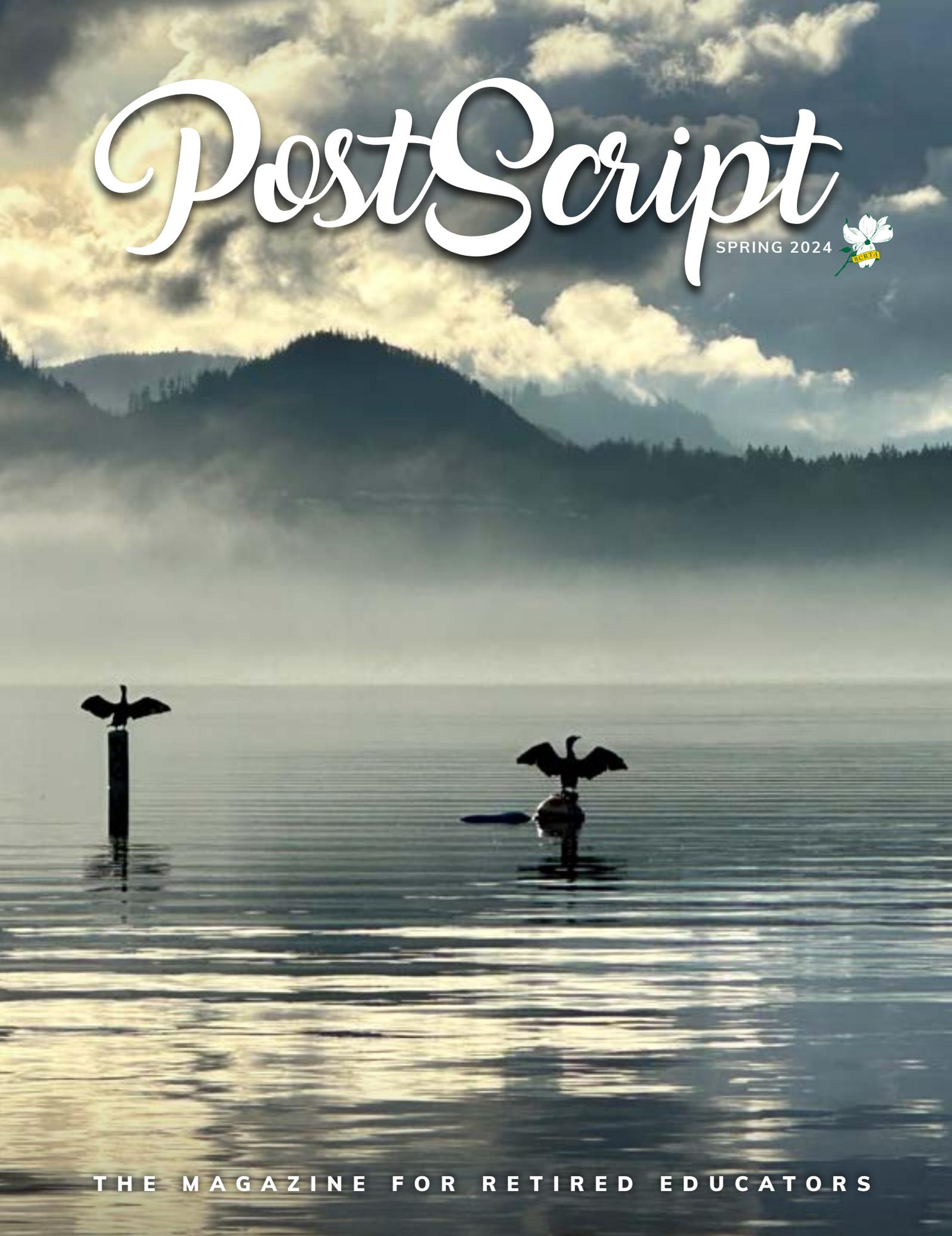


# PostScript

SPRING 2024



THE MAGAZINE FOR RETIRED EDUCATORS

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# PostScript

SPRING 2024



Cover photo:  
Cultus Lake morning  
by BCRTA member Lon Smith

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'Not everything that can be counted counts and not everything that counts can be counted' said Albert Einstein, and he was on to something. In this issue PostScript, we explore some ragged border country - that space between what we know is valuable and what society calculates for us. Of course, when we say "society" we have at least one finger pointing back at ourselves, because we take on the values and modes of being that are generally accepted. At this stage in life, the calculus can be renewed. What do you value? How are you valued, and by whom? We have several pieces on Age Discrimination - how does Ageism show up in our lives? We explore.

There has been no shortage of talk (and late night worries) about how adolescents make sound transitions in their life from one stage to another, but less attention has been paid to retirees. Yes, perhaps it is time for retirees to grow up - or to just grow in meaningful ways. In this issue, **Dave Derksen** muses about life-learning in every sense as a retiree. In his own thoughtful and insightful article, **Helmut Lemke** looks back at the transitions he has made since he left teaching many years ago. At 97, he's had time to think things through.

**Barbara Sunday** offers us images and insights from her latest project, an artists' collective comprising a number of retired art teachers who are practicing their art now that their time is their own.

In retirement **Brian Barnes** turned to art to entertain himself and others and to recover precious memories of simpler times. He submitted a humorous and evocative series of images celebrating the world of his childhood just weeks before he passed away.

Tech expert **Linda Fawcus** is here to tell us the ways in which Artificial Intelligence may be a resource and opportunity for retirees, while also acknowledging its potential pitfalls.

**Arnie Lambert** and **Caroline Malm** report on the work of BCRTA, BCTF and especially retired teacher **Don Reader** in Namibia. An inspiring history of relationships that are entering a new and exciting phase.

We also have our usual dose of travel ideas and good sense for your health and finances, including some brain work in our puzzle section.

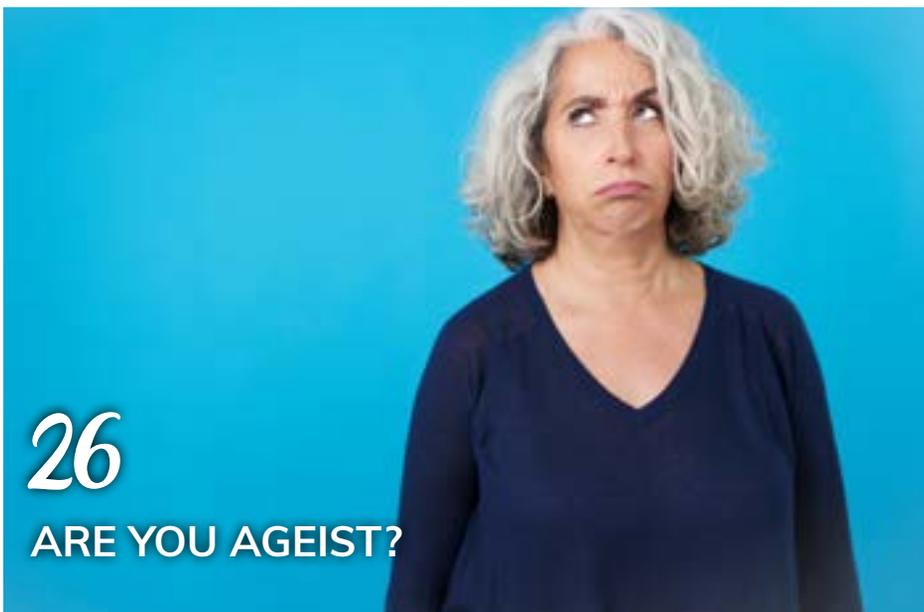
Finally, Assistant Editor **Karen Cooper** has another installment of her popular series on mystery and crime writers. There's some bonus material on our website, too. It's up to you to investigate!

Wishing you the best of Spring,

*The Editor*  
[postscript@bcrta.ca](mailto:postscript@bcrta.ca)

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From the moment of our arrival at the Hosea Kutako airport outside Windhoek, to our eventual departure, it was obvious that the NANTU-BCTF relationship is very meaningful and highly valued. Over the years, a number of BCTF members have travelled to Namibia, and in return, Namibian teachers have come to BC to attend training. As a result, our welcome made us feel like honoured guests; enjoying the results of all the work and relationship-building that the earlier visits had established.

How many superlatives can we use when the trip included classroom children welcoming us in song, Acting NANTU President, **Daniel Humbu** personally driving us through rural Namibia, wonderful meals of the local cuisine (anyone had kudu?), the official opening of an orphanage named in honour of BCRTA member **Don Reader**, and a visit to the Etosha National Park?

With that list of so many extra-curricular events, you might wonder if we actually did any work. We did! Caroline and I, as well as **Andrée Gacoin**, the program Director of the BCTF's International Solidarity program, and **Annie Ohana**, a Surrey teacher and member of the BCTF committee, held a number of meetings with NANTU Secretary General **Loide Shaanika**, her colleague and NANTU National Secretary for Culture **Kavari Jackson**, as well as **Clanet Nomsa**, a retired teacher and university professor.

## EDUCATE TO LIBERATE

In the last issue of PostScript I mentioned that 1st Vice-President **Caroline Malm** and myself had been invited to join the BCTF-sponsored delegation to work with the Namibia National Teachers' Union (NANTU) in their establishment of a retired teachers' organization.

"Educate to Liberate", the motto of the Namibian National Teachers Union (NANTU), not only captures the aspirations of their country and union, but also exemplifies so much of what we learned about the country, the teachers, and their students.



From a BCRTA perspective, our work involved listening; finding out how their union is organized, and what they were looking for in terms of building a retiree organization. Through our discussions we came to understand that their plans for associate membership were to not only include retirees, but also student teachers; a two-pronged approach to advise and help prepare members for both the classroom and retirement. This is an ambitious program, based in part on the fact that unlike here in BC, NANTU membership is voluntary, which is unlike the BCTF experience, but similar to BCRTA membership.

*Andrée Gacoin, Caroline Malm, Kavari Jackson, Annie Ohana, Arnie Lambert and Clanet Nomsa.*



*Photos provided by Arnie Lambert*

We gained a better understanding of their needs, and then also provided considerable information on our organization; the legislative framework under which we operate, our structure and policies and procedures, the benefit programs we provide, as well as our workshops designed to prepare active teachers for retirement.

While we participated in the typical hotel room meetings, we also continued our discussions over lunches and dinners, as well as when we were travelling together through the northern regions of the country.

We are now retired from teaching, but continue to enjoy seeing the accomplishments of students, and their enthusiasm to learn. Mr. Jackson is also the principal of **Ella Du Plessis High School** and he accompanied us on our first school visit. It was

the end-of-year exam day, and the fact that so many teenagers were so quiet says a lot about the importance of the day to them. Did you know that Namibia has one of the highest literacy rates in sub-Saharan Africa?

Our next visit was to the **Dr. Abraham Iyambo Public School**, where 3,000 students attend morning or afternoon classes. This school is located in what is called the Havana informal settlement, a low-income neighbourhood, and while the staff and students face enormous challenges, the school offers so much opportunity.

Caroline noted that, as a language teacher, she was particularly impressed with the respectful multilingual approach taken in Namibian elementary schools. While English is Namibia's

official language, there are seven indigenous languages spoken in pupils' homes. Along with some German, Afrikaans and Portuguese, the environment is richly linguistic. On the morning that we visited the elementary school, we saw students in grades two and five learning to read and write their home languages. At primary grade levels, there are two classrooms for each indigenous home language – impressive! The second half of each day is devoted to learning in English. Above all, the children's smiles and songs of welcome are sparkle spots of time that warmed our hearts.

We visited a large craft centre in Windhoek where local people offered a splendid variety of handmade items for sale. Our group was particularly charmed by multi-coloured beaded metal strands shaped into Namibian animals. There were wooden carvings, richly patterned African cotton clothing and accessories and beautiful jewellery designed by local artisans. We were able to purchase postcards and stamps at the little post office counter located in the centre but in January, they were still 'in the mail'. However, the experience of finding a post office and mailing them on our last very hot day in Namibia is memorable!

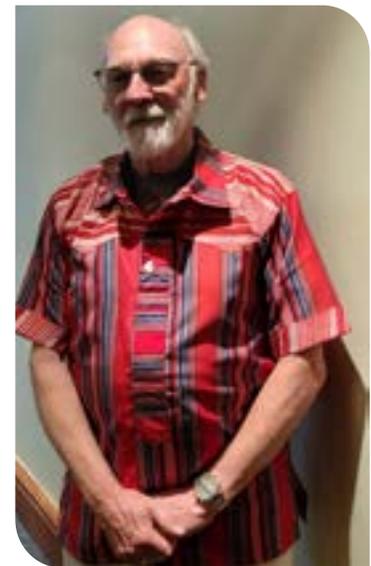
The surprise trip to Nkurenkuru was a further incredible experience that provided proof positive of the benefits of the BCTF-NANTU relationship. We were privileged to attend the official dedication of the **Don Reader Early Childhood Development Centre**. Don, a current BCRTA member, was one of the early BCTF members to work with NANTU, and you can read further about his work and the centre in Caroline's article in the following pages.

Following the dedication, a real treat was in store for us, as NANTU provided a night in Etosha National Park, complete with lodging, and sightings of the amazing African wildlife. Caroline and I have now seen baboons, cheetahs, elephants, giraffe, a hyena, jackals, kudu, lions, ostriches, oryx, rhinos, springbok and steenbok, warthogs, wildebeest and zebras. An additional bonus to this trip was that the driver

of our NANTU vehicle was Acting President, **Daniel Humbu**, who graciously shared his time with us and greatly increased our understanding of both Namibia and NANTU's work.

We were also fortunate to visit **Namibia's Independence Museum** which showcases the Namibian struggle for self-determination. Namibia is a young country, only gaining independence in 1990. The museum highlights the struggle for independence following a century of colonial occupation, and war with South Africa, and while Namibia is young, the indigenous peoples are known to have inhabited the land for at least 35,000 years. What a history, and how wonderful to have had this opportunity to learn some of it!

For that, a big "Thank you" is owed to both NANTU and the BCTF for their generosity in hosting and covering the costs of our trip, and we look forward to continuing this collaboration. •



**ARNIE LAMBERT** is President of BCRTA

# PostScript Letters

## Way Back THEN

Hello friends

Thank you for the Winter PostScript. I have taken a copy to our Museum as there is an article about School Inspectors that features C.E. Clay who taught in Armstrong and was indeed principal during my first year of teaching in 1943-44. I so well remember him as he appeared in the photo on page 19. So he is part of Armstrong history and part of my history from way back THEN.

Marion Hope  
Armstrong

Editor's note: PostScript often brings memories of colleagues from the past, but not usually from 81 years ago! Marion was a 19 year-old new teacher at the time. I had the pleasure of speaking to Marion by phone, and on behalf of PostScript, BCRTA and all her colleagues offered her congratulations on her recent 100th birthday. As sharp as ever, Marion told me that she proudly taught MacLean's Method of writing to her students. She felt qualified - she had learned the method from H.B. MacLean himself.

## Why We Do What We Do

I always look forward to the next PostScript as I really enjoy the travel articles and a great deal of information - keeping us "in the loop".

With appreciation,

Judy Scott

## Travel Advice

Dear Editor,

My wife and I would like to share our cruise experience that turned out to be one of the worst travel and stressful vacations we have ever had. This cruise was from Miami to Lima, Peru and we were prepared with Medoc insurance, credit cards and some US cash.

Four days into the trip we took a tour on shore to a popular seaside resort. Included in the tour was a lunch. Lois requested lunch at 12:00 and I chose not to have any lunch. Two days later Lois became quite ill and went to the ship's hospital. She received intravenous fluids, had many tests

and was requested to return the next morning. The doctor at this time felt she should go for further testing to the private hospital in Panama City where the ship was docked until the next day. In the meantime the ship's hospital bill for \$6,120 US was covered by our Master card. The ambulance fee was \$220 US cash.

Upon arrival at the hospital we were asked for \$15,000 US by credit card. Our understanding from earlier information was that American Express cards were not acceptable. Our Mastercard for that amount was rejected. Fortunately, the doctor allowed treatment to proceed. Tests revealed that Lois had E-coli which would have resulted from tainted food on the Honduras tour. Many stressful hours were endured trying to get money transferred until we finally learned the next day that American Express was accepted and I was able to cover the bill for \$6,056 US.

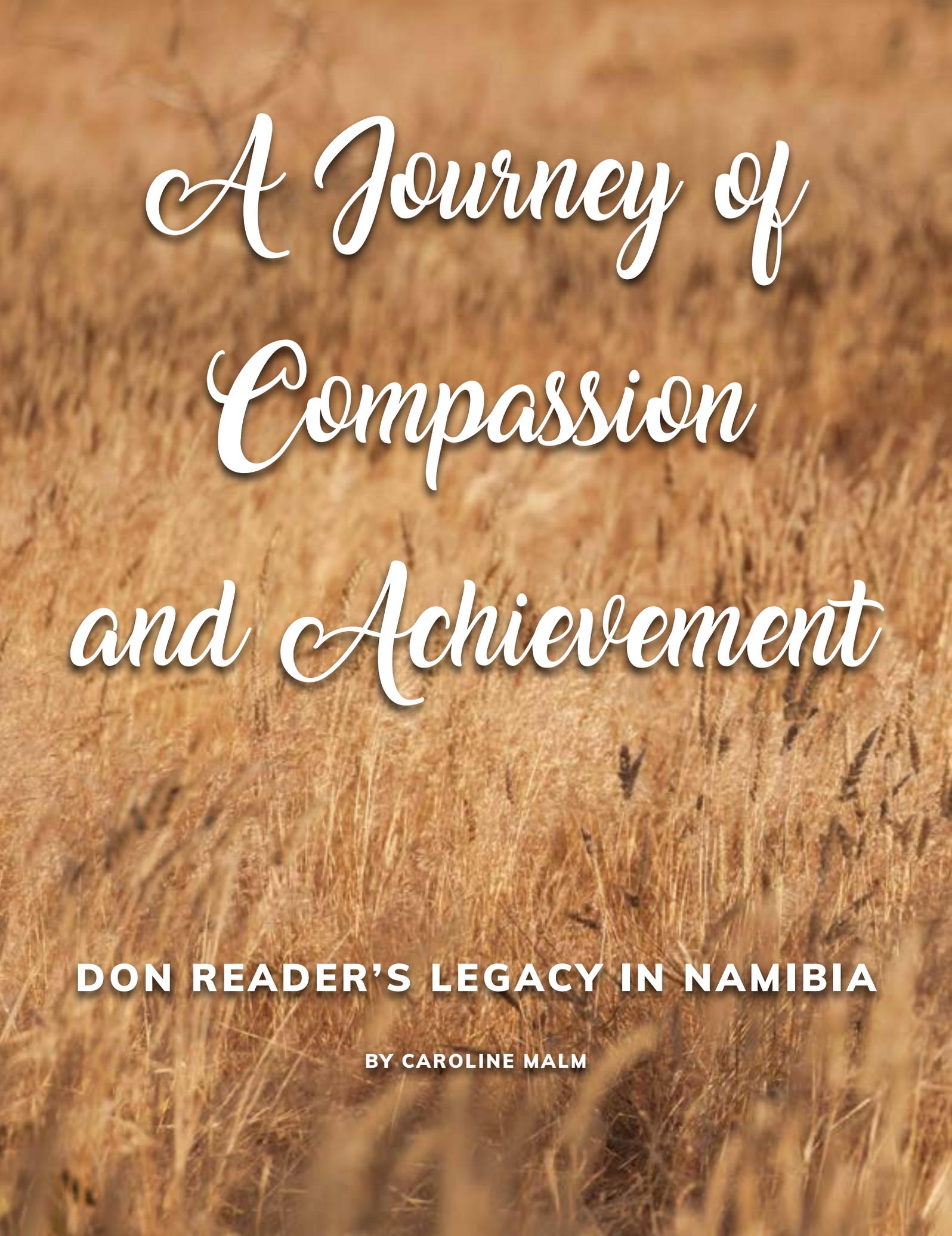
Medoc had been contacted and we were told that all medical information and receipts had to be submitted to Global Excel for the claim to proceed. Upon our return we sent all papers to Global and 6 weeks later we received a cheque for the full refund. We were very thankful for having medical and travel insurance with Medoc. Lois continued to struggle with E-coli symptoms throughout the trip and beyond. Lesson learned - do not eat off the ship, especially in poor countries.

A further note to all retired teachers planning to travel abroad - have necessary travel insurance, keep all medical papers if a claim is involved and carry 2 credit cards with lots of credit.

Teodore "Fred" Fedorak

Editor's note: A lesson here is to contact the MEDOC claims center **before** seeking medical attention. They will assist you in locating medical help and will arrange to pay providers directly. Once the medical care provider realizes that all bills will be covered directly they will not require you to pay out of pocket for treatment. The contact information for the claims center (via Global Excel) is in your insurance documentation. Carry it with you on your trip and use it first!

Write us at [postscript@bcrt.ca](mailto:postscript@bcrt.ca)



*A Journey of  
Compassion  
and Achievement*

**DON READER'S LEGACY IN NAMIBIA**

**BY CAROLINE MALM**

As members of the recent BCRTA/ BCTF delegation to Namibia, BCRTA President Arnie Lambert and I had the honor of witnessing a remarkable event in Nkurenkuru, a northern town in the province of West Katanga. Don Reader, a retired Vancouver school board area counsellor and fellow BCRTA Member, was celebrated for his extraordinary contributions to the Namibian National Teachers' Union (NANTU) and the broader community.

Don's journey with Namibia began in 1994 through a program sponsored by Oxfam Canada and the BCTF International Solidarity Committee. His initial mission in concert with Susan Lambert was to foster union development in a nation still reeling from the impacts of apartheid. One of his first major achievements involved supporting a basic two room school funded by Oxfam in a rural area of northwest Namibia. The inspiration for the building had come from a workshop attendee,



*Don Reader with members of the community. Photos provided by Caroline Malm.*

Kate Eilo, whose school was literally under a tree. Don's resourcefulness and determination led to the provision of a water tower, toilets, fencing, books and a garden.

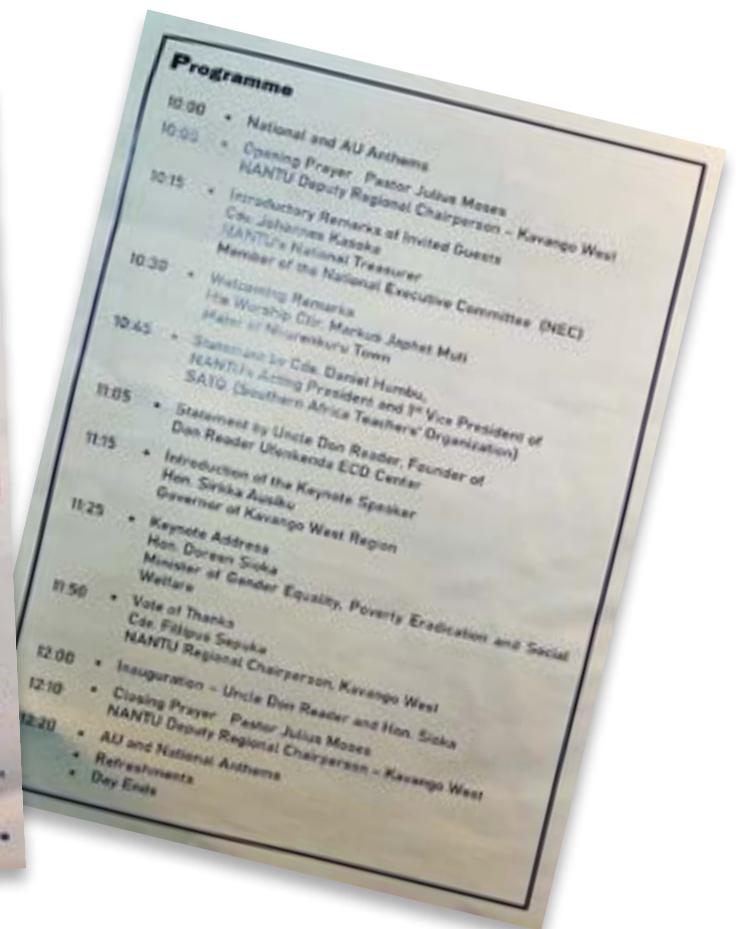
His efforts didn't stop there. Don facilitated the journey of many Namibian teachers to Vancouver, where they studied conflict resolution at the Justice Institute and participated in various educational programs. This cross-continental educational exchange was a testament to Don's commitment to fostering global connections and learning.

The turning point came when Don, seeking a new challenge, met with David Hamutenya. David introduced him to a shed in Nkurenkuru, serving as a feeding station for orphans affected by the AIDS pandemic. The sight struck a chord in Don, igniting a fundraising initiative for a proper building. Named 'Ufenkenda', meaning sympathy and compassion in the local Kavango language, the building started serving the community even before its official completion in 2015.



*Caroline Malm converses with Namibian teaching staff.  
Photo by Arnie Lambert.*

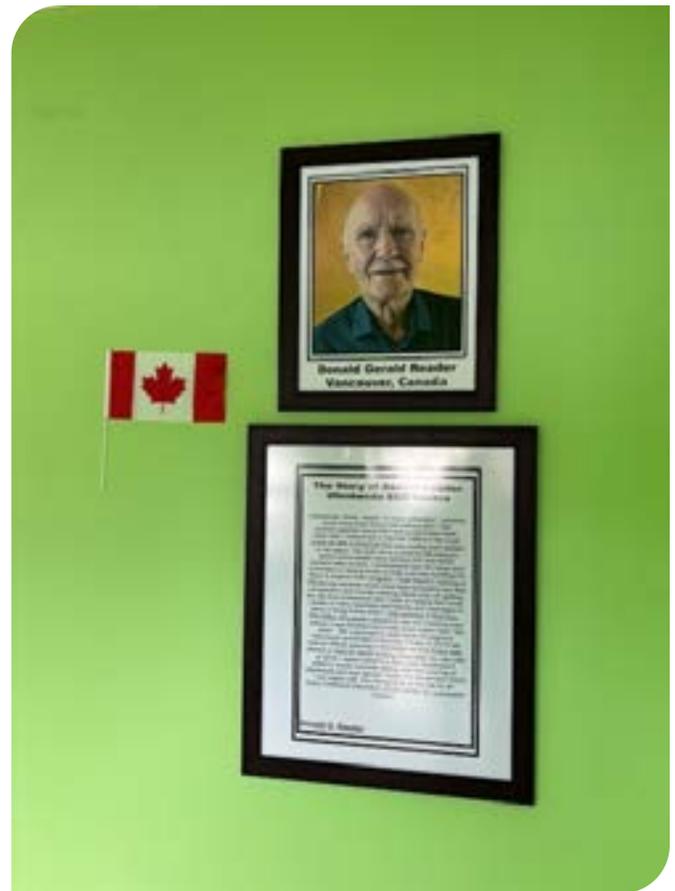
In 2019, recognizing the need for local management, Don entrusted NANTU with the project. His dedication and impact were so profound that in August 2023, Loide Shaanika, the secretary-general of NANTU, invited him to a special ceremony to be held in November. It was



there that the Ufenkenda Centre was renamed in his honor: The Don Reader Ufenkenda Early Childhood Development Centre for Vulnerable Children.

Our BCRTA/ BCTF group, coincidentally in Namibia at the time, attended the ceremony. On November 15, Arnie and I along with BCTF delegates Andree Gacoin and Annie Ohana joined Don and his colleague Brad for the flight north from the capital city of Windhoek to Rundu. We then travelled 135 kms by road to Nkurenkuru. The Namibian landscape from the air and on the ground was breathtaking! The ceremony, held outdoors under a tarpaulin that shielded us from both the hot sun and the occasional rain shower, was a vibrant and deeply felt celebration of Don's work. The rural ambience was punctuated from time to time by the braying of donkeys tethered nearby.

Little children, dressed in their school uniforms, exemplified the impact of Don's efforts. Seeing a five-year-old boy leading the singing of the national anthem was a moment of pure joy and pride. Don's speech, reflective and heartfelt, underscored his deep connection to Namibia and his unwavering commitment to the well-being of its children.



*A wall plaque marks the contribution of Don Reader and acknowledges Canada, too. Photo by Caroline Malm.*



*The ceremony. Photo by Caroline Malm.*

The celebration concluded with lunch, symbolizing the nourishment that Don's project continues to provide to the community. This celebration was not only a recognition of Don Reader's achievements but also a testament to the power of compassion and collaboration across continents. It's a story that resonates deeply with those who recall the motto, "Kids matter, teachers care". It's a story that serves as a beacon of hope and inspiration for us all. •

**CAROLINE MALM** is 1st Vice-President of BCRTA. She is grateful for the help she had in researching this article with a number of facts and memories supplied by Colin Mackenzie and Don Reader.

# important dates

## Canada Pension Plan and Old Age Security

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

### Payment dates 2024

#### 2024

- January 29, 2024
- February 27, 2024
- March 26, 2024
- April 26, 2024
- May 29, 2024
- June 26, 2024
- July 29, 2024
- August 28, 2024
- September 25, 2024
- October 29, 2024
- November 27, 2024
- December 20, 2024

## Teachers' Pension Plan

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

### Payment dates 2024

#### 2024

- January 30, 2024
- February 28, 2024
- March 27, 2024
- April 29, 2024
- May 30, 2024
- June 27, 2024
- July 30, 2024
- August 29, 2024
- September 26, 2024
- October 30, 2024
- November 28, 2024
- December 23, 2024

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# AI AND YOU

UNDERSTANDING ARTIFICIAL INTELLIGENCE

BY LINDA FAWCUS

The dominance of Artificial Intelligence (AI) in the headlines might give the impression that its development has been sudden. But as Steve Jobs said, “Every overnight success you’ve ever heard about took a long time.” In the case of AI, that “long time” has been 60 years in the making. You’ve likely been using AI since the 2010s, if you’ve ever taken a photo with your mobile device, had Google Maps help you with directions, or relied on autocorrect to fix a typo.

Fire allowed our ancestors to thrive, electricity birthed the Industrial Revolution, and microchips started the digital era. AI dawns the era of unprecedented human capability and knowledge. Anything we can do with our human intelligence, we can do better with AI. It gives us a realistic shot at solving impossible challenges, from climate

change to eradicating disease. I’m better at math with a calculator; times that by a trillion trillion and you might be scratching the surface of what humans can do alongside AI.

## AI GETS CHATTY

Three words make the AI we’re talking about today different than the AI of the 2010s (and they’re a mouthful)—Generative Pre-trained Transformer (GPT). Using a GPT chatbot feels like you’re talking to a human. OpenAI’s 2020 launch of ChatGPT-3 was a significant leap forward, and GPTs have been being integrated into everyday products and services ever since. This widespread integration of ChatGPT makes it a topic of dog walks and dinner parties.

## **A ROBOT UPRISING?**

Fear-inducing headlines attract more eyeballs, and that means more ad revenue. Stories about the coming AI robot uprising can be a pretty compelling read, as long as you realize they are fiction. These headlines are mixing the narrow AI we have today with Artificial General Intelligence (AGI), which does not exist yet.

But the concept of AGI does keep a lot of people up at night. The goal of AGI is to be more intelligent than humans. Some worry that if not controlled, it may eventually part ways with us by destroying the human race. Circle the AGI Launch Date for some time between 2040 and never-will-happen; back in the 60s, they thought it would take 20 years.

## **STATE OF AGI DEVELOPMENT**

Every major tech company around the world and companies you've never heard of are working to achieve AGI. If they get there, the world will be very, very different. It will challenge our understanding of what makes humans unique, our role in work, and how the wealth generated by AGI will be distributed. These are once-in-a-species questions, and I can see us getting help from AI to navigate them.

But AGI is not something that will pop out of a garage like the personal computer did. Microsoft needed \$13 billion to partner with OpenAI, and IBM has burned through \$200 billion. You need bottomless pockets to play this game.

Big money means AGI will undoubtedly be controlled by a select few, which threatens greater inequality. What countries and what people control AGI is a conversation the global community needs to have. We must be vigilant and proactive in ensuring that AGI is developed and used responsibly and for the benefit of all. For now, AGI is a goal, not a reality.

## **AI IN 2024**

Today's AI is math and code trained on our past behaviours scraped from the entirety of the Internet. It doesn't think like humans. It's not sentient. It has no feelings. And it cannot go beyond the bounds

of the math and code that humans have created to control it. If you want to put your fears of human extinction in the proper bucket, I would drop it in the one labelled Climate Change.

AI will make it easier to do everything—the good and the bad. I like the analogy to fire and rocks—these are tools we used to feed ourselves and build our homes. They were also used to burn us and kill people. Such is human nature, but we can't un-ring the AI bell. AI is not a physical thing to be locked away. Anyone can learn how to build an AI using free online courses and YouTube videos. Instead, we can use AI to help prevent AI-assisted crimes before they happen. The best defence is a good offence, after all. We have time to take proactive, assertive action. The good news is that we already have laws to deal with the AI-assisted bad guys.

The bad news is that deepfake videos, photos, and audio are here. No, that wasn't the Ukrainian president Volodymyr Zelenskyy telling his soldiers to lay down their weapons or explicit pictures of Taylor Swift on X/Twitter, or Taylor Swift (again) giving away Le Creuset cookware. Today, we can't trust anything we see or hear online unless verified.

Cryptographic signatures will help verify digital content, but that technology is not yet ready for widespread use. For now, we must protect ourselves from deepfakes by verifying digital content and not participating in spreading misinformation. It's like gossip on steroids or worse. The concerns that AI will create a surge of deepfakes and other forms of misinformation in the upcoming US and Canadian elections are real. Some experts are optimistic that AI-related threats won't materialize this election cycle. The optimists among us believe it's possible that AI could benefit democracy by helping engage more voters. Fingers crossed.

## **AGING ALONGSIDE AI**

We are the first generation who will age supported by AI. How much of it you use will depend on your mindset. Getting old takes bravery. Now is the time to lean into that. If you want to stay living in the home you love, find ways to weave AI into your everyday routines. A smart speaker or the digital assistant on your mobile device are good places to start.

# *AI will make it easier to do everything— the good and the bad...*

Then, do what you can to move beyond the handful of apps you've used for years and embrace new AI-based technology. Ask yourself if you're ready for:

- Health Monitoring Devices
- Watches with Fall Detection and Emergency Assistance
- Medication Management and Reminders
- In-home Automation for Convenience and Safety

If not, why not? Some of this is available today, and by 2030, the average smart home is expected to have 20 devices connected to the Internet, many relying on AI.

People tell me they won't wear an Apple Watch or similar tracker because of the perceived invasion of privacy (yet these people are on Facebook). OK, but today, that watch can call Emergency Services if you fall. And it will eventually alert you long before you fall by detecting subtle changes in your stride or other factors. It might then remind you that a change in your exercise routine is needed if you want to stay fit enough to live independently. Tap Yes! and a personalized workout plan and new playlist will land on your smartphone. You can even tell your AI to offer nudges to keep you going.

This may all feel intrusive. But having AI help you take a proactive approach to your health and fitness could save you from moving into a care home before your time—and that's a place where your privacy looks a whole lot different.

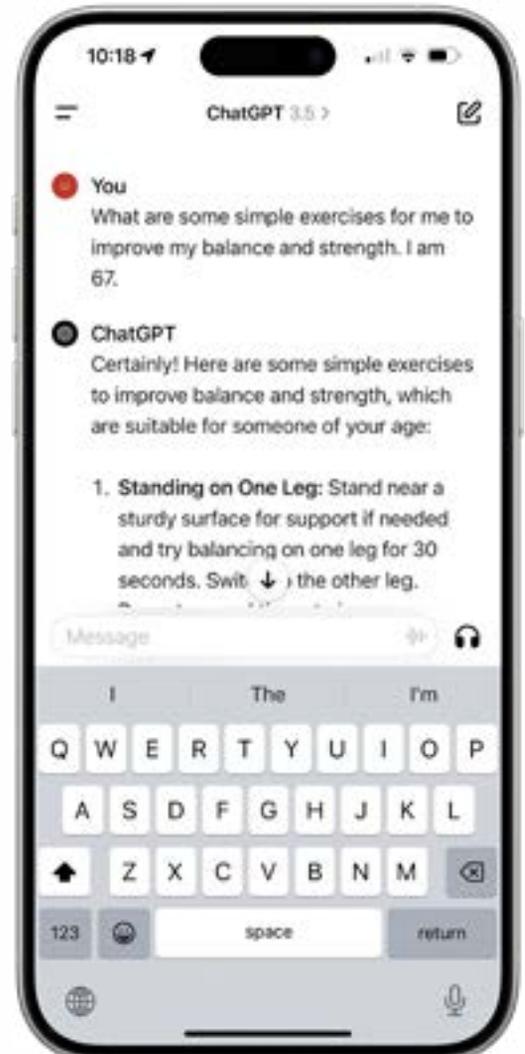
AI technologies can significantly contribute to the safety, health, and overall quality of life for us older adults. It will become a lifeline as our world shrinks, as it sadly does as we age. Bring on the AI-driven cars to chauffeur us to fitness classes, stores, and gatherings.

## **IT'S ALL ABOUT THE PROMPT**

2024 is the year AI goes mainstream. The best use of your time today is to get comfortable with ChatGPT. It's the most popular and advanced (for

now), but Google's Bard is catching up and coming to Canada soon. You can ask it anything.

When you talk to ChatGPT, it's called a conversation. Start with a question called a prompt. Make your prompts clear and specific about what you want to achieve. A great starter prompt is "I'm new to using ChatGPT. Explain what a prompt is and give me tips on using this tool effectively."



*The conversational interface of Chat GPT*

Here's a more detailed prompt that nicely highlights the difference between ChatGPT and a Google search.

Provide recommendations for the best canal barge cruise routes in Europe in October. I am looking for options that ideally meet the following criteria:

- Routes with good weather in October.
- Routes with optimal water levels for safe and smooth cruising.
- Less crowded areas to avoid tourist congestion.
- Routes that are highly scenic and have opportunities to experience local culture. Add information about picturesque areas or routes that pass through regions rich in cultural heritage.

Keep your conversations focused. Avoid combining questions about what book to read with requests for exercise ideas to help you win at pickleball in a single conversation.

Remember ChatGPT makes mistakes, so double check the answers you receive. Common sense and online research will help you land on answers you can trust. But each mistake makes me smile, knowing we're smarter than AI (for now).

### **CHATGPT PRIVACY AND DATA SECURITY**

ChatGPT cannot act on or share the information you add to a conversation. OpenAI promises ChatGPT is designed to prioritize your privacy and data security. Basically, it's the opposite of Facebook.



*AI is behind many of the features in an Apple watch.*



### **USING A SEARCH ENGINE WITH CHATGPT**

Using ChatGPT with any search engine is a powerful combo.

1. Start by asking ChatGPT for in-depth explanations and information on your topic. It's great for breaking down complex subjects. Ask it to brainstorm with you to spark new ideas.
2. Search online to cross-check facts and find other perspectives. If something of interest pops up, copy it into your ChatGPT conversation.
3. Ask ChatGPT to summarize everything to give you a solid grasp of your subject.

### **WHERE TO FIND CHATGPT**

There are two models of ChatGPT available at the time of this writing. ChatGPT-3.5 and ChatGPT-4. You can access them in a few ways:

#### *Through Microsoft:*

Get ChatGPT-4 for free through the Bing browser. Go to [bing.com](https://bing.com). This works for Mac and PC devices.

#### *Through OpenAI:*

Go to [chat.openai.com](https://chat.openai.com) to sign up. Or get the ChatGPT app from your App Store. ChatGPT-3.5 is free. ChatGPT-4 will set you back US\$20 per month.

## IF IT WALKS LIKE A DUCK

It's tempting to treat conversational AI like people. But when we form emotional attachments to AI, we shift into dangerous territory (although I do love my smartphone). Because we're talking about using social robots to care for and be companions to the elderly, these are important ethical and philosophical conversations to have now.

Keeping the line between humans and AI defined is critical. Saying "Please" and telling the AI it's "doing a great job!" blurs that line. Consider saving the Rules of Etiquette for your humans. After all, you probably don't say "Thank You" to the Weather app.

## READY TO LEARN MORE?

We've created the Gluu Guide to AI to get you started with AI and ChatGPT in your everyday life.

It's available for free at Gluu Society:

[gluusociety.org/ai-guide](https://gluusociety.org/ai-guide)

Leveraging her 28 years of expertise as a tech entrepreneur, **LINDA FAWCUS** founded Gluu Society, a nonprofit organization in Canada to help older adults use technology to stay happy, healthy and connected. Check out her TedTalk "*The Surprising Ways Technology Is Transforming How We Age*" which is available on YouTube.

Linda also recently was interviewed on the topic of AI by David Denyer, BCRTA Director and Communications Committee Chair. That interview is available on our website at [bcрта.ca](https://bcрта.ca).

## WE ASKED AI FOR THIS SIDEBAR

### postscript.editor

Create a sidebar article using bullet points to relate the following statistics:

- the rate of adoption of AI by businesses and government by year
- projections for the future
- the number of AI solutions in the market
- the percentage of population using AI regularly

### ai.assistant

Sure, here's an article on the adoption of AI by businesses and government:

- Business adoption of AI has been on the rise in recent years, with many companies using AI to improve their operations and efficiencies. The increasing use of AI by businesses is reflected in the growing market for AI solutions, with an estimated \$22.7 billion spent on AI services in 2018.
- Government agencies have also been adopting AI to improve public services and policy making. The use of AI in government has been driven by a desire to improve transparency, reduce costs and increase efficiency. For example, the US government is currently investing millions of dollars in AI research and development projects.
- The rate of adoption of AI by businesses and government is projected to continue growing in the coming years, with AI solutions becoming even more prevalent. By 2025, it is estimated that the total global AI market will reach \$62.5 billion, with many new AI applications emerging across various industries.
- An increasing percentage of the population is also using AI on a regular basis, with many people interacting with AI-powered devices and applications in their daily lives. As AI becomes more integrated into our lives, it has the potential to transform the way we work, live and communicate.

**Editor's Note:** *Statistics in AI are often years behind because the training datasets only have information up to a fixed point, sometimes years in the past. Based on a language prediction model, AI has no inherent ability to evaluate data and is therefore not skeptical of inputs. Perhaps that is why it says that government wants more AI to "improve transparency."*

*My conclusion is that AI will not replace our writers anytime soon. Nor our readers, thank goodness!*

**BCRTA EXCLUSIVE**

# Long Stay in Spain

**Oct 31 to Nov 30 2024**

**31 Days/29 Nights**

**FROM ~~\$4,299~~ \$3,999 PP\***  
(AIRFARE EXTRA)



\*\$3,999 CAD per person, based on double occupancy in a studio or one-bedroom apartment, with a kitchenette (for the Long Stay Portion in Fuengirola on the Costa del Sol). All prices are plus tax (15%). Confirm details when booking.

Join other BCRTA members on this Long Stay Vacation in Spain! Also enjoy included sightseeing such as **La Sagrada Familia** in Barcelona, **Alhambra Palace** in Granada and other remarkable sites in both cities.

Immerse yourself into the Spanish culture and enjoy a warmer climate with sunny skies. Meet new friends and make great memories in the beautiful **Fuengirola**, located in the heart of the **Costa del Sol**. As a BCRTA Member, you are welcome to invite family and friends to join!

This trip starts in **Barcelona** for 3 nights before continuing on to **Valencia**, **Granada** and then staying put in the **Costa Del Sol** for 22 Nights!

**\* OPTIONAL 5 NIGHT PALMA DE MALLORCA POST EXTENSION \***

Fuengirola is a nice coastal town just south of **Málaga** (30km away). The ideal location of the apartments offers you all the desirable facilities for a complete and relaxing vacation. In the heart of the **Paseo Marítimo** (beach promenade), in front of the Marina and one of the widest and most extensive beaches on the Costa del Sol. In the surroundings, restaurants, bars, supermarkets, pharmacies and all kinds of shops.

\*Packaged price is based on arrival into Barcelona on November 1st and departing out of Barcelona on November 30th.



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# TRAVELLING AROUND CHINA BY TRAIN



Photo by iStock

**TEXT AND PHOTOS BY SUSAN CHENG**

When China announced that visitors no longer needed to undergo pre-entry Covid tests or quarantine, my husband Joe and I applied for a tourist visa to visit the country for three weeks via bullet train. Knowing we could only visit a small part of this giant country, we focused on the large cities within 5 hours or less of each other on the east coast with frequent trains per day. Prior to leaving Vancouver, we purchased all our e-tickets online.

We left Vancouver on November 10, and spent a few days in Hong Kong before embarking on our first short bullet train ride from Hong Kong to



Photo by iStock

*Guangzhou high speed trains.*

Guangzhou. From Guangzhou we flew to Qingdao, an ideal start for our train adventure with its well-known European architecture, beer, beaches, seafood, and for having hosted the 2008 Olympic Sailing Competition. The metro system there is cheap, easy to navigate and not overly crowded. There were no lineups at any of the tourist destinations that we visited.

My favourite museum in China was the Qingdao Olympic Sailing Museum, in its modern building by the waterfront away from the hustle and bustle of the city. It was free to enter the museum but like all the museums we visited, required you to present your passport before going through security and having any bags screened. This museum, like many of the museums we visited, had English translations on the artifacts.

To visit Qingdao and not visit Laoshan Mountain is like you haven't been to Qingdao at all. It is about an hour from the city by metro. Of the traditional "scenic spots" in Laoshan, we visited the two most popular. We were bussed to the Taiqing Gong ("Temple of Divine Purity") parking lot, then climbed many stairs to reach the palace and a statue of Laozi, the founder of Taoism. We didn't stay long, then walked down the stairs and caught the bus going back down to the park entry. There, we caught a different bus to Jufeng Xuzhao ("rising sun in the morning on the highest peak"), which took us to another set of steps, and a



*Laozi, founder of Taoism.*

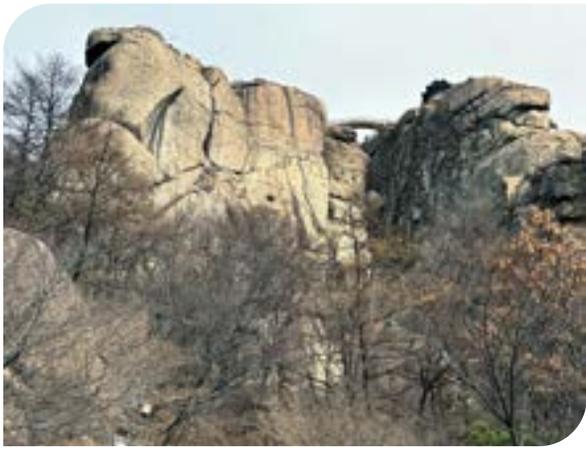
cable car, then many more steps. Total time going up all those stairs was around 45 minutes, but it was worth it, since this is the highest peak of the Laoshan Mountains and the best spot for viewing the sea and mountain landscapes.

From Qingdao we took the fastest train, less than 5 hours, to Shanghai, where we spent four nights. Going from Qingdao to Shanghai was a real eye opener. Shanghai is probably the most expensive and most populated city in all of China. It is a very popular international tourist destination with many sites marked in multiple languages, and with many luxury brands dotted around the city. The traffic is unbelievably busy, with lots of honking and people everywhere.

The metro is cheap and the best way to get around in cities. The machines are user-friendly and have an English option. Fares for each trip are easy to figure out. However, using the metro also has its challenges. Every time you ride the metro, you need to go through a security check which meant putting



*One of many deserted beaches we visited in Qingdao, it was a very windy day.*



*ABOVE Jufeng Scenic Spot viewing platform and pavilion.  
BELOW Zhujiajiao is known as the Venice of Shanghai*

your handbag through an x-ray screening device. If you have water, sometimes the screener will ask you to take a sip! There's lots of pushing and shoving to get on and off and no one offers you a seat. People will sit in areas designated for seniors,

ignoring those around them. This saddened me and felt like a form of entitlement.

To escape from the hustle and bustle of the city, we took a day trip to an ancient water town, Zhujiajiao, on the outskirts of Shanghai about 90 minutes away. What a surprise! Zhujiajiao is known as the Venice of Shanghai and is quite laid back. The village is about 1,700 years old and there are winding stone pathways, cafes, and shops that line the riverbank. Just as in Venice, you can enjoy a private gondola ride to see the village. The ride takes you up and down the main canal for about 10 minutes for 40 RMB, about \$8 Canadian.

The village is known for its bridges. Of over 36 stone bridges throughout the village, Fangsheng Bridge is the most popular because of its height and five symmetrical arches. Standing on the bridge you have a good view of the old homes along the river.

My favourite experiences came in visiting ancient





*Fangsheng Bridge*

towns like this one away from the city centres. These towns were so relaxed and the people were friendly to tourists. You could cross the street without any fear of being run over by a scooter weaving between the pedestrians, and drivers actually stopped!

After Shanghai, we next travelled 2 hours by train to Ningbo, one of China's oldest cities. Ningbo was quiet compared to Shanghai. English is rarely spoken here except at the hotel. We visited a few tourist spots and passed many temples near our hotel. We then visited CiCheng, an hour away from Ningbo by metro. It's an ancient walled city dating from the 8th Century, when it was renowned for its handicrafts. We found stalls outside the village selling nian gao, a fresh warm noodle in plastic bags, which originated in this town.

We also visited Shaoxing a 40-minute train ride away. This town is known for its locally produced rice wine. We purchased second class tickets for the journey, and it was really crowded. The seats are in a two by three formation, and we sat apart.

After four nights in Ningbo, our train to Fuzhou took under 4 hours. Fuzhou was my favourite city mainly due to its green space. No matter where you were in the city, there was always a park or mountain nearby. West Lake Park, the best-preserved classical garden in Fuzhou, has a history of more than 1,700 years. The park is built around a huge lake, and there are paths and bridges that run through smaller gardens, temples, and pavilions.

Located nearby West Lake Park is the Fuzhou Museum. Like all national museums in China, it gives an overview of the history and life in Fuzhou thousands of years ago. It has around 170,000 items. I especially liked the silk garments found in an ancient tomb, which were still in excellent condition.

Yushan Mountain looks like a giant turtle from a distance. As you approach the hill, you see the famous White Pagoda Temple, one of the tallest buildings in Fuzhou. There are many banyan trees here, including one that is over 1,000 years old. The whole mountain is dotted with historical buildings, pavilions, and "rock caves". The legend for one cave was that seven brothers lived inside, and they discovered an elixir that enabled the brother who was blind to regain his sight. The paths are well laid out, not too steep, and there are many different paths that you can take to avoid the crowds.

Fuzhou had some of the best foods that I tasted on this trip excluding Hong Kong and Guangzhou. We ordered three of their specialty dishes. My favourite was litchi pork, deep fried morsels of boneless pork, served with a sweet and sour sauce and some potato wedges, and garnished with lychee fruits. Another signature Fuzhou dish is fish balls stuffed with minced pork, ordered with noodles, congee, or soup. Buddha Jumps Over the Wall is a stew or soup of expensive seafood cooked for several days. It was slightly over \$30 Canadian for a small bowl of soup but many people around us ordered it, so we figured it must be good. Joe enjoyed it but I didn't; there were herbal ingredients added that didn't agree with my taste buds.

The ride from Fuzhou to Shenzhen was 5 hours. Our final destination was Hong Kong. Since the train did not go to Hong Kong we got off at Shenzhen and purchased a second-class ticket for less than \$20 Canadian to Hong Kong. Within 20 minutes we were in Hong Kong. Going through China Immigration and Hong Kong Immigration was a breeze.

When I started this trip, I had very limited knowledge of China as it was not part of the BC curriculum during my schooling years. China has many more beautiful places which I am fascinated about and would like to visit in the near future.



*ABOVE Fresh nian gao*

## NOTES ON TRAIN TRAVEL

We really enjoyed travelling by train. It was fast, efficient, cost effective, not weather dependent, reliable, and on time. We did not encounter any delays nor cancellations. All the train stations we used were within the city centre. I would recommend train travel over short haul flights within China to avoid the hassle of waiting at the airport a few hours ahead of your flight.

Train travel is very popular, and seats sell out fast. Purchase all your train tickets online before you leave, as many seats are sold out in advance. Communication can be a problem as many do not speak English if you need to purchase a ticket in person. No boarding passes are needed and passports are scanned prior to boarding the train.



*The Brothers' Cave*

In first class the seats are in a 2 x 2 formation and slightly bigger than second class. We made sure the rides did not exceed five hours which we felt was the ideal amount of time to be sitting on the train. All the train stations were within the city and often connected to a metro line.

The train stations are very user friendly. Even if you can't read Chinese, it's fairly easy to figure out. If you arrive 30 minutes before your train departs it should be fine. The gates open 15 minutes before the train departs. Foreign passports have a separate line for check in during departures. Be prepared for lots of pushing and shoving when the gates open, despite the fact that everyone has an assigned seat everyone seems to be in a rush. •

## OTHER TIPS FOR TRAVELLING IN CHINA

- Download the Alipay or WeChat pay app before you leave as you can now link your Visa card and go cashless like the locals. They still do accept cash everywhere.
- When purchasing a sim card for your phone, ask to make sure that you will have access to Google, Google Maps, Facebook, YouTube, WhatsApp, and Netflix.
- Stay at International Hotels—English is widely spoken.
- Crossing the streets is a daunting experience, beware of scooters weaving in and out of pedestrians.

**SUSAN CHENG** was an Intermediate teacher who taught all grades from Grades 3 to 7. She retired from SD 41 and loves travelling. On this trip she visited Hong Kong, Tokyo, Guangzhou, and several cities on the east coast of China.

# Are You Ageist?

BY PAT THIESEN  
& THE BCRTA  
WELL-BEING COMMITTEE



Most of us would probably say a definite no, but taking a closer look at the issue might indicate that we, unknowingly, contribute to this societal condition. Even as we vehemently decry AGEISM, we still internalize that aging is somehow a negative and instinctively limit what we can do or colour our options. Simple examples of this behaviour may be forgetting where you left your keys or the name of the book you are currently reading and saying it is just a “senior moment”. Deciding not to try something new like learning to paddle a canoe or shying away from new skills like integrating a new program into your computer work because you’re “too old now”, “it’s too complicated”, or “I don’t really need to know how it works” - because tackling those things is perceived as something only younger people can do.

Unfortunately, even a little of that kind of self-regulation and negativity leads to a self-fulfilling prophecy gradually leading to poorer health, a reduced lifestyle and may even shorten your life.

Yale professor, Becky Levy, writes in her book, *Breaking the Age Code, How Your Beliefs About Aging Determine How Long & Well You Live*, that changing your mindset about aging, both personally, as well as socially, can directly impact your physical health, mental health and physical function(s) in life. She writes that those who have more positive age beliefs

- a) live longer (7 ½ years more) than those who are stuck with negative age beliefs.
- b) score higher on basic memory tests especially after discussing positive age ideas - whether

they were age 60 or 90, had different education levels or where they lived.

- c) walked faster and with better balance after discussions about positive age ideas than those who did not have those discussions.

A University of Michigan study found that 82% of older US adults polled reported some form of ageism daily and that more than a third of those age 50 – 80 were found to be internalizing ageism. Those who saw aging in a more positive light believed their health as excellent or good while those with fewer positive thoughts didn't report their health to be as good.

It should come as no surprise that internal ageism exists within us all. How many of us experienced a birthday party “celebrating” a 50th with black Over the Hill balloons or received cards with greetings like “Senior Moment – You know you're old when the songs you danced to are now elevator music”. The not so subtle media messaging that aging is negative and constant. Portrayal of seniors in movies and TV, more often than not, seem frozen in time as doddering comic foils, endearing eccentrics, tactless truth-tellers or all-knowing keepers of wisdom.

There is little effort to show those over 50 as vibrant, diverse contributors in today's society and not a burden to be borne.

Out of this milieu, cast over many decades, comes some positive news. By recognizing the effects of Ageism on us, we can make changes personally. Doctor Levy created what she calls the ABC's of Age Liberation:

- **A is for Increased Awareness**, both self-awareness and awareness of outside negative age beliefs
- **B is for Place Blame Where It Belongs**. Put blame, where it's needed, on ageism rather than aging itself.
- **C is for Challenge Negative Beliefs**. Say a friend expresses some worry about becoming a “burden” and needing to depend on others when they get older. You might gently remind your

friend that people need support at every stage of life. Children need adults to teach and protect them. Young adults often need mentorship and emotional guidance. Adults of middle age often benefit from help with child care and financial support. Most people aren't entirely self-sufficient, and that's just fine.

Back in January, a campaign to help us end internal ageism was launched by a non-profit group called Changing the Narrative. We can strive to be better educated and thoughtful about ageism which will help us deal with the negative messages we sometimes get from family and friends as well as society at large. Be pro-active and anti-ageist. •

### SUGGESTED READING

*This Chair Rocks: A Manifesto Against Ageism* by Ashton Applewhite (Celadon Books)

*Ageism: Stereotyping and Prejudice against Older Persons* Edited by Todd D. Nelson (Second Edition, Bradford Books)

*Ageism Unmasked: Exploring Age Bias and How to End It* by Tracey Gendron (Steerforth)

### SOURCES

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# THE OGRE OF AGE DISCRIMINATION

BY MARLENE LEGATES



Have you been a victim of age discrimination? I bet the answer is “Yes,” although it likely was the benign variety, such as someone offering you a seat on the crowded bus (although it’s a shock the first time it happens: “Do I look that old?”). It can even be charming as when, while travelling in Indonesia, we were treated with deference and addressed as “Mana and Papa.”

But sometimes it’s neither benign nor charming. My first negative experience came when I signed up for a horseback riding excursion in Spain and saw that I was long past the maximum age of 70. In response to my outraged protest, the owner of the enterprise explained that it was a matter of

insurance and that I could waive it if I wanted. No more was said on the matter, neither then nor when I showed up for the disappointingly tame ride through the Catalan countryside. Nevertheless, the age requirement on their website is now listed simply as “10 and above.”

Little did I expect that a more grievous experience of age discrimination awaited me at home.

In 2019, my partner Al and I invited our 10- and 12-year-old granddaughters on a kayak trip. Often in past summers we would spend a week to ten days camping and kayaking, our favourite place being the east coast of Vancouver Island, where the orcas play.



We would put in at Telegraph Cove and paddle down to set up camp at Kaikash Creek. Literally dozens of whales might pass up and down during the day, the residents joyously greeting friends and relatives who would arrive from the north. Watching a whale pass underneath your single kayak is a thrilling experience indeed, made a bit less worrisome by the presence of a whale watching boat, a little ways away but hopefully close enough for a rescue, just in case.

One magical morning we awoke to the sounds of whales rubbing themselves on the shore, their black shapes rising dramatically out of the early morning fog. The woman standing next to me, mesmerized, sighed, “Now I can die a happy woman.”

From Kaikash Creek, we would paddle across Johnstone Strait, sometimes a hazardous undertaking given the strong tides and currents, and camp on some small island, perhaps paying our respects to the fallen First-Nation poles at Village Island. Altogether, this was the experience of a lifetime which we’ve longed to share with family, not easy to do since they live in California and lead busy lives. But it seemed that it might work out that summer, perhaps the last before spending time with

their grandparents became the last thing the kids would want to do.

Since the task of finding two double kayaks to rent and organizing all the camping gear and supplies seemed too daunting, we decided to bite the bullet and arrange a customized tour. I made the initial inquiries then left it to our daughter to finalize the details since we were travelling in Sri Lanka and weren’t always guaranteed strong WIFI. After much discussion with the company, our daughter made the reservation on February 26 but, three hours later, before she could send the payment, she received an email, stating, “It was just brought to my attention that this paddle may be too difficult for two small children and two people in their 70’s.”

Ouch. I was shocked, embarrassed, and humiliated, feeling somehow that we had let our daughter down. She protested, as did we, detailing our experience and their description of the excursion as a “family trip” and citing the words on their website that, “People of all ages and fitness levels enjoy kayaking as it can be a very low impact activity. You need only be in average physical condition. For our multi-day sea kayak tours, if you can manage an easy day hike, you will likely be able to

# This September, over three years since the hearing, we received an email, announcing that we would have the decision in the morning...

participate comfortably.” An easy day hike? Well, yes, I think we could manage one, given the fact that the previous fall we had hiked the Pyrenees, and that fall would hike in the Georgian Caucasus. All to no avail. The directors made their decision: “Unfortunately we are not comfortable taking your group on our overnight tour.”

After the initial shock wore off, I determined to do something. The BC Human Rights code prohibits the denial “to a person or class of persons any accommodation, service, or facility customarily available to the public, on the basis of age, among other, better known, grounds, such as gender, race, religion, etc.... A person or business that provides services to the public cannot discriminate against someone because of their age....”

My research revealed woefully little about age-discrimination cases. I could find only two, both dealing with employment. Nonetheless, I requested a 30-minute appointment with the BC Human Rights Clinic, which, while not offering a legal opinion, guardedly suggested we might have a case, so we filed our complaint in September 2019.

Following a failed attempt at mediation, the hearing took place over two days in July 2020, via videoconference. Relieved to have it over with, we awaited the tribunal’s decision, thinking (foolishly) it would be imminent. Over the following months, the Tribunal’s voice nixed any effort to get an update. We just had to wait.

This September, over three years since the hearing, we received an email, announcing that we would have the decision in the morning. Was that a chance to summon a press conference to document a victory? Or to gather around friends and family for support in case of defeat? The purpose of that heads-up eluded us.

We were actually in the process of loading our kayaks on to the car for a day trip to Deep Cove when the decision arrived. The Tribunal accepted our complaint that we suffered age discrimination and awarded us \$2,000 each (an amount which it added was “at the very low end of orders made by the Tribunal” but which had seemed a lot to us when we first filed) for “injury to [our] dignity, feelings, and self-respect.”

So, yes, we won, and we’re thrilled. But at the same time, as I write this, our small victory pales besides all the sufferings and injustices that are happening out there in the wider world. Still, I would do it again in the belief that even small victories are worth fighting for. •

**MARLENE LEGATES** taught History and Women’s Studies at Capilano University until her retirement in 2008. Since then, she has balanced travel with teaching in the SFU Liberal Arts and +55 Program.

# AGEISM IN BC: FACTS, FIGURES AND ATTITUDES

## AGE DISCRIMINATION CASES IN BC

Age discrimination complaints were the basis for 1% of the cases filed with the BC Human Rights Tribunal in the year 2022-23. That is a tiny fraction of the total number of human rights cases brought to the tribunal, which is very busy. Overall, cases increased from 1,460 in 2019 to 3,192 in 2022. In response, the government increased funding to the tribunal to \$7.6 million per year. Extended timelines to resolve complaints are common - the tribunal has a backlog of some 5,000 cases. The tribunal has 26 staff members and also engages contractors as mediators.

According to the 2022-23 annual report, 76% of all BCHRT complaints filed were deemed worthy to proceed. Of those, about 28% were abandoned by the complainants before resolution. Of cases that went through the hearing process and resulted in a decision, just a handful of complaints were ultimately dismissed by the panel – less than half of one percent of the cases closed.

## SERVING SENIORS: RISKS FOR SMALL BUSINESSES

Businesses that provide services which expose clients to potential harm face the challenge of liability if they do not perform their duty of care and expose clients to danger. An example would be the requirement to show a valid driver's license to rent a car. In the case of injury suits, the Supreme Court of Canada has ruled that general pain and suffering damages be capped at \$350,000, but wrongful death suits routinely have judgements of millions of dollars. Additional suits for loss of companionship can go up to \$125,000 per individual. A finding of wrongful death or injury can easily bankrupt a small business.

## AGE-RELATED PRECEDENTS

Recent high-profile cases include a suit against the City of Vancouver that claimed that excluding 65+ individuals from a health and benefits program for firefighters was age discrimination. It was eventually determined that the collective agreement that specified expected retirement age for that profession and thus participation in the benefits plan was subject to a “bona fide” agreement that did not constitute discrimination.

## WHAT IS YOUR SENSE OF AGEISM?

When is an incident an act of discrimination and when is it simply the opposing needs of two parties? What is needed for a satisfactory resolution to cases such as these? The fact that these conflicts can drag on for years can be stressful to all parties.

For some of us, engaging in a fight for equal rights in every situation is an essential part of living. “Just because there is snow on the roof doesn't mean there is no fire in the stove,” some might say. The struggle itself constitutes a proof of personal capability, whatever the costs.

Others look for less contested comforts. In her novel, *Gilead*, Marilynne Robinson has her aged narrator John Ames muse on getting the short end of the stick. His conclusion: ‘It is worth living long enough to outlast whatever sense of grievance you may acquire.’

What do you think about the question of age discrimination? In which circumstances is it just a nuisance and what are the fights that you would take up for yourself? Let us know, we'd like to hear from you. •

[postscript@bccta.ca](mailto:postscript@bccta.ca)

# MY JOURNEY INTO RETIREMENT

A PATH OF ADULT DEVELOPMENT

BY DAVE DERKSEN

The reality of human development is obvious - just look at any baby. But is there anything for a full-grown, independent adult, to gain from theories of development? Definitely.

In the last couple of years, I have entered a transition period, retiring from a long-time role as a teacher. My career defined who I was as a person for many years. While I'm grateful to have a pension, my days aren't now consumed by managing my fortune. I have a lot of time to think while I watch the birds at our feeder. Retirement has posed questions about my identity and sense of self-worth: Who will I be in retirement? What will fill my days? How will I contribute to the world? How will I find purpose?

## NEW LEARNING IN RETIREMENT

As a parent, coach, and educator for over 30 years, I relied upon research findings on child development to make appropriate decisions for students and my own kids. Surprisingly, I didn't make the leap beyond how children develop to consider theories about how adults continue to evolve throughout their lives.

Last spring, I listened to Ron Medved describe a distinction made by Carl Jung. Jung wrote that hanging on to priorities and motivations from the "morning of life" (like amassing wealth and influence, competing, building a professional reputation) was unnecessary and even toxic in the "afternoon." It was an "Aha!" moment that relieved a lot of the internal tension I was feeling and seemed to explain what was behind my post-retirement conundrums. I wanted to learn more.

From Gregg Cochlan, I learned other developmental theories, notably Scott Barry Kaufman's "Transcend". Spiral Dynamics came from Claire Graves and Don Beck. I also read descriptions of stages of development from Robert Kegan, Susanne Cook Greuter, Beena Sharma, and William Bridges. Nearing 60 years of age, I am leaning on adult development theories to understand and feel good about current and future life changes.

## **5 THINGS ADULT DEVELOPMENT THEORIES HAVE IN COMMON**

As much as I value insights from all the theorists I have encountered, holding the details from each of them in my mind simultaneously was way past my mental capacity. I'm a pragmatist, not a scholar. Gradually, these theories coalesced into a set of common principles. I am now guided by this simplified set of basic elements of adult development.

### ***1. A Progression of Stages***

Research on adults around the world has repeatedly shown consistent patterns of development in adults that can be described in stages. Different theorists have divided and named the stages differently, but they describe a similar progression of behaviours, beliefs, and motivations. Spiral Dynamics and Kegan's stages help me locate my current stage of development by comparing my thinking to the priorities typical of each stage. This in turn helped me become more self-aware, a prerequisite to further development, not to mention something my wife is happy about!

### ***2. Stages Describe Distinct Ways of Seeing the World***

Each developmental stage is characterized by specific ways of thinking and making decisions (beliefs, attitudes, motivations, priorities). In general, the progression is toward an increasingly complex understanding of: who we are - our motivations, opinions, capacities; who others are - recognizing how they see the world; and the relationship between ourselves and others. With gradually greater objectivity about myself (self-awareness) has come more empathy and less judgment of others.

### ***3. Development Over (a Long) Time***

Developmental changes happen gradually, not in sudden shifts. They have grey areas between them, as people go through transition periods. According to William Bridges, life transitions proceed through predictable steps: an ending with a sense of loss, followed by a neutral zone of uncertainty, with confusion and anticipation, which leads to a new beginning. I found it reassuring to realize the emotions I felt about retirement had been documented. I was experiencing a neutral zone, and there was hope for a new beginning.

### ***4. Development Requires the Right Conditions***

Not everyone moves through all stages of development. Internal and external factors required for continued progress include a context that supports change, motivation to learn, and awareness of development as a possibility. While the process occurs within the individual, it may be part of a wider societal shift that creates the impetus for a person to think and act differently. The societal context may just as easily be hostile to reflection and learning, which will impede personal development.

The internal and external factors lined up for me. I had supportive friends and a nagging discomfort with retirement. Those combined to move me into a process of change. Where the process will take me remains to be seen. It's a journey versus destination thing. As Beena Sharma says, development does not result from goal setting; instead, it is an outcome of investigating one's assumptions.

### ***5. Previous Stages Stay with Us***

As adults learn and grow through various stages, we remain aware of stages through which we have passed. Also, we can still work from and act based on motivations and priorities of previous stages. However, when we do, we can recognize the stage to which we have temporarily returned. This means we also have the capacity to relate to those who express opinions from a stage we have experienced.

Adult development theories affirmed that it was okay, even preferable, to let go of parts of me that had been important and move into other priorities that formerly felt less significant. I didn't have to endlessly strive to earn more or to be an institutional

leader, someone with authority. I could go where my heart was leading me, toward relationships and pursuing wonder and joy.

## **5 WAYS STUDYING ADULT DEVELOPMENT CAN BE USEFUL**

While adult development provided me with helpful insights, I still wondered how this knowledge could be put into practice. Here's what I discovered about possible applications in my life.

### ***1. Prompts Self Reflection***

Bringing our motivations and their underlying beliefs to consciousness allows us to either feel secure and confident with who we are at that moment or, if we are uncomfortable or dissatisfied with our current priorities, to find a path of transition to another stage.

I was intrigued by this process. First, I was able to locate my thinking. Second, the description of the stage of development helped me to know myself better. I felt both affirmed by the strengths described and challenged to come to terms with the limitations of the stage where I was.

### ***2. Initiates Development***

As I mentioned this earlier, awareness of stages of development has been shown to initiate and accelerate the process of development. Beena Sharma uses the phrases "self-catalytic" and "psychoactive." I became aware, I was captivated, I read more, and I now think and act a bit differently based on some new ideas I learned.

### ***3. Allows Kinder Interpretations of Self and Others***

Understanding the stages of development we've moved through can soften the sting of regret. Sometimes I wake up in the middle of the night cringing about things I've done or said. Recognizing my stage of development at the time of these regrettable actions has allowed me to understand the priorities and motivations from which I was acting. It also reminds me that, at each stage of development, we do the best we can; there are many things we are not yet capable of. These limits in our human functioning lead to mistakes, especially interpersonally.

Looking back, we can be kinder to our former selves by not judging our actions from our current stage of development. When we know better, we do better...and we can continue to get better. While we're at it, we can extend this same kindness and understanding when considering the actions of others.

### ***4. Improves Relationships***

We can improve our relationships by simply keeping adult developmental stages in mind. If we try to articulate, understand, and address the concerns of colleagues, family members, and friends, we can connect with them more effectively.

We do this quite naturally with children, considering their developmental stage when choosing how to talk with them or what we expect them to do. Adults are also in development. While I don't advise you treat colleagues or your spouse like children (that's not going to improve relations), you can strive to understand what motivates them and acknowledge those priorities.

I never attempt to define the stage of development of another person. Yet the opinions they express and the choices they make give clues as to where they're coming from and what priorities they need addressed to feel comfortable.

### ***5. Allows More Composed Reactions***

Sometimes, when confronted by actions contrary to those we would have made in a given situation, we can become emotional and judgmental, which can lead to damaging conflict.

Adult development theory encourages us to consider what is motivating another person, why someone may have made a certain decision. If we follow up, we can confirm and acknowledge their motivation, maybe even address it directly. This process can be affirming, without lingering resentment. Dignity can be held intact.

I could have used these insights while I was working. I remember being frustrated at the lack of uptake of the latest teaching technique I was introducing. It now seems likely that, for those teachers, the security of being part of their core group was more important than the latest advances.

**Development does not result from goal setting; instead it is an outcome of investigating our assumptions.**



Acting in ways different from their peers could have threatened their support network.

Another time, I became irritated when trying to get school principals excited about a mid-year philosophical change when, doh, their priority was a conveyor belt of responsibilities and decisions that demanded practical solutions.

These attempts at connection failed. The priorities of our of thinking didn't mesh. This shows me that when we speak to someone at a different stage with a rationale we don't share, they can't fully connect to what we're saying. We can lose credibility, create misunderstanding, or seem tone deaf.

I should instead have found out what was important to others based on their priorities, and then, with that understanding, communicated ideas in ways people could relate to by emphasizing aspects that aligned with their priorities.

I am amazed that, during a career full of working relationships, I subconsciously expressed, through my decisions and opinions, ideas consistent with my stage of development, even though I was unaware that I was even at a specific stage. I can see now that these behaviours limited my ability to lead and relate effectively. I am now committed to bringing this insight into my new way of being.

## **NOW AND IN THE FUTURE**

In retirement, I'm definitely a work in progress, but at least I know progress is possible. Knowing I have a lot to learn is a gift. I am better at "holding" my opinions instead of "being" my opinions (Sharma), so I share those opinions with greater consideration. I make decisions more humbly. I'm getting better at recognizing and staying open to those around me, especially when they're reasoning from a different view of the world.

I can inadvertently slip back to acting on priorities from previous stages when a context demands. The difference is that I now recognize when this is happening. I know I can deliberately move back to behaving in alignment with my current beliefs. Without a doubt, what I have learned about adult development has helped me strengthen relationships with others.

After locating myself in the stages of development, I feel okay about having renewed priorities. I can metaphorically (and actually) get rid of my old suits! It's both exciting and unnerving. I'm starting to understand and accept the new person I'm becoming and to embrace my new reasons for getting up in the morning. I feel more comfortable in my skin. My life is becoming easier to understand.

But I also know I will never "arrive." Development never ends! •

**DAVE DERKSEN** had a 31 year career teaching in Saskatchewan. He has a podcast *Stories Told by Friends* and enjoys life with his wife and three sons.

This article first appeared as a series in *Outreach Magazine*, and is reprinted with the permission of the Superannuated Teachers of Saskatchewan.

# PREPARATIONS & TRANSITIONS

## STAGES IN RETIREMENT

BY HELMUT LEMKE



Getting old was not something I looked forward to. I knew the shift from being someone who gave to someone who received would require adjustment.

I kept this in mind when I built my house on the west slope of Burnaby Mountain, with a beautiful view of Burrard Inlet and the coastal mountains. I designed it especially for my 'old age,' though I was not quite sixty at the time. The property sloped downward from the street, so most houses on the block had stairs going down to their entrances. These could be slippery and dangerous in winter, so I designed a bridge from the street to the top floor of the house that would allow for a level entrance and even wheelchair access, if needed. I could also park my car right beside the entrance door for easy access.

I designed the main floor as a self-contained 900 sq. ft. apartment with all the rooms I would need, even a small library with a writing desk. On the second floor, I provided rooms for my children while they still lived at home. These became guest rooms when they left. On the lower floor, I designed a completely furnished in-law-style suite.

After my wife died in 2007, at age 73, I lived alone in my big house. I decided to offer the suite to a student couple from Simon Fraser University. We set up a contract in which they helped me with cooking, cleaning, and laundry in lieu of paying rent. This worked well for 13 years.

Over time, upkeep of my big house became more challenging. I began to think about my next move, perhaps to a seniors' home. With my daughter, I visited nine different seniors' homes in Burnaby and Vancouver. The cost for room and board varied from \$3,900 to \$9,000 a month, depending on location and services. I chose Amica Arbutus as the best fit for me. I appreciated the bright, spacious suites, the excellent food and *à la carte* menu, the available health services, and the good entertainment program.

I was able to try out the suite for a week before finalizing my decision. However, I was not quite ready to leave my home yet. Half a year later, Amica called to say, "We have an extra-large one-bedroom suite available, freshly decorated. Are you interested?" I had to make a quick decision and moved in two weeks later with my own furniture. I was 94 years old. Although it was not easy to leave my beautiful home and my car, I knew the time was right.

The manager of Amica Arbutus showed me the facilities again. In the dining room, each table had a white tablecloth and a vase with fresh flowers, quite inviting. She showed me the theatre and the fitness room. I was drawn to the two large inner courtyards with the hundred-year-old pine trees, flowerbeds, and a bridge over a duck pond.

The printed entertainment program, which each resident receives at the beginning of each month, lists quite a variety of activities: table and card games, concerts with music to lift my spirits, documentaries and lectures about philosophy, history and technology, in person or on the big screen, and discussions afterwards to keep me up to date with



photo by iStock/Getty

*“I am now 97 and have found that getting old is not as difficult and lonely as I had feared...”*



life outside. Visiting artists, pianists, guitarists, and vocalists play classical and modern music for us. We even had a Vancouver Retired Teachers' choir sing for us. Occasionally, a delightful children's group entertains us with music on piano, flute, and guitar, singing in harmony and performing dances dressed in the latest fashion. I am also in a creative writing club where we share our creations and critique and inspire each other.

Aging is also made more bearable by new technology. My son, a former executive at Microsoft, came to me one day and said: "Dad, you have to move into the twenty-first century." He brought me a computer and printer, installed it for me, and showed me how to operate it. I can now do all my banking and correspondence online, which is quite helpful since I have no car and my handwriting is

no longer legible. I rely on my heart pacemaker and my CPAP machine to keep me going. My new medicine dispenser calls me when it is time to take my medicine and spews the right amount out for me. This technology gives me a level of independence I would not otherwise have.

Although I can still take care of many things on my own, I am not alone. I have come to know a number of my fellow residents and appreciate the kindness of Amica's staff team. My family comes to visit me and to take care of things I can no longer do. I appreciate visits from friends and members of my church.

I am now 97 and have found that getting old is not as difficult and lonely as I had feared. Being cared for and no longer having any pressing responsibilities or stress can make life at times even enjoyable. •

**HELMUT LEMKE** is a member of BCRTA. He taught at Burnaby South for 30 years, and also taught one year as an exchange teacher at an Art College in Germany.

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# CHILDHOOD MEMORIES OF THE '50s

TEXT AND ILLUSTRATIONS BY BRIAN BARNES



"OUR WILD WEST"

Having retired from the classroom over 20 years ago, I've had lots of time since then to reach way back into my early childhood memories of growing up in the '50s. In this article I've tried to portray what I recall on paper as seen through my eyes as a 5 year old. My goal in doing so is to jog a few of your memories and possibly encourage you to spend some retirement time putting your thoughts on paper as well ... either in words or pictures.

## MY NEW WORLD

In 1953 our family moved into a typical house in the Vancouver neighbourhood of Kitsilano. This was a big milestone in my life. I was a pre-schooler. The novelty of my surroundings was a huge awakening ... especially with the growing access to television.

During the few afternoons I spent visiting my grandparents' new TV, I discovered that we were living in a culture of cowboy heroes: Roy Rogers, The Lone Ranger, Wild Bill Hickok, Hopalong Cassidy, The Cisco Kid, to name a few. Charismatic cowboys maintaining law and order by performing legendary deeds with guns to mark their authority. Loved by the good. Feared by the bad. That's what I aspired to be! My new world was like the "wild west". At least it seemed that way in my eyes.

## NEW LAWMAN IN TOWN

One of the first memories as an aspiring cowboy hero involved the Halloween costume I wore to class in grade 1. It was a store-bought crepe paper and cardboard outfit which I proudly sported on my quarter mile trek to school. As was typical for Vancouver, it poured rain that morning. So, by the time I arrived in the classroom, my costume was thoroughly drenched, unrecognizable, clinging to my jacket and hanging in shreds. As each student paraded and gleefully explained his costume in front of the whole class, I awaited my turn, in no way looking heroic. My tears cried out that I was already a failure after only two months at school. Judging me inconsolable, the teacher phoned my mom to come and rescue me from my humiliation.

My cowboy dream faded through the winter months, replaced by discovery of letters and numbers and Dick and Jane. But when school let out for summer holidays it reappeared. "Yeah!" Or should I say

The new lawman  
in town!



"Yeehaw!" ? One special day my grandparents drove into our driveway. Our family of seven plus luggage squeezed together into their 1949 Dodge and off we went on a road trip to Yellowstone National Park. Wow! This trip turned into a first for so many things for me: driving across a bridge (Pattullo Bridge across the Fraser River), pasture lands with real cows and horses (Fraser Valley), roadside picnics, narrow mountain roads (through Hope and beyond).

Shopping was the highlight for me! I was generously outfitted with the real thing: twogun holster and cap-guns with silver bullets in the belt, cowboy hat, Roy Rogers cowboy shirt, neck scarf, and a Lone Ranger mask. I was going to be the envy of the whole neighbourhood when we got back home. I could hardly wait.



### HI YO SILVER

One of the first to admire my new look was the horse who regularly took his morning break next to McBride Park on his Jersey Farms milk delivery run. In his sleepy old eyes I could see we shared an understanding and desire for the cowboy lifestyle.



### A HERO'S REWARD

Back at the ranch house, after a hard day of peace-keeping duties, I was often rewarded by the cook for my efforts. Afterwards, she would insist that I have an afternoon nap.

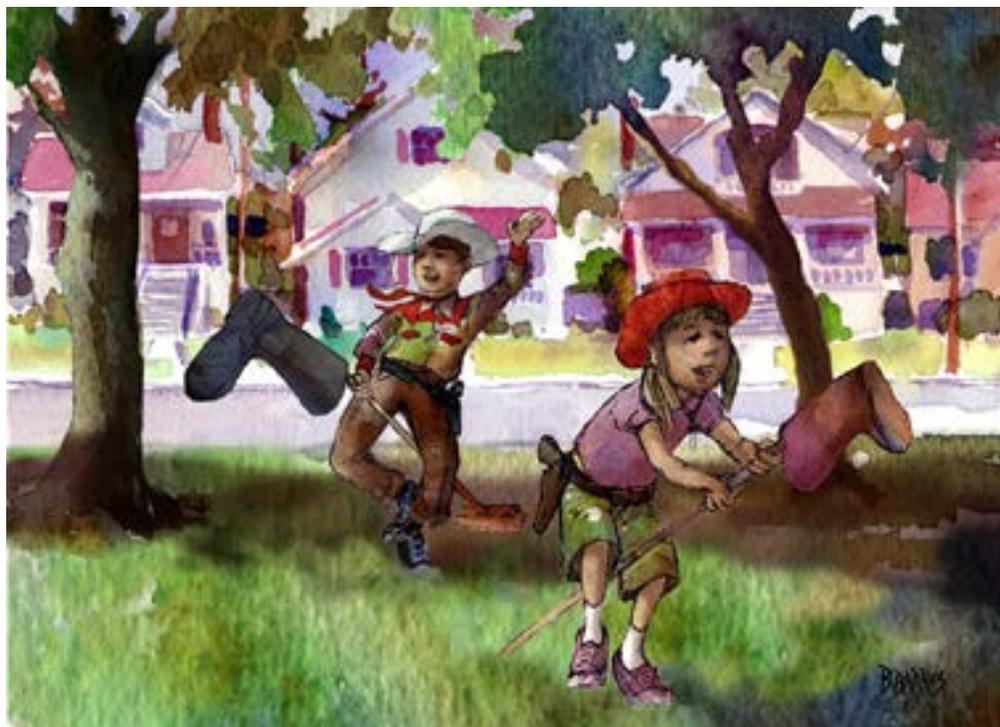


### TEAM EFFORT

I wasn't the only kid in the area willing to volunteer services in maintaining law and order. I had friends with the same ideals. Often we would hitch up the wagons and run the neighbourhood gauntlet as a show of strength and possibly recruit more support.

### BOOTS AND SADDLES

I have to admit that imagination had to play a big role in our activities. Take horses for example. One would think they'd be hard to find in the big city. Not so. Vancouver's rainy weather made them very plentiful ... but they had to be rounded up from unusual places like shoe- or broom-closets. Breaking them for riding took only a few minutes and they were soon obeying our every command.





**A REVELATION**

Over the next couple of years, more access and exposure to movies and TV revealed that there were other sides of cowboy life worth exploring. Our interests gradually turned in their direction. The guns and horses were slowly working their way to the back of the closet.





## ADVENTURE AND DISCOVERY

No longer needing horses for mobility, we made biking expeditions that took us further and further from the ranch house. Soon we discovered trails winding down steep cliffs to the beaches and seashore below. We had found a new wondrous world of adventure! No need for guns and horses here! This was not the wild west anymore!

This was the wild kingdom ... excitement yet to be uncovered ... a new life-style ... a new beginning! •

**BRIAN BARNES** taught high school mathematics in Kelowna from 1970 to 1997. This is the second series of Brian's images featured in PostScript. Brian passed away in December 2023, a few weeks after submitting this article.

FIRST  
GROUP  
EXHIBITION



# RETIRED ART TEACHERS SHOW THEIR WORK

## A NEW PLAN

When Barbara Sunday first started as the Retired Teacher Representative for the BC Art Teachers' Association (BCATA), she understood her role to be looking out for the interests of retired members. But during the first year, the only specific job was to send Christmas cards to retired members. As a number of artists have pointed out, Barb's a "doer", so she hatched a plan for a group show by retired art teachers in BC. That show happened at the BCATA Fall Conference, October 19-21, 2023.

She started with a list of five people she knew who were retired art teachers with a BCATA connection. That list grew to a list of about 60 by word of mouth, and she began to work via email to pull together a show. While some people just wanted to be pen pals, over a year, she got it down to 18 individuals who had work ready and hooked up with the BCATA Fall Conference with the proposal for a show.

With that many artists exhibiting, the logistics of retrieving, exhibiting and returning pieces was complicated. Her husband driving, and Barb navigating, she set off for Malahat in the middle of

FACING PAGE

"VANGUARD" - Ceramic stoneware fired at 1280 C.

*"There are suggestions of Cycladic figures, Totems and Inuksbuks."*

**KEITH RICE-JONES** taught at Port Moody Senior High for 12 years. His instruction included IB Art and Design and he also instructed an Arts Methods Course at SFU. Keith took early retirement in 1999 to be full time in the studio.

the night, which she recalls as “very dark and very bleak.” They had to weave through Victoria to pick up works there. Fortunately she also had help in the Okanagan and elsewhere on the Island, and in the end all the works were picked up, exhibited, and then safely delivered back to the artists.

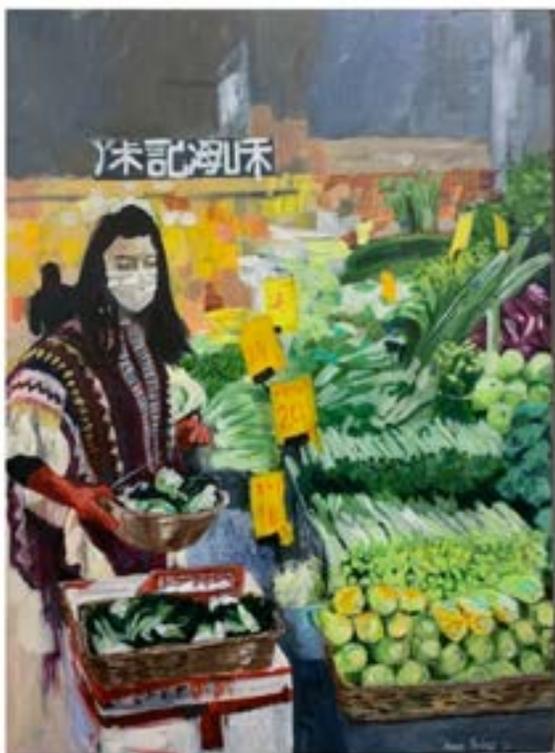
There were challenges: the room was small, the school didn’t seem to want them there, and many of the artists couldn’t attend. But she was able to rent easels and get the show set up.

This first iteration has laid the ground for another show at the October 2024 BCATA Conference, already being planned by Barbara and a young helper, a computer-literate first-year teacher. Large works will be displayed virtually, and smaller works in cabinets, and if there is time there will be a session in the timetable of the conference.

## VISIONS AND IDENTITY

Angelika Thompson told PostScript that art teachers tend to pour creativity into project development for their students and so often lack the time and creative energy “to continue to develop their personal work.” The artists shown here pointed out that, even when it involved an initial loss of “identity”, retirement had allowed them freedom from these sorts of time-, scheduling-, and work-stressors to focus substantially on their art. For Keith Rice-Jones and Phyllis Schwartz, retirement allowed them to transition to lives as full-time artists. It took time, but Anna Forbes now has “the courage to define myself firstly as artist rather than educator.”

Each artist’s work process is different. Keith’s entails influences and inspirations from many places, cultures, times in history, and even poetry. He



**“IN THE WET MARKET”** - Acrylic Painting

**ANNA FORBES** retired in 2015 from 30 years of teaching art and art history at St. Michaels University School. After the death of her husband in 2018, painting became a salvation. As well as doing her own art, Anna worked for a short time as a practicum advisor for the University of Victoria, which allowed her to get back into the classroom again. Anna has also done some private teaching and was a docent at the Art Gallery of Greater Victoria.



“WHEN TO STOP” - Four photographs

**ANGELIKA THOMSEN** joined Vancouver SD 39 after teaching High School in London, UK. She retired from Burnaby SD 41. I created a greeting card showing a cheerful arrangement of colourful tulips. The next image shows the arrangement including its own image on a greeting card. I pursued this method until I enlarged the 4th image to show the image repeated 4 times.



“MARIA” - Oil on canvas

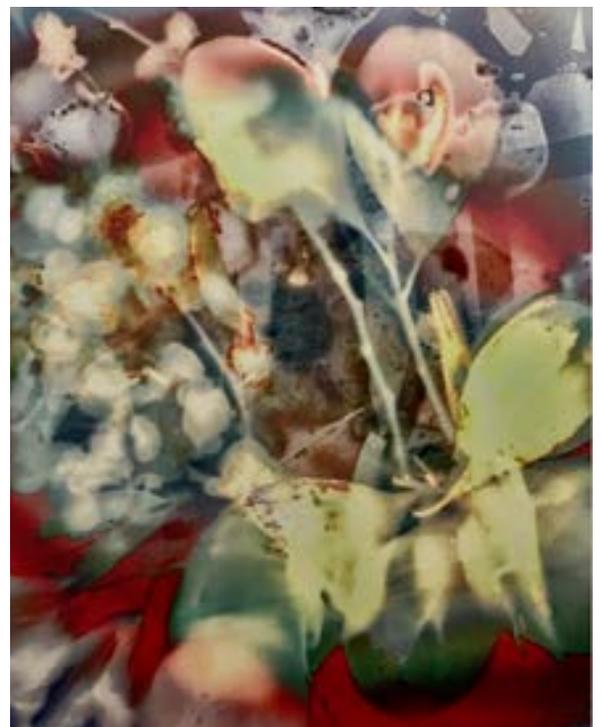
**LORI JOHN** taught Art and Math in Burbaby for 25 years. Retiring to Texada Island, she now paints full time in a beachfront studio overlooking the Georgia Strait, part of the Salish Sea, British Columbia.

*I like to explore the art of painting using a variety of media and styles exploring the question “what if we....?” That was the question I liked asking my students best. Now I ask myself that question!*

“DESERT BLOOM” - Lumen print.

**PHYLLIS SCHWARTZ** retired from SD 39) began making photographs with a box camera at the age of seven and always had a camera with her, especially when she travelled, early evidence of her interest in detail and situational portraits.

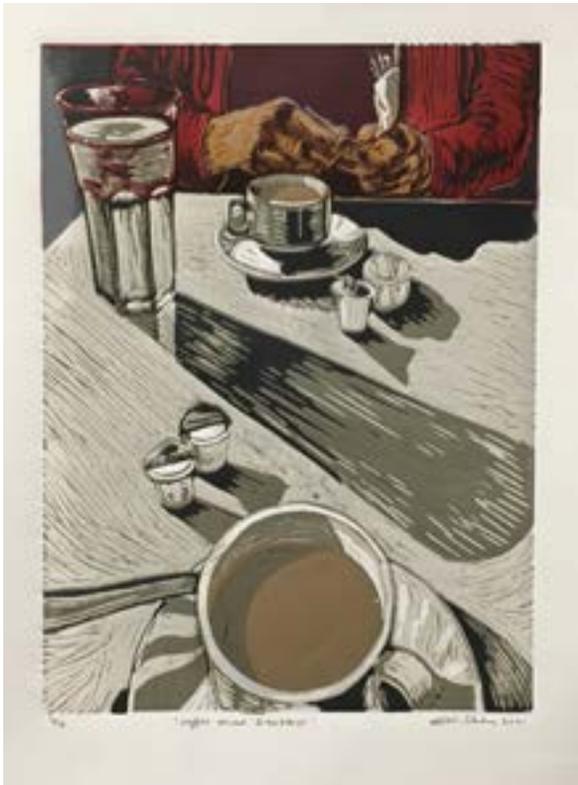
*Desert Bloom is Lumen Print in my Luminations series, abstract compositions that transition from ambiguity to form as my eye-brain searches for something recognizable.*



starts with an original idea and builds up the work from there. Angelika's practice is one of "looking twice" or "looking for a little longer", then "finding conclusions". COVID time fed into both these parts of her practice. Lori Anne's favourite question to her students was, "What if we...?" and now she uses a range of media and styles to address that question. Anna Forbes' current works explore Hong Kong

street life, and similar Chinese scenes in Victoria.

For several of our artists, work with specific media generated the work we see here. Sherida Charles' journey in her work with reduction linocut led from "simpler to more complex tonal design" and from "nature imagery and primary colours" to "neutral and muted colours", allowing her to "convey the intimacy



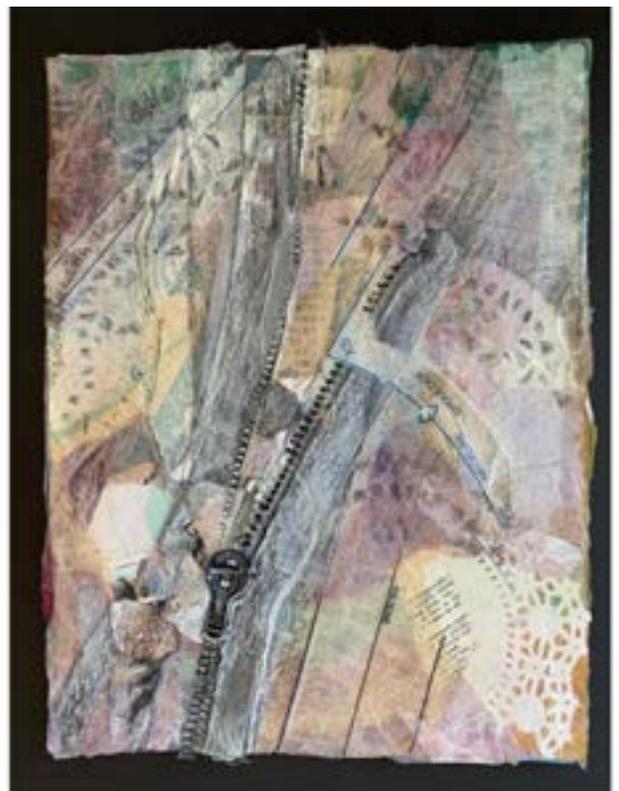
"WAFFLE HOUSE BREAKFAST" - Reduction Linocut

**SHERIDA CHARLES** is a New Westminster resident, former public school Art Educator, and member of Printermedia, a collaborative Printmaking studio in Vancouver. "Waffle House Breakfast", is part of a series of reduction linocuts depicting settings in New Westminster and the surrounding urban environment. The work was part of a solo exhibit at the New Westminster Public Library in June, 2022.

"UNRESOLVED" - Collage

**BARBARA SUNDAY** began her teaching career in Jamaica, West Indies, and taught Art in the West Vancouver SD, both Elementary and at Sentinel Secondary School. Barb has served as President of BC Art Teachers' Association and has presented a range of workshops for BCATA and others. She continues to be a consultant giving workshops for AP Art and Design.

*My medium is collage - It is sort of chaotic for a while, but this keeps the stage open longer for various things to happen. On reflection, I prefer to work in a way that allows chance and accident to play a role without having a result in mind from the start.*



of a meal with my partner, and to show the dramatic early morning lighting and shadows". Phyllis wanted to take a new direction with her camera-less photography work by "asking viewers to take a second look and perhaps ask questions."

Being parts of groups working on and exhibiting art has played critical roles in these artists lives. While making his sculptures is "built into his psyche", validation of his work through exhibitions has been a crucial part of the story of Keith's art. For Sherida, becoming part of a collaborative printmaking studio in downtown Vancouver spurred her to "start

working seriously again." Belonging to a group of artists, such as the Texada Island artists, has provided essential support for others.

Being part of the BC Retired Art Teachers collective exhibition provides "a sense of belonging" (Anna), and "keeps me going" (Lori Anne). A common thread in speaking to the exhibitors is that re-connecting with teaching professionals who now identify primarily as artists confirmed their own sense of identity, and those connections are "continuing in a new and meaningful way." •



"STEPPING OUT" - Ceramic

**TIM VARRO** is an art education specialist with more than 30 years of experience in art education. Tim was instrumental in designing and setting up 3 school television production programs in the Metro Vancouver area. He's a past president of the BC Art Teachers' Association. Tim has served on a variety of art and education arts related boards and committees within the community. Currently, Tim is serving as a Director at large for Arts New West.

*My body of work represents an extended study of the comical, the humorous nature in television, ACME products, Flintstone furniture and even the simple can. By taking a malleable, organic form and working it with my hands, I discovered I can turn my disability into a more uplifting creative experience, and by extension hopefully provide others an opportunity to get a glimpse of and possibly a greater understanding of the pain experience that underlies my work.*

# Photo File



CULTUS LAKE SCENES

BY LON SMITH





**LON SMITH** has been a BCRTA members since 2005. He is a member of the Abbotsford branch and lives in Chilliwack.

# STRATEGIC RRSP WITHDRAWAL

BY TRÉ BYNOE



When should you start withdrawing funds from your Registered Retirement Savings Plans (RRSPs)? Often, this decision plays a key role in how much income tax you pay, which impacts how you maximize your retirement savings and also enhances the safety of your retirement income.

Firstly, you must understand a crucial principle: your taxable income during retirement is not the determining factor in what you can spend.

During your working life, you will typically spend based on what you earned during the year. During retirement, you are now spending money you have already saved. Because of this, spending more than your taxable income is very reasonable. The opposite is also true; your taxable income may be low as you draw from TFSAs and other savings. There are times when the best strategy might include withdrawing RRSPs and paying the tax even if you do not plan to spend the money at that time.

You have control over when you withdraw from your RRSP, and therefore, you have some control over the tax you pay and when you pay it. Just because it comes out of your RRSP doesn't mean it can't return to your Tax-Free Savings Account (TFSA) and other investments for later spending.

Consider an example: someone retires at 60 with a lifetime pension benefit of \$35,000 and a bridge benefit of \$8,000 for a total of \$43,000 a year until they are 65. Their bridge benefit will stop at that point and CPP and OAS will start for \$16,000. Now, they will earn \$51,000 a year. They have an RRSP for \$50,000, and for reasons outside the scope of this article, they would like to use up the RRSP before they are 70. They will pay 20% tax on income under \$50,000 and 30% on income over \$50,000.

**Part of the decision of when to withdraw money from RRSPs is a tax question, not necessarily about when you would like to spend the money...**

So when should they start withdrawing from the RRSP? While they are earning \$43,000 or \$51,000?

While life is rarely this simple, hopefully, you understand the point. Part of the decision of when to withdraw money from RRSPs is a tax question, not necessarily about when you would like to spend the money.

What if you need more income to live than your pension provides? The consequences of bad decisions may be significant down the line. You may have a few choices of income sources if your pension doesn't cut it. You could use RRSPs, you could take CPP early, you could even work part-time. These strategies all have their merits. Before making a retirement-defining decision, I encourage you to consider the big picture. A fundamental investment principle is diversification, which also applies to income sources. It's often better to have a few different sources of income than to rely solely on one.

There are many strategic decisions for you to make, each with pros and cons. Do you opt to reduce the survivor benefit for your spouse, increasing your monthly pension but also increasing your spouse's longevity risk?

When do you withdraw from RRSPs? If you have not yet started receiving them, when do you choose to start receiving CPP and OAS benefits? Which option do you select for your defined benefit pension plan? Your choices will increase risk in some areas and decrease it in others. You must find the balance that works for you, your life, and your desired outcome in retirement. Seeking the advice and guidance of a qualified financial planner may be of benefit when considering these questions and when to withdraw your RRSPs. •

**TRÉ BYNOE**, CRP® RIS, CIM® is an advisor with the Teachers Credit Union of Saskatchewan. Tré is known for his relentless pursuit of truth, candor, and clear insight. *This article first appeared in Outreach Magazine. Permission to reprint courtesy of the Superannuated Teachers of Saskatchewan.*

# DID YOU KNOW?

## FASCINATING HEALTH FACTS

**BY PAT THIESEN**

BCRTA WELL-BEING COMMITTEE

### ***TAI CHI AND MEMORY***

Tai Chi, a slow, controlled physical practice, has long been known to enhance balance and reduce falls in the elderly. A newer study has demonstrated that it also has positive implications for improved memory in the short term and for delayed loss of memory over longer periods. 'The study found that people who practiced a simplified form of tai chi called Tai Ji Quan twice a week for about six months improved their score by 1.5 points. This increase may not sound like a lot, but study author Dr. Elizabeth Eckstrom says "you've basically given yourself three extra years" of staving off decline. Many community centres in BC offer Tai Chi, as do private practitioners.

**"Tai Chi Helps Boost Memory" (Easy access by searching "NPR Tai Chi Memory")**

<https://www.npr.org/sections/health-shots/2023/11/06/1210507968/thai-chi-word-games-cognition-mentally-sharp-meditation-motion>



# PHARMACOGENOMICS TESTING: TAILORING YOUR MEDICATIONS

A new tool has emerged in the realm of medication. Pharmacogenomics Testing (PGx) looks at how your genetic make-up affects your reactions to medications and can help both doctors and patients make better-informed decisions about which medications and what dosages are best. A BC government booklet about PGx states:

A PGx test may be considered or recommended if:

- a person has an ongoing health concern; and
- a PGx test, supported by clinical evidence, exists for the health concern and the medications of interest; and
- clinical guidelines are available to help clinicians understand how available PGx test results can be used to optimize drug therapy



**“Pharmacogenomics Testing: Guidance for Patients and Providers”**  
(search “gov.bc Pharmacogenomics”)

## CAN YOU DIE OF BOREDOM?

A little boredom can be helpful, stimulating creativity and giving the brain time to re-charge. But you might be dealing with chronic boredom if you regularly find yourself with nothing to do and feeling frustrated, apathetic, jittery, or distracted. Some folks are more prone to it, too. Risk factors include inadequate rest or nutrition, or having a mental health condition such as dementia, ADHD, or depression. Getting bored here or there isn't going to kill you, but research shows long-term boredom can take years off your life. The ways boredom impacts health are myriad. Those prone to boredom have been shown to have lower self-control, leading to lifestyle choices that contribute to premature death and poor well-being, such as smoking, substance use, a lack of exercise, or binge-eating unhealthy foods. And a lack of novelty and stimulation can hasten dementia, for example.



**“Bored to Death?”** (search Oxford Bored to Death for research article)

**Search “Boredom Seniors”** for a few ideas to break the dreadful trance!



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## THE RESULTS TELL THE STORY

BCRTA MEMBERS' EXTENDED HEALTH CARE INSURANCE

# Satisfaction Survey

Green Shield  
Plan Users

BCRTA Johnson  
Prestige Users

WOULD YOU RECOMMEND  
YOUR CURRENT EHC PLAN?

35.2%

88.9%



# OF CATEGORIES  
WITH THE HIGHEST RATING

1

21



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# WHO HARDBOILED THE GOOD EGGS?



THE ORIGINS OF HARDBOILED  
FICTION AND FILM

**BY KAREN COOPER**

*BCRTA members are avid readers, and Karen Cooper's previous articles about under-appreciated crime novelists sparked a strong reaction. So by popular demand Karen once again puts on her deerstalker cap and trenchcoat as she journeys back in time to uncover the dark roots of "hardboiled" crime fiction. We have developed some companion materials on our website for youse tough guys whut can't get enuff of this doit! Ahem. Please see the sidebar at the end of this article. Many of these books are available to little or no cost on the internet, or from your library.*

In 1931, at the height of the Golden Age of British detective novels with their 'good egg' detectives, professional- and upper-class characters, and analytical 'fair play' plots, Dashiell Hammett's *The Maltese Falcon* appeared across the pond, and shook up the detective fiction world for good. 'Hardboiled' was used during WWI to describe particularly toughened soldiers, and the private eyes of this new fiction were certainly tough, hardened, and unsentimental. The books themselves were cynical and dark in ways utterly unlike their British cousins.

## **TANGLED ROOTS**

Hardboiled crime fiction is sometimes described as if it sprang without precedent from Dashiell Hammett's and Raymond Chandler's imaginations. Of course, the roots are older and more complex. Popular culture in the early 1900's in the forms of pulp magazines, 'dime' novels, and films, can lay claim to the most-immediate artistic influences on Hammett, Chandler, and the other originators of the hardboiled genre.

The first dime novel in the USA, released 1860, sold an astonishing 65,000 copies. Printed on cheap pulp paper, in small format, and typically sensationalist and luridly detailed, dime novels sold millions of copies between 1860-1920. Magazines with varied content—poetry, fiction, non-fiction, illustrations—had existed in Europe and the USA since the 1700's. Then, in 1896, the magazine *Argosy* merged the idea of varied content with the size, cheap paper, and cheap authors of the dime novels. Publishing stories aimed at men and boys, it soon sold 1/2 million copies per issue. More pulp magazines followed, with Western, gothic,

adventure, Oriental, science fiction, and many other genres represented.

*The Black Mask*, founded in 1920 by H. L. Mencken to support his money-losing literary magazine, *The Smart Set*, initially published 'the best stories available of adventure, the best mystery and detective stories, the best romances, the best love stories, and the best stories of the occult.' But it soon pivoted toward mostly crime stories and both John C. Daly's tough-talking detective Race Williams, and Chandler's Continental Op, the first true exemplars of the hardboiled detective, made their debuts there.

Radio crime stories, many based on pulp crime stories, were already literally in the air, but film was becoming the dominant cultural entertainment of the day. Even 19% of the very poor attended a film per week in 1936, at the height of the Great Depression. Movies were a major topic of conversation in every household, bar, and café. If hardboiled fiction influenced Hollywood in the 1930's and 1940's, it's also true that every one of the early hardboiled writers would have seen many films, before and during their writing careers. When, in the early 1930's, a series of extremely popular gangster and outlaw films began to be made, they found the dark and angular visual language they needed already established in Hollywood via the Expressionist work of expatriate German filmmakers and cameramen. What would later be called 'film noir' emerged.

## **THE RISE OF THE GANGSTER**

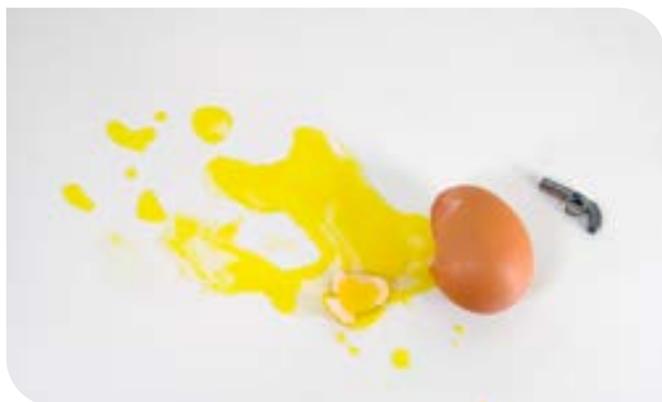
A streak of anti-institutional and anti-authoritarian bias already lived deep in the American psyche. Then, during the Great Depression, Prohibition cemented the power of gangs and initiated a period of unprecedented police and government corruption. In the countryside, banks were seizing farms, and thereby destroying communities at a rapid pace. Those displaced from rural lives could often only find work in factories, and industrialists were becoming rich by imposing inhuman working hours and conditions for very low wages. Big business, government, and the police all were viewed as anything but on the side of poor, working-class, and rural people. So true was this that some of the biggest criminals of the

day (John Dillinger, Pretty Boy Floyd, and Bonnie and Clyde, amongst others) were hidden and helped by poor people, both in the cities and in the countryside.

While most American detective fiction plots still hewed close to the British analytic tradition, during the late 1920's writers such as W. R. Burnett began writing tough-minded crime novels such as *The Asphalt Jungle*, depicting the lives of poor, marginalized members of society, in which the protagonists were the criminals.

Gangster films such as *Little Caesar* (1930) drew on these realities, and on these books, often painting even the worst criminals not as rebels, but as products of the social ills of the time, as poor immigrant urban newcomers or displaced rural men. The protagonists of these books and films presented an ironic and inverted version of the Horatio Alger American dream—when the circumstances deny you any chance of getting ahead by legitimate means, then the only way forward is that same American individuality, drive, and ingenuity, just funneled through crime.

In Hollywood itself, 'the company town's many competing subcultures--celebrities, moguls, mobsters, gossip mongers, industry wannabes, and desperate transients--came into frequent contact and conflict.' (Jon Lewis). The drug trade thrived and scandals and even murders were rampant. Congress, viewing the indecency of the films as reflecting the indecencies of Hollywood itself, was on the verge of imposing a series of contradictory and potentially ever-changeable set of 'decency laws' on the film industry.



Illustrations by iStock/Getty

In 1934, To forestall this unworkable possibility, the film industry adopted the Hays Code, which demanded that 'the sympathy of the audience should never be thrown to the side of crime, wrongdoing, or sin.' Further, authority figures and the police could not be mocked or denigrated, and sex was off-limits. In addition, over the next few years, after a series of brutal killings, the gangs and their crimes were seen as less 'Robin Hood' and more murderous and antithetical to society. The last of the great outlaw films, *High Sierra*, was made in 1941, and barely slipped past the Hays committee. It sports a displaced farm-boy who mourns his lost rural childhood, who has turned bank-robber in despair, and who is befriended by a rural family.

Hammett, Chandler, and their early contemporaries, James M. Cain, and Ross MacDonald crystallized the hardboiled detective genre from this complex and volcanic literary and societal substrate.

## HAMMETT AND CHANDLER

Both Dashiell Hammett and Raymond Chandler came to writing from tough, morally ambiguous trades. Hammett had been a Pinkerton detective for three different stretches, operating sometimes on the side of the law, but more often on behalf of 'the big bosses', threatening and, if necessary, crushing by violent means any opposition to the desires of those bosses. He claimed later that he'd been asked to outright murder a union leader. He was hit with a brick and injured after bungling a tailing job, and had his leg badly cut by a member of a gang he was trying to arrest for the theft of dynamite.

His many stories for *Black Mask* are of wildly varying quality, but with the Continental Op stories and novels, some of which are outstanding, a character emerges showing many hardboiled characteristics. Then, with Sam Spade and *The Maltese Falcon* (first published in serial form in *Black Mask* in 1929) Hammett establishes the template upon which his many imitators and literary offspring will elaborate.

In terms of setting, 'Hammett's narratives presented an urban jungle where social, political, and economic interests conspired to defeat the small man, where organized crime was routinely

found pulling the strings of elected city officials, and where each murder was the tip of the iceberg, destroying the fragile illusion that the rule of law sustained the social order.’ (Gorrara) The detective himself is a loner, a war veteran, and living at the edge of poverty. He is honourable, by his own lights, though finds it frequently unnecessary to yield to merely legal requirements if, for example, withholding evidence is what he needs to do to solve the crime. Women come into his life, and he may even love some of them, whatever that means, but he’s perfectly willing to send them to jail or the gallows, if his ethical code demands it.

The narrative prose is spare and rigorously unemotional, though it can be sharply descriptive, as when he sketches Spade’s chin, eyebrows, etc., as a series of ‘v’s’, then concludes, ‘He looked rather pleasantly like a blond satan.’ We are never told what any character thinks or feels, but dialogue is sharp, idiomatic, and revealing, with lines like, ‘My way of learning is to heave a wild and unpredictable monkey-wrench into the machinery.’ •

**KAREN COOPER, PhD** is Assistant Editor of PostScript, taught post-secondary English, and is fascinated by the history of crime fiction.



**VISIT [BCRTA.CA/NOIR](http://BCRTA.CA/NOIR)**

See more of Karen Cooper’s work on the Noir genre, a survey of authors you should know about and links to related TV shows and films that detective fiction fans will enjoy.

## Recommended Books About the History of Detective Fiction, Especially Hardboiled

*The Life of Crime: Detecting the History of Mysteries and Their Creators.* Martin Edwards. The “bible” of crime fiction history. An excellent, if long, survey. Or dip in for specific eras or genres.

*Talking About Detective Fiction.* P. D. James. Essays about all sorts of detective fiction, with opinions and a personal twist, by one of the best contemporary writers.

*Make Mine A Mystery: A Reader’s Guide to Mystery and Detective Fiction.* Gary Warren Niebuhr. Search on almost any genre, hard-boiled, cozy, lone wolf, Los Angeles.

*The Origins of the American Detective Story.* LeRoy Panek. A deep dive, looking at the rise of the police, private detectives, muckraking reports, and forensic science as precursors to the rise of detective fiction. Utterly fascinating.

*Crime Fiction Since 1800: Detection, Death, Diversity.* Stephen Knight.

### HARDBOILED & NOIR

*Unless the Threat of Death is Behind Them: Hard-Boiled Fiction and Film Noir.* John T. Irwin. The best over-all survey linking societal, individual, and industrial (film) developments.

*Hard-Boiled Hollywood: Crime and Punishment in Postwar Los Angeles.* Jon Lewis. Though by an academic, and containing footnotes, this highly readable book trots along like the best hardboiled fiction. Read especially the chapter, “Mobsters and Movie Stars”.

*Hardboiled America: Lurid Paperbacks and the Masters of Noir.* Geoffrey O’Brien. A topic I couldn’t cover in the article, but absolutely gripping. Look for the re-issues of classic mysteries by e.g. Sayers and Christie, but in pulp paperback format, and with utterly lurid covers!!

*Roots of Film Noir: Precursors from the Silent Era to the 1940s.* Kevin Grant.

*The Mysterious Romance of Murder: Crime, Detection, and the Spirit of Noir.* David Lehman. This is a more-personal take on this history, written by the poet, David Lehman. His deep readings of individual movies are especially fascinating.

*Nightmare Alley: Film Noir and the American Dream.* Mark Osteen. A strong exploration of specific films, and the ways they represent the loss of belief in “The American Dream” in the post-war era.

# books OF NOTE

## EDUCATION ASSISTANTS: TESTIMONIES AND TRIBUTES

by Terrance N. James

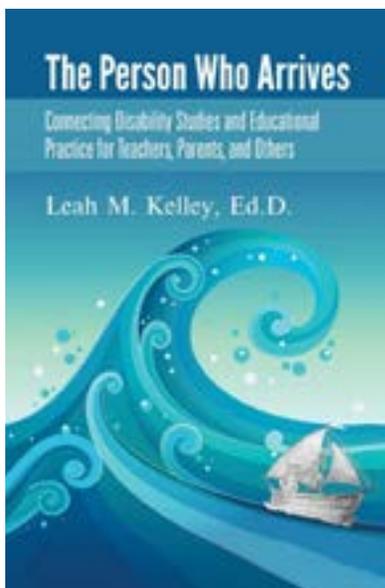
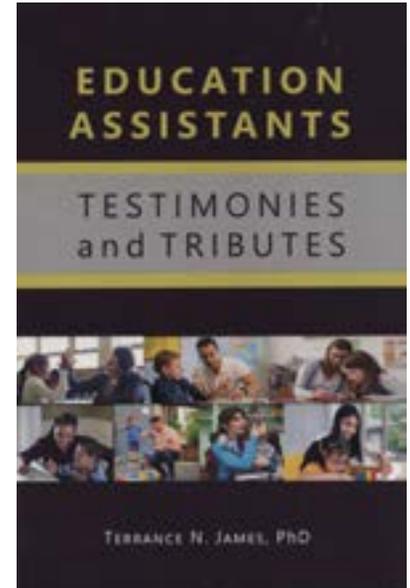
This book was written to celebrate the contributions of the pioneer para-professionals in education who supported the integration of students with special needs into regular schools and classrooms.

Fifty testimonies written by education assistants (EAs), and fifty tributes from parents, teachers, and administrators provide insight into the EA role, and the people who perform the duties in elementary and secondary schools.

These real life anecdotes will be helpful for individual self-study, EA training programs, broader professional development activities – and nostalgia of retirees.

Available from: [www.blurb.ca/bookstore/](http://www.blurb.ca/bookstore/)

Author website: [www.terrancen-james.com](http://www.terrancen-james.com)



## THE PERSON WHO ARRIVES

by Leah Kelley, Ed.D.

*The Person Who Arrives* is a weaving of stories, art, and poetry that makes space for another way of conceptualizing disability and of being present to disabled children and students in our schools and in our lives. It is an invitation to consider the ideas and concepts of disability studies (DS) and the importance of including the perspectives and lived experience of disabled people in guiding our practice as educators and parents. It is a journey that encourages the reader to explore their biases, attending to the influence of ableism, the importance of the language we use, the models and constructs we draw upon, and the ways that these inherently shape our approach, understanding, and response to disability.

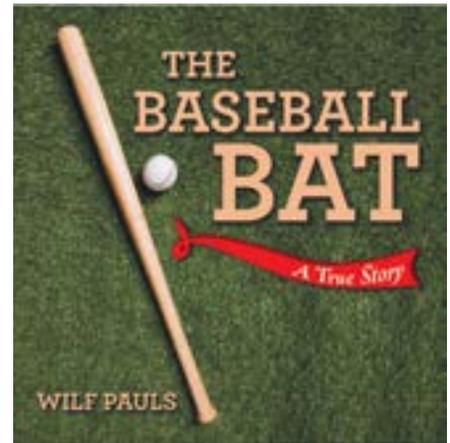
Dr. Leah Kelley, Ed.D. (she/her) is an education consultant, writer, activist, teacher educator, and parent who identifies as neurodivergent and otherwise disabled. She also authors the blog *Thirty Days of Autism*.

## THE BASEBALL BAT by Wilf Pauls

Wilf loved playing ball with his older brother. Their family was too poor to buy good equipment so the boys played with floppy gloves and a baseball bat that gave splinters. On his way home from school, Wilf was surprised to see a beauty of a bat on the ball diamond in the farthest corner from the school. The temptation to take it created an unexpected dilemma. What would be the consequences if he stole it? This true, heartwarming story shares the agony, the ecstasy, the battle for a clean conscience, and a story of redemption as a young boy learns a lifelong lesson in integrity.

Wilf Pauls has encouraged thousands of children in their love of learning through stories, magic, science experiments, music, trivia, and real-life experiences. Together with his wife Pearl, he has worked in British Columbia, Yukon Territory, West Germany and the Democratic Republic of Congo.

Available as an ebook or hardcover from Amazon and other booksellers.



Books of Note features publications by BCRTA members.  
To have your book included, send the details to [postscript@bcrt.ca](mailto:postscript@bcrt.ca)

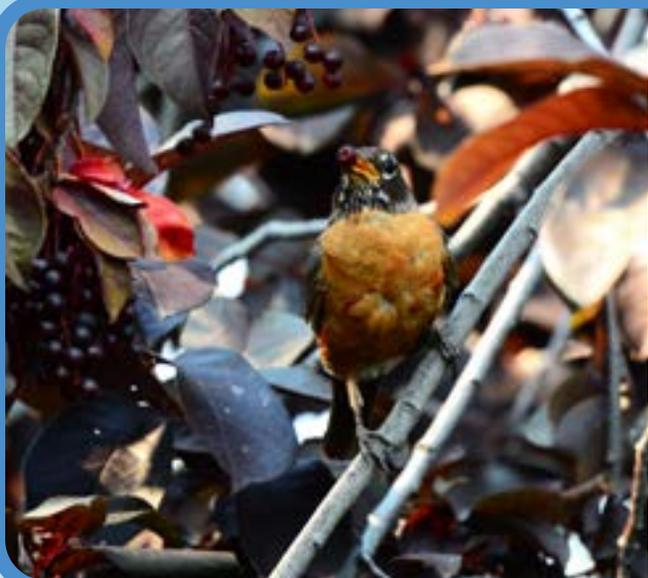
# Backyard Birds

## VOLUME II

TEXT AND PHOTOS BY PAUL DESJARDINS

*As* early spring carries a bite in the air  
Trees paint their leaves bright green with a flair.  
But some heed the call of a different palette,  
When summer arrives with a red purple jacket.  
Tall, lush, and splendid the chokecherry tree  
Drips clusters of cherries, a pure guarantee  
To charm those whose lineage extends beyond line:  
A call to robins and warblers and waxwings sublime.  
How joyous to witness this medley of sorts  
And gain comfort from conduct that truly supports  
That each of us harbours the power to be  
Like the collegial birds in the chokecherry tree.

**PAUL DESJARDINS** is a regular contributor to PostScript. He taught English and French for 34 years and retired in 2006.



Above: American Robin

Middle: Cedar Waxwing

Below: Yellow Warbler



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## CLASSIFIEDS

### VOLUNTEER OPPORTUNITIES

**Books for Me** seeks dedicated volunteers to run monthly in-person programs at Vancouver elementary schools. Volunteers organize book displays and assist children in choosing a book to keep, fostering literacy. For details, contact [booksforme@vancouver@gmail.com](mailto:booksforme@vancouver@gmail.com).

The **Heritage Fairs Society** is a non-profit which encourages BC students to interact and engage with Canadian history. We could use some extra help.

As an adjudicator, you are not required to attend every fair, but we strongly encourage volunteering at the events that align with your schedule.

Interested? Contact [vanregionalhf@gmail.com](mailto:vanregionalhf@gmail.com).

For more info visit [www.bcheritagefairs.ca](http://www.bcheritagefairs.ca).

### CO-HOUSING

**The Coastal Village** – a community-centered neighbourhood modelled on cohousing. Construction commences Fall 2024.

Membership required to purchase/rent. Visit <https://thecoastalvillage.ca/events> to register for events and webinars (online and live in Sechelt).

### VOLUNTEER PRESENTERS

**SENIORS HEALTH AND WELLNESS INSTITUTE** is actively recruiting new presenters to deliver their well-established workshops addressing topics of interest to senior audiences across the province. Expenses reimbursed. Confidence in front of an audience and some PowerPoint knowledge are required. Check out [seniorshelpingseniors.ca](http://seniorshelpingseniors.ca)

# CLASSIFIEDS

## TRAVEL

**CUBA1TOURS** of Courtenay, BC looks forward to having you join one of its specialized, small group tours to Cuba. All tours are fully guided and safe. Travel is in a spacious, comfortable bus with a professional, friendly driver.

Some tour programs have changed to appeal to repeat clients, but quality remains the same.

All tour details for 2024/25 can be found at [www.cuba1tours.com](http://www.cuba1tours.com)

Tours are run through Square1travel of Courtenay, a full service BC registered agency.

### COSTA RICA TRIP January 18-30, 2024

BCRTA member Alex Campbell is organizing and leading this trip; he has been to Costa Rica 17 times and taken many groups.

Please email Alex at [kocho@shaw.ca](mailto:kocho@shaw.ca) for a no obligation look at the itinerary.

## ACCOMMODATION OFFERED

**Sunshine Coast** 4 bedroom, fully equipped waterfront cottage with view and beach for playing, walking and swimming. Ideal for kids and retired folks. Near Gibsons, 1 km from Langdale ferry. April, May, June are best. Occasional fall space too. Contact Barry @250-744-7447 - [bwrolston@telus.net](mailto:bwrolston@telus.net)

**Heritage house in Alsace-France**, Heritage house in Alsace-France, Vosges Mountains, three bedrooms, modern kitchen, wifi, located on wine route, close to Germany (Freiburg) and Switzerland (Basel). Partial cleaning included. CA\$850 per week. Contact [mano936@gmail.com](mailto:mano936@gmail.com)

**Phoenix Holiday** For rent: Beautiful four bedroom house in Sunny Peoria, 30 minutes from Sky Harbour Airport.

Gated Community complete with pool steps away from house. Close to shopping, hiking, Mariners Spring Training ball park and miles of biking paths.

Pets welcome. House is great for winter getaway in the sun. Minimum 30 day rental.

Contact [pvnott@shaw.ca](mailto:pvnott@shaw.ca) for more info.

## ACCOMMODATION OFFERED

**WATERFRONT** 2-bdrm cottage at Deep Bay (north of Qualicum Beach on Vancouver Isl. overlooking Denman and Hornby Islands. It is quiet, relaxing and private. Sleeps up to 6 people, n/s, internet, cable TV, owned by a retired teacher. Retired Teacher special rate for May, June, September and October: \$910/wk. Limited time available in July and August at peak season rates. E-mail [joyce.buckham@shaw.ca](mailto:joyce.buckham@shaw.ca), or phone 604-939-0121, for additional pictures and details.



### HOUSE EXCHANGE - Victoria

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## OPERA TOURS

### Vancouver Opera Guild

Tour to Great Opera Houses of Italy, October 9-21 2024

**Naples** - Teatro San Carlo (Simon Boccanegra),

**Rome**- Teatro del Opera ( Peter Grimes),

**Parma**- Teatro Regio ( Macbeth),

**Busetto** - Teatro verdi (Un Ballo in Maschera) and

**Milan**- Teatro alla Scala (Der Rosenkavalier)

Includes 4\* hotels, excursions and travel by coach.

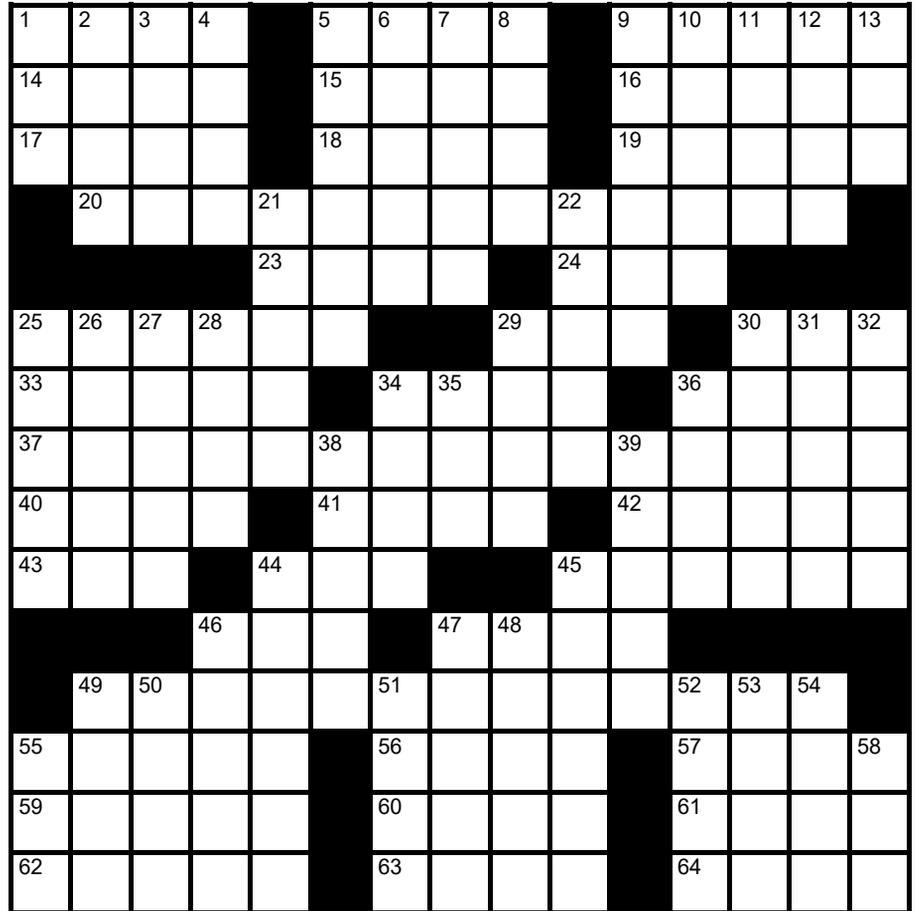
Great Expeditions 604 257 2040  
or [tours@greatexpeditions.com](mailto:tours@greatexpeditions.com)

# crossword

## Unusual Things

By Lynn Hembree

Email: [crossword@bcrrta.ca](mailto:crossword@bcrrta.ca)



### ACROSS

1. "Pumping \_\_\_", Arnold's 1977 film
5. Prefix with phone
9. About
14. Dolly \_\_\_ of "Hello, Dolly!"
15. Angle between a leaf and a branch
16. Homeric epic
17. Tilt
18. Trudeaus' party, briefly
19. Back in style?
20. Get well gift (2 wds)
23. "That would be \_\_\_!" (2 wds)
24. Total
25. Weight of gems
29. RSVP "holder", acronym
30. The Painted Boat in Madeira Park has one
33. Friends of the court
34. Hair cut or carpet
36. A piece of marble
37. Flower that looks like a torch (4 wds)
40. Where two planes meet?
41. Type of lock
42. Assistants
43. One maybe comes with a boardgame
44. Our readership demographic (abbr.)
45. Vipers and cobras
46. \_\_\_ Paulo
47. Ascus (pl)
49. Take time to \_\_\_. (3 wds)
55. Hindu deity
56. "You are my \_\_\_!"
57. Beach item
59. Comedian or card
60. Companion of riches
61. \_\_\_ "of Man" or "of Dogs"
62. Sun-loving, top-heavy flower
63. Some poems
64. Youngster

### DOWN

1. Under the weather
2. Atoll protector
3. Elliptical
4. El \_\_\_ (warming of the ocean)
5. Indonesian neighbors
6. Banish
7. Maurice, Robin, and Barry
8. "Not to mention ..."
9. \_\_\_ du Soleil
10. Alimentary canal part
11. Baptism, for one
12. Links rental
13. "Much \_\_\_ About Nothing"
21. 4:1, e.g.
22. Grammar topic
25. Gave a fig
26. Town in Iraq built on a mesa
27. Maple \_\_\_
28. Ibuprofen target
29. Rice wine
30. Hope-Princeton \_\_\_
31. More white
32. Bottomless pit
34. "Feel good" centers
35. May come after "alco-" or "ment-"
36. Tried to get home?
38. Austrian province whose capital is Innsbruck
39. AM/FM device
44. Pay cheque
45. Opposite of down
46. Number before -up or -eleven?
47. In the lead
48. Mountie's red fabric
49. Loafer or sneaker, e.g.
50. Sushi restaurant on Robson St.
51. "Comin' \_\_\_ the Rye"
52. Sidney \_\_\_ ferry
53. Simple
54. Scarf material
55. Initials of the actor who played Carrie Bradshaw
58. "Life of Pi" director Ang

See the crossword solution at [bcrrta.ca/crossword](http://bcrrta.ca/crossword) AFTER April 30

# Sudoku

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

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

## TO SOLVE SUDOKU PUZZLES:

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

## SEND COMPLETED PUZZLES TO:

100 – 550 West 6<sup>th</sup> Avenue,  
Vancouver BC V5Z 4P2

## FOR MORE ONLINE SUDOKU PUZZLES:

[www.websudoku.com/](http://www.websudoku.com/)

## DEADLINE FOR SUDOKU AND CROSSWORD SUBMISSION IS:

April 30, 2024

**Congratulations to last issue's puzzle winners. Your cheques are in the mail!**

## Crossword:

Althea Strudwick, Langley  
Lesley Gregorash, Burnaby  
Carole Eyles, Gulf Islands

## Sudoku:

Marilyn Squire, Port Alberni  
Judy Nicol-Smith, Vancouver  
Roger Delage, Surrey

## WINTER 2023 CROSSWORD SOLUTION

1	S	2	N	3	U	4	B	5	S	6	P	7	I	8	C	9	A	10	B	11	R	12	I	13	E																																																																																	
14	W	15	I	16	N	17	O	18	A	19	L	20	L	21	A	22	H	23	O	24	I	25	N	26	K																																																																																	
27	A	28	C	29	T	30	S	31	G	32	U	33	I	34	R	35	O	36	W	37	O	38	K	39	E																																																																																	
40	T	41	H	42	I	43	N	44	G	45	A	46	M	47	A	48	B	49	O	50	B	51	S																																																																																			
52	H	53	E	54	L	55	I	56	O	57		58	S	59	K	60	E	61	P	62	T	63	27	C																																																																																		
64		65	A	66	B	67	Y	68	S	69	S		70		71	A	72	R	73	E	74	N	75	A																																																																																		
76	O	77	P	78	S		79	S	80	M	81	A	82	T	83	T	84	E	85	R	86	I	87	N	88	G	89	S																																																																														
90	S	91	L	92	U	93	B		94	C	95	R	96	E	97	A	98	M		99	T	100	O	101	L	102	E																																																																															
103	C	104	A	105	M	106	A	107	R	108	A	109	D	110	E	111	R	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200

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# Obituaries

Location listed is the area given as "last taught"



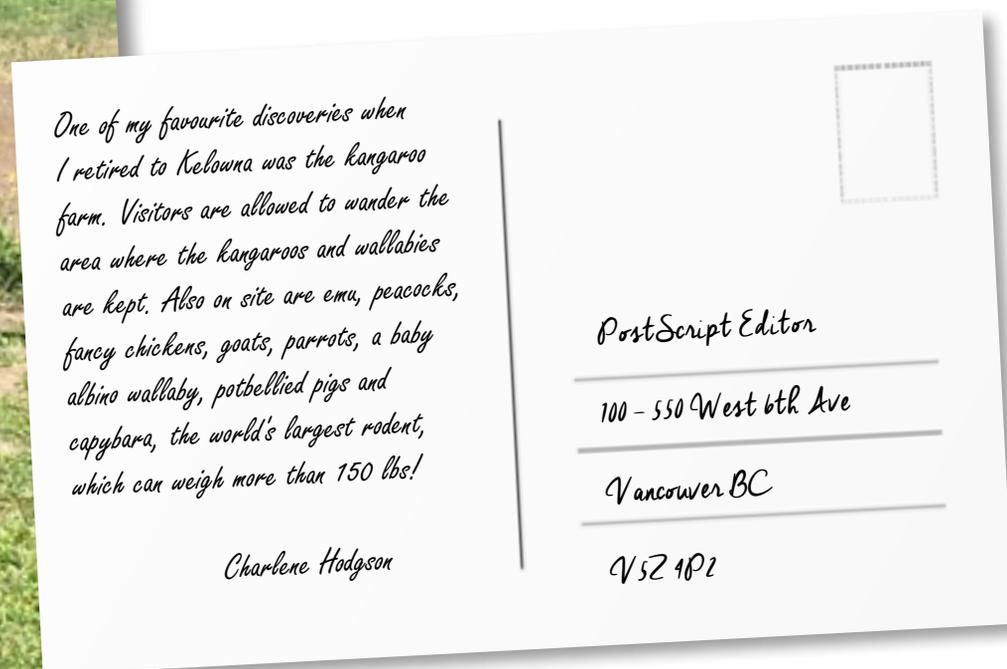
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Acton, Doreen	Richmond	Fieber, Glenn F.	Kamloops
Arcand, Raymond	Gulf Island	Fitch, Margaret	Burnaby
Aynsley, Susan	Vancouver	Fraser, Kenneth H.	North Coast
Barnes, Brian	Central Okanagan	Gabor, Emma	Princeton
Barteski, Patricia M.	Ridge Meadows	Gibb, M. Geraldine	Vancouver
Belle, Larry W	Powell River	Glen, Elizabeth	Coquitlam
Bennett, Judith K	Saanich	Goldstone, Margaret E.	Burnaby
Berger, Elizabeth M.	Powell River	Gouldie, Hilda D.	Greater Victoria
Bettiol, August L.	Sooke	Hammond, J. Terry	North Vancouver
Broomhead, Chloe	Surrey	Hansen, Thomas S	Vancouver
Buckley, W. George	Burnaby	Heinzelman, Bernice	Quesnel
Butler, A. Rod	Penticton	Homan, Ruth	Surrey
Coulthard, Ruth I.	North Vancouver	Hood, Mary	Nelson
Cue, Anthony W.	Prince George	Howard, Irene T.	North Vancouver
Cullis, Frank J.	Richmond	Janssen, Pauline E.	Abbotsford
Cunningham, Robert Martin	Richmond	Kennedy, Carolyne	Nechako Lakes
Derban, D. Jackie	Kamloops	Kubin, Sharon M. B.	Kootenay Lake
Douglas, Catherine M.	Greater Victoria	Larsen, Linda (le)	Gulf Islands
Durose, Gwyneth	Vancouver	Lekich, Bill	Port Alberni
Epp, Beverley A	North Coast	Leong, Byng Jake	Surrey

Lindgren, Mary	Saanich	Ross, M. Elizabeth	Creston
Livingstone, Doreen F.	Kamloops	Rulofs, Otto	Vancouver
Lynch, Herminia	Peace River N.	Silversides, Hildegard	SE Kootenay
Macdonald, Mary R.	Kamloops	Sommerville, Janet E. H.	Kootenay Lake
MacLachlan, Douglas Roy	Surrey	Spagnut, Annetha L.	Burnaby
MacLean, Helen	Abbotsford	Stack, Edwin J F	Cent. Okanagan
Marshall, Patricia	Coquitlam	Stinchcombe, H. Robert	Greater Victoria
McLean, Alfred	Cent. Okanagan	Suddaby, Mike	Ridge Meadows
McNamara, John J.	Ridge Meadows	Sutcliffe, Richard A	Ridge Meadows
Michell, Kathryn	Prince George	Sutcliffe, Ross	Cent. Okanagan
Mukai, Robert Y.	Richmond	Swalwell, C. Ken F.	New Westminster
Newman, Dorothy E.	Campell River	Thorsell, Barbara J.	Powell River
Norman, Margaret Beryl	Cent. Okanagan	Tokarek, Robert T	Vancouver
Palmer, Sidney M.	Nechako Lakes	Whitelock, Robert B	Coquitlam
Podovelnikoff, M. Jeanette	Nelson	Whitney, Gordon E.	Vancouver
Pride, A. Harry	Burnaby	Williams, Hazel	West Vancouver
Rasmussen, Walter H.	Delta	Yamamura, Nancy Namiyo	Cent. Okanagan
Reid, Douglas	Vernon		
Richards, Elizabeth	Peace River N.		
Richter, John J.	Cent. Okanagan		

# Wish You Were Here

## POSTCARDS FROM BCRTA HOME TOWNS





## HISTORY OF THE RR SMITH MEMORIAL FUND FOUNDATION

The R.R. Smith Fund is named after Robert Reid Smith a founding member of the B.C. Retired Teachers' Association and past President of the BCTF, who died in 1969.

In 1999, the BCRTA filed an application for Charitable Society Registration to allow donating members to receive income tax deductions.

In 2000, the R.R. Smith Memorial Fund Foundation was established "to advance public education in British Columbia and developing countries".

In 2005 part of the fine levied against the BCTF in a labor dispute was set aside by the court for the R.R. Smith Foundation.

R.R. Smith established an endowment at each of the public universities in B.C. granting degrees in education: University of British Columbia, Simon Fraser University, University of Victoria, Thompson Rivers University, Vancouver Island University and University of Northern British Columbia.

In 2016, the BCRTA and R.R. Smith signed a Memorandum of Understanding. R.R. Smith became a British Columbia society and registered charity. It would be supported "in kind" and by an annual fee from members of the BCRTA and Associate members who choose to belong.

R.R. Smith is governed by its own Board of Directors and holds an Annual General Meeting just prior to the BCRTA's annual meeting.

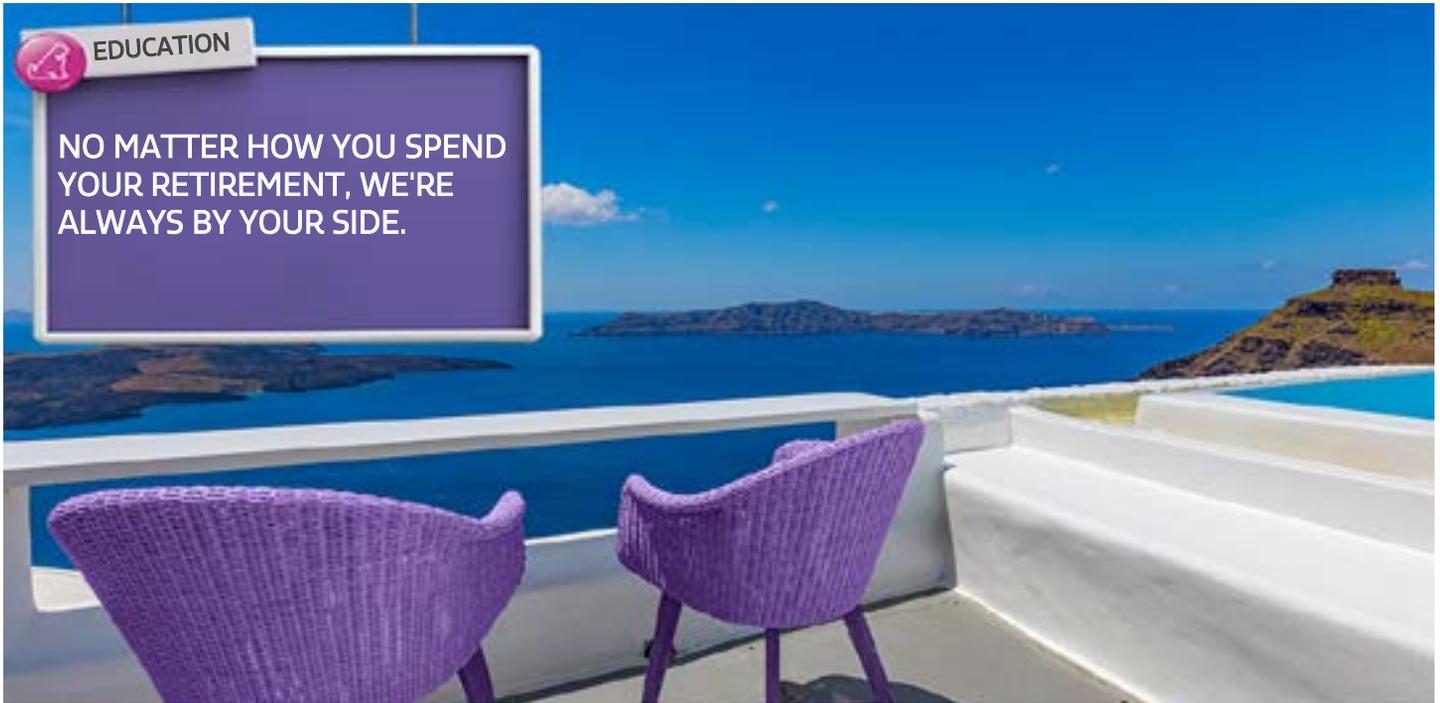
On November 1, 2016, the R.R. Smith Memorial Fund Foundation transferred its Capital Fund as a "Deed of Gift" to the Vancity Community Foundation and became the "Vancity/RR Smith Community Fund" for donations and tax receipts.

The R.R. Smith Memorial Fund Foundation last year awarded \$40,800.00 in grants to Canadian Registered Charities for projects in B.C. and in developing countries. The Board receives more requests than it can support but we are hopeful the membership dues increase from \$2.00 to \$5.00 per year will greatly enhance our grant giving opportunities.

To support the work of R.R. Smith you may send an "In Memory" donation in honour of a family member, friend or name R.R. Smith as your Life Insurance beneficiary (your premiums are then tax deductible), or by giving a real estate donation.

Visit our website or contact Treasurer Jim Reid  
jreid03@telus.net

**Learn more at [www.rrsmith.ca](http://www.rrsmith.ca)**



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