adjusted the board’s angle as we waited for a wave. “Paddle,” he

shouted and gave the board a shove. I dipped both arms in the water and pushed with all my strength. The wave surged. The board tilted downward and gathered speed. I had caught the wave but when I tried to stand up too quickly my balance faltered, the board turned slightly sideways and over I went in a rush of water. Wipeout.

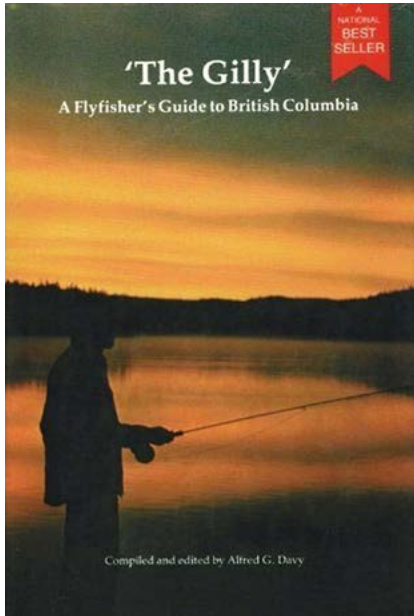
I couldn’t accept this. My life would be incomplete if I didn’t get up on a surfboard. I climbed back on and paddled frantically out to meet Dennis and prepare for the next wave.

“Don’t paddle so fast,” Dennis said, “you’ll wear yourself out.” The next wave was a good size and I caught it easily. The surf roared around me. Thinking out each step, I kneeled, moved my right knee forward, thrust my left foot between my arms to plant it near the centre of the board and steadily raised my body to a squat, arms extended for balance. I was up, rushing towards the beach on the surge of a wave. Near the end of the ride I shouted with joy and pumped my hand in the air before the momentum died and I fell backwards into the water. I could see Dennis shouting and clapping in celebration.

I went on to I catch eight or ten waves and rode half of them into shallow water. After an hour Dennis shouted, “last ride.” I was exhausted and relieved to return to dry land. My last ride was the best. I caught it perfectly and rode it in with my head held high.

Doug MacLeod is a member of the Langley Retired Teachers Association.

books OF NOTE



“The Gilly” A Flyfisher’s Guide to British Columbia Compiled and edited by Alfred C. Davy

Alfred C. Davy taught for over 35 years. His classic guide to flyfishing in BC has sold more than 60,000 copies, and was the only fly-fishing book to ever make it on the Canadian bestseller’s list.

Named by CBC Radio’s **Cross Canada Check-up** as one of the ten best books to define a British Columbian, the book raised more than \$150,000 for the BC Conservation Fund.

Reviewers say:

“Everything it was supposed to be....an excellent primer for fly fishing in British Columbia. More to fly fishing than catching fish.... how to become a complete angler.”

“Timeless. A great book to read and re-read for some time-tested principles of fly fishing in British Columbia still waters.”

Available from Amazon

Sophie Trophy / Sophie Trophy Too by Eileen Holland

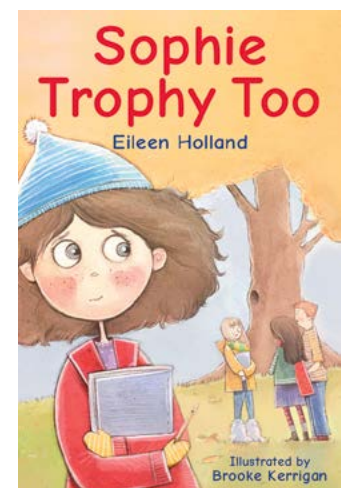
Sophie Trophy: Sophie’s friends think she has the best ideas. She’s funny and she has a great imagination. But when a spider escapes in her Grade 3 classroom, Sophie’s wacky plans go hilariously wrong. She’s determined to save the day—and the spider—no matter what.

Sophie Trophy Too: There’s a new girl in the class. Sophie is certain she should be friends with confident, fun Hailey. But every time she tries to be nice to Hailey, disaster strikes. Sophie feels left out, but does she give up? No!

Suits ages 7-9.

Eileen Holland, nee Clay, taught for almost 33 years in Campbell River, Vancouver, and Coquitlam.

eileenhollandchildrensauthor.com



BCRTA members who have authored a book are featured in Books of Note.

To be included, send your book details to postscript@bcrtc.ca

GOLDEN STAR AWARDS

Crib at the Hamlets

ARTHUR STEVENSON ELEMENTARY - KAMLOOPS



Sharon Parker's Grade 4 class at Arthur Stevenson elementary in Kamloops won a 2019 BCRTA Golden Star Award for the students' activities with seniors. BCRTA Director Stefan Cieslik presented Ms. Parker and her class with a trophy and a cheque in May. The presentation ceremony was held at the seniors' facility, where the students took in a few more games of cribbage with their elder friends before heading back to school.

The program engaged seniors at The Hamlets at Westsyde assisted-living facility. Residents taught the students how to play cribbage and participated in the game with them during the 2018-19 school year.

"This program really does what we want — it has the kids and the seniors interacting together," said Ms. Parker.

"Thank you, residents of the Hamlets, for being such good partners and teachers for these Grade 4 students," BC Retired Teachers Association director Stefan Cieslik said. "It's a tremendous achievement that you have done what you've done." Students and seniors alike were enriched through new friendships as they worked co-operatively with one another, hand after hand. Improved math skills and problem solving were major instructional outcomes. At the presentation, both seniors and students commented that 'Crib at the Hamlets' brought much happiness and accomplishment to all involved.

The trophy will hold pride of place at the school and the monies will be used to enrich the program.

Congratulations to all involved!

Excellence in Education Committee



From left: The Hamlets at Westsyde resident Mary Parks, BC Retired Teachers Association director Stefan Cieslik, Arthur Stevenson Grade 4 student Lucas Mould, teacher Sharon Parker and Grade 4 students Logan Hankins and Miranda Kozak with the Golden Star Award. Photo credit: Michael Potestio/KamloopsThisWeek

GOLDEN STAR AWARDS

Berwick Royal Oak Grandparent Program

STRAWBERRY VALE ELEMENTARY SCHOOL - SAANICH

It was sunny and bright, a perfect day for the Golden Star Award presentation at Strawberry Vale Elementary School in Saanich. The 'Berwick Royal Oak Grandparent Program' was selected for fostering outstanding mutual learning and respect between seniors and Grade One students.

Sharing a variety of experiences such as reading, playing games and cards, and co-creating arts and crafts projects fostered a number of skills including relationship building, conversation, cooperation, writing and reading. Students developed lifelong attributes of empathy and respectful behaviour. For their part, Berwick Royal Oak Grandparents enjoyed their time with the students as evidenced by one resident who has been part of the program for nine years!

The students and their Berwick Royal Oak Grandparents marked Hallowe'en, Remembrance Day, Christmas, Ground Hog Day, Valentine's Day and the end of the school year in June. Sometimes the students' parents joined in the fun. The bonds that developed between the students and Grandparents resulted in the exchange of contact information so that summer break visits could be arranged.

To celebrate the Golden Star Award, the students, along with teacher Marjorie Ireton- Roach, joined Grandparents, parents, Berwick staff and guests for lunch in the beautiful garden at Berwick Royal Oak. There was a celebratory cake and much conversation. During the presentation, two Berwick residents, one a retired teacher, spoke about the joy they experienced as Grandparents in the program. Their words were heartfelt and inspiring.

Excellence in Public Education Committee Members Charan Gill and Caroline Malm were delighted to participate in the celebrations along with Sharon Lassey, Victoria RTA President. As a delightful surprise, they each received hand printed and illustrated thank you notes from every student in the class. Teacher Marjorie Ireton- Roach accepted the Golden Star Award trophy and a cheque for \$1,500.00 from the BCRTA. The monies will support next year's program with more books for the students to read to their Grandparents. More supplies for activities and games will be provided. Students and their Grandparents will be the recipients and in the end, their communities will be enriched and strengthened. Congratulations Marjorie, students, and Grandparents!

Excellence in Education Committee



From left: Charan Gill, Caroline Malm, Marjorie Ireton-Roach, Sharon Lassey.



Intergenerational Art and Song

WESTCOT ELEMENTARY - WEST VANCOUVER

Last June, Sandy Kwan and her grade 5 students celebrated at Westcot Elementary school in West Vancouver. They were the recipients of a 2019 Golden Star Award in recognition of their Intergenerational Studies Program. At the ceremony, BCRTA was represented by Floyd Smith, Director, and Lynne Farquharson, member of the Excellence in Public Education Committee. Also present were RTA President Jill Williams and Westcot's Principal.

Every three weeks throughout the school year, Sandy's students walked to the Maison Senior Living facility to spend an hour with seniors residing there. Special bonds developed between the students and seniors through a variety of interactions. The isolation and loneliness experienced by many seniors can have a serious impact on health and well-being, so connection with Westcot students contributed to residents' lives in positive ways.

There were many benefits for the students. The project introduced them to issues around aging and they became more empathetic. Sandy prepared her students in advance of each session, teaching them about things like moodiness and memory loss, and finding ways to make a connection through common experience. The students sang to the seniors as a choir, shared Christmas cards, games, music, directed drawing, art, reading and discussion, all of which supported the development of communication and reporting skills.

The Golden Star Award trophy is on display at Westcot. The monies were used to buy an electronic piano that will support the students' for their visits to Maison Senior Living Facility.

Congratulations to Sandy Kwan for fostering excellence in public education through intergenerational programming.

Excellence in Education Committee



Director Floyd Smith (far left) and Excellence in Education Committee member Lynne Farquharson (far right) present the Golden Star Award to teacher Sandy Kwan (center).

The Real Toy Story

QUALICUM BEACH ELEMENTARY SCHOOL - QUALICUM BEACH



Anticipation and curiosity filled the lounge at “The Gardens” Care Facility in Qualicum Beach.

Fifteen senior residents eagerly awaited the arrival of Lynne Murray’s Grade Six students, from Qualicum Beach Elementary, to receive the Golden Star Award from the BC Retired Teachers Association (BCRTA) for their programme, “The Real Toy Story.”

Also in attendance for the presentation: Dr. Keven Elder (Qualicum School District’s Interim Superintendent), Carrie Frampton (Ms. Murray’s colleague in the programme and the Teaching & Learning Support Teacher for SD 69), Cathy Van Herwaarden, (President of Parksville Qualicum Retired Teachers’ Association), Laurel Wright (Activities Co-ordinator for “The Gardens”) and several of the students’ mothers who looked on proudly as the presentation was made.

On behalf of his classmates, Lucas Beyer, who wore a special collared shirt for the occasion, happily accepted the Golden Star statuette of Athena (Greek Goddess of Wisdom), while classroom teacher Lynne Murray took receipt of the cheque for fifteen hundred dollars. Following this presentation by Val Dyer (BCRTA Excellence in Public Education Committee Member), students posed for photos with their senior friends and enjoyed passing around the statuette.

The smiling senior residents never took their eyes off the children – the elders seemed to just take joy in observing the energy and youthfulness of the students. Students brought out games - Scrabble, Jenga, cards, and Dominoes - to play with their senior buddies.

The program had ten sessions of direct interaction between the generations, and began with the students sharing their favourite toy, where it came from and why it was their favourite. Out of this sharing, a list of interview questions was developed to ask the seniors about their favourite toy; thus began “The Real Toy Story.” The interviews, which revealed fascinating stories of growing up during the

depression and World War II, and fostered students’ creative writing: a story from the perspective of a toy.

A traditional sugar cookie recipe from the 1800’s was used for one of the group’s baking sessions. Cookbooks from the 1950’s conjured up memories and conversations.

Games Days helped to bring the past and present together for both generations. The students created toys to be sold as a fundraiser for the Alzheimer’s Society.

A book, entitled “The Real Toy Story” included the students’ and photos of their time with the seniors. Ms Murray reported that the programme taught the students a myriad of important skills:

- how to build connections with the larger community,
- that there are many ways to connect with seniors,
- how to develop interview skills and write from different perspectives,
- understanding change over time, place and circumstances,
- how to give back to the community,
- developed a sense of personal identity and critical thinking skills.

A lot of learning occurred under the guise of having fun with seniors!

Congratulations to Lynne Murray and the Grade Six students of Qualicum Beach Elementary on a job well done!

Excellence in Education Committee



GOLDEN STAR AWARDS

Growing Together

LV ROGERS SECONDARY SCHOOL - NELSON



Lakeside Park in Nelson was the scene of a celebratory picnic held on June 20, 2019. The highlight of the event was the presentation of the 2019 Golden Star Legion Award to teacher Carla Wilson and her grade 10 and 11 students from LV Rogers Secondary School.

BCRTA was represented by Vice-President Grace Wilson and Director Janice Androsoff. Bill Andreaschuk, president of the Nelson branch, represented the Royal Canadian Legion. Local seniors who participated in the program attended along with retired teachers and members of school district staff. It was heartwarming to see seniors greeting one another and sitting together in the chilly outdoors as a piper dressed in full regalia played in the park.

As part of Carla Wilson's award winning intergenerational program, "Growing Together", students and seniors met regularly at the school to discuss and record the many challenges and strengths both groups experience. For example, they talked about the sacrifices that led to the peace and freedom we enjoy in Canada and the importance of protecting our freedoms. Students developed a greater interest in our history and

formed stronger bonds with the seniors who had shared their wartime experiences. All participants, both student and senior, were enriched by the empathy and understanding that resulted from discussions of this and many other topics.

After several gatherings, the conversations culminated in a book that encourages other schools and seniors' services to build intergenerational groups into their programming.

The presentation ceremony included the presentation of the BCRTA Golden Star Award statue and a cheque. The statue will remain on display at the school. The Legion award money will be used, in part, to produce a documentary film about the second phase of the "Growing Together" program, entitled "Rising Strong". Remaining monies will be used to provide transportation for seniors who need it in order to participate in the program and to provide a celebratory pizza party for all participants.

Congratulations to teacher Carla Wilson for her inspirational leadership.

Excellence in Education Committee



Photo Credit: Nelson Star



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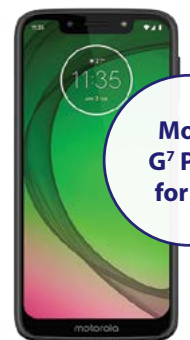
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*Offer shown is available until **June 30, 2020** or while quantities last and are subject to change without notice. Double minutes, texts and data bonus applies with a 2-yr term on in-market Individual plans from \$18/mo to \$60/mo and on all Couples and Family plans; bonus not applicable with Canada/U.S. plans. Data bonuses apply with a 2-yr term only on in-market wireless plans. 2 GB: Individual plans from \$40/mo to \$95/mo and \$80/mo Family Data Share Plan; 1 GB: \$32 Individual plan and \$55/mo Couples Data Share Plan. Data bonus is not eligible for Double minutes, texts and data bonus and is not applicable with Canada/U.S. plans. Other offers cannot be combined. 10% off applies to the Talk & Text monthly plan fees, and 15% off applies to the Smartphone monthly plan fees. Discount applies for as long as you are a member of BC Retired Teachers Association and cannot be combined with Bring Your Own Phone discount, Tablet Data plans and Wireless Home Phone plans. Device pricing and minimum monthly rate plan apply for each line, and vary by term and plan chosen. Early cancellation fees apply with a 2-yr term. Some conditions apply, call 1-866-669-7212 for details or visit simplyconnect.ca for details.

PREVENTING FALLS



Falls are the leading cause of both fatal and nonfatal injuries for people aged 65+. Of the more than 137,500 hospitalizations for injuries in 2017–18 of Canadians aged 65 or older, 81% were the result of falls, according to the Canadian Institute for Health Information (CIHI). Falls can result in hip fractures, broken bones, and head injuries. And even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active. The good news about falls is that most of them can be prevented.

The Health Regions of BC have identified that there are greater risks of falling for people who experience a wide range of conditions. A partial list include weakness in the knees, balance problems, an urgent need for the bathroom at any time, vision difficulties, taking four or more medications daily (especially ones that cause drowsiness or a sudden drop in blood pressure), confusion, and/or suffering from diseases like Parkinson's, depression, arthritis, stroke, or diabetes.

5 STEPS TO REDUCING FALLS

1. **Accept that it can happen to you:** Many older adults recognize that falling is a risk, but they believe it won't happen to them or they won't get hurt—even if they've already fallen in the past. If falling, dizziness, or balance are issues, discuss it with health care providers who can assess the risk and suggest programs or services that could help.

2. **When was your last eye checkup?** If you wear glasses, make sure it's a current prescription and that you're using the glasses as recommended. Remember that using tint-changing lenses can be hazardous when going from bright sun into darkened buildings and homes. A simple strategy is to change glasses upon entry or stop until the lenses adjust. Bifocals also can be problematic on stairs, so it's important to be cautious. For those of you already struggling with low vision, consult with your low-vision specialist for ways to make the most of your eyesight.
3. **How is your mobility?** If you are holding onto walls, furniture, or someone else when walking or have difficulty walking or arising from a chair, it's time to see a physical therapist (PT). A trained PT can help improve balance, strength, and gait through exercise. You might need to learn how to use a cane or walker effectively.
4. **Check your meds:** Having a hard time keeping track of medicines? Experiencing side effects? It's time to talk to your doctor and pharmacist and have medications reviewed each time you get a new prescription. Remember non-prescription medications that contain sleep aids—including painkillers with "PM" in their names can lead to balance issues and dizziness.



“ Move slowly on the stairs, taking one step at a time; don’t hurry, even if there’s someone waiting for you. ”

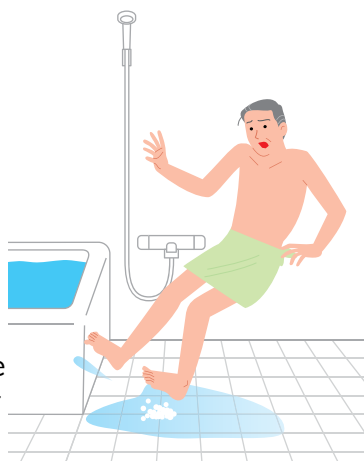


5. **Do a “walk-through” safety assessment:**

There are many simple and inexpensive ways to make a home safer. Here are some examples:

- **Lighting:** Increase lighting throughout the house, especially at the top and bottom of stairs. Ensure that lighting is readily available when getting up in the middle of the night.
- **Stairs:** Make sure there are two secure rails on all stairs. Move slowly on the stairs, taking one step at a time; don’t hurry, even if there’s someone waiting for you. If using any walking aid, extra caution is required.

- **Bathrooms:** Install grab bars in the tub/shower and near the toilet. Make sure they’re installed where you’d actually use them. Consider using a shower chair and hand-held shower. Make tub and/or shower floor non-slip.



- **Kitchen/Laundry:** Clean up areas of litter and any spills as soon as possible. Install bright lighting especially in work areas. Don’t use out-of-reach cabinets. Remove any scatter mats as they are potential tripping objects.
- **Doors and entrances:** Eliminate scatter rugs and slippery floor surfaces. Make sure there is a storage spot for keys, purses and parcels close to entryway. Door sills should not be trip factors.

Awareness and prevention can help reduce the number of falls and admissions to hospital. BUT, if you should fall

- Try to land on your buttocks to prevent more serious injuries.
- Don’t rush to get up. Make sure you are not injured before trying to get up or letting others help you get up.
- Don’t let the fear of falling again prevent you from being active. Inactivity creates an even greater risk of falling.

Further information can be found at www.healthlinkbc.ca/health-topics

Pat Thiesen is a BCRTA Director and member of the BCRTA Well-being Committee.

HYPERTENSION



and your eyes

Hypertension is a medical condition where the blood pressure in the arteries is abnormally elevated. It can, if left untreated, become a major risk factor to your overall health. Hypertension can also affect your eyes and sight. High blood pressure, as it is often referred to, can cause damage to the blood vessels in the retina, affecting the back of the eye where an image is focused. This disease is called hypertensive retinopathy.

Unfortunately, signs of hypertensive retinopathy only manifest themselves late in the disease. Some symptoms include double or cloudy vision, headaches and if very advanced, loss of vision. Did you know that your optometrist may be able to detect hypertension through an eye exam? If your eyes are showing early signs of the disease, your optometrist will be able to refer you to a health professional for diagnosis.

If you have recently been diagnosed with hypertension, it is crucial that you visit your optometrist and advise them of your condition. Your eye doctor will then be able to provide the best care for your eyes. It will also be important to visit your optometrist yearly in order to monitor any changes to your eyes.

Genetic factors do play a role in your risk for this disease and luckily there are medications available to stabilize your blood pressure, but there are also some lifestyle changes that you can follow in order to reduce these risks altogether. Here are a few tips:

- Exercise regularly
- Quit smoking
- Limit your alcohol intake
- Reduce your stress level
- Eat a healthy diet.

To help you reduce your risks of hypertension, we recommend a diet filled with fruits and veggies as well as proteins such as salmon and chicken. It is important to significantly reduce the amount of salt and fat in your diet and to eliminate your intake of processed foods.

For some eye-friendly recipes see the online version of this article at our website at

www.bcrta.ca/recipe-for-eye-health

Thanks to BCRTA Advantage Partner **IRIS Optical** for contributing to this article. See the offers available to BCRTA members at www.bcrta.ca/iris



Save Your Skin!

Last year, I had a cancerous growth (a squamous cell carcinoma) surgically removed from the side of my head. It proved not to have metastasized, though the outside area had to be treated daily with a topical chemo cream and the surface burned with liquid nitrogen.

Having the surgery has made me more aware of my skin and the damage it has suffered over the years. I am blond, blue eyed, and have fair skin. This places me in the most vulnerable group for skin cancer. Do you remember the sun-cream and sun-oil ads in the sixties and seventies extolling the virtues of getting a “healthy” suntan! Getting a tan was the thing to do! I, however, had mostly sunburns and many of them were quite severe.

The skin is our largest organ. The top layer of skin, the epidermis, protects us from microbes and the elements. It controls our temperature through sweating and insulation. It produces Vitamin D. As we age, our skin becomes drier, less elastic, and thinner, and it contains less fat. As a result, our skin may become scaly and flaky; lines and wrinkles start to appear. It is more sensitive and tends to lose heat faster. Skin overall becomes weaker and more fragile. Elderly people are at higher risk for skin cancer because the cells that produce skin pigment no longer spread out and may produce pigment in clumps of dark patches; these patches can become cancerous.

There are three types of skin cancer:

1. **Basal Cell Carcinoma:** These appear on the top layer of the skin, (epidermis) and are sometimes described as a “pimple that does not heal.” If diagnosed early, it can usually be cured. Liquid nitrogen and topical creams may be used to remove these.
2. **Squamous Cell Carcinoma:** These are also in the epidermis and are usually described as a “firm bump or dark patch, or a large scab.” They are more dangerous, but early treatment gives a good chance of a cure.
3. **Melanoma:** This is the most dangerous and goes deeper into the epidermis. It often shows as brown/black patches, that may be weirdly shaped and that may change appearance over time. The key to a positive outcome is to catch the melanoma in time.

Check your body over. If you see something different—an unusual black patch, a pimple that doesn’t look right or heal, a changing mole—see your Doctor as soon as possible. Have someone check your back and the back of your neck and legs.

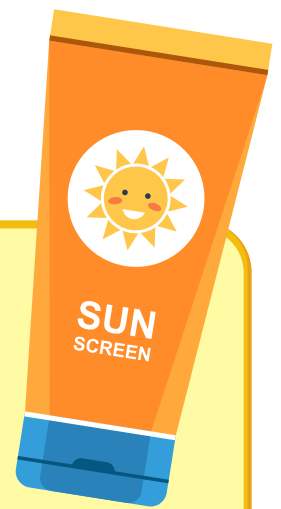
We cannot change the damage done to our skin in the past, but we can protect our skin now by doing the following:

- Avoid being in the sun when its rays are strongest, between 10 am and 4 pm. This is true all year round in North America, even on cloudy days, as clouds offer little protection from UV rays.
- Avoid using tanning beds; the lights used emit UV rays.
- Wear sunscreen with an SPF of at least 30 and re-apply after swimming and periodically according to product instructions.
- Wear protective clothing—especially a wide-brimmed hat that protects your ears, neck and face. (I've had several growths removed from my ears and throat, burned off with liquid nitrogen.)
- Use lotions and creams to keep your skin moist. You can add sunscreen to cream so that you never forget the sunscreen year-round, or there are cream-sunscreen combinations that are ranked at SPF30 if you prefer.
- Drink water as it helps to keep the moisture in your skin.
- Check with your pharmacist about prescriptions and over-the-counter medications and vitamins that you take. Some may make your skin more sensitive to sunlight.
- Remember the Triple S: SLIP on a shirt! SLAP on a hat! SLOP on the sunscreen.

All cancer is dangerous if left untreated. The key is to catch it in time.

SAVE YOUR SKIN - it is the only one you have!

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



SPREAD THE NEWS

To properly “cover” the topic of sunscreen, we need to think about the amount we use and how we use it.

How much sunscreen should I use, and how often should I apply it?

- Most people only apply 25-50 percent of the recommended amount of sunscreen.
- Apply enough sunscreen to cover all skin that clothing will not cover. Most adults need about 1 ounce — or enough to fill a shot glass — to fully cover their body. (This means around a nickel-sized dollop for the face alone)
- Don't forget to apply to the tops of your feet, your neck, your ears and the top of your head.
- Apply sunscreen to dry skin 15 minutes before going outdoors.
- Skin cancer also can form on the lips. To protect your lips, apply a lip balm or lipstick that contains sunscreen with an SPF of 30 or higher.
- When outdoors, reapply sunscreen approximately every two hours, or after swimming or sweating, according to the directions on the bottle.

Source: <https://www.aad.org/public/everyday-care/sun-protection/sunscreen-patients/sunscreen-faqs>

Environmental Working Group has research-guided information on sunscreens here:

<https://www.ewg.org/sunscreen/report/executive-summary/>

UBC PHARMACISTS CLINIC OFFERS EXPERTISE

TEAMING UP WITH PATIENTS AND DOCTORS FOR BETTER THERAPY OUTCOMES

It has been a struggle for some clinics around BC to provide services for patients during the COVID crisis. But not so for the **Pharmacists Clinic** at **UBC's Faculty of Pharmaceutical Sciences**.

“Our clinic has been providing virtual care (telephone and video calls) to patients at our clinic for over 6 years now,” says Clinical Pharmacist Timothy Lim. “So when the province declared a state of emergency, we were able to transition relatively seamlessly. Currently when patients book an appointment with us, they will have the option of either doing a phone call or Skype for Business video appointment with a pharmacist. The initial appointments are one hour and any follow-up appointments range up to 30 minutes or more depending on the complexity of the patient’s situation.”

POLYPHARMACY

Studies show that two-thirds of Canadian seniors take five or more prescribed medications, and 10% of seniors have more than 15 active prescriptions. There are good reasons for physicians to prescribe medication, but **polypharmacy** (the use of many medicines at once) increases the possibility of interactions between medications and side effects.

We are often encouraged to take charge of our own health, but in a world where people are influenced by information from all sides, patients may be tempted to evaluate health decisions on the basis of anecdotes rather than science. The clinic provides access to drug therapy specialists with expertise in evidence-based medicine, therapeutic decision-making and drug therapy problem-solving to help optimize the care of any patient taking medications.

Expert guidance is a must. The use of medications and their combined effects on your health can be very complex. The clinic’s experts provide answers to your questions so you understand what you need to know about your prescriptions.

The benefits are more than technical. A guiding principle to the clinic’s practice is the assurance that your voice is heard and that you are included in decisions about your health.

CONSULTATION

The Pharmacists Clinic consultation is free of charge to BC residents, providing expert help to you in consultation with your physician. The clinic will identify and resolve actual or potential drug therapy problems so you achieve optimal benefit from your medications.

Prior to any appointment, the clinic’s office assistant will connect with the patient and provide them with instructions on how to prepare for the appointment. The clinic will ask you to have a list or compilation of all your prescription, non-prescription medicines as well as any supplements.

The care is personalized, with a pharmacist offering patients undivided attention in a one-on-one appointment, either in-person (when the clinic is open to visitors), or by Skype or by telephone. The first appointment is usually 60 minutes. Follow-up appointments are 30–60 minutes as needed.

You can expect the pharmacist to look first at **the complete picture**: checking how all your medications are working for you - prescription medications, non-prescription medications and natural health products.

The clinic takes **a team approach** to respectfully collaborate with you, your physicians, pharmacists and other health professionals involved in your care.



The consultation is designed to produce **detailed care plans**, action, and results for you and your physician along with a commitment to follow up to ensure you are receiving optimal treatment. The clinic does not offer prescription-filling services but equips you to work well with your local pharmacist.

When the clinic accepts visitors it also provides **routine vaccinations** when needed to ensure you are protected. Check ahead for availability.

A LEARNING MODEL

The Pharmacists Clinic is Canada's first university-affiliated, licensed, pharmacist-led patient care clinic. Practitioners have expertise in therapeutic decision-making and drug therapy problem-solving. A mandate of the clinic is to foster improvements in pharmacy practice.

The clinic provides learning opportunities for health professionals and students, and further research into pharmaceutical practice.

It's a learning experience all around. Pharmacy students have the opportunity to work alongside the Clinic's pharmacists and other health care professionals to learn about the complex needs of the patients, while patients learn about their therapy, receive the optimal benefit from their therapy and better understand their treatment decisions.

All services provided by the clinic are confidential. No referral is required. To preserve privacy, Lim suggests using the secure consultation form available at the clinic's website.



Pharmacists Clinic

We welcome referrals from health care professionals and patients.

Hours M – F, 9 AM – 4 PM
Phone (604) 827-2584 Fax 1-866-229-3779

For personal information and referrals:
<https://pharmsci.ubc.ca/pharmacists-clinic>
(click "Contact Us" or "Submit a Referral Now")

General email pharmacists.clinic@ubc.ca

Book appointment on-line
<https://pharmsci.ubc.ca/pharmacists-clinic>
(click "Book an Appointment Now")

Mail:
UBC Pharmacists Clinic
2301 - 2405 Wesbrook Mall
Vancouver BC V6T 1Z3

PARTNERING WITH PHYSICIANS

Physicians are able to augment the care they provide patients by engaging the expertise of the Pharmacists Clinic.

Patients who benefit from this approach include those with:

- multiple drug therapies (polypharmacy)
- sub-optimal drug therapy outcomes
- adverse drug events, drug sensitivities/allergies
- a need to start or stop a drug therapy
- patient adherence or compliance issues
- questions about medications or other products
- complex health conditions (diabetes, uncontrolled pain)
- reduced liver or kidney function
- advanced age (frailty)
- recent discharge from hospital



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Dr. Jennie Mickelson, Urologist, UBC, Vancouver

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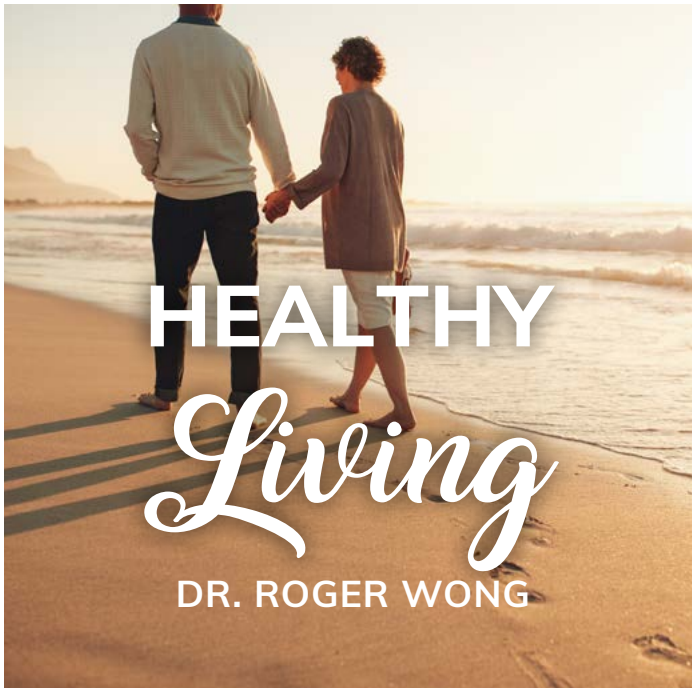
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Pandemic Protection

During the COVID-19 pandemic, media across North America have been turning to PostScript Magazine columnist Dr. Roger Wong for expert advice on how seniors can get through this health crisis. In addition to his recent editorial in *The Globe and Mail*, Dr. Wong has been interviewed by numerous media outlets, including *The New York Times*, *Britain's Daily Mail*, *National Post*, *Global News*, *CTV News* and *CBC*. This article is adapted from a conversation Dr. Wong had with *CBC's* Mike Killeen.

What special protection steps should we take for seniors?

First of all, we need to understand that seniors are more at risk and vulnerable for developing infections, including COVID-19. In part that's because immune system function in seniors may not be working as well, and there are many seniors who live with long-standing health conditions.

Those with diabetes, heart disease, and lung disease, for example, are predisposed to getting more infections including COVID-19. So it is important to remember what we can do to protect seniors.

Here are five tips on what we can do.

The first tip is to remember is good hygiene, washing your hands and keeping very good personal hygiene. That is true for everybody, particularly for seniors.

A second tip is for all of us who want to visit our seniors to do so virtually, rather than in person during the outbreak.

A third tip is to make sure seniors have adequate access to food and to medications.

The fourth tip is to make sure that physical distancing is practiced. For instance, buy groceries first thing in the morning rather than during a busy period. And when picking up medications, call in first or have someone pick them up. There are a good number of supermarkets and pharmacies with dedicated times for seniors, which is excellent.

The fifth tip is to remember that physical distancing does not mean social isolation, because we know that loneliness and social isolation can have negative impacts on seniors' health. So while we are practicing physical distancing to protect seniors, we must also be regularly interacting with them, through computer technology, social media, or if they prefer, by telephone.

Many seniors use technology, but some don't.

A simple phone call can be very helpful for seniors who do not have access to apps and devices. The pandemic situation right now is unprecedented. That simple outreach becomes especially important for seniors who live with dementia, such as Alzheimer's disease, because they may not understand what is going on. For them, we have to keep our message very simple. We may need to repeat it by saying, "we love you very much, this is a very different time now, we are protecting you, you are in a safe place, and we will be talking over the telephone more often."

For those on social media, it is a good time to electronically share photo albums, you can go over virtually the old photos together, which is good social engagement.

continued...



How about a short visit from the grandchildren, if we are all healthy? We really miss them.

That's an excellent question. We need to remember that seniors can get COVID-19 through one of two ways.

The first way involves seniors who are mobile; they may get the infection when they are out in public places, such as on public transportation, and when they come into contact with the virus.

But the second way seniors can get sick is through visitors transmitting the infection to them. And oftentimes, people who are spreading the virus may not have symptoms. Now that we have this extended time when children are out of school, many seniors, understandably, would like to contribute to the family by caring for the children. But I would advise against doing this unless the senior has already been a part of your household. I would advise to use technology to keep the generations connected. Have a Skype call from one household to another.

Here's another question. I'm in my late 60s, should I avoid going out to the grocery store and the pharmacy?

Well these are basic needs. My advice to older adults is to try to go during off-peak hours, such as first thing in the morning. A number of pharmacies and supermarkets have dedicated their early morning operating hour for seniors and those who are vulnerable to developing the infection. I really think this should be applauded.

People who are spreading the virus may not have symptoms...

How can I care for a senior spouse with COVID-19 at home and at the same time protect myself?

This is a difficult situation and there are two aspects to this. First is the physical aspect of providing care and then secondly the psychological or mental health aspect.

Let me start with the challenges from the physical point of view. It is important to remember that for care providers to someone who has COVID-19, that they must first of all protect themselves, because otherwise, if they also fall sick, then the situation could get much worse. So that means wearing personal protective equipment, meticulous hand washing and personal hygiene, and also having some form of physical isolation even within the same household. For example, use a different room for the person that has COVID-19 and then the caregiving spouse stays in a different room.

During mealtimes, avoid eating at the same table. This is also difficult because mealtime is the time for socialization, but as I mentioned before, use technology or virtual means whenever possible.

There's a lot of psychological stress going on right now—it's a very difficult time but particularly when your spouse gets sick, you feel the double burden of providing care and concern about the outcome of their disease. You may even feel guilty and say to yourself, "why is it that I am feeling well and my spouse is not?"

This is a stressful situation and it is really important to talk to someone. Talk to your family, neighbours, or anyone who can offer emotional support and practical help.

In BC we also have the 211 telephone line which offers expanded support during COVID-19. This is a fantastic resource to provide connections to seniors who are in need of support during the

outbreak. People on the 211 line can talk to you about both physical and mental health needs. As well, many of my medical students at UBC's Faculty of Medicine are working on initiatives to support those seniors affected who may not have access to food or medication delivery.

What about seniors' residences where up to 50 people are eating together, four to a table?

We need to remember that seniors who are residing in care homes or long-term care, are our most vulnerable to developing COVID-19. They may have difficulty walking, and some of them may live with dementia or Alzheimer's disease.

Knowing the level of care residents in care homes need is really important. Everyone who provides care to these residents must wear personal protective equipment and practice meticulous hand and personal hygiene. That includes protection of residents who are ill with COVID-19 so that there's no cross infection. A lot of times we need to remember that keeping the physical distance within care homes may not be easy. It really depends on the physical layout of the homes.

We want to guard against social isolation as well. Remember physical distancing does not mean social isolation. We should use technology to virtually connect with seniors in care homes – this is the compassionate thing to do.

We are vulnerable and immune compromised. Sometimes we walk our dog. Is it safe to walk our dog?

First, I would say that physical distancing basically means maintaining a minimum distance of two metres or six feet between any two people, in order to protect ourselves from getting COVID-19.

This also means that we stay home as much as possible and try to minimize the amount of time we spend outside of home. It is fine for us to modify our exercise or walking routine with our pets while keeping the physical distance from others while outdoors. I would suggest going during off hours when there are not too many other walkers around. Go as one or two people at a time, always keeping that physical distance of two metres apart.

I have a loved one with a heart condition and diabetes, how long should I stay away from them during this time?

Seniors who are immunosuppressed, meaning their immune system is not working as well, are more at risk for developing COVID-19. We therefore need to protect them for as long as COVID-19 is prevalent in the community. So I would recommend exercising caution and protection for some time to come.

Should senior caregivers and individuals be wearing protective gear?

In your own home, there is no reason to be wearing personal protective equipment, except when providing health care to someone with COVID-19. In British Columbia, all health care providers must wear personal protective equipment during all direct patient care encounters. This requirement also applies to workers in care homes.

Is it safe for seniors to order food from delivery services?

For many seniors, food delivery or grocery delivery or medication delivery is an important help during this time when people are trying to maintain a physical distance.

Delivery service is reasonably safe, especially when it is contactless (for example, leaving the product at the front door), and provided that the moment after you have taken in the product delivered, make sure to immediately wash your hands.

Dr. Roger Wong, thanks so much for your time this afternoon. We really appreciate it.

Thank you very much.

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.

NOTICE OF 2020 AGM

75th Annual BCRTA Annual General Meeting (9:30am)
called for Saturday, October 3, 2020

BCRTA Positions for Election

- President - 1 year term
- 1st VP - 1 year term
- 2nd VP - 1 year term

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

18th Annual General Meeting of the RR Smith Memorial Fund Foundation
(9:00am) called for Saturday, October 3, 2020

RR Smith Positions for Election
8 Directors - 1 year terms

This meeting will be held online. Details to follow.



BCRTA CONNECTIONS



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NOMINATION FORM FOR 2020-2021 BCRTA DIRECTOR POSITIONS (OCTOBER 3, 2020 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 below, 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. Signatures on the same form are not necessary - it is acceptable for nominators to endorse the nomination of a candidate by email to kristi@bcrta.ca)

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.

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>](mailto:kristi@bcrta.ca)

NOMINATION AND ELECTION RULES AND PROCEDURES FOR BCRTA DIRECTOR POSITIONS

There are usually five 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:

- 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**
- 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 to the AGM delegates; **OR**
- 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
- 2.7 Rights of Active and Life Members
- 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 2021 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 online on October 3, 2020.

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 3, 2020. 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 2021 BCTF ANNUAL GENERAL MEETING NOMINATION FORM

Must be in the hands of BCRTA staff by 5 p.m. on October 1, 2020.

Name (please print clearly): _____ Phone: _____

Address: _____

City: _____ Postal Code: _____ Email: _____

Branch (if any): _____

Signed: _____

Nominated by 2 BCRTA members (email notice of your nomination from nominator to kristi@bcrtc.ca is also acceptable):

Nominator (please print): _____ Signed: _____

Nominator (please print): _____ Signed: _____

If you are applying see note above and outline your pensions experience through positions you have held and/or work you have done in the BCTF and/or BCRTA:

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

2020-2021 BCRTA COMMITTEES - APPLICATION FORM

DEADLINE for receipt of Applications: October 2, 2020

BCRTA committees meet 5 times a year during a 2-day period prior to each Board of Directors meeting. Some meetings are held electronically and in-person meetings are held in the BCTF Building at 100-West 6th Avenue, Vancouver. Appointments are made at a post-AGM Board of Directors meeting, and terms are two 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 expected to sit on one or two committees, as selected by committee chair. 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: (email notice from nominator to kristi@bcrta.ca is acceptable)

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

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ADVERTISING

BCRTA MEMBERS - A benefit of your membership is the ability to place a classified ad in PostScript up to 35 words at no cost.

If you have a rental property or it is time to sell, PostScript is the best way to reach your peers.

Contact: postscript@bcrtc.ca

ACCOMMODATION OFFERED

France - Heritage house in Alsace-France, Vosges Mountains, three bedrooms, modern kitchen, wifi, located on wine route, close to Germany (Freiburg) and Switzerland (Basel). Cleaning included, CA\$700 per week. mano936@gmail.com

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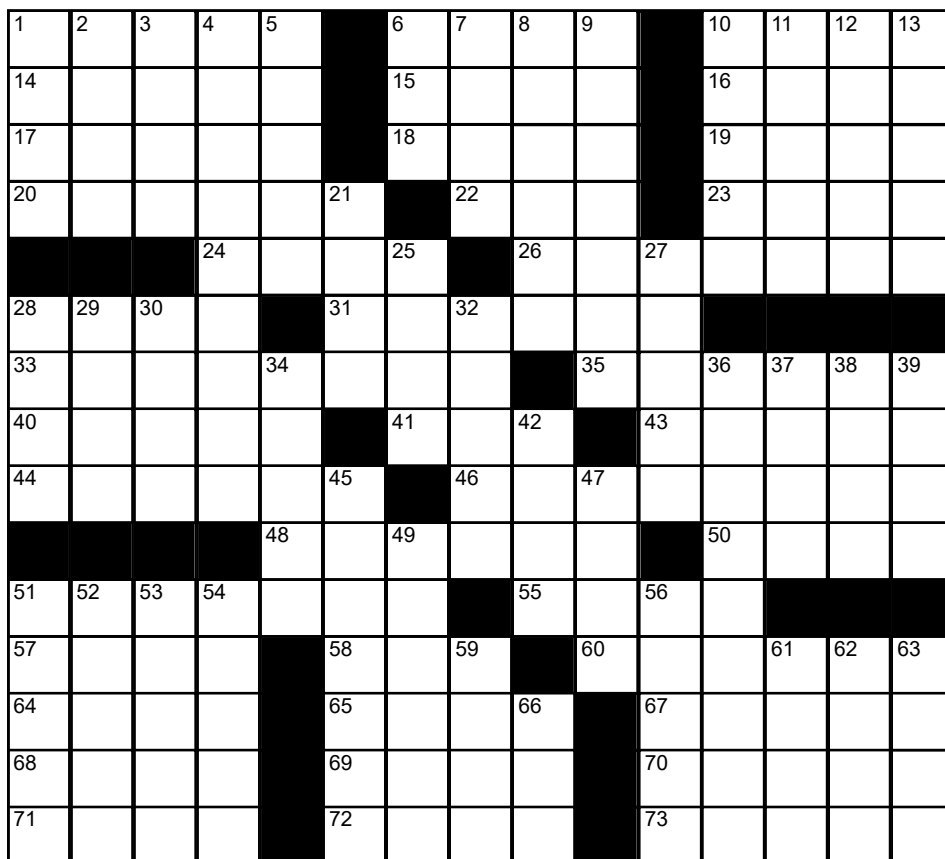
SECLUDED, SEMI-LAKEFRONT 1/2 acre bare land. Recreational use with gorgeous view and Shuswap lake access. Sunnybrae Tappen area 4 km off Hwy #1. \$750 month DD and References. Long term wanted. Call 250-835-8485.

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crossword

By David Squance, Victoria



ACROSS

1. City in Florida
6. Latin abbr. at the end of lists
10. Arrived
14. Those working on computers, for example
15. Indonesian island
16. ___ Shropshire ___ (Hardy; 2 wds.)
17. Start over, as a timer
18. Light ___
19. Twinge
20. Former Egyptian president
22. TOC, formerly
23. Irish Gaelic
24. Love god
26. Got new weapons
28. The most prolific poet? (abbr.)
31. Marvelous
33. Computer necessity
35. Most secure
40. Small brooch
41. Exclamation of disgust, perhaps
43. Fraser or Thompson
44. _____ Hill (US prom dress designer)
46. "___ with me, and be my love" (Marlowe) (2 wds)
48. Contemptuous looks
50. Robert ___, Confederate army commander (2 wds)
51. Have faith
55. Unwanted email
57. Prayer ending
58. Look up and down
60. Rare
64. Get very wet
65. Network point
67. Dog breed
68. To be (Fr.)
69. Pitfall
70. Seized items
71. Transmit
72. Transport truck, informally
73. Trick or ___!

DOWN

1. Word repeated in a Pete Seeger song title
2. Off shore
3. "What a ___!"
4. Personage at a conference
5. A flower
6. Recede
7. Greek letter (pl.)
8. Attraction
9. Women's ___, feminists (colloq.)
10. Escapade
11. Morning disturbance
12. Clergyman's residence
13. Perimeter, trimmed
21. _____ Parks, civil rights VIP
25. Pounding waves
27. "... quietus make with ___ bodkin?" (Hamlet)
28. US car racing gp
29. He built an ark
30. "All ___ " (movie title, 2 wds)
32. What we'd all like to have
34. More poorly
36. Apple computer program
37. Very bad
38. ___ Ballesteros, one-time golf pro
39. A ___ Grows in Brooklyn
42. ___ d'oeuvres
45. Makes up
47. Health ins. body (pl.)
49. Winnie the Pooh character
51. Military establishments
52. Overact
53. We hoped our students came to ___
54. Signed, as a contract
56. Separate
59. Type of cheese
61. Mature
62. Portico or covered walk
63. Compass direction
66. ___Pen, for allergic reaction control

Sudoku

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

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

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:

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Vancouver BC V5Z 4P2

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www.fiendishsudoku.com

DEADLINE FOR SUDOKU AND CROSSWORD SUBMISSION IS:

JULY 15, 2020

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

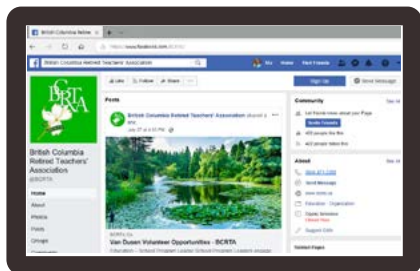
Crossword:

Tom McCubbin (Prince George)
Roger Delage (Surrey)
Fred Maier (Campbell River)

Sudoku:

Janice Clary (Penticton)
Kay Mulholland (Greater Victoria)
Candice McMahon (Vernon)

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 twitter.com/bcrtal

SPRING 2020 CROSSWORD SOLUTION

1	P	A	L	E	5	F	L	E	E	9	S	W	11	12	13	
14	A	N	A	L	15	L	E	A	N	16	E	I	D	E	R	
17	I	N	R	E	18	Y	A	R	D	19	C	L	E	A	N	
20	R	E	S	A	21	L	E	S	22	23	A	R	L	E	S	
24	N	O	R	E	25	L	E	O	26	L	E	O	27			
27	28	29	C	O	R	S	30	O	31	U	T	T	W	32	33	34
35	A	C	O	R	N	36	S	O	S	O	37	S	L	E	W	
38	T	O	M	39	A	N	A	P	E	S	41		42	I	R	E
43	E	L	E	C	44	O	V	E	R	45	H	E	A	V	E	
48	D	E	T	A	49	I	L	E	R	50	G	A	R	D	E	N
51	T	N	T	52	S	H	A	N	E	53						
54	55	56	U	T	T	E	57	R	58	O	B	E	L	59	60	61
62	P	O	L	I	O	63	A	64	W	O	L	65	O	D	I	N
66	I	N	N	E	R	67	T	O	K	E	68	N	O	D	E	
69	T	E	A	R	Y	70	S	E	E	S	71	G	L	E	E	

Obituaries

Location listed is the area given as "last taught"



Abbott, Robert	Powell River	Lowe, Elizabeth	Vancouver
Archibald, William R.	Maple Ridge	MacLeod, William	Powell River
Baldwin, Patricia	North Vancouver	McClelland, J.Viviane	Richmond
Bassett, Brian N.	Greater Victoria	McKittrick, William	Richmond
Birkenthal, Kurt	Maple Ridge	Miller, Joseph	North Vancouver
Brown, Lois	Surrey	Muir, Leslie	West Vancouver
Burchill, Karen	Surrey	Nixon, Sue A.	Burnaby
Bury, Glad	Surrey	Norheim, Gwyneth S.	Prince George
Christie, William	Coquitlam	Paget, Vera	Langley
Crabtree, Margaret	Chilliwack	Philippsen, Walter	West Vancouver
Dagneau, Roy V.	Shuswap	Ross, Margaret	New Westminster
Dunnison, David	Surrey	Rozen, Doreen	West Vancouver
Eccles, Richard	Cariboo-Chilcotin	Schmidt, Ramila M.	Richmond
Faigen, Sybil	Vancouver	Schweizer, Rene	Prince George
Farris, David	Burnaby	Sheriland, Shelora	Coquitlam
Gamon, Lorraine	Burnaby	Smirl, Jane	Sooke
Grant, Heather	Abbotsford	Sordi, Deanna	Kamloops
Grantham, John	Powell River	Stephens, George	Vancouver
Harvey, Eva	Kamloops	Taylor, Gerald R	Nanaimo
Hedley, Mollie	Burnaby	Taylor, Phyllis M.	Vancouver
Hersey, Betty Rae	Central Okanagan	Taylor, Viola E.	Surrey
Holmes-Peters, Gloria	Vernon	Thistle, A, Marie	Bulkley Valley
Hutchinson, Wallace	Coquitlam	Van Apeldoorn, Kenneth	Surrey
Illes, Thomasina	Powell River	Vesely, Marilyn	North Vancouver
Ingersole, Lawrence	Kootenay Columbia	Williams, Edward	Shuswap
Klimec, Nettie	Richmond	Wright, Stuart	Greater Victoria
Loranger, Juliette	Merritt		



**R.R. Smith
Memorial Fund
Foundation**

R.R. SMITH GRANTS FOR 2020

This year the R.R. Smith Board of Directors approved \$40,000 in grants to the following organizations. Every cent of R.R. Smith membership fees collected was spent funding these diverse educational projects.

1. **CANADIAN WOMEN FOR WOMEN IN AFGHANISTAN** - To revise the existing literacy teacher training program, including writing a manual for use in training based on a perpetual learning model.
2. **CANADIAN HARAMBEE EDUCATION SOCIETY (CHES)** - To provide learning materials and textbooks for two annual tutorial sessions for 350 Tanzanian girls learning English in order to prepare them for secondary school entrance.
3. **KIGORAMA INTERNATIONAL SCHOOL** - To purchase math text books, English readers, basic school supplies and poster boards (used by teachers for giving lessons).
4. **DAYS FOR GIRLS CANADA** - To purchase materials for the production of hygiene kits that will allow girls in underdeveloped countries to attend school on a full time basis.
5. **FAMILIES FOR CHILDREN (FFC)** - To purchase school supplies and teaching materials for an FFC school in a poverty stricken area of India.
6. **ONE GIRL CAN** - To continue the sponsorship funding of a Kenyan university student, Caroline Wanjiru Muiruri, who is studying for her BSC in banking and finance.
7. **GOOD CENTS FOR CHANGE** - To support Zambian women in learning marketable skills (dressmaking, cookery) in order to help lift them out of poverty.
8. **VANCOUVER OPERA GUILD** - To provide bursary funds to allow disadvantaged children to attend Summer Opera Camp.
9. **HUGGS CANADA (HELPING UNDERPRIVILEGED GIRLS AND GUYS STUDY)** - To support polytechnic studies for students in South East India undertaking a three year diploma course.
10. **GIBSONS MARINE EDUCATION CENTRE SOCIETY** - To support program development and opportunities for B.C. School District 46 students to learn about the ecology and conservation of the local ocean habitat using a 'hands on' approach.

To learn more about the work of the R.R. Smith Memorial Fund Foundation, visit

www.rrsmith.ca



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R.R. SMITH GRANTS FOR 2020

11. **FOR THE LOVE OF AFRICA SOCIETY** - To provide bursary funds for students who are unable to afford tuition costs to attend Dodoma Technical Institute in Dodoma, Tanzania.
12. **CHILDREN'S CARE INTERNATIONAL (CCI)** - To support educational and transition programs for children freed from indentured slavery that allow them to return to school.
13. **ACCES (AFRICAN CANADIAN CONTINUING EDUCATION SOCIETY)** - To support university scholarships for Kenyan students that enable them to pursue full degree or diploma programs.
14. **UMOJA OPERATION COMPASSION SOCIETY** - To provide bursary funding and educational materials for grade 7 students entering Rwentutu Community School in the Kasese District of Western Uganda.
15. **J.R. BURNETT SECONDARY SCHOOL FIRST ROBOTICS TEAM** - To support students in the robotics program at J.R. Burnett Secondary School in Richmond, B.C. through the purchase of materials to further their projects.
16. **LOVE GUATEMALA CANADA** - To provide a school library for a pre-kindergarten to grade 6 school in Jocotenango, Guatemala.
17. **BRIGHT BEGINNINGS FOUNDATION (BBF)** - To provide bursary funds for a promising Surrey B.C. student with limited financial resources to pursue post-secondary education.
18. **KENYA EDUCATION ENDOWMENT FUND (KEEF)** - To facilitate fee payment for two Kenyan students (Hillary Mwilita and Vincent Wakhulunya) as they enter secondary school (tuition, board, uniforms, educational equipment).
19. **TUMAINI FUND CANADA** - To sponsor orphaned students beginning or continuing school and college programs in Kagera, Tanzania.
20. **CHECK YOUR HEAD YOUTH GLOBAL EDUCATION NETWORK** - To support the training of a cohort of diverse youth in the development of skills in facilitation of interactive social issue workshops in schools and community spaces around B.C.
21. **SHILOH PLACE ORPHANAGE SOCIETY** - To support the development of educational programs at Shiloh Place Orphanage in Lubumbashi, Democratic Republic of Congo.

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