

PostScript

WINTER 2018



THE MAGAZINE FOR RETIRED EDUCATORS



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PostScript

WINTER 2018



This month's cover: Havana by Gord Yakimow

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BCRTA – HEAD OFFICE

100-550 W. 6th Avenue • Vancouver BC • V5Z 4P2
Phone 604.871.2260 Toll Free 1.877.683.2243
Fax: 604.871.2265

EDITORIAL TEAM

Tim Anderson, Executive Editor
JoAnn Lauber, Contributing Editor
Kristi Josephson, Administration



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An Annual General Meeting can be much more than the occasion for association business. It's a time for members to connect with old friends from other regions, a time to share ideas and to hear inspiring stories of educators of all ages. The 2018 BCRTA AGM was rich in all these. In this issue of PostScript, we give you a window into some of those moments.

The AGM also proved to be a good time to surface some fascinating stories to share with you. Two stories featured in this issue started with conversations at the AGM. We travel north and back a few years, into the sometimes comical exploits of *Cheryl Hofweber* whose romantic notions of a cabin in the woods met the cold reality of Northern BC. It turns out that the teacher has more to face than her class. We also meet Mission's *Kate Patten* and learn how her retirement from teaching and the generosity of a sponsor opened the door to a new calling, building emotional health in vulnerable families. It's not hard to believe in miracles when you're part of one.

Of course, we're not the only organization that holds annual meetings. Because of our interest in the health of seniors, the BCRTA was well-represented at the annual convention of the *Canadian Association on Gerontology* in Vancouver, where PostScript columnist *Dr. Roger Wong* was a keynote speaker. We bring you some insights from that gathering.

In this issue we also set sail on SV *Khamsin*, captained by retired teacher *Gillian West* who has visited 60+ countries in retirement. We discover she is still writing and teaching - at 88 years young.



Gerry Tiede is well-known in the BCRTA from his many years on the board and perhaps especially for his work with the BCRTA retirement workshops he has given across BC. Now he's trying on a new title - *President* - and offers us his first column.

What else - oh, we neglected to mention that Cuba trip. Ah, those *mojitos*. Then of course there's our usual team of columnists, offers from our Member Advantage partners, and articles to keep you optimistic and healthy, somewhat wealthy, and even a little bit wise.

We're so glad to see you again.

Yours truly,

The Editors

postscript@bcрта.ca

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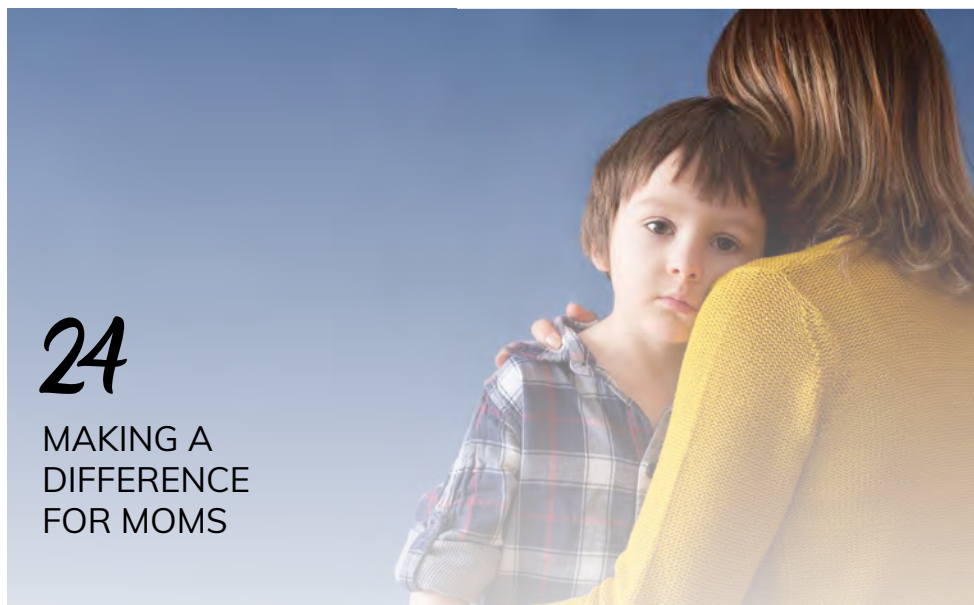
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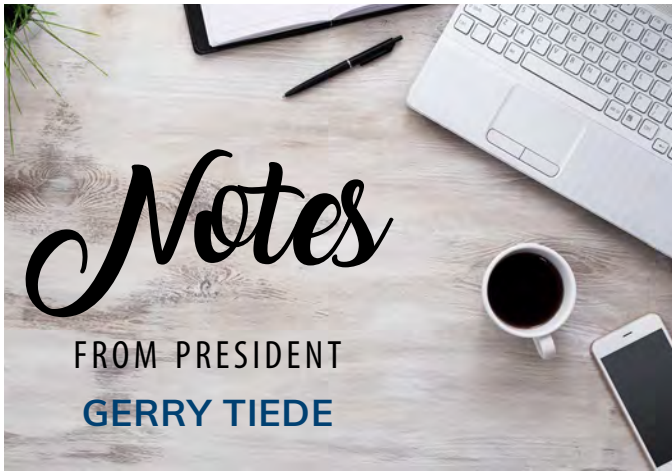
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I've made several trips to Africa, teaching students and teachers in an orphanage school in Zambia which is filled with students who have AIDS. Each trip is a wonderful, confusing, frustrating, and ultimately rewarding experience.

Those of us who have the opportunity of visiting and volunteering in developing countries always come back changed. The exposure to different cultures, the strange foods, the shopping challenges, and the new friends with unexpected customs, behaviors and beliefs. These enjoyable experiences broaden our understanding of the world and, at least in my case, teach me how lucky I am to have been born in Canada.

The biggest change in my attitude comes when I get back to Canada and view our world here through different eyes. Sure, we have plenty of problems: the housing affordability crisis, Bill C27, high pharmaceutical drug costs, environmental challenges and social injustice. And of course we should do everything in our power to correct these

injustices. I'm just saying that I feel truly fortunate, now that I'm back home, to be dealing with first-world problems rather than third-world problems.

I have so much to be thankful for:

- Every month a very comfortable pension payment arrives in my mailbox. 60% of Zambians live below the poverty line as defined by their own government, and a 'good' working wage is about \$10 a day.
- Each year I get a cost-of-living increase. The Canadian Consumer Price Index for September 2018 was 2.2% so I'm expecting that increase in my January 2019 pension. Zambians have no such security.
- Our pension plan is fully funded, and its value of \$27 billion ensures the security of 35,000 retirees and 45,000 active teachers. The TPP's value is greater than Zambia's national Gross Domestic Product of \$23 billion, and that GDP must do for a population of 17 million people.

The disparity in wealth continues each year. Even in retirement I'm contributing to the economy of our province. In 2015, \$3.245 billion was paid in pensions to members of the Teachers, Public Service, Municipal and College pension plans. This contribution to the BC economy resulted in 31,099 jobs and \$310 million in total government tax revenue.

Witnessing these great differences can change a person in ways that are sobering and sometimes humorous. For example, now that I'm back home in Canada, I'm happy to pay my taxes! Isn't travel wonderful?





Our favourite composer was Frederick Delius. I have only to hear the first notes of ‘Hearing the First Cuckoo in Spring’ to know who it is.

Asthmatic since birth, I took voice lessons to help my lungs. My teachers were lovely. When I moved to Vancouver I was lucky to find a teacher who charged five dollars a lesson. I joined the Greater Vancouver Operatic Society and we performed Gilbert and Sullivan’s *Mikado* and *Pirates of Penzance* at the newly-built Queen Elizabeth Theatre. I rehearsed *Iolanthe* but pregnancy got in the way!

Later, I spotted an ad for auditions for the *Vancouver Bach Choir*. My boys were incredulous – “You’re too old, Mum!” I auditioned for Bruce Pullan and got in. For the next thirty-two years, there was music and more music. We sang the whole choral repertoire, often with the VSO and world-famous soloists. One infamous New Year’s Eve we sang with *The Three Tenors*. Concerts fashioned after the UK’s *Last Night of the Proms* brought back so many memories for me, especially when the audience (who came in droves) sang along with *Land of Hope and Glory*.

We travelled to England and Wales for the *Eisteddfod*, and also to Japan. I once went downtown for six evenings straight, an hour each way, learning the chorus work for *Tosca* – and all this during a teaching week. And then the gig fell through! Those were the days. The *Mahler 8th* was the last piece of music that I sang with the choir, when the Olympics were held in Vancouver.

I was asked to write the fifty-year history of the choir. That small spiral-bound book sits beside my bed. Every now and again I dip into a host of memories – some sad, some hysterical, but always of a life in music, thoroughly enjoyed.

I stopped singing eight years ago and volunteered to help with the youth choirs, where I met lovely teachers and pianists and talented kids. I keep in touch with some of them – they were important in my life. Now in retirement I look at old programs and concert guides, recalling the pleasure of getting on stage and singing for an audience. At any time a piece of music can stop me in my tracks and take me back to the time when I sang it and all those wonderful memories return to me.

Life in the slow lane does have its good points.

Sheila Gair is past editor of *PostScript*.

Some say ‘Music is the Food of Love’ but for me “Music is the Food of Life.” It’s been my prop and mainstay for eight decades and I cannot imagine life without it.

At age three or four I shared the piano bench with my grandmother who played as I sang Christopher Robin songs. When I was a bit older, Dad made an effort on a Sunday morning to teach me piano, with little success. Sunday School introduced me to the hymns I still remember today, word for word. Easter, Christmas and especially harvest festival brought a bounty of new music.

Grammar school had music on the curriculum but there was also the choir after school, with operettas, festivals and those giant concerts at the Winter gardens where many school choirs gathered. I loved it all. At age eleven I was asked point blank by a teacher – do you want the lead in the Christmas play, or to sing in the choir? You know my answer to that one!

As teenagers, on Fridays we lined up outside the staff room and asked for a ‘concession’ ticket to the Winter Gardens Saturday night concerts. Any of the seats not taken by seven were mine for a shilling! Four of us made it a regular date night, and I was exposed to the Bournemouth Symphony under Sir Charles Groves, and years of glorious orchestral music.

My dad had a collection of records and would open up the gramophone and play them for us.



JUGGLING THE PRINCIPAL RESIDENCE DEDUCTION

Dave has finally begun the arduous task of filing the final tax return for his mother Audrey who passed away in July 2018. As part of Dave's Executor duties, he is responsible to gather all Audrey's final tax information and have the final returns completed. Trouble was, her records were either a mess, or in some cases, there simply weren't any. Worse, they would need many of these records for something new; completion of the Principal Residence Election (PRE) form. Audrey owned both a home in Chilliwack and a cottage property on Salt Spring Island.

Prior to 2016 anyone that sold their principal residence did not have to report it on their income tax return. The lack of reporting allowed for abuse of the PRE. There were stories of property speculators, flippers and foreign buyers who were flouting the rules with impunity. On October 3, 2016 the federal government tightened the PRE rules. The changes were intended to ensure that the PRE would only be used in appropriate cases and that the one-property-per-family limit would be followed.

To be clear, a principal residence is one that a taxpayer's family (the taxpayer, his or her spouse, common-law spouse and any children under the age of 18) ordinarily inhabits. Since 1982, a family is entitled to designate only one principal residence per year. Any family owning more than one property must choose which to designate as the principal residence in any given year.

These opportunities are not new, however Canada Revenue Agency (CRA) now requires taxpayers to declare the PRE and provide basic information in their income tax return. As Dave is working on his mother's final tax return, he must file documentation that discloses the original purchase of the home, major capital improvements, proceeds of sale and years that they are claiming the PRE.

Dave was surprised by this requirement, and knew it would be a challenge to sort through Audrey's records to find the needed information. Luckily, he found some of the information in a box of his late father's papers that he fortunately had not yet got around to shredding. There were some other useful invoices and receipts for bathroom and kitchen renovations that he was able to unearth from his mother's records. In the end he was able to piece together enough information to be able to file a tax return.

There were some other considerations. In the last 4 years, Dave's niece Phillipa had been renting the basement suite of the house in Chilliwack while she went to school at the University there. Dave wondered if this would cause trouble claiming the PRE. Thankfully, the rules allow for this as long as there were no structural changes to the building to accommodate the rental, no capital cost allowance was claimed on the units or buildings, and the rental use was relatively small in relation to its use as a principal residence. Further, Audrey had been careful to pay income tax on the rental income. That said,



“ A family is entitled to designate only one principal residence per year. Any family owning more than one property must choose which to designate as the principal residence in any given year. ”

“ It has become important to keep track of the purchase, capital improvements, usage, and the sale of a principal residence in much the same way as an investment property. ”

anyone using part of their principal residence for rental income or for a home office should take care not to fall afoul of the rules. CRA looks carefully at the relationship between family use and other use. The Salt Spring cottage had never been rented.

On November 1st 2017, Audrey had moved to a senior's assisted living residence. Phillipa continued living in the house, looking after it in case Audrey decided to move back. As Audrey did not ordinarily inhabit her home, Dave would not be able to claim the PRE for 2018.

Dave now was able to work out the most tax efficient way to file the PRE for Audrey's final return. The island property had been purchased in 1975 for about \$80,000 but was now worth just over \$700,000. Audrey's home, purchased in 1984 for \$100,000, was now worth \$500,000. Records showed that a further \$50,000 had been spent on improvements to the home. This meant that the capital gain on the home was \$350,000 (\$500,000 – (\$100,000 + \$50,000)). At the same time, Salt Spring, purchased for \$80,000, with another \$100,000 of improvements, carried a \$520,000 capital gain. As taxpayers can use the PRE for any property Audrey ordinarily inhabited, Dave decided to utilize the PRE for the Salt Spring property for the available years it was owned.

Here's how the math worked:

CHILLIWACK HOME:

1984 purchased:	\$100,000
Improvements:	\$50,000
2018 value at death:	\$500,000
Capital gain:	\$350,000
PRE claimed for:	1984 – 1994 (11 years until the purchase of Salt Spring)
Exemption Calculation: ([1 + 11] / 35 X \$350,000	= \$120,000

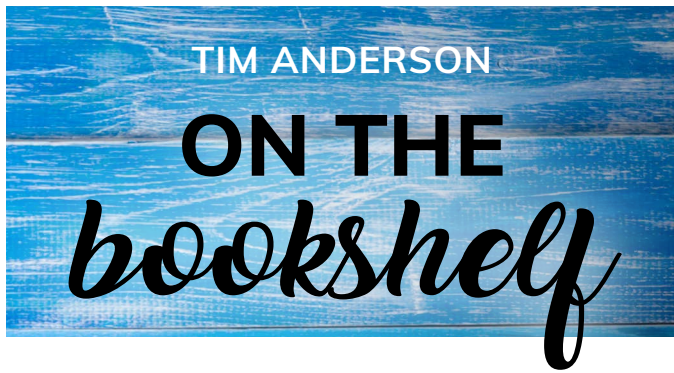
SALT SPRING PROPERTY:

1995 purchased:	\$80,000
Improvements:	\$100,000
2018 value at death:	\$700,000
Gain	\$520,000
PRE claimed for:	1995-2017, or 22 years
Exemption Calculation: ([1 + 22] / 24 X \$520,000	= \$498,333

With a total of \$870,000 in capital gains, the combination of the PRE for the home from 1984 to 1994 and later Salt Spring for 1995 - 2018, allowed Dave and Melanie to exempt \$618,333, or 71%, from capital gains tax on the final return, an approximate tax savings of as much as \$150,000.

For anyone owning two residences, it is impossible to know in advance which property might best benefit from the principal residence exemption. There may be times where we may change the use of a property from a personal use to something else, like a rental property. This means that it has become important to keep track of the purchase, capital improvements, usage, and the sale of a principal residence in much the same way as an investment property. Having armed yourself and your heirs with records you will, in future, be able to best take advantage of the PRE.

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



On the Brink of Everything

by Parker Palmer

Berrett-Koehler Publishers, 200 pp,

Hardcover \$25.95

Every day, I get closer to the brink of everything. We're all headed that way, of course, even when we're young, though most of us are too busy with Important Matters to ponder our mortality.



So begins renowned educator Parker Palmer's collection of essays, *On the Brink of Everything*. Palmer's modus operandi for the past forty years in print (and eighty years on Earth) has been to braid together questions of personal growth and social engagement in his mission to teach. His wide readership shows that when teaching for change it is often not the shrillest voice that penetrates, but the most trusted.

In this small but rich collection, Palmer the trusted elder tests the ambitious scope of his book's title in a repeated pattern of questioning, self-disclosure and reflection. He expresses confusion, delight, assurance, and a stubborn resolve. He has overcome deep depression. He is an accomplished writer, yet still compares that process to a trip to Hades. He is old, and is astonished to discover that he likes it. The stories he tells are personal, with insights that prove to be universal.

After their day in the sun, he ponders, should seniors call time on their involvement in the world, and disengage? Palmer notes that our youth-obsessed culture seems to think that seniors should busy themselves with "harmless hobbies." Proving that he isn't harmless in his response to bad ideas, Palmer pushes back:

There are only three problems with this message: (1) It robs older folks of sources of vitality, meaning, and purpose. (2) It robs the world of the gifts elders have to offer. (3) It's ridiculous. Other than that, it's a great idea.

For some, getting older means hewing only to the tried and true. But Palmer points out that experimentation is the only way to learn, and that failed experiments are likely to have the most fruitful learnings. What we need most of all is self-knowledge.

"Today, as I close in on eighty," Palmer writes, "I know there are no shortcuts to wholeness." This means especially the conscious acceptance of both our positive attributes and the flaws in our character. Self-assessment is often a painful thing, he says, but we must attempt to embrace the whole of ourselves (hence "integrity"). Turning away from that task saves us no trouble but just invites the opportunity to spread denial and despair to others.

As a pro-social educator, Palmer struggles with the anger he feels at recent political trends. An advocate for justice for those at the margins, he is bitterly disappointed by the current climate of xenophobia and contempt. Going "numb" is not the answer, he says, but he also recognizes that anger is seductive, and we can become "hooked" on the emotional rush that comes from its white-hot focus. His antidote is, characteristically, to reflect more deeply on his own biases, and the recognition that corrosive streams of oppression are not new, but re-surface continuously in different forms. Constructive responses are needed.

Finally, Palmer has some counsel for his fellow seniors. His advice for a life of "generativity" include reaching out to younger generations, both to support and to learn for oneself; to move toward those things we fear, rather than being immobilized by them; and to spend time in the natural world, which offers answers to our own life questions in its integrity and harmony.

Looking over that final brink, Palmer decides that the best way to finish "is with the knowledge that I showed up here as my true self, as best I knew how, able to engage life freely and lovingly because I had become fierce with reality."

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

PostScript Letters

Home Insurance Win

Johnson Home Insurance is amazing! Lyn and I had our house insurance with a company for a very long time and we were shocked at the increase in our premium. Looking at the back page of the latest PostScript we saw the ad for Johnson Insurance, and the 5% rebate for BCRTA members with travel insurance. I talked with a Johnson representative and my home insurance premium was almost cut in half, and that included an increase in our coverage.

George M.

There's the Rub, Again

I note on p.9 in the Fall 2018 issue of PostScript Letters, "There's the Rub" a comment regarding chiropractors and their "procedures not yet supported by a solid body of evidence" and ..."processes are open to question." Good on Ron S. for drawing this to the attention of the readership.

In the past two years, I have endured severe back pain and got some relief from a litany of physiotherapists and a chiropractor. Some relief but I could not stand straight up. In early July, I remembered a chiropractor I had seen about twenty-five years ago who had fixed my back then. I made an appointment with a chiropractor who was certified by NUCCA -National Upper Cervical Chiropractic Association. He took x-rays and began treatment, saying I would likely need between two and eight appointments. After the fourth treatment I am walking upright without pain for the first time in two years. I have my life back!

I would like to suggest that Ron include NUCCA in his research regarding Chiropractic Treatment.

Nelson W

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Cuba

Mojitos and More

Text and photos by Gord Yakimow



THE BEST MOJITOS IN CUBA proclaimed the endorsement on the menu of the café. The recommendation came from none other than Nobel Laureate *Ernest Hemingway*. The womanizing novelist-turned-newsman once had a summer place in a fishing village not far from Havana, which inspired his acclaimed novella *The Old Man and the Sea*.

Riding on the shirt-tails of Hemingway's reputation, my wife and I paid \$5.50 CUC's each for a mojito. We came to learn that the famous Cuban cocktail of the "*La B del M*" (*La Bodeguita del Medio*) - where newspaper reporters gathered in the Havana of the 1950's - was significantly overpriced. Later, down a nearby narrow street we ordered a "happy-hour" pair for just \$4 CUC - that's for both! (The CUC is the Cuban Convertible Currency - exclusive for tourists - and is equivalent to one US dollar.)

Then we had a wonderful meal a few blocks away at *Bar-Restaurant El RumRum de la Habana*, entertained by two charming, elderly troubadours who sang for tips - the norm in Cuba. Their repertoire included a dirge for "*Comandante Che Guevara*" and the internationally-recognized "*Guantanamo*" (my request). We were to discover much more than *mojitos* during the winter month we spent in Cuba.

HABANA

We had an evening meal (and a mojito) on the famous rooftop terrace of the *Hotel Ambos Mundos* - where Hemingway stayed when he spent time in Havana.

The Cuban capital is an extraordinarily beautiful city. Classic structures from the Spanish colonial era and newer American-era buildings stand side-by-side. The older ones are often in need of



Classic automobiles are a feature of Havana streets

repair - but are still in use. On the streets are the oft-photographed classic American automobiles, now antiques, in use since trade with the USA was curtailed after the 1959 Revolution.

Some Havana highlights: *The Capitol*, an exact replica of the US Capitol in Washington. *The Plaza de la Revolucion* where the monument to the Father of Cuba, Jose Marti, gazes out across the square at the visages of Che Guevara and Camilo Cienfuegos, two “heroes” of the Revolution.

The Museo de la Revolucion has on display the “Granma,” the derelict yacht which brought Fidel Castro and his small band of guerrilla fighters to the shores of Oriente province in eastern Cuba in 1956 - and we all know the rest of that story.

Nearby is the *Museo de Bellas Artes* (Fine Arts) which my wife visited while I was engaged in researching the story of the Granma.

LEGENDS OF “LA REVOLUCION”

We discovered that Cuba loves its heroes - and its monuments - and both abound in this remarkable Caribbean nation.

A case in point: the magnificent mausoleum to Che Guevara in Santa Clara. He was tracked down and killed in the mountains of Bolivia. His remains were then brought back to the city where he orchestrated the greatest victory of Castro’s revolutionary war, defeating an army



Above: Castro memorial. Below: Plaza de la Revolucion. Jose Marti (the Father of Cuba) looks over the square to visages of Che Guevara and Camilo Cienfuegos

unit of the despised dictator Fulgencio Batista despite being outnumbered by ten to one.

In contrast there is the humble resting place of Fidel Castro, who, while he was at the helm of the government of Cuba, outlived ten American presidents who hatched numerous plots to have him assassinated. He died at age 90 in November of 2016 - of old age.

Having observed the commercialization of the famous photo of Che Guevara - one of the most recognized images in the history of photography - Castro decreed that the same would not happen with him: no monuments, no street names, no buildings, nothing. “Ours is a revolution of the humble, by the humble, for the humble.”

Castro’s burial niche is covered by a metal plate on which is inscribed one word: FIDEL.

Adjacent to Castro’s final resting place is the more elaborate monument to Jose Marti, the Father of Cuba, a poet and philosopher and military leader who was often quoted by Castro in his famous-for-their-length speeches.

We purchased a colourful revolutionary canvas painting from artist Rafael Alvarez Alonso at his shop located on a narrow cobblestone street in the enchanting UNESCO Heritage City of Trinidad.



Above left and right: Scenes of daily life. Center: Artist Rafael Alvarez Alonso in his shop in Trinidad. Below: Monument to Che Guevara in Santa Clara.

We undertook a bicycle taxi tour through the bewildering maze of streets of **Camaguey** - a city planned and constructed to confuse and thwart invading pirates.

We swam in **Bahia de Cochinos** (the Bay of Pigs), and we looked out (from a long way off) over Guantanamo Bay, where "Gitmo," the US naval base, is still a major bone-of-contention in US - Cuban relations. A dubious lease agreement was signed in 1934, ceding in perpetuity the 120 square-kilometre (45 square-mile) site to the Americans. Cuba wants it back, but the **Yanquis** won't relinquish it.

We clambered the caves of an anthropological site near the city of **Baracoa**. Activity at the

location pre-dates Christopher Columbus by some 3000 years. The hero of Baracoa is **Hatuey**, an Indian leader who resisted the Spanish invaders and was consequently burned at the stake in 1502, ten years after Columbus's setting foot in the Americas.

Our holiday in Cuba wrapped up with a six-night stay at an all-inclusive resort in **Veradero** where - yes - we did imbibe in the occasional mojito, but only to whet the appetite for the supper which would soon follow.

Gord Yakimow is a retired teacher from Chilliwack #33, where he was head of the English Department at Chilliwack Senior Secondary. He has previously written for PostScript.





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Travel Industry Council of Ontario Reg. # 3206405; B.C. Reg. # 23337

important dates

Canada Pension Plan and Old Age Security

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

All payment dates

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

Teachers' Pension Plan

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

All payment dates

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



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Vancouver

A NEW COURSE

Fifteen Years of Work and Adventure Aboard SV Khamzin

Text and photos by Gillian West



I came by my wanderlust honestly. When I was a child in the 1920's and 30's, my father was in the British army in Egypt and India. Garrison living, founded on defending the Raj, was punctuated with an exciting mix of holidays, riding, big game hunting and fishing, and escorting my mother to glamorous balls.

Above: Sunset on the Gambia River. Inset: Gillian West

I was usually left at home with my *ayah*, having to content myself with the promise of my mother's pearl-handled ostrich feather fan when I became seventeen. Our homes were decorated with leopards, gazelles and other assorted tropicals, plus my favourite, a massive Bengal tiger skin complete with stuffed head on which I spent much time reading and dreaming.

I yearned to sail from the time we came to Canada in 1939. My father's tennis partner had three little boys who had a most intriguing little sailing dinghy, for which I lusted. But my hopes of getting aboard were thwarted because the boys were just at the age where they couldn't STAND girls. Many years later I was to cross paths again with these little horrors (now completely transformed) when one of the three had to eat humble pie by presenting me with one of my earliest racing trophies.

Eventually, when I was in my mid-thirties, my husband came home one day with plans for an eight-foot pram dinghy which he built in our living room. Sailing very quickly became a way of life for the family: I taught myself to sail, my husband built more boats, and the children and I soon became instructors and avid racers. Later I became involved in volunteer work assisting in the development of nation-wide yacht racing, cruising, navigation and race management standards, a process in which I remain involved.

POST-RETIREMENT WORK

I retired from the West Vancouver School District in 1986 at the age of 56.

At the time I was also working part time as Chief Instructor of a large cruising school in Vancouver. We had sold our house in West Vancouver and



Left: Swiss-Canadian Urs presents freshly-baked loaves. Center: Boys, Indonesia. Right: NZ crew Robbie with flying fish.

were living aboard our sailboat. I continued the sailing work until we went offshore in 1991.

In Mexico a year or so later my husband decided that lifestyle was not for him. Following that, he crewed for me some of the time and often joined me in new ports where he acted as my support, doing most of the major boat maintenance. Along the way we bought cars and vans and camped in many countries.

I continued to sail on with crew, mostly young back-packers, for what turned out to be a fifteen-year, sixty-one country circumnavigation. It worked well as the backpackers needed to get from A to B and I needed their muscle.

A STRICT CAPTAIN

Apart from the moments of sheer terror one hears of, my concern was primarily for the crew who were mostly other parents' sons and daughters, and for ten months, my eighteen-year-old grandson. Would we lose someone overboard in bad weather or at night? Would they fall into bad hands while ashore in a rough port? Would they be grabbed by a crocodile? Would my navigation fail and we be lost at sea? I was a watchful and strict captain so far as safety precautions were concerned.

It is said "The price of safety at sea is eternal vigilance", and one must be ever alert, which

Left: Village boys taking home their fish, The Gambia. Right: Women at the market in Basse Santa Su, The Gambia.





can be wearing. Sleeping too soundly when off watch is not an option for the skipper.

Of course, there were a few dramas along the way. In the South Pacific the lines to our mooring buoy broke in a storm while we were waiting for an engine part and we had to do some fancy footwork under sail to keep off the shore. Two hundred miles up the Gambia River in west Africa we ran onto a sandbank in uncharted waters and spent many anxious hours over on our side praying the tide would rise far enough to float us

Top of page: Launching a pirogue in West Africa.
Below: SV KHAMSIN at anchor in the Canary Islands.



GILLIAN WEST

off. Eventually it did, luckily for us, because there wasn't a boat in two hundred miles to tow us off.

There were a few other downsides to this otherwise exciting life. Fuel and water for laundry had to be hauled from shore in the dinghy in jerry jugs. The fuel had to be filtered into the tanks and laundry done by hand. Groceries were brought ashore by backpack and a lot of walking was involved. There was no refrigeration.

On the whole my crew and I were treated very well everywhere we landed. I came home with a good feeling about the people I met, including the officials. Most people are struggling along doing the best they can with what life has handed them, and in so many places that is very little indeed.

NEW PHASES OF WORK

While away I wrote *Basic Cruising Skills*, the national cruising textbook, under contract to *Sail Canada*. On my return from sea in 2015 I resumed instructing and writing. At 85 I retired from working on the water but presently work in the classroom, tutoring a large number of Home Study students in navigation and radio, evaluating instructors, and now, completing the second of two navigation textbooks.

Today we live on a powerboat in a cooperative marina in False Creek. We have a wonderful view and many caring neighbours. At 88 I feel truly blessed to have relatively good health, a small extra income, and creative and meaningful work.

Gillian West lives on the water in Vancouver.

Northern Adventure

A book inspires a trip that lasts a lifetime.

by Cheryl Hofweber

At a recent Bulkley Valley RTA Conference, I sat with a lovely couple from the Peace River area. When I heard that they had recently moved from Moberly Lake it reminded me of a book I read in 1971, a book that totally changed my life. We were living in Ann Arbor, Michigan and had just finished our Masters degrees, on a predictable career path near family and friends. Then we read *At Home in the Woods*, a story about living in the northern wilds of British Columbia.

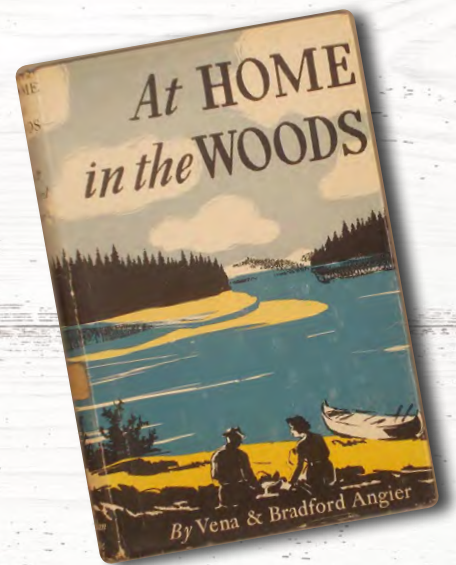
On a whim, we decided to take a year off and explore this land of mountains, rivers, wolves, wilderness and glistening snow. Promising our families it would be just one year, we packed our Vega station wagon with everything we might need for just that one year. Because we wanted to build our own log house, we sewed up a tipi, a skill learned from another book, and stuffed that and winter tires in the canoe strapped to the roof. With the mattress from our sofa bed, a piece of indoor outdoor carpeting for the tipi floor, and a chest of drawers, along with a little trailer full of carefully labeled boxes, we set off. What we did not need was stored at our parents' houses....just for a year, please?

After exploring much of BC, we came over Hungry Hill just west of Houston and were spellbound by the beauty and the snow-capped mountains. We knew this was the area we would settle in and, with another family, bought a 50-acre parcel, twenty kilometers south of Houston on the Buck Flats Road.

A creek ran through the property and as it was late June we were able to wade across the creek not even getting our knees wet. Knowing only the little trout streams in Michigan, which were pretty much the same size year-round, we found a perfect clearing on the opposite side of the river.

We were young and words like "spring breakup" and "flood plain" were not considered. We dedicated our time to preparing the site by hand, building the log house and gathering endless supplies of firewood. As winter came and the snow got deeper faster than our log house was rising, it became especially challenging to keep enough firewood on hand to heat the tipi. Every day I stacked the kindling and progressively larger pieces of wood under the camp cot that served as our living room area. If the fire was burning just right it would be warm and not too smoky. It was burning perfectly on the day I wrote the final cheque for my college loan, reminding myself that this wilderness experience was temporary and a career in teaching would be waiting for me.

By Christmas we moved into the log house, complete with a wood cook-stove, airtight heater, and a kitchen sink that drained into a bucket. Our water supply was the creek. Getting firewood was an ongoing process, and keeping our



kerosene lamps going required considerable effort. Yet trudging back from the nighttime outhouse we were often struck by the beauty of the yellow glow cast by lampflame in the cabin windows across the soft snow.

We learned that our choice of the cute little clearing across the creek had not been so wise. Spring break-up arrived and the little creek we had waded across swelled to 150 feet wide. All those nice clean gravel “beaches” we had seen in the summer became the bottom of a powerful raging river with large trees, sheets of ice and huge rocks rumbling down it. We built a cable car device with platforms on opposite sides of the creek with pulleys, cables, and a framed passenger/cargo box in which we could pull ourselves. When the river broke up, the ice bridge thawed, and the little wooden bridge that worked so well in the summer washed away. The cable car became our only access to the road.

I look back with amazement at the engineering work of our husbands and the strength and bravery we mustered to pull ourselves across in that square little cable car. We began the cable car journey by first climbing up to a 6x6 platform, secured to poplar trees on both river banks. If the wooden box wasn't on our side of the river we had to first pull it across by grabbing the cable and pulling it, similar to the process I had seen my mother use on the laundry line. The difference was the size of the cable and the human cargo in the box. Gravity helped it swoop down the first half of the the 150 foot expanse. The challenge came when the cable car and payload had to be pulled up that slope to reach the opposite platform. In winter it was fun going over the snow and ice path below. With spring breakup, however, the dark water churned with standing waves carrying full sized trees and huge boulders downstream. A feeling of vulnerability came upon us as we looked down at the raging torrent from that little cable car, dangling just 15 feet above. But we were young, and it was our northern adventure. As I write about it now, I can't imagine how that cable car became routine.



A teacher living farther down the road found that two of us had degrees in education and encouraged us to get on the sub list. I didn't think much of that as our days were already quite full with working on the house, preparing food and gathering firewood. Eventually the principal came out and I agreed to fill in when needed. Thus began my teaching career in BC. Without electricity or phones I would get the notice that they needed me at school the next day. The principal would tell our neighbours and they would get the message to me, either by crossing over in the cable car or sending a message on it.

The use of runners to contact me with requests to teach on short notice did fail on one occasion. We were in the woodshed, using a well-cleaned chain saw (lubricated with olive oil) to butcher a pig that was frozen solid. The messenger arrived. I stood there over the frozen pig and steaming chainsaw. There was no way to leave my husband alone with that project so I had to say no.

On teaching days I got up early, put my teaching clothes and shower supplies in a backpack, put on jeans and a down jacket, and pulled myself over to the opposite bank, then trekked up to the road where the car was parked. I remember how luxurious the hot shower in the girls' changing room felt. The only hot water we had was in the canner on the cook stove. I often wondered if the





Above: My Dad came in from Chicago to see what rustic life looked like. Right: Early athletics.



students had any idea of what it took for me to be there. It felt great to be back in school again, so warm, so familiar, and yet so much to learn about teaching in Canada. I took on various temporary roles as an education assistant, secretary, and library assistant at Houston Secondary before becoming a full-time teacher in 1983. The camaraderie and school spirit among the staff were exceptional, and I was happy to be a part of it.

Our one-year adventure on Buck Flats turned into two, then four, then fifteen years. After seven years we had electricity, a phone, and two children. Raising our children in a fairly isolated location was different but blessed in the time we spent together. Resourcefulness created opportunities. In the winter, the monkey bars from the log swing built by their dad were hung from a hook in the living room. A hockey stick handle, cut down and fastened by a rope through two holes drilled at each end was a big attraction: one of the children was always swinging, hanging, doing chin-ups or gymnastics moves on that simple device. An inflatable swimming pool set up next to the wood heater provided even more indoor fun on cold winter days. Beaver pond hockey was also a winter highlight, not just for family and neighbours, but also for staff parties, with the brave making the trek by road, then along our path and log bridge to find us.

The time our children spent on those monkey bars created a solid foundation for future athletic success and confidence. They became strong

and agile. Steve was good at any sport he tried. Jane was drawn to gymnastics, and in her high school years was recruited to the newly-formed women's wrestling team in the high school, thanks to her visionary coach, Mike Richey. From there, she went on to win a scholarship, four Canadian gold medals, and went on to the world championships.

As the children became more involved in skiing, gymnastics and hockey, we moved to Smithers where a position became available to me at Chandler Park Middle School. At that time UVic had just begun a distance master's degree program in educational administration, with winter weekend classes in Burns Lake and summers in Victoria. This was a great way to get a better understanding of Canadian education. It was also a good time to get my Canadian citizenship. I now felt totally grounded as a true Canadian educator and resilient northerner.

When I was asked to represent Canada to the **Council of Administrators of Special Education (CASE)** I wondered how I would be able to represent Canada on an international level, being from the small northern town of Smithers. I talked with my daughter about it. Her response was simply, "Well I did it, and you can, too." So, I did. Today I still reside in my chosen northern town. It is a full life of artistic, sports and social activities, and I join other retirees in community building, volunteerism and leadership.

It was my conversation with Elmer and his wife about life in Hudson Hope and Moberly Lake that got me reminiscing about that book that changed my life. **At Home in the Woods**, by Vena and Bradford Angier brought me to northern British Columbia and to a rich and fulfilling life in this beautiful province that has become my home.

Cheryl Hofweber retired in 2011 and still lives in Smithers. Visiting with family, travel, painting, writing songs and playing guitar are favourite retirement pastimes, as well as skiing, hiking, and biking depending on the season. She facilitates workshops related to behaviour and mental health, and is Project Lead for the Smithers Wellness Local Action Team, co-coordinator of the BVFMS Adult Guitar Camp, and MC Coordinator for the Midsummer Music Festival.

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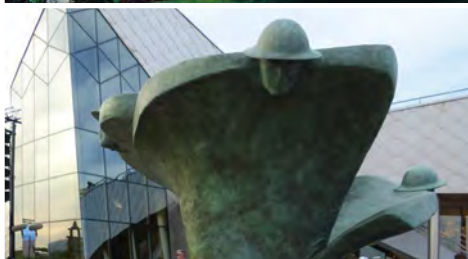
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Making a Difference with Moms

Offering hope for parents through
the neuroscience of emotions.

by Kathryn E. Patten



Single moms have a special place in my thoughts. They are constantly stressed. They stress if their children's feet have grown; they stress because they cannot afford to buy things their children need. Their stress transfers to their children. Studies show that children raised in poverty are continuously stressed: this stress affects their ability to be attentive, their ability to process information, their ability to learn.

In the context of this immense need, I have found a renewed calling, discovered new allies and have pursued a long-held dream.

WHERE EMOTIONS AND NEUROSCIENCE MEET

I spent thirty-four years teaching high school. As an educator I had conducted one-day workshops on emotional literacy for the teachers of several school districts and specialist associations, as well as evening workshops for parents at my school. In 2008, I completed my Ph.D. in educational neuroscience. I still loved my job when I retired in 2013. Equipped with the skills and insights gleaned from my doctorate in educational neuroscience, I had a dream: I wanted to teach parents how emotion functions in the brain/body and to help them learn and model positive affect and effective emotion management for their children.

I was compelled by the research. It reveals that improving knowledge and practice of positive affect enhances mental well-being, improves interpersonal relationships, and has positive effects on both work and academic performance.

It reduces the recovery time of both emotional and physical trauma and reduces addictive behaviour. Children are more empathetic and less likely to bully when they have caregivers (i.e., parents, daycare workers, teachers) who have knowledge of emotional literacy and who practice and model effective emotion regulation strategies. These children are also better able to cope with stress, experience higher degrees of emotional and physical well-being, and they are less likely to become addicts. With this in mind, teaching parents about emotional literacy and giving them the knowledge, tools, and practice to improve their emotion regulation strategies should improve not only their own emotional and physical health, but also that of their children.

OPPORTUNITIES

As serendipity would have it, the summer following my retirement from teaching, I met someone who wanted to leave a legacy. He wanted to know more about my plans, so I put together a PowerPoint presentation and shared my dream: a program to teach emotional literacy to parents. The program would run after elementary school and serve the parents and children healthy snacks. It would provide free childcare on site and serve a free dinner for the families after the workshops. My sponsor was enthusiastic and agreed to set up a registered charity to fund my program.

My world began to consist of miracles. The benefactor, who still wishes to remain anonymous, guaranteed the funding. I formed a partnership

with the school district where I had spent most of my career; they would cover insurance costs, provide the site, and receive the program for free. An elementary school in the district was interested and committed to host the pilot project. I wanted to collect data to ensure my program was making a difference. My Ph.D. supervisor proposed that I collect research data under the auspices of Simon Fraser University, so I became an adjunct professor, running an off-campus research pilot project.

It took several months to put everything together, get ethics approval from SFU to collect data, buy toys, and recruit and train teen volunteers and childcare supervisors. I started my first workshop in April 2014. There were 14 parents enrolled and 24 children in the daycare, 2 childcare supervisors and 4 teen volunteers from a local high school. The parents met one day a week for 6 weeks, from after school until 5:00 when dinner was served. They learned how the brain and body function to create emotion. They learned how trauma, epigenetics and DNA influence our ability to respond to stress. They were taught to recognize triggers and lack of homeostasis and how to better regulate their emotions. We explored the importance of teaching their children delayed gratification. They learned how to develop positive self-esteem. They learned how to become a positive affect person. They became experts on emotion function and regulation. They felt empowered, they told me.

SIGNS OF GROWTH

Data collected showed there was an average improvement of 40 percent in participants' positive affect and emotion regulation abilities, as determined by the *International Positive and Negative Affect Schedule* and the *Personal Affect Regulation Capacity Inventory*. Feedback from parents indicated the course was relevant, valuable, and, in some cases, life-changing. As originally planned, the participants had the option of attending support group which met every other week to continue to learn about affect and practice regulation strategies. Twelve of the original fourteen participants returned to attend support group, and some are still attending after 4 years. These long-term attendees are instrumental in mentoring new participants, and some have been hired to help with the program.

In July 2017, I presented the findings from my research at the *International Conference on Emotional Intelligence* in Porto, Portugal. By June of 2018 I was working with seven groups: a grade 5/6 split class at an inner city school, two parent support groups, a new parent workshop group, a Moms & Sons group, a group of 26 foster parents, and an adult group that included Stölö elders. Now I am seeking someone to join this work to help expand the program.

THE REWARDS OF A NEW CALLING

This second-calling has made a huge difference in my life. I am deeply indebted to my benefactor and to the many people with whom I have shared my knowledge of emotion; they, too, have taught me the intricacies of life and we have shared a journey of self-awareness. I have met some amazing people who have conquered so much with so little help.

In the *Neuro Emotional Literacy Program* (NELP) parents not only learn how to deal with stress; they make connections with each other and become a solace and a source of information and support. They exchange services, like hair cutting, babysitting and sewing. They develop strong friendships. They learn to believe in change and neural plasticity and they learn to believe in themselves.

When I gave out certificates for completing the course, one mother broke down in tears and told me she had never received a certificate before. We share and celebrate their accomplishments: sometimes so simple, yet so life-affirming. It is a privilege to share something of their lives, their challenges and triumphs. I am blessed.

Dr. Kathryn E. Patten is a retired high-school teacher, Adjunct Professor of Educational Neuroscience at Simon Fraser University and Director of the Neuro Emotional Literacy Program (NELP).

If you are interested in learning more about this program or joining this work, see the ad for NELP in the classified section of this issue of PostScript.

'G is for Grandfriends'

RAY SHEPHERD ELEMENTARY SCHOOL



June 14th dawned bright and sunny, a perfect day for the Golden Star Award presentation at Ray Shepherd Elementary School in Surrey. The winning program, 'G is for Grandfriends', was selected for fostering outstanding mutual learning and respect between seniors and K, Grade 1, 3, and 4 students.

A beautiful photo album with comments written by the students documented the interactions between sixty- three children and three groups of twenty residents of the Evergreen Baptist Campus of Care. Once a month during the school year, each class visited its own group of seniors, some living with dementia, others in assisted living. Through the photos and student writing it was evident that the children gained lifelong attributes: self-esteem, self-regulation, active listening, manners, communication (verbal and non-verbal), cooperation, compassion, competence, acceptance, inclusion, belonging, self-worth, gratitude, flexibility, patience, problem solving and empathy. Some seniors became involved with the kids in a way they didn't for any other visitors or activities.

The children and seniors played lots of games, shared crafts and read books together. The seniors enjoyed sharing their experiences with the students, who in turn learned of their histories and gained an understanding of some of the limitations of their grand friends. As one student said, 'I feel happy because I get to meet someone

'It's our privilege to bring them joy.
They smile, I smile.
Your happiness is our happiness.'



who was living in the 1900's.' Another added, 'It's our privilege to bring them joy. They smile, I smile. Your happiness is our happiness.'

To celebrate the Golden Star Award, the entire school population assembled in the gymnasium along with seniors, teachers, parents and guests. Adding to the festivities, the school band performed its first concert in honour of the occasion. Some individual students spoke about the joy they experienced when visiting their special grandfriends. The student testimonials were heartfelt, sometimes humorous, and were received with enthusiastic applause from the seniors and audience. The bonds forged between students and seniors were evident. The words of one student, 'It doesn't matter how old you are, you can still have fun together', spoke to the benefits of intergenerational programming.

Excellence in Public Education Committee Members Charan Gill and Caroline Malm were delighted to participate in the celebrations. Teachers Ellen Petersson, Colleen Siple and Lisa Tome received the Golden Star Award trophy and a cheque for \$1,500 from the BCRTA. Next year's program will be enriched by the monies and students and their grandfriends will be the beneficiaries. In the end, our communities will be strengthened.

Caroline Malm is a BCRTA director.

Senior Buddy Program

SOUTH RUTLAND ELEMENTARY SCHOOL - SUNPOINTE VILLAGE



It is just a quick twenty minute walk from South Rutland Elementary School to the Sunpointe Village residential care home, but that walk spans the distance between two worlds. Once a month in the Spring and Fall students in Suzan Miles' grade 5 class participate in the Senior Buddy Program; half of them visiting the Hollywood Community (Assisted Care and Complex Care) and half visiting the Belgo Community (Dementia Care). The students engage the seniors in programs involving reading, singing, and crafting as well as seasonal themes to do with carving pumpkins, decorating Christmas trees, and colouring Easter eggs.

There was joy and excitement as the South Rutland students gathered at Sunpointe for the presentation of their BCRTA Golden Star Award on June 14, 2018. Acting for Sunpointe, Amanda Balsdon started the afternoon's activities and introduced her colleagues, Lynn Babbings and Brenda Sheppard and then asked two students to comment on what the program had meant to them. Doug Edgar, a Past President of the BCRTA, and a member of the Excellence in Public Education Committee, spoke about the relevance of these inter-generational programs and called Suzan Miles forward to accept the award for her class and the care home. Rolli Cacchioni, president of the Central Okanagan Retired Teachers Association, presented the cheque for \$1,500 to Suzan Miles. The president of the Central Okanagan Teachers Association, Susan Bauhart, congratulated the class and their teacher and the residents on their fine program. Mark

Watson, principal of South Rutland Elementary School, was present for the ceremony. Two more students spoke about how the program has been a positive influence on them, and then all the students served cake and iced tea and lemonade.

Suzan Miles believes the "students gain compassion and empathy in addition to their increased knowledge about various physical and mental issues that affect seniors." Lynn Babbings is very supportive of the mutual participation: "The Senior Buddy Program is wonderful - it enhances our residents' lives." The students participating in the program are equally enthusiastic. "What I like about the seniors is that they never get tired of our company and are always willing to spend time with us." Another student remarked, "It is important to visit them because they are part of my community."

The activities are shared in monthly newsletters and the PAC Facebook page, even acknowledging that the students clean up litter and garbage along their route between the school and the care facility.

The award money will go for materials for arts and crafts and, it is hoped, a large popcorn machine and possibly raised garden beds. Suzan Miles and the Sunpointe staff have plans for a Seniors Buddy Program for next year.

The obvious enthusiasm shared by students and seniors in this Senior Buddy Program is an indication of its success.

Doug Edgar is a Past President of the BCRTA.



Building the BCRTA

SOME SCENES FROM OUR ANNUAL GATHERING

The 2018 AGM highlighted several areas of progress for the BCRTA. Membership is up, boosted by promotion, a first-year free offer and outreach to active teachers through retirement workshops. Delegates from 49 branches shared ideas and listened to informative presentations and reports. The BCRTA continues to advocate for retired teachers, seniors, and the cause of public education.



BCRTA Board of Directors 2018-19

Seated, Table Officers: (left to right) Past President Patricia Clough, First Vice-President Grace Wilson, President Gerry Tiede, Second Vice-President Charan Gill.

Standing, Directors: (left to right:) Caroline Malm, Floyd Smith, Dave Scott, Sterling Campbell, Janice Androsoff, Terry Green, Dale Lauber (ACER-CART), Barb Mikulec. Absent: Director Stefan Cieslik



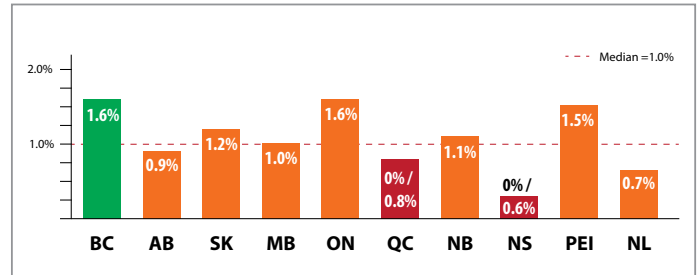
Left: A question from the floor. Center: BCRTA staff welcomed the delegates. Right: Bob Meredith of Creston and his daughter Debra Page of Prince George are both retired teachers! Grace Wilson thinks that is great.

PENSION UPDATES

Incoming President Gerry Tiede updated AGM 2018 delegates on the state of teacher pensions across Canada. “I never get tired of reminding you,” he said, “that 10% of the pension you receive is money you contributed when working. About 10% is the deferred wages that your school board contributed when you were working. The remaining 80% comes from investment returns built up over the years.”

As to inflation protection, the TPP has an separate Inflation Adjustment Account (IAA) with a 2017 value of \$5.2 billion. The IAA has grown by 44% since 2013, and provides significant security for pensioners that their pensions

will continue to receive full indexation against inflation. Retired educators in other provinces are not so fortunate. According to ACER-CART, many retired educators receive adjustments significantly lower than inflation. The Pension and Benefits Committee is undertaking a study of the COLA in BC, upon request by delegates.



Cost of Living Adjustment, Teachers' Pension Plans, 2018, by Province

Three Lifetime Members Named



Bob Taverner, Sheila Pither and JoAnn Lauber were honoured for their significant contributions.

At AGM 2018, delegates from across BC stood and cheered as three long-time BCRTA members received the BC Retired Teachers' Association's highest honour, The Honourary Lifetime Membership Award.

Bob Taverner served in numerous positions over the past 13 years, most recently as Past President. Known for his extensive work in developing policy that ensures orderly governance, Bob contributed greatly to the development of the Association. In thanking the AGM for the honour, he described his transition off the Board as a “second retirement.” He pointed out in characteristically droll terms that the ongoing changes in the BCRTA were “almost

- dare I say it - exciting.” He expressed his ongoing support for the emphasis on service to members, and plans to stay involved in his local Nanaimo branch.

JoAnn Lauber was also honoured with a Honourary Lifetime Membership on her last day on the BCRTA board. JoAnn has been a contributor to the association for a remarkable 16 years. She is also a former President of the national body of retired teachers, ACER-CART. Earlier in the conference, her leadership skills were on display as she reviewed BCRTA's response to Bill C-27, an information and petition campaign led by JoAnn that was described by guest speaker and Member of Parliament Peter Julian as “a template for effective advocacy.”

Sheila Pither appeared stunned by her award, and to the delight of the gathered delegates expressed her gratitude and surprise. Sheila is a former president of the association and an active advocate. In a later statement, she thanked the BCRTA, saying, “The BCRTA is dear to my heart and as long as I live, wherever the road takes me, I will have the privilege of being among friends and colleagues who believe that devoting our time and energy to protecting and improving the well-being of retired educators is a worthy endeavour.”



occurrence. We might find that spending a glorious fall at the camp or cottage is a little lonely. Or that golf four times a week gets tiresome. Or that the grandkids aren't quite as cute when you see them Monday to Friday every week. And that's where resilience kicks in.

Assess, connect – then adjust (with patience)

You've already been through a major change – retiring – and your resilience is what will allow you to adjust or finetune things so that your retirement vision and retirement reality better align. Think of it as a three-stage process:

1. **Assess what's working:** Focus first on the things you currently enjoy – the values and interests that are stable in your life. These are the things you want to keep and grow – and are your foundation for building a successful retirement.
2. **Connect with others:** Identify and connect with sources of support – and use them early and proactively. This can mean connecting with other retired teachers, or joining group activities, even if your motivation to do so isn't high initially. It's more than psychological support: your connection with others can often generate ideas for change you may want to make.
3. **Adjust – slow and steady:** The transition into retirement is a process, not a point in time. So, take your time in making any changes you think will be helpful. With the stable things you enjoy as your base, begin to shape other elements of your retirement to better reflect your vision of what you want it to be.

Throughout the process, continue to assess your wellbeing and look for warning signs of declining health. For example, changes in appetite or increased use of alcohol or drugs could indicate a level of stress that should be addressed.

With patience, a trust in the process, and your own resilience, you'll be well positioned to navigate retirement and find greater life satisfaction.

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

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

MARIE-HELENE PELLETIER

YOUR Resilience MINUTE

Navigating retirement with resilience

During the later stages of her teaching career, Nancy signed-up for all the workshops on retirement – and read extensively about both the financial and psychological aspects of this next stage. She was ready!

Yet, as September and October came along, she found herself profoundly missing the role that had been her identity for years. She knew the teaching chapter of her life was over, but she was struggling to be happy with the transition, even though she had been actively looking forward to her retirement.

With change comes challenge

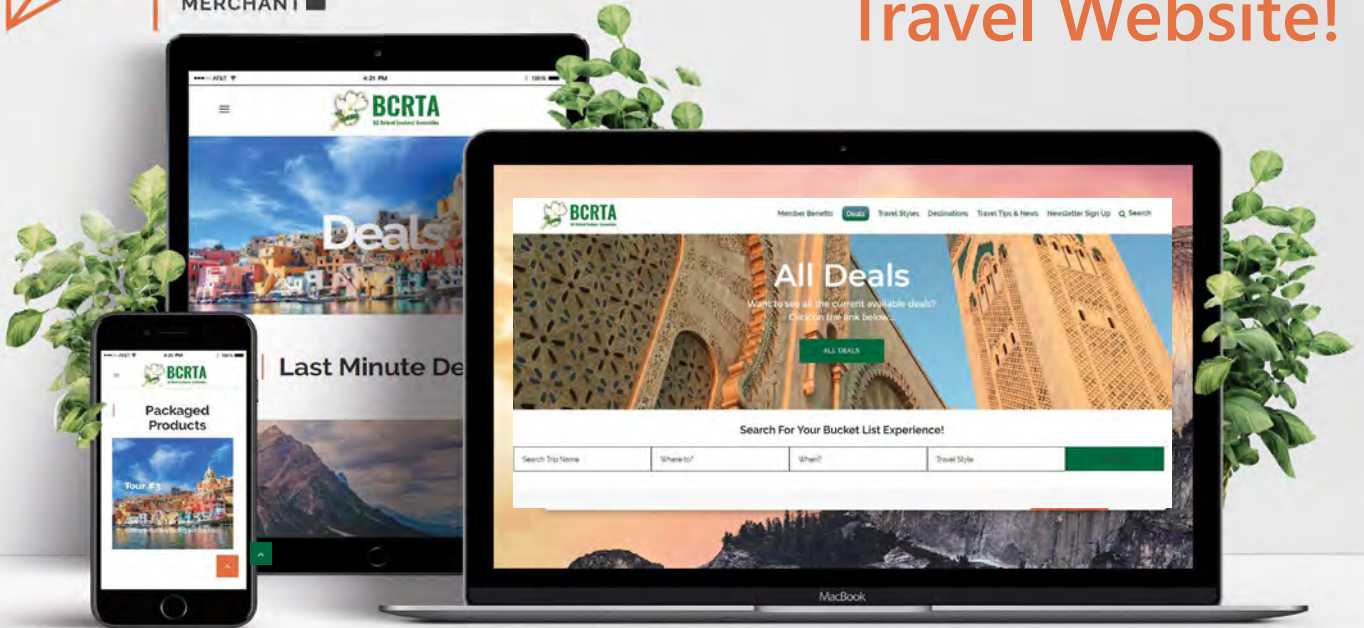
Even with a greater number of teachers preparing for both the financial and psychological changes that retirement brings, the experience of actually retiring represents a significant – and often challenging – transition for most.

Retirement is typically a once-in-a-lifetime event. We've never done it before, so it's no surprise we don't get it 100% right. We have to make assumptions in advance about we want to do. Some of these assumptions will be correct, but some are bound to miss the mark.

And that's when the discomfort, restlessness, or unhappiness can occur – when there's a disconnect between our vision of retirement and our actual life in retirement. It's not a rare



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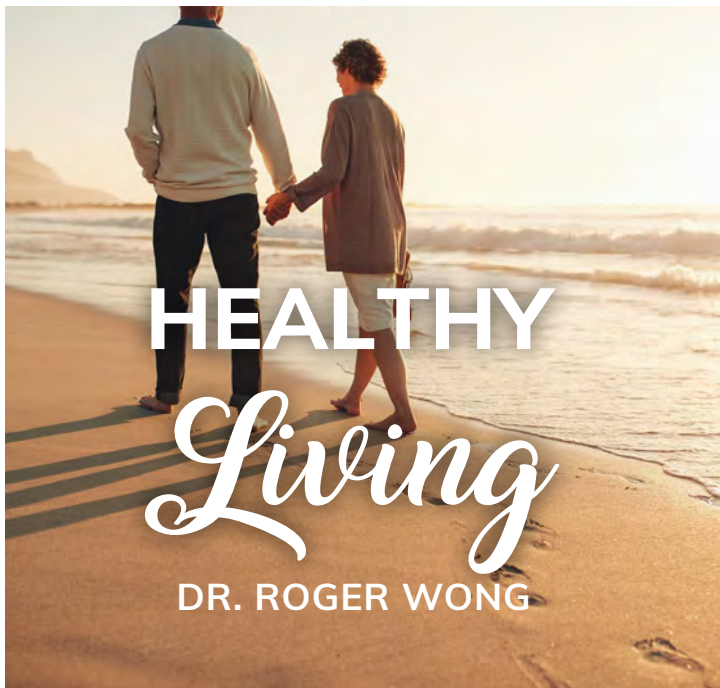
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early intervention into complex cases. There is data emerging that this will lead to better outcomes for patients and it will be more cost-effective for hospitals, too.

Acute Care for Elders is best managed by a geriatrician on staff at the hospital. Added to the usual staffing of physicians and nurses, are physiotherapists, occupational therapists, social workers and dietitians. Other part-time staff round out the care. Because the ACE model anticipates the complexities of geriatric cases, it more easily moves into person-centered care.

There are many ways we can significantly improve a senior patient's hospital experience. Providing natural light and flooring that is not glossy helps reduce stress, and better signage with larger fonts will help older eyes find their way more easily. Allowing space for the storage of walking aids will keep patients mobile.

Perhaps you have been visiting a friend in hospital at a time when an elderly patient leaves the ward without authorization. Electronic tags on their clothing activate loud alarms and warning lights, and then the hunt is on to determine which exit was used and find the person. The alarms are disruptive, create anxiety and are not very effective. An improved GPS tracker that shows the location of each patient at all times allows staff to quietly re-direct lost patients and is much more humane.

With advancing technology, in the coming years we can expect many changes in acute care for the elderly. Disruptive innovation can be our friend, but it does have some limits. Hospital care is always people caring for people. Technology is cool but it will never replace a hug.

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

This article was adapted from Dr. Wong's keynote lecture at CAG2018, a conference of the Canadian Association on Gerontology. The content of this article is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your doctor or other qualified health provider with any questions you may have regarding a medical condition.

Hospital Care for Seniors

We have made great advances in medicine through specialized hospital units, and we can measure the improvement in outcomes when we give specialized care. But when it comes to hospital care for the elderly, the kinds of specialization that work for younger populations may not be enough. In fact, it is now often the case that seniors are shuffled off to the next available bed. Why the difference? Where many kinds of medicine increase in effectiveness through a narrow focus, geriatric patients present complex problems, and so to care for seniors we must embrace complexity!

BC's wave of seniors keeps growing; seniors now outnumber kids under 16. Our hospital system needs to adapt for the acute care needs of these patients.

That's why the move to *Acute Care for Elders* is an important trend. Why give this innovation a name? Because names matter - ACE communicates the intentional drawing together of resources from several disciplines. We know what we should do to help our elderly patients, but there is strong evidence that there are problems in the implementation of best practices for care of older people. Through an elder-focused acute care team, we have more effective

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CAG2018 Conference Making It Matter: Mobilizing Aging Research, Practice and Policy

The 47th Annual Scientific and Educational Meeting of the *Canadian Association on Gerontology* was held in Vancouver Oct. 18th – 20th, 2018. Over 700 delegates and presenters attended this international conference, and the BCRTA was represented by Terry Green, Caroline Malm and Executive Director Tim Anderson.

Up to 30% of the senior population in Canada are socially isolated due to financial difficulty, personal health issues, cognitive decline, or decreased mobility. A workshop on the reduction of social isolation featured a cross-Canada forum of presenters discussing initiatives taken in nine cities with funding from the federal government's *New Horizons for Seniors Program*. The initiatives facilitated co-operation among local agencies in providing services to seniors and care-givers, ensuring that isolated seniors are not ignored or missed. These initiatives use data measures to indicate if the intervention program made a positive difference to the loneliness and isolation of seniors. The “Who”, “What”, “When”, and “How” questions were clearly defined with achievable benchmarks built into the design. Care providers identified and located isolated seniors and then co-ordinated resources to provide isolated seniors with opportunities for social contact. A connection with community health resources helped evaluate individual needs. Retired educators are helping: the *Hamilton Seniors Isolation Impact* plan received a \$50,000 grant from the *Retired Teachers' of Ontario*.

The *Alzheimer Society of British Columbia* made a presentation on *First Link*, a service with fifteen offices around BC. First Link connects people newly diagnosed with dementia and their care-givers with the help and support that they need in the early stages of the development of the disease. An early connection to local resources and supports is vital, as wait times for a person in need can be up to 17 months, leaving care-givers in difficulty. With First Link's early intervention, the regional offices provide direct assistance and support within two to three weeks of a referral. Health care professionals help patients and their families by providing information about



Left to right: Terry Green, BCRTA Well-being Chair; Dr. Roger Wong, CAG2018 keynote speaker and PostScript columnist; Tim Anderson, Executive Director, BCRTA

First Link and make a referral upon diagnosis of dementia. The panel of presenters included a person diagnosed with early stage dementia and her care-givers, as well as a senior whose husband had passed away due to Alzheimer's but who had spent five years caring for her husband without any support. She discussed the many great challenges she faced and the toll it took on her to be the primary care-giver. She eventually learned about First Link and spoke of the vital assistance they provided to alleviate her feelings of helplessness and isolation and to get more support for her husband. Information about this program can be found by searching “First Link BC” online or by phoning 1-800-936-6603 outside the Lower Mainland or 604-681-8651 in the Lower Mainland.

Throughout the three days of CAG2018 it was amazing to see how much work is going on to better understand the aging process and to support seniors in their journeys. The most important points I took from the conference are that being physically active, socially engaged, and embracing a healthy lifestyle help us have an active, productive, and happy retirement.

Terry Green is a BCRTA director and chair of the Well-being Committee



CAG2018

LEARNING SPACE: SENIORS AND ASTRONAUTS

Astronauts and seniors? This intriguing combination was explored at CAG2018. Presenters* observed that both groups must make physiological, psychological and social adaptations: astronauts in space, and seniors on earth. Many similarities exist and the hope is that positive interventions in one group can be adapted to enhance the well-being of the other.

The challenges: Astronauts and seniors experience bone and muscle loss, vision impairment, sleep disruption and stiffening of blood vessels. Six months in space may cause vascular stiffening equivalent to aging ten to twenty years on earth. Physical inactivity in both groups leads to reduced foot sole sensitivity and loss of balance, factors which contribute to an inability to stand up unaided and to falls. Astronauts are prone to fainting when they return to earth because the balance between posture and blood pressure needs to be restored after days spent floating in a weightless environment. Similarly, seniors who spend long periods of time on bed rest can experience the same effects if they do not change their posture from time to time.

Space habitats were compared to seniors' care facilities. Both environments are confining and isolate inhabitants from family, friends and pets. Routines are monotonous and sensory input is

reduced. There is a lack of privacy and loss of autonomy. Both groups are at risk of anxiety, depression, cognitive decline, boredom, irritability, reduced energy and fear. What can be done to make these habitats tolerable and pleasant?

The counter measures: Both groups could benefit from improved environments that support autonomy, resilience and self-confidence. For seniors, this might mean the inclusion of plants and pets, changes in lighting, furnishing and building layouts; also highlighted were the importance of communication with family and friends, on-site culture, meaningful tasks and activities, social and sensory stimulation and regular exercise. It was stated that people react differently to places and events; the hope is that both seniors and astronauts will benefit from the study of physiological, psychological and social parallels.

* **Presenters:** Dr. Andrew Blaber, PhD, Aerospace Physiology Lab, SFU; Perry Johnson-Green, Senior Program Scientist, Canadian Space Agency; Dr. Peter Suedfeld, Professor Emeritus, Department of Psychology, UBC

Caroline Malm is a BCRTA director and member of the Well-being Committee.

Precautions with Over-The Counter (OTC) or Red Jacket Drugs



Certain groups of people, the very young, the elderly, the very ill, and breastfeeding women, are more vulnerable to harm from drugs, including over the counter (OTC) or Red Jacket Drugs. To avoid dangerous drug interactions, people should consult with a pharmacist and/or doctor before taking prescriptions and OTC at the same time. This also applies if you suffer from a chronic condition. OTC drugs are not designed to treat serious disorders and could make some worse. An unanticipated reaction, such as a rash or insomnia is a signal to stop taking the drug immediately and obtain medical advice. (Lynch, 2018)

There are six classes of Red Jacket Medications:

- 1. Pain:** There are three main products available for anti-inflammatory use. If you are on an anti-inflammatory prescription speak to your Doctor or Pharmacist about these products:
 - a. Acetaminophen with Codeine: Maximum dose 3600 mg./day. Codeine becomes morphine once absorbed into your system.
 - b. Ibuprofen: Can increase blood pressure and long-term use can lead to stomach issues.
 - c. Naproxen: Can increase blood pressure and long-term use can lead to stomach issues.
 - d. Aspirin: interferes with blood clotting action. It is important to take aspirin and other blood clotting medications exactly as directed.
 - e. Topical Medications: are generally safe.
- 2. Cough and Cold:** up to 5 medications for different symptoms:
 - a. DM (Dextromethorphan): dry cough
 - b. E (Guaifenesin): chest congestion (expectorant)
 - c. Pseudoephedrine: head congestion
 - d. A: different types of antihistamines
 - e. P: pain usually acetaminophen or ibuprofen

The ingredient that interacts with prescription medications is usually the decongestant (pseudoephedrine) as it can impact blood pressure, diabetes, thyroid, and anti-depressant medications.

3. Allergy (Antihistamines):

- a. Long acting: (Claritin, Allegra Reactine, Aerius)
- b. Immediate Acting (Benadryl, Chlorotripolon) will start acting within 20 minutes. Used for insect, food and environmental allergies. Both can cause drowsiness. Main use is seasonal or chronic allergies. Some are available by prescription. No real issue with prescription medications unless it contains Pseudoephedrine. Note: 2C

4. Stomach:

- a. Tums and Rolaids: may decrease the absorption of some supplements.
- b. Zantac: generally compatible with most medications.
- c. Losec (Ometracel): Part of a class of medications called proton pump inhibitors. Can cause digestive issues.

5. Sleep Aids: (Gravol, Zzzquil, Benadryl)

Not recommended for long term use.

6. Constipation: Four most common:

- a) Colace: stool softener: often used when on pain killers
- b) Restorlax: osmotic agent – brings fluids to the colon
- c) Metamucil: bulk forming agent
- d) Dulcolax – stimulant

Remember that herbs, vitamins, minerals, supplements and homeopathic alternatives are considered medications and may interact with medications so you should inform your pharmacist and doctor if you use them.

Elaine Thompson is a member of the Well-being Committee. This material is adapted from a presentation to the Bulkley Valley RTA by pharmacist Tinka Vonkeyserlingh.

Are You Prepared?

Disasters Happen.

Here are 7 Simple Things You Can Do For Peace of Mind

For the past two summer seasons in British Columbia, citizens in all parts of the province have been faced with emergency evacuation from their homes. Floods! Earthquakes! Fires! Landslides! Tsunamis! Any one of these disasters could occur here in British Columbia! Are you prepared? An emergency is a present or imminent event which requires prompt action. An evacuation order could give you just minutes to get out of your residence. Are you ready to go?

Here are a few ideas that can help prepare you to cope in an unexpected situation.

- 1) **Gather and organize** all your personal documents: passport, power of attorney, will, your insurance policy and any other personal papers. Put them in a fireproof box, or file folder and know where it is so you can grab it. Or put them in a safety deposit box. Ensure that someone, either a trusted friend or relative, knows where it is, and how to access it.
- 2) **Ensure that you have contact information** for family and friends so that you can keep them informed of your situation, or reach out to them for assistance.
- 3) **Keep special photos in one place** or scan them and store them on your computer, save them on a flash drive, or put them in iCloud.
- 4) **Plan for any pets** you have - pet food, supplies, any medications, carriers, leashes, etc.
- 5) **Prepare an emergency kit** - it should have enough supplies for every person in your household to survive for at least three days (include bottled water) This kit should be readily accessible and easy to transport - baskets with handles or a small cart. Backpacks can be used for personal items. Some things to put in your emergency kit: bottled water (easy to transport), food – canned or dried, energy bars, etc., can-

opener, flashlight with extra batteries, or a wind-up one, first-aid kit, some cash (small bills and change), medications (for at least 72 hours), and photocopies of essential documents.

- 6) **Have a stash of candles & matches**, some clothing and shoes, a sleeping bag or fleece blankets, toiletries, toilet paper, wet wipes, hand sanitizer, some kitchen supplies, a camp stove, plastic sheeting, tarp and/or a small tent. You could be out of your home for a day or maybe much longer so it is important that you consider what could be needed for yourself and your family and plan accordingly. If you have mobility issues, ensure that you have easy contact with someone who can assist you.
- 7) **If you have an RV** have it packed and ready to go.

Whatever you do, it's always best to follow the old Boy Scout/Girl Guide adage: BE PREPARED!

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



Profile

Bob Taverner



At BCRTA's 2018 AGM, Bob Taverner was awarded a Life Membership, the BCRTA's highest honour, in recognition of his significant contributions to the BCRTA over many years. Bob has long been acknowledged as the leading expert on BCRTA's policy and procedures, a title earned in no small part for his authorship of much of that material. Bob served as President of the BCRTA from September 2014 to September 2016.

Bob was born in 1942 in Adelaide, South Australia's capital city. He grew up in a family with two younger sisters. His father was a deeply religious man, a deacon and then an elder in his church. His mother was a very sociable, fun-loving person but, sadly, she passed away when Bob was in his mid-teens.

He went to an all-boys high school where he was active in the drama club. Somebody had to play female roles in their plays, of course, and Bob—who was possessed in those days of a voice that could span quite a range—played Titania, Queen of the Fairies, (*Midsummer Night's Dream*) in grade ten, *Lady Macbeth* in grade eleven, and finally transgendered to the male role of Edmund the Bastard (*King Lear*) in grade twelve. The most painful role was that of *Lady Macbeth*, he recalls,

because of the too-tight bra he had to wear, stuffed as it was with tennis balls. But that helped him to ignore the initial laughter of the rest of the school when he first appeared on stage in his long green dress! His (er, her) lines, "Come, you spirits / That tend on moral thoughts, unsex me here / And fill me from the crown to the toe, top-full / Of direst cruelty" sobered the audience enough for "*Lady Macbeth*" to continue, and to be treated with the respect she so richly deserved for her inimitable acting skills.

Bob took the standard (in those days) two years of teacher training. Having to take courses at both the teachers' college and Adelaide University, several miles apart, he found it useful to purchase some wheels for himself, which he acquired in the form of a Lambretta motor scooter. He remembers that as the most fun vehicle he's ever had, in spite of its top speed of only 55 or so kmh. It earned him no speeding tickets, of course, a great boon for a penurious teachers' college student.

Bob's first teaching assignment was as a grade three teacher in a mid-sized country school. Forty-two pupils in his first class, and forty-five in the next. He supplemented his income by driving school bus, transporting children—and himself—to school in the morning, and home to the farms where they, and he, lived, in the afternoon. He remembers being permitted to siphon the last gallon or two of liquid from the drums of bus fuel stored at the farm, by tilting them sideways, for use in the VW he was now driving. Saved him a few dollars—all of which were very precious in those days!

He was transferred part way through his third year to a city demonstration school, where he supervised student teachers in their practicums. Supervising student teachers, he found, was very useful in helping him to improve his own teaching! Bob was able, at this stage, to afford to rent for himself a small "granny flat", sited in the back yard of an elderly widower. The only downside, Bob found, was that the only bathroom available to him was in the main house, not always available quite when he needed to access it.

Almost three years on, Bob joined what the Education Department called its "Permanent



Patricia Clough presents Bob Taverner with his award.

Relieving Staff”, a group of teachers sent out to fill in for principals on leave from small schools: anywhere from one-teacher to seven-teacher schools, for anywhere from a week to four months. It was while Bob was acting principal in a suburban Adelaide school that he met Di, a grade four teacher whom he came to greatly admire. (Very greatly, he says!) They dated, became engaged, married, and applied for and were accepted into teaching jobs in Prince Rupert, BC, on their way “to seeing more of the world”. A desire to “see the world” was (and is) common among young Australians, many of whom back-packed around Europe or elsewhere, or moved to Canada to fill the teacher-shortage that was in effect back in the late 60s and early 70s.

A year of frequent rainy days (and a Christmas with no snow) drove the couple to move from Prince Rupert to Sparwood, in the Fernie School District. There they enjoyed less rain and plenty of snow. (What’s the point of moving from sunny Australia to cool Canada, if not to experience a white Christmas?) Now they were also able to learn, first hand, what vehicle “plug-ins” were all about.

Sparwood was the new town built to replace the coal-dust grimed East Kootenay towns of Natal and Michel, located too close to the mine that provided most of the working people’s incomes. The city fathers claimed their new town to be “the clean coal capital of Canada”. Before Natal was entirely demolished, however, its hospital became the birthplace of Bob and Di’s first child, a bonny bouncing boy.

Bob and Di needed to upgrade from their two-year-trained status, of course, and so after four years in the Elk Valley they moved to the Lower Mainland for a year, to enable them to attend classes at UBC. Quite an education in itself, Bob found, attending university as a “mature student”, surrounded by all that youthful exuberance!

Both the Taverners took teacher-librarian courses, and so were happy to accept jobs next in Prince George, a district renowned back then for its school library programmes. Almost every school was blessed with a teacher-librarian, and many also had a library clerk.

Not long after their move to PG, the couple was blessed with a second child, this time a bonny bouncing daughter. Bob and Di found the Prince George to be a great place to raise a family, and they themselves made many lasting friendships. They stayed for 27 years.

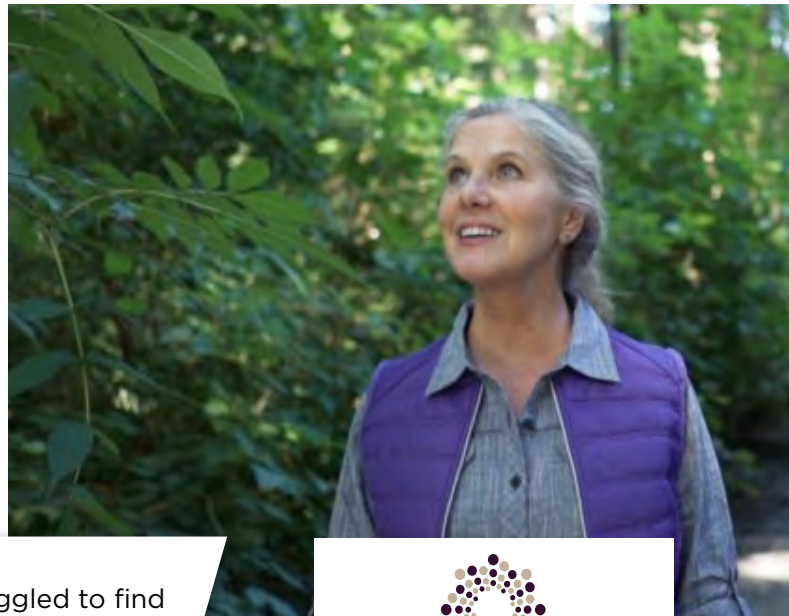


Bob especially loved camping and fishing in the Central Interior’s many lakes. He and a buddy camped often at the idyllic Barton Lake, and came to refer to it as “the Barton Bar-and-Grill”, for the shrimp, bacon, elk steaks and occasional fish that they cooked over their campfires. Accompanied by refreshing beverages! Di and the kids also loved camping, preferring the comfort of a well-equipped tent trailer; and the family spent a few weeks every summer enjoying camping on Shuswap Lake in the Thompson-Okanagan. That’s where the kids learned important skills like chopping wood while keeping feet and hands intact. Much to their parents’ relief.

Upon retirement Bob and Di decided to leave Prince George’s icy winters (enough was enough!) to eastern Vancouver Island, first to the Parksville-Qualicum area, and more recently to Nanaimo. There they have joined one of the city’s Probus clubs, and signed up in several of its activity groups: wine tasting, Mexican Train dominoes, pub nights, etc. A great way, they’re finding, to make new friends.

Bob and Di are members of the Nanaimo-Ladysmith Branch of the BCRTA. He has chaired the Advocacy, Finance, Personnel and Communications Committees, and has served as 2nd VP, 1st VP, President and Past-President.

Bob and his wife love to travel, and in retirement they have visited Australia (of course), New Zealand, Bali, Singapore, Thailand, Hong Kong, the Cook Islands, France, Italy, the Caribbean, Mexico, Costa Rica and much of the western USA. They annually visit their son, his wife and their granddaughter in New York, and their daughter, her husband and their two grandsons in Medicine Hat. The couple originally moved to Canada as a first step in “seeing the world”, and the travels they have enjoyed in retirement have gone a long way toward helping them to realize that goal.



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POSTSCRIPT 41

Sudoku

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

		4		2				6
6	9			3				
2	3		6	8				9
	4	3					2	
7			1		6			3
	6					7	8	
5				1	4		3	7
				6			1	4
4				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 6th Avenue,
Vancouver BC V5Z 4P2

FOR MORE ONLINE SUDOKU PUZZLES:

www.fiendishsudoku.com

DEADLINE FOR SUDOKU AND CROSSWORD SUBMISSION IS:

Jan 15th, 2019

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

Crossword:

Mildred Greggor (Vancouver)
Peter Fralick (Hagensborg)
Rosemary McDowell (Summerland)

Sudoku:

Wayne Muray (Richmond)
Margaret Paille (Salmon Arm)
Ian Broome (Victoria)

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

FALL 2018 CROSSWORD SOLUTION

1	R	2	A	3	I	4	S	5	A	6	M	7	A	8	S	9	S	10	P	11	A	12	P	13	A
14	O	F	M	E	N					15	D	E	P					16	A	T	A	N			
17	T	R	A	D	E					18	F	R	A	U				19	W	A	R	N			
20	S	O	C	I	A	L		21		22	O	R	T					23	E	R	S	E			
								24	T	R	I	G			25	S	T	U	D	I	E	S			
28	A	L	A	I						31	M	E	L	E	E	S									
33	M	O	N	O	G	A	M	Y						35	R	I	B	B	E	D					
40	A	M	A	N	O					41	S	A	T					43	N	O	R	D	E		
44	H	A	S	S	L	E				45	L	A	N	G	U	A	G	E							
										48	A	S	A	L	L	E		50	N	Y	E	T			
51	S	C	I	E	N	C	E							55	C	O	R	D							
57	I	R	O	N						58	A	R	A			60	N	O	O	N	A	N			
64	R	I	T	A						65	P	I	S	A				67	O	V	A	L	E		
68	E	M	A	C						69	E	A	T	S				70	S	E	R	A	X		
71	N	E	S	T						72	S	L	I	P				73	T	R	Y	S	T		

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crossword

By David Squance, Victoria.

ACROSS

1. A character in an early primary book set
5. Common order at a lunch counter, briefly
8. See 1 Across
12. Sandwich cookie
13. Assumed name, often for nefarious purposes
15. Johnson of "Laugh-in"
16. University faculty big wig
17. ____sweet, brand of artificial sweetener
18. Abominable snowman
19. Small, oily marine fish
21. Tree fruit
23. Gehrig and Piniella, baseball greats
24. Political slant
25. Greek letter
27. Family of a one-time BC Health Minister
30. Quote from a book referred to in 1 Across
34. Imminent
36. ___ mode (2 wds.)
37. One (Scottish)
38. All-purpose knife mainly used by northern Aboriginal women
39. What a contented cat will do
41. See 30 Across
45. Standing stone slab
47. Requires
48. Marquis de ____
50. Certain
51. Jarring
54. Get ready
58. Athletic footwear company
59. Half of a Sesame Street duo
61. Tiger's ex
62. Hair removal brand
63. Raises
64. Crucifix
65. German author (The Neverending Story)
66. One of 18 starting points in a certain game
67. Collections of game pieces

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

DOWN

1. The shells of peas
2. Carbamide; common ingredient in moisturizing cream
3. Terror
4. Handles in a loving manner
5. Music genre from the southern U.S.
6. Illuminated
7. Girl's name and a fictional plantation (pl.)
8. Bon mots
9. One police station of several in a city (abbr.)
10. Sarge's dog in "Beetle Bailey"
11. James ____, early photographer of BC natives
13. High school student publication
14. Greek lyric poet
20. Very small amount
22. Short version of a South American city
25. Major Canadian telecommunications company
26. ___ of Darkness

28. Hard-shelled fruit
29. Alone (former stage direction)
30. Tree's blood
31. Evelyn ____, Canadian poet and novelist
32. Counterpart of yang in Chinese philosophy
33. Electrical term (abbr.)
35. "The Flying ___" (TV show)
40. Say again
41. Gilda ____, U.S. actor, comedienne
42. Habituates
43. Upper part of a bird' beak
44. "Finders ___", schoolyard taunt
46. Lyrical, narrative poem (var.)
49. White bird
50. Tall building protrusion
51. See 1 Across
52. Bread making need
53. Prevaricated
55. ___ vera
56. Melee
57. "The ___ of the Earth"
60. Scottish negative

Updates

Make That a Flight of the Flu Vaccine for My Friends

At the October meetings of BCRTA committees and Board of Directors, there was a line-up at the office. Grace Wilson, 1st Vice-President, arranged for a pharmacist to visit the office, and about a dozen directors and committee members received the high-dose vaccination. With four times the antigen of a regular flu shot, the high-dose produces a stronger immune response to the virus.

Grace's article on the high-dose vaccine appeared in the Fall edition of PostScript.



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Obituaries

Location listed is the area given as "last taught"



Cooper, Jack, Surrey

Dutnall, J. Elizabeth, Sooke

Dyck, Myrna, West Vancouver

Fraser, Dorothy I., Ontario

Hurd, Marion Frances, Southeast Kootenay

Hyde, Eva S., Kamloops

Jones, Irene N. , Cowichan

Jones, R. Bruce , Coquitlam

Kennett, Richard, Campbell River

Leithead, Hugh T. , Cowichan Valley

Liket, John, Richmond

Locke, Harry, North Vancouver

MacDonald, John A. , Powell River

MacDonald, Karen , Cranbrook

Main, Douglas S., Shuswap

McDonald, Edith , Richmond

McGauley, Alma, Castlegar

Monds, Douglas W.R., Greater Victoria

Morton, Flora , Central Coast

Mulholland, James, Vancouver

Ogino, Eugene, Stikine

Oriente, Marian Jean, Vernon

Osborne, Gordon L. , Central Okanagan

Palmer, Phyllis, North Vancouver

Paulsen, Ellen Louise, New Westminster

Petersen, Rasheda, Kamloops/Thompson

Rawlins, John T., Richmond

Ricker, Erika H.M., Summerland

Schwarz, Rainer, Howe Sound

Smith, John E. , Greater Victoria

St. Arnaud-Bruskiewich,
Marie-Micheline, North Vancouver

Sutton, William H. , Peace River North

Toward, Gerald H., West Vancouver

Van de Putte, Phyllida F., Prince George

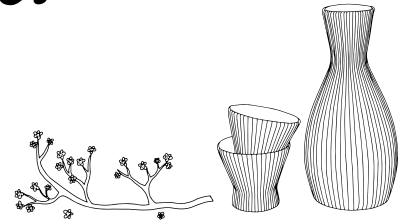
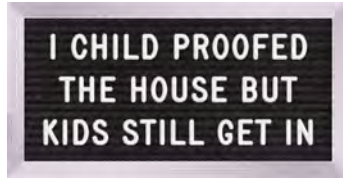
Watson, Cheryle, Victoria

Williams, Sally Anne , Kootenay/Columbia

Williamson, John R. , Chilliwack

Wray, Geraldine V., Richmond

HAVE A *laugh!*



Seen on a Sign

Crushing pop cans is soda pressing.

The problem with political jokes is that they sometimes get elected.

People are making apocalypse jokes like there's no tomorrow.

Autocorrect made me say things I didn't Nintendo.

If ignorance is bliss then I know some people who should be happier than they seem.

I danced like no one was watching. My court date is pending.

Whenever I feel blue I start breathing again.

Puns about communism aren't funny unless everyone gets them.

If cats could text you back they wouldn't.

I ordered a chicken and an egg on the internet just to see which one comes first.

I ate a dictionary and got thesaurus throat.

I can tell if people are judgemental just by looking at them.

Despite the high cost of living it remains popular.

WELL TO BE FRANK, I'd have to change my name.

A book hit my head and I have only my shelf to blame.

Some Sips of Saki

"A little inaccuracy sometimes saves a ton of explanation."

"The cook was a good cook, as cooks go; and as cooks go, she went."

"Every reformation must have its victims. You can't expect the fatted calf to share the enthusiasm of the angels over the prodigal's return."

"I hate posterity - it's so fond of having the last word."

"To be clever in the afternoon argues that one is dining nowhere in the evening."

"The censorious said she slept in a hammock and understood Yeats's poems, but her family denied both stories."

"It follows that they never understood Reginald, who came down late to breakfast, and nibbled toast, and said disrespectful things about the universe. The family ate porridge, and believed in everything, even the weather forecast."

"In baiting a mousetrap with cheese, always leave room for the mouse."

"The people of Crete unfortunately make more history than they can consume locally."

"Think how many blameless lives are brightened by the blazing indiscretions of other people."

"Never," wrote Reginald to his most darling friend, "be a pioneer. It's the Early Christian that gets the fattest lion."

"Saki" was the pen name of short story writer and humourist H.H. Munro (1870-1916)



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

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

Each year at least 8 needy students are granted bursaries to help them finance their teacher training at six universities in B.C. These universities are U.B.C., S.F.U., U Vic. T.R.U, B.C.N.U, and V.I.U.

Recipients have expressed their gratitude.

Savannah- “I am writing to express my deepest thanks for your gift of the R.R. Smith Bursary in Education. Generous gifts from donors like you provide the financial and moral support needed to continue my education to become an Elementary School teacher.”

Hailey- “I am so grateful for the help you have given me. It still feels unreal, like I’m dreaming. As a kid my family didn’t have much money, so the fact I can go to school and have help from people is amazing.”

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

or

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

or

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

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