

The K.R.T.A. Bridge

Fall 2009

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Our motto: "It's great to remember but the bliss is to forget."



Internet photo

October, November, October, November... Month after month, year after year, the toll rises. We look at the daily news, see the picture, sigh a sigh, then turn the page. The families meanwhile frame, rather than turn the page, as their lives are altered irrevocably. All along, the people of one of the world's poorest countries suffer from all sides. They are forced to shift their allegiance to the most powerful side of the moment. They must fear now al-Kaida, then the Taliban, always defer to the everpresent Muslim religious establishment with its Sharia law, and to the now helpful, now damaging Coalition. First and last, they must fear their own current war lord. They are threatened no matter who wields power, for they have been forced to compromise themselves one way or the other – simply because they wanted to survive – as now one, now another of these wield life and death power over them. This is what life is like where unbridled money and power rules. They know it well. To them, it may well seem that we are only adding to their woes, as indeed, sometimes we do. If they were to hear, that we are fighting there “for our freedom,” or for “the freedom of the free world,” would they comprehend us? Aren't we supposed to bring our freedom to them? And all the while they die nameless in the press, their toll callously called “collateral damage.” We never seem to see their pictures, hear their stories, feel their loss. And always, in all ways, the resurgence resurges, our and their carnage continues. And so what are we fighting for? When will we e-ver learn?

Kamloops Retired Teachers' Executive 2009/2010

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2009/2010 General Meetings/Programs at the Cottonwood Centre

Sept. 25, 2009	Provincial reports – Int. new members – sharing fall produce
Oct. 30, 2009	Power Point Presentation by Frank Dwyer of the Naturalist Club
Nov. 27, 2009	Christmas Program by Classy Chassies
Jan. 29, 2010	Can Go Grannies – Presentation by Mary Baker
Feb. 26, 2010	Healthy Eating – Presentation by Laura Kalina (unconfirmed)
Mar. 26, 2010	Bursary Recipients
Apr. 30, 2010	Presentation on her DWC trip to India: Donna Sharpe
May 28, 2010	AGM +
June –	Year End Surprise Trip, cost approximately \$ 50 - 70 (to be booked)

2008/2010 Executive Meetings

ABC Family Restaurant

	Feb. 16, 2010
Oct. 20, 2009	Mar. 16, 2010
Nov. 17, 2009	Apr. 20, 2010
Jan. 19, 2010	May 18, 2010

Funding for Retired Members' Cost of Living and Group Benefits

Indexing and the state of the Inflation Adjustment Account for this fall is the topic of discussion this fall for active teachers and retirees. The following is a synopsis of information from the Teachers' Pension Plan and the BCTF.

*Cost of Living Adjustments and group benefits are not guaranteed.

*Subsidies for Extended Health Benefits are not guaranteed – current levels are not sustainable. The subsidies come from the indexing account and as this account will be having difficulty sustaining indexing the subsidies for extended Health will be the first to be decreased or removed. There will be the option to purchase the Extended Health Plan as a group.

*Discussions will be held between the Pensions Branch and the BCTF – the decision will be made on how to proceed with the Inflation (Indexing) Account to make Indexing for plan members available in some format for as long as there are funds in the account.

*The BCTF will have their locals hold Consultation Meetings in October 2009 to discuss the issues around indexing and to get feedback on how to “face the challenges”. KRTA members are invited to the meeting in Kamloops Tuesday, October 13th 2009, 4:00 – 6:00 PM Grand Hall at TRU.

*Currently working members of the plan pay 2% of salary (YMPE) 4% more would be needed from the members and the government to meet the Inflation Adjustment Account – total of 8%.

Issues that have/will created pressure on the account:

*Demographics - ratio of active members to retirees 2002 2.6 -1, 2008 1.7 -1(Declining 7% per year)

*Cost of inflation indexing

*Increasing cost of Extended Health Care (7% per year because of new retiree and 10% per year because of rising cost of drugs)

*Volatile investment returns

*Inadequate funding

Some Options for Dealing with the Problem: *note these are only ideas!*

*Remove Extended Health Benefit subsidy (current cost about \$50.00 per member per month). Would generate about .28% per year.

*Index only a portion of the pension: ---

- discontinue indexing on the bridge benefit

- discontinue indexing on temporary annuity

- indexing a limited \$ amount of a pension

- provide no indexing until age 60

- put a cap on indexing or have a % not all of Consumer Price Index (CPI) **By S. Park**

HST: Items No Longer Exempt from Taxation (Where did the Reason go that exempted them before?)

In general, the GST/HST is applied to goods and services for final sale, meaning that businesses get "input tax credits" to compensate them for the GST/HST they pay for their supplies (ie. for inputs into a final product). The GST/HST is only charged on the final product, whether it's a good or a service. This is known as a value-added tax. The PST is a sales tax, and generally is charged on tangible personal property, meaning just goods. Items that will no longer be exempt from PST include most services and many goods that were specifically exempt from the PST for reasons of public policy.

People will now pay 7% more for:^[1] * Restaurant meals and catered foods; * many groceries such as snack foods and other prepared foods like salads, sandwiches, heated food or beverages (like a muffin or coffee); * school supplies; * Services such as taxi fares, professional services of architects and accountants, hair cuts and service at beauty salons, veterinary care, live theatre and more. * Services such as yoga classes, acupuncture, membership fees for clubs and gyms * Services (such as repairs) to home appliances such as refrigerators, stoves, ovens, microwaves, washers and dryers, dishwashers, vacuums and sewing machines; * cleaning services such as laundry and dry cleaning, carpet and upholstery cleaning, janitorial services and car washes; * Local, residential telephone and basic cable service – residential land-lines for local service is exempt. Cell phones and charges for long-distance calls are not exempt. Basic cable is exempt, but charges for specialty, high-definition and digital channels are not exempt, nor is satellite service. Internet access was never exempt; * new housing (71% rebate of provincial portion of HST on portion of new housing valued at under \$400,000); * vitamins, dietary supplements, and other non-prescription medicinal products; * residential smoke or fire alarm devices sold for less than \$250; * work-related safety equipment; * magazines, periodicals, newspapers, newsletters, student yearbooks; * residential use of electricity, natural gas, coal and fuel oil; the government is providing a rebate for this. * items used for the conservation of energy, such as building insulation; hot water tank insulators; ENERGY STAR qualified windows, doors and skylights; energy efficient residential furnaces, boilers, heat pumps and gas-fired water heaters; ENERGY STAR qualified residential refrigerators, freezers and clothes washers; energy efficient commercial boilers; aerodynamic and anti-idling devices for vehicles; and more.^[2] * Bicycles and services performed on bicycles. * Automobile towing and emergency roadside services.

For the full list of items used for energy conservation that were exempt from PST, see http://www.sbr.gov.bc.ca/business/Consumer_Taxes/Provincial_Sales_Tax/energy_conservation_exemptions.htm

"Somebody has said there are only two kinds of people in the world. There are those who wake up in the morning and say, "Good morning, Lord," and there are those who wake up in the morning and say, "Good Lord, it's morning." Thanks to the HST, there will be more of the latter now.

Thank you! Thank you! Thank you!



Ulrike Davies wins Donna Walsh's Surprise Bag. Both ladies are happy supporting our Bursary, which this year made two TRU students very happy indeed.



A big THANK YOU to Audrey Reison and Lana Rachey for printing and collating The Bridge for us. Without them and the support of the active membership we could only exist online on www.KRTA.ca If you can, check out our colour editions there!

Oh, Canada!

Country or colony? That is the question. The acid test to this question is the amount of money flowing out. Wrote Neville Nankivell, former editor-in-chief and publisher of The Financial Post in a Calgary speech in November, 1990: "The cost of servicing the federal debt is stupendous, now 40 billion a year, and the fastest growing segment of government expenditures. Unbelievably, the interest bill now takes three-quarters of all personal federal taxes." That was in 1990. What is it today? If we are a free country, we must be the most generous country on Earth. If we are not a free country but a colony, we (and our future descendants) are being ripped off by Big Money more than we know

Potpourri Page



Swine flu victim



Indian school bus



True love

My forgetter's getting better,
 But my rememberer is broke
 To you that may seem funny
 But, to me, that is no joke
 When I'm 'here' I'm wondering
 If I really should be 'there';
 When I try to think it through,
 I'm neither here or there!

At times I put something away
 Where it is safe, but, Gee!
 The person it is safest from
 Is, generally, me!
 When shopping I may see someone,
 Say 'Hi' and have a chat,
 Then, when the person walks away
 I say 'who the poop was that?'

Oft times I walk into a room,
 Say 'what am I here for?
 I wrack my brain, but all in vain!
 A big zero is my score.

Yes, my forgetter's getting better
 While my rememberer is broke.
 It's driving me plumb crazy
 And that isn't any joke. (From the Internet)



This car's really got legs! A life's story in bottles The snowmen are coming!

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The 2010 World Masters Indoor Athletics Championships



Photo Bryan Keaveney, WMA

Picture taken at the Kamloops Track and Field Club's indoor meet in February 2009 at the Tournament Capital Centre.

Who needs to travel the world? In March 2010, the world will be coming to Kamloops! The World Masters Indoor Athletics Championships will be held at the Tournament Capital Centre and surrounding areas on March 1- 6, 2010. More than 2,500 athletes ages 35 and older will be here to compete in a full range of track and field disciplines, including race walking and the half marathon.

The World Masters Indoor championships are held every two years, on opposite years as the world outdoor championships. This will be the first time the indoor championships will have been held outside of Europe, and it's a prestigious event. There will be world record holders and former Olympians competing here. However, the World Masters is inclusive, as well — meaning there will be just as many average athletes here, simply wanting to get off the couch and improve themselves. There aren't any qualifying standards required for entry in most events, meaning everyone can participate.

And by participate, we mean Kamloops residents, as well — and not just in the competition. The local organizing committee will need hundreds of volunteers to make this event happen. Because this is an international event, interpreters will be needed to help with communications. Assistance will be needed in competition set up and take down, transportation, registration, equipment and results. And, everyone will be needed to help make the championships a memorable experience for the athletes — because the World Masters Indoor Championships is a place where friendships are formed and renewed. If you think you can help, check out the host website, www.kamloops2010masters.com.

The local organizing committee also will need officials to help stage the championships. To that end, a Level 2 Officials clinic will be held Nov. 8, from 10 a.m. to 3 p.m. at the Tournament Capital Centre. Lunch will be served. To register, please contact Alwilda Van Ryswyk at 250.372.9640 or alvan50@shaw.ca. **By Tracy Watson, media director**

The Importance of Walking, Point by Point, so that you are sure to get it

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7000 per month. * My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we don't know where he is. * I like long walks, especially when they are taken by people who annoy me. * The only reason I would take up walking is so that I could hear heavy breathing again. * I have to walk early in the morning, before my brain figures out what I'm doing. * I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to go there. * Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate. * I do have flabby thighs, but fortunately my stomach covers them. * The advantage of exercising every day is so when you die, they'll say, 'Well, she looks good doesn't she.' * If you are going to try cross-country skiing, start with a small country. * I know I got a lot of exercise the last few years, just getting over the hill. * We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it. * There is of course more to life than walking. We need to stop and contemplate things, like: * Nature is fair. The blind hear better, than the sighted. The deaf see better. And those who have one leg shorter than the other, their other leg is longer. * Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today, it's called golf.

Membership

The BCRTA is making a push to increase our membership. The Champagne Campaign has been in place for three years to support branch efforts to contact potential new members such as the banquets to recognize retiring teachers. A new campaign called the BCRTA Dogwood Recruitment Awards started in the spring. You could win one of three prizes in draws held in January and June. The referring current member and the new member can both win either \$250.00 cash or one of two gift certificates for \$100.00 (six prizes). Forms are available on the BCRTA website at www.bcrta.ca. If you do not have internet capacity and have someone to sign up, phone Pat or Kristi at 1-877-683-2243. Good luck! We have 390 members, so help us jump into the 400's.

Lifetime Members

We currently have 28 lifetime members. Lifetime membership is given at age 85 and having been a member for 10 years or more. Our current lifetime members are: Robert Anderson (Louis Creek), Jeanne Anderson, James Barker, Lillian Bentson, Val Cerna, Ernie Colman, Vivian Davison, Betty De Beck, Vi Dever, Janet Doubt, Edna Dreger, Mary Engstrom, Joseph Exner, Norma Fraser, Mary Goodwin, Kay Heiderich, Marg Hutchinson, Evert Krider (Ashcroft), Yvonne Lancaster, Geraldine McDonald, Gwen Miller, Archie Phillips (Salmon Arm), Elizabeth Robinson (Calgary), Joan Shirley, Grace Swanton, Gundelinde Tuemp (Lillooet), Patricia Tupholme, and Ted Weddell. Lifetime members pay no fees, although at the AGM this year a motion brought forward by lifetime members who wished to continue paying fees. The motion passed, so if lifetime members feel a desire to pay, they can contact Pat or Kristi at 1-877-783-2243.

Submitted by Darrel Johnson

Food for thought

A) Have you ever wondered what happened to the 56 men who signed the American Declaration of Independence?

Five signers were captured by the British as traitors, and tortured before they died. Twelve had their homes ransacked and burned. Two lost their sons serving in the Revolutionary Army; another had two sons captured. Nine of the 56 fought and died from wounds or hardships of the Revolutionary War.

What kind of men were they?

Twenty-four were lawyers and jurists. Eleven were merchants. Nine were farmers and large plantation owners; men of means, well educated, but they signed the Declaration of Independence knowing full well that the penalty would be death if they were captured. Still, they thought it was worth it!

Personal sacrifices

Carter Braxton of Virginia, a wealthy planter and trader, saw his ships swept from the seas by the British Navy. He sold his home and properties to pay all his war debts, and died in rags. Thomas McKeam was so hounded by the British that he was forced to move his family almost constantly. He served in the Congress without pay, and his family was kept in hiding. His possessions were taken from him, and poverty was his reward. Vandals or soldiers looted the properties of Dillery, Hall, Clymer, Walton, Gwinnett, Heyward, Rutledge, and Middleton. At the battle of Yorktown, Thomas Nelson, Jr., noted that the British General Cornwallis had taken over the Nelson home for his headquarters. He quietly urged General George Washington to open fire. The home was destroyed, and Nelson died bankrupt. Francis Lewis had his home and properties destroyed. The enemy jailed his wife, and she died within a few months. John Hart was driven from his wife's bedside as she was dying. Their 13 children fled for their lives. His fields and his gristmill were laid to waste. For more than a year he lived in forests and caves, returning home to find his wife dead and his children vanished. (Source: Internet. Written by Stewart Thomson, Sunday, 05 July 2009)

B) History is preserved in language

They used to use urine to tan animal skins, so families used to all pee in a pot & then once a day it was taken & sold to the tannery. If you had to do this to survive you were "piss poor." But worse than that were the really poor folk, who couldn't even afford to buy a pot. They "didn't have a pot to piss in" & were the lowest of the low.The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500s: Most people got married in June because they took their yearly bath in May, and they still smelled pretty good by June. However, since they were starting to smell, brides carried a bouquet of flowers to hide the body odor.

Hence the custom today of carrying a bouquet when getting married.Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water!"

....Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs."

....There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

....The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "Dirt poor." The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance-way. Hence: a thresh hold.

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire.. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old.

....Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, "bring home the bacon." They would cut off a little to share with guests and would all sit around and chew the fat.

....Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

....Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust.

....Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.

....England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So

hey would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift.) to listen for the bell; thus, someone could be, saved by the bell or was considered a dead ringer... And that's the truth. Now, who said History was boring?

C) Animal intelligence is generally grossly underrated, as we try to prove to ourselves, despite the evidence, that we are better than animals. So it comes as a shock when they display something like unselfish service for a friend.



Internet photo

The caption reads: Cashew, my 14-year-old yellow lab, is blind and deaf. Her best friend is Libby, 7, her seeing-eye cat. Libby steers Cashew away from obstacles and leads her to her food. Every night she sleeps next to her. The only time they are apart is when we take Cashew out for a walk. Without this cat, we know Cashew would be lost, and very, very lonely indeed. It's amazing, but true: This is one animal who knows what needs to be done and does it day in and day out for her friend.

D) Grandma's apron I don't think our kids know what an apron is. The principal use of Grandma's apron was to protect the dress underneath, because she only had a few, it was easier to wash aprons than dresses and they used less material, but along with that, it served as a potholder for removing hot pans from the oven. It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears. From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven. When company came, those aprons were ideal hiding places for shy kids. And when the weather was cold grandma wrapped it around her arms. Those big old aprons wiped many a perspiring brow, bent over the hot wood stove. Chips and kindling wood were brought into the kitchen in that apron. From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls. In the fall, the apron was used to bring in apples that had fallen from the trees. When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds. When dinner was ready, Grandma walked out onto the porch, waved her apron, and the menfolks knew it was time to come in from the fields to dinner. It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes. **REMEMBER:** Grandma used to set her hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw. They would go crazy now trying to figure out how many germs were on that apron. I don't think I ever caught anything from an apron.

In Memoriam

JOHN ELLIS FORSYTH

It is with great sadness that we must tell you of the passing of John Ellis Forsyth. John was born July 8, 1928 in Vancouver, BC. He died peacefully June 1, 2009 in the Coronary Care Unit of Royal Jubilee Hospital in Victoria. We wish to extend our profound thanks to the staff of the CCU and of RIH for all their efforts to help John after his heart attack and for their kindness and support to us.

John was proud to have been an integral member of Scouts Canada for fifty years. Countless young people have benefited from his commitment to their well-being and his belief in the value of the Scouting movement in the development of fine young citizens. He shared with them his love of nature, his pride in our country and his pride in them. Just last week he was at Ruckle Point preparing the camp for a new summer of adventure. At eighty years old he was still an active participant in Night Trek this May. He was a trusted mentor to new leaders; his influence will be felt long after his passing. John was also an active member in the Baden Powell Guild. Our community has lost an exceptional Scoutmaster.

John was a dearly loved member of Saint George's Anglican Parish and was highly respected for his kindness towards others, his generosity, and his talent with the choir. He had a great respect and fondness for Rev. Isabel Healy-Morrow and we are very grateful for her support during this time of loss.

Before his retirement John was a teacher in School District #73 and was an active member of the retired teachers association. John was proud to have been a teacher, and he continued to be a scholar...a huge text on the Gospels that he had ordered from Bookland (one of his favorite places) which arrived just after he entered the hospital is testament to his commitment to being a life-long learner.

Mourning his passing is Irene McDonald, his loving companion for the last 16 years, her children, grand-children and great-grandchildren; his sister in California Bertha Burdekin, her husband Bob, their children and six grandchildren; his brother George; special friends Craig, Donna and Barrie; and countless others he has met in the Scouting movement. We are so thankful John had such good friends in his life and that he was able to have a good time sharing memories with Craig and Donna in his last days. In lieu of flowers donations to Scouts Canada would be most welcome. On-line condolences may be expressed at www.schoenings.com

By Connie Alger

JOHN (JACK) ARTHUR BROWN February 24th, 1934 - August 27th, 2009 Jack passed away peacefully on August 27th, 2009 at Royal Inland Hospital, Kamloops. Jack is survived by Elizabeth, his wife of 52 years, his daughter Dianne (Dal Sohi), son Allan (Christina), and grandson Liam Sohi. As an expression of sympathy, donations may be made to a charity of your choice in Jack's memory. (Kamloops Daily News, Sept 4, 2009)

KRTA REPORT TO THE BCRTA – 2008/ 2009 Sheila Park KRTA President

The Kamloops Retired Teachers' Association (KRTA) has just ended another busy year. We are very lucky to have an active membership (380) and a dedicated executive.

September: Our contingent of three who attended the BCRTA AGM reported to the meeting, Darrel Johnson also reported on the COSCO Meeting that he attended. – at this meeting we also shared garden crops: flowers, fruits and vegetables.

October: Rick Turner (a member) gave a presentation on Saving Public Health Care.

November: Our Christmas celebration and we always have a great turn out – even in a blizzard. This year we were entertained by the Primary Choir from The Beattie School of Fines Arts (fond memories of past Christmas Concerts were brought back to all).

January: Author Richard Wagamese and his wife came to our luncheon. Richard talked to us about his life's journey, his books and his teachers. Members left enriched by Richards sharing of his life's experiences.

February: Trudi Bonbernard (a member) gave a Power Point Presentation about Developing World Connections, and international volunteer experience provider. Some of our members will be going to India in the fall.



Trudie in action (F.V.)

March: We welcomed the recipients of our bursaries from our Bursary Fund at Thompson Rivers University and the RR Smith Bursary that is awarded at TRU. The winners this year were very pleased to receive the funds and spoke of how it has helped them to meet their future goals in teaching. The fund this year has been increased by fund raising activities, member donations and by a considerable amount left to the KRTA Bursary Fund by Doug Nichols. Doug was a long time member and was very active in the KRTA. He passed away in 2008. Brian Thompson, one of our members presented Part 1 of Wills and Estate Planning.

April: Delegates who attended the April 2nd Zone Meeting in Vernon reported to the meeting. Brian Thompson presented Part 2 of Wills and Estate Planning

May: We had our AGM and Bursary Fund Raiser Silent Auction. We elected our new executive and thanked Donna Sharpe our Membership Secretary she is leaving the executive for a bit.

June: We hosted the Inter Branch Meeting and folks had a lovely time at Quaaout Lodge on Little Shuswap Lake. A few folks stayed at the lodge overnight and swam, a number

got up early and golfed at Talking Rock, others had a tour of the grounds and enjoyed earring about Shuswap customs in the coolness of a pithouse. All who attended enjoyed a lovely lunch and a talk from Ernie Phillips on his life as a dancer, actor and Shuswap Customs. Darrel Johnson attended the SD73 Retirement banquet and invited ne retirees to join us next year. Our members once again did an excellent job on the flowers for the Retirement Banquet a tradition that has gone on for more than 36 years.

The KRTA has a very giving group of members. Some of our charities we donated to this year were The Kamloops Food Bank, Christmas Amalgamated and Royal Inland Hospital, the recipient of our yearly donation in memory of members who have passed away this year, The TRU KRTA Bursary Fund and the Canadian Harambee Educational Society. Our meetings/luncheon/social (with emphasis on social) are held at the Northshore Community Centre the last Friday of the month - hope to see you there.

Glad you are retired?

After being interviewed by the school administration, the prospective teacher said: 'Let me see if I've got this right. 'You want me to go into that room with all those kids, correct their disruptive behavior, observe them for signs of abuse, monitor their dress habits, censor their T-shirt messages, and instill in them a love for learning. 'You want me to check their backpacks for weapons, wage war on drugs and sexually transmitted diseases, and raise their sense of self esteem and personal pride. 'You want me to teach them patriotism and good citizenship, sportsmanship and fair play, and how to register to vote, balance a checkbook, and apply for a job. 'You want me to check their heads for lice, recognize signs of antisocial behavior, and make sure that they all pass the final exams. 'You also want me to provide them with an equal education regardless of their handicaps, and communicate regularly with their parents in English, French, or any other language, by letter, telephone, newsletter, and report card. 'You want me to do all this with a piece of chalk, a blackboard,a bulletin board, a few books, a big smile, and a starting salary that qualifies me for food stamps. 'You want me to do all this and then you tell me. . . I CAN'T PRAY?

From the COSCO (Council of Senior Citizens Associations) Minutes

Re: Zion Park Manor closure of beds. We have won a partial victory, as closure will be effected by attrition without relocations.

Re: Reply to letter complaining about tazer being used on an elderly man, stated "We will investigate, but will continue to use tazers."

Re: Save our Rivers. This is on the Internet, may be googled for further information. 600 rivers are at risk,some already sold to private companies and conglomerates. Our hydro rates will go up. General Electric has laid off thousands and used the money to buy river development to take over power grids. Ontario Hydro has a class action suti in progress.

Re: issues and concerns. 47 of these were raised and discussed with plans to concentrate efforts on two or three next year. Top concerns: The gap between rich and poor * pensions * The depression's impact on seniors * The high cost of dying as CPP only pays \$ 2,5000 * No increase in the OAP * NAFTA – get rid of it * Moratorium on IPP-s * Evictions and the increases in rental need investigation * the deliberated withdrawal of public services * Income tax on pensions is unfair * Affordable housing needed * MSP premiums should be abolished * Don't let Campbell give our province away * Credit card interest is too high * Hold town hall meetings to make our positions clear. Hello! Anybody there?

President's message

September has come and gone – I still see September as the beginning of the year, just like the school year. Most volunteer organizations seem to take a break in the summer and resume in September so this seems natural even though one is retired. Once again I will spend a year as the president of the Kamloops Retired Teachers' Association. I attended the BCRTA AGM in September, always fun as I get to see many former colleagues. Sometimes if I close my eyes and listen to the voices I get the feeling I am at a BCTF Rep Assembly or AGM (is that Pat Brady I hear). I discovered I hadn't lost my skill either as I hip checked the delegate at the microphone over and moved to sustain the chair.

This year at the AGM we changed the agenda so that we could receive more information from the BCRTA Pensions Committee on the areas of concern around the Inflation Adjustment Account. This is a major issue to be dealt with this year. Please see the information provided in this issue of the Bridge *Funding for Retired Members*.

The spring Provincial Election brought us another Liberal Government and with declining revenues and increased expenses (can we spell Olympics) we see cuts to Public Education. Parents, community members, teachers and retired teachers are now busy once again fighting for more funding and to prevent school closures. Other areas that affect our lives are also being cut; such as Public Health Care, Care and Housing for Seniors and funding to groups that rely on government grants to name just a few. We need to continue to work together with other organizations to bring issues of concern forward to government both federal and provincial.

See you at the next meeting, Sheila

Thank you Brian!

Brian Thompson would have every right to expect, and to ask for help, being as he has become wheelchair bound. Instead, he is looking to help others. He is managing the books for our Association, offers his assistance with computer knowhow to us, and has prepared and delivered a two part presentation on Wills and Estate Planning. There are many special people among teachers, but in my mind Brian is the icing on that cake! All the best, Brian, and thank you for your service!

Book Review

THREE CUPS OF TEA: One Man's Mission to promote Peace... One School at a Time. Greg Mortenson and David Oliver Relin, Penguin Paperback, Copyright 2006, 331 pages.

In 1993 Greg Mortenson was descending from his failed attempt to climb Pakistan's K2, the world's second highest mountain. He became disoriented and separated from his climbing party. Exhausted and alone, without food, water and shelter, he stumbled into an impoverished Pakistani village, where he was nursed back to health.

While recovering, he observed the village's 84 children sitting outdoors, scratching their lessons in the dirt with sticks. The village was so poor, that it could not afford the \$ 1.00 a day to hire a teacher. When he left the village, he promised that he would return to build them a school. Over the next decade he built fifty-five schools – especially for girls – in one of the most dangerous regions on Earth. His quest brought him into conflict with enraged Islamists and uncomprehending Americans. *Three Cups of Tea* is a celebration of the human spirit. Reviewer: Norm Moss (This book is now in the KRT collection.)

KALS Fall 2009 Course Calendar

Humour in Cdn Literature (Ginny Ratsoy) 4 sessions, Thursdays 1-3 pm	Cost \$ 20.00
Hist. Immigrtn & Ethnicity (Anne Gagnon) 6 sess., Tuesdays 9:30 – 11:30	\$ 35.00
Manet & Contemporaries (Tricia Selmer) 6 sessions Tuesdays 1:00 – 3:00	\$ 35.00
Stars, Galaxies & Cosmology (Roland Cobb) 11 sess. Thursdays 10:00 – noon	\$ 35.00
Criminology (Lorrie Kelsey) 4 sessions	Mondays 10:00 – noon \$ 35.00
Jesus without bells and whistles (Gary Paterson) 3 sess. Mondays 9:30 – 11:30	\$ 20.00
Basic Computer (Del Turner) 4 sessions	Wednesdays 10:00 – noon \$ 35.00
Beyond Basic Computer (Del Turner) 4 sessions	Wednesdays 10:00 – noon \$ 35.00
The Poetry of the Great War (Rod Mitchell) 8 sessions Tuesdays 10:00 – noon	\$35.00
Int. to stamp collecting (Jack Braaksma) 4 sessions	Wednesdays 1:00 – 3:00 \$ 25.00
Creative Writing (Jane Kennon) 8 sessions	Thursdays 10:00 – noon \$ 35.00
Wellness for Seniors (Int. Health Staff) 4 sessions	Fridays 10:00 – noon \$ 20.00

Case Dismissed

Lincoln AP – A judge has thrown out a Nebraska legislator's lawsuit against God, saying the Almighty was not properly served, due to his unlisted home address. State Senator Ernie Chambers filed the lawsuit last year, seeking a permanent injunction against God. He said God has made terroristic threats against the Senator and his constituents in Omaha, inspired fear and caused "widespread death, destruction and terrorization of millions upon millions of the Earth's inhabitants." (The Globe and Mail, Oct 16, 2003)



In Memoriam: Paul Hoodicoff

Paul was born on April 19, 1948 in Nelson, B.C. to Elizabeth, just 15 years old, and Bill, 21 years of age. He was the oldest of five brothers. He grew up in Raspberry Village, a part of Castlegar, surrounded by his large extended family and many friends. Always loving music, he learned to play the guitar from his uncle in childhood. He worked with his father and grandfather (he was very close to both), in carpentry, the sawmill, some logging, fire fighting and roofing, hanging out at the pool hall, and still managed to graduate. He became a charter student at the new Selkirk College in Castlegar.

Paul met Sharon when he was 19 and he crashed her sweet 16th party. They married three years later in 1971, and stayed soul mates for life. Paul graduated from U. B. C., where he returned later for his fifth year. Meanwhile their two daughters, Corinna and Toni were born. Paul taught for 31 years in the Kamloops School District, the last 26 at R. L. C. I had the privilege of working with him there for five of those years. He loved teaching and had great rapport with his students, whom he remembered always.

Paul and his family spent many summers fishing and camping. He and Sharon canoed and hiked the Bowron Lakes, and Paul repeated the trip two more times with his nature-loving daughters and Buzz Osterloh and Ron Marcus, his best friends. There was a great canoe trip down the Elk River with his brothers, with several nights spent in a wet tent. There were many other fishing trips and large family reunions, trips down the Oregon Coast with crabbing, and an extended family trip with friends to the Cook Islands, Australia, New Zealand and Fiji, where he rediscovered his love of seafood, and was overheard uttering on the beach his oft-repeated sayings: "It never gets any better than this," and the summary "Life is good," more than once.

Paul loved to play hockey with the Teachers and the old timers, and slowpitch baseball with the Central Station team, retiring only when his body told him to. He became a great golfing buddy, even as his athleticism was frustrated by his unhoneed skill or bad back. Paul, Buzz, Al, Kelly and Justin had spent many an enjoyable evening playing the guitar and singing Bob Dylan songs, their circle never broken by the generation gap. Granddaughter Mirin was born, and quickly bonded with her Deda. She was the light of his life as he fought cancer. Through it all, he faced his challenges with a positive attitude and strength of character, as well as his famous good humour, that made it easier for his family to bear. His final challenge was a heart attack, that led to an angioplasty and another attack, that took his life. Blissfully, it put an end to his acute suffering. The loss is ours to share. Paul was the kindest man I knew. F.V.

Poetry Please!

Tackle box by Dale Brandt

Tackle box – what lures are inside?

A space retainer, an ornament, a case for glasses... bits and pieces,
baggage from the past, once important...no longer as important.

The family connection: a small pin from his mother,
a leather-bound dictionary from his Dad; from grand dad, a silver pocket watch,
still ticking in its safe place.

The sports connection: swimming badges, one blue, one green;
a rumpled track meet ribbon;
and then, oh then, soccer awards, many:
a silver medal without its ribbon, a jacket pin, a tournament badge,
a Mexican coat of arms on a crest, a newspaper clipping carefully folded
headline VALLEY EAST VICTORY!
And best of all a small soccer shield engraved with his name and the year he won it.

What a marvellously intriguing collection of lures are inside this tackle box!
And each one hooks me a little more.
And each one tells me a little more about the person
who so carefully collected these lures.
Caught!

(This poem is dedicated to Mike Calla, who shared his tackle box with me. Nov., 1986)

Guide to Proper Food Combining? What? Not another Diet?

Most of us are conscious of what we eat, yet do not give much of a thought to proper food combining. Why should we be aware of this? To make digestion easier and more efficient, not to mention avoiding being bloated. Try eating meat and cheese, then lots of fruit afterwards! You won't do that again! It's simple high school chemistry. Most protein foods require an acid digestive environment for proper digestion, whereas most carbohydrates digest properly in an alkaline medium. Therefore, if we are going to eat more than one food at a meal, we can greatly improve digestion and avoid indigestion, by eating foods that will require the same gastric juices for digestion and are compatible. Proper combining leads to good digestion and to better health. Therefore: * Avoid eating carbohydrates with acid fruits. *Avoid eating concentrated proteins with concentrated carbohydrates. (Do not combine nuts and cheese.) *Do not consume fats with proteins. (Most proteins already contain enough fat.) *Citrus, tomatoes, pineapple, strawberries and other acid fruits should not be eaten with nuts, cheese, eggs, or meat. These are some of the dos and don'ts I gleamed from people trying to persuade me to eat well. Their slogan: "The simpler the meal, the better you feel!" FV