

The K.R.T.A. Bridge

Fall 2010

Editor and Assistant Editor: Frank Veszely and Donna Sharpe

We can be reached at 376-2359 / fveszely@shaw.ca or 376-2806 / sharpe2d @shaw.ca

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



A CNN journalist heard about a very old Jewish man who had been going to the Western (Wailing) Wall to pray, twice a day, every day, for a long, long time. So she went to check it out. She went to the Western Wall and there he was, walking slowly up to the holy site. She watched him pray and after about 45 minutes, when he turned to leave, using a cane and moving very slowly, she approached him for an interview.

"Sir, how long have you been coming to the Western Wall and praying?"

"For about 60 years."

"60 years! That's amazing! What do you pray for?"

"I pray for peace between the Christians, Jews and the Muslims. I pray for all the wars and all the hatred to stop. I pray for all our children to grow up safely as responsible adults, and to love their fellow man."

"How do you feel after doing this for 60 years?"

"Like I've been talking to a wall."

Kamloops Retired Teachers' Executive 2009/2010

President – Donna Walsh	250-374-3087	donnaw00@telus.net
Past President – Sheila Park	250-372-2806	spark1@telus.net
1 st Vice President		
2 nd Vice President –		
Secretary - Glenda Miles	250-372-9228	glendamiles@hotmail.com
- Bev Maxwell	250-374-2205	bjmax@shaw.ca
Treasurer - Marie Laroche	250-376-2597	mplaroche@telus.net
Heritage - Marie Laroche	250-376-2597	mplaroche@telus.net
Bursary - Bev Maxwell	250-374-2205	bjmax@shaw.ca
Sunshine - Dale Brandt	250-372-7129	
Social Concerns/Advocacy /COSCO-		
- Ingrid Heeley	250-373-2625	iheelley@gmail.com
“Seniors Connector” - Evelyn Baziuk	250-554-3409	
Membership – Darrel Johnson	250-372-3194	dm.johnson@shaw.ca
- Mary Ellen Pattersen	250-372-1762	pattyplace@shaw.ca
Programme - Suzanne Legault	250-828-0113	suelegault@shaw.ca
- Donna Walsh	250-374-3087	donnaw00@telus.net
Pensions - Shelia Park	250-372-2806	spark1@telus.net
Special Services - Alf Law	250-372-0846	aplaw@shaw.ca
“The Bridge” - Frank Veszely	250-376-2359	fveszely@shaw.ca

2010/2011 General Meetings/Programs at the Cottonwood Centre

Sept. 24, 2010	Provincial reports – Int. new members – sharing fall produce
Oct. 29, 2010	ABC's of Fraud by Donna Sambolec
Nov. 26, 2009	Christmas Social and program of musical Chimes
Jan. 28, 2011	Travel (not confirmed)
Feb. 25, 2011	Tai Chi
Mar. 25, 2011	Bursary Recipients
Apr. 29, 2011	Music therapy
May 27, 2011	AGM +
June –	Year End Surprise Trip, cost approximately \$ 50 - 70 (to be booked)

2010/1011 Executive Meetings

	Feb. 15, 2011
Oct. 18, 2010	Mar. 15, 2011
Nov. 16, 2010	Apr. 19, 2011
Jan. 18, 2011	May 17, 2011



Lanny Balcaen's Lecture on Nutrition at our February Luncheon

On Feb 26, 2010, some seventy of us gathered and listened keenly to Lanny Balcaen, perhaps the best local expert on nutrition, lecture on the subject. As we discovered, Lanny is not one to mince his words. His definition of Type 2 Diabetes is "a condition that results from a shitty diet and not enough exercise." An "O" blood type person is "a born carnivore, full of confidence, needing help, married to a caring "A" blood type one who is a planner and likes to read the instructions before beginning to assemble something." He should know: he has the blood type. Most people are misinformed about nutrition, Balcaen says, and The Canada Food Guide is not really helping. It is keen on listening to "all stakeholders," he says, and that means listening to the industrial food lobby. Lanny's advice simply: "Don't buy packaged foods." As much as possible, eat local, seasonal and fresh foods in season, he recommends. Cooking can ruin the nutritional value of food. Milk and milk products produce gastrointestinal problems in most of us and plug our arteries. Meat should be eaten with raw vegetables, and not with starch. So much for us meat and potato guys!

Lanny is to be found Wednesday through Friday at **Nature's Fare**, his daughter's business, where he dispenses information freely. He is not a salesperson, he insisted at the meeting. I believed him, because my wife and I saw him the day before in the store, and the only thing he showed us was a cheap book that contained more information than we wanted to know. When I pressed him about Q10, an antioxydant, he showed me the bottle, made in Japan, that was "most like what your body would produce." I was about to buy the more expensive synthetic product, based on the information on display on the bottles. Alas, **Nature's Fare** is a business that also sells packaged products. But in Lanny I trust. He shares information freely. He gave me his lecture notes and consented to my publishing them. Les voilà!

Lanny's Nutritional Guideline for a long and healthy Life.

BE AWARE THAT... The only nutrients that are actually required are: sunlight, clean air, clean water, proteins, carbohydrates, good fats and oils, enzymes, nutritional fibre, vitamins, minerals, physical/emotional/spiritual exercise.

Not required and sparingly used in small amounts are: Non-herbal teas, coffee, all dairy products (yes this includes yoghurt), anything made with the flour of cereal grains (wheat, oats, barley, etc.), breads, pastas, bagels, muffins, etc., and sugar in all its forms (yes, that includes raw or processed honey and molasses).

Conditions to be considered before ingesting any foods: Your personal bio-individuality: body type (from low metabolic rotund to high energy slim), your blood type, your age, gender, size, state of health, level of activity, requirements for the day (are you watching a soccer game or playing in one). Was the food grown in nutritious, toxin-free ground? And take the time to chew your meals properly: the coding of all digestive processes takes place in the mouth.

Best protein sources: Meat, fish, poultry, eggs, peas and beans are best. To a lesser extent, but important for vegan vegetarians are non-cereal grains such as amaranth, salba and quinoa as well as some whole cereal grains such as oats, kamut or spelt if they are okay for your blood type. Protein powders such as soy, whey, hemp or rice can be useful for those who need portable high protein meals. And be aware that cooking denatures proteins and makes them harder to digest, but there are obvious issues with raw proteins as well.

Best carbohydrate sources: Both root and leafy vegetables of every kind (seasonal, local, and fresh is always the best) and whole grains where applicable. Fruits of a wide variety are great, although, once again, fresh, local, and seasonal is best. Non-local, non-seasonal fruits and vegetables tend to be heavily fertilized, sprayed with pesticides, preservatives and color enhancers and invariably picked before they have matured, which makes them less nutritious.

Best fats and oils: Hemp, flax and salba are the best vegetal sources of Omega-3 essential fatty acids. Cold water fish oils, such as sardine, anchovy, mackerel, salmon and krill are the best sources of DHA and EPA. Cod and halibut oils are rich sources of both vitamins A and D. A truly healthy diet will include both vegetal and fish sources of essential fatty acids. Beware of saturated fats, cooking oils and so-called healthy margarines (there aren't any.)

Best nutritional sources of vitamins: A Halibut liver oil, cod liver oil and carotenes. B-s nutritional yeasts and whole, unprocessed grains. C Parsley and local citrus fruits (must be tree ripened). D Sunshine on your unprotected skin and fish-liver oils. E&K Fresh, dark green leafy vegetables.

The best sources of minerals: Celtic sea salt, un-filtered, unpolluted natural water, raw, organic vegetables grown in nutritious ground, molasses and nutritional yeasts.

The better sources of enzymes: All clean, freshly harvested foods that are eaten whole or raw.

The better sources of fiber: Freshly ground flax (or many other) seeds, raw fruits and vegetables, whole non-cereal grains and psyllium husks. Fibre ground fine, cooked and/or processed loses much of its usefulness as fibre.

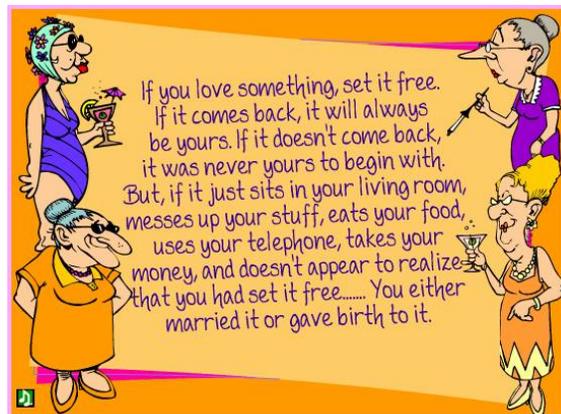
The better emotional, mental, spiritual and physical exercises: Meditation, yoga, the religion of your choice and a physical (see a professional) regimen suitable to your age and abilities.

Miscellaneous advice: Train your body to have a good bowel movement after every meal. If it is a problem, get some help from a professional. Whole foods are always the best sources of nutrients, but these days of depleted soils and negative farming practices require nutritional supplements for optimal health. Once again, see a professional. Don't eat anything from packages or fast food outlets – ever!!!!

The Ya Ya sister's diet

- Breakfast: 1 grapefruit, 1 slice whole wheat toast, 1 cup skim milk.
Lunch: 1 small portion lean, steamed chicken, 1 cup spinach, 1 cup herbal tea, 1 Hershey's kiss.
Afternoon Tea: 1 The rest of the Hershey Kisses in the bag, 1 tub of Hagen-Daaz ice cream with chocolate chips.
Dinner: 4 glasses of wine (red or white), 2 loaves garlic bread, 1 family size supreme pizza, 3 Snickers Bars.
Late Night Snack: 1 whole Sarah Lee cheesecake (eaten directly from the freezer).

Remember: Stressed spelled backward is desserts. The Ya Ya sisters' advice: "Handle every stressful situation like a dog: pee on it and walk away!"



Now meet the Ya Ya sisters in person:

FOR SALE

Passion for Learning: Memoirs of Retired Secondary Teachers.
From: Marie Laroche Phone: 250-376-2597 or mplaroche@telus.net

Passion for Sharing: Memoirs of Retired Elementary Teachers is now sold out! We are planning to re-print the book in the spring including additional memoirs of newly or not so new retired teachers. We are asking you to contribute your stories, especially if you taught at a school that has closed, such as John Tod, Ralph Bell, George Hilliard, Westsyde Elementary, Oak Hills, Pineridge and Barriere Annex. Please send your contributions to mplaroche@telus.net or mail to M. Laroche, 1105 Quail Drive, Unit 4, Kamloops, B.C, V2B8R4.

Did you know? While creating Husbands, God promised women that good and ideal husbands would be found in all corners of the world... And then he made the Earth round.

Defend yourself! By Brian Thompson

PIN NUMBER REVERSAL (GOOD TO KNOW) If you should ever be forced by a robber to withdraw money from an ATM machine, you can notify the police by entering your Pin # in reverse. For example if your pin number is 1234 then you would put in 4321. The ATM recognizes that your pin number is backwards from the ATM card you placed in the machine. The machine will still give you the money you requested, but unknown to the robber, the police will be immediately dispatched to help you.

CELL PHONE HELP For all the folks with cell phones. (This should be printed and put in your car, purse, and wallet. Good information to have with you.) Your mobile phone can actually be a tool for survival. Check out the five things that you can do with it:

FIRST

The Emergency Number worldwide for Mobile is 112. If you find yourself out of the coverage area of your mobile network and there is an Emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you, and interestingly, this number 112 can be dialed even if the keypad is locked. Try it out.

SECOND

Have you locked your keys in the car? Does your car have remote keyless entry? This may come in handy someday. If you lock your keys in the car and the spare keys are at home, call someone at home on their cell phone from your cell phone. Hold your cell phone about a foot from your car door and have the person at your home press the unlock button, holding it near the mobile phone on their end. Your car will unlock. Saves someone from having to drive your keys to you. Distance is no object. You could be hundreds of miles away, and if you can reach someone who has the other 'remote' for your car, you can unlock the doors (or the trunk).

THIRD

Hidden Battery Power. Imagine your cell battery is very low. To activate, press the keys *3370#. Your cell phone will restart with this reserve and the instrument will show a 50% increase in battery life. This reserve will get charged when you charge your cell phone next time.

FOURTH

How to disable a STOLEN mobile phone? To check your Mobile phone's serial number, key in the following digits on your phone: *#06#. A 15-digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe. When your phone gets stolen, you can phone your service provider and give them this code. They will then be able to block your handset so even if the thief changes the SIM card, your phone will be totally useless. You probably won't get your phone back, but at least you know that whoever stole it can't use/sell it either. If everyone would do this, there would be no point in people stealing mobile phones.

FIFTH

Free Directory Service for Cells. Cell phone companies are charging us \$1.00 to \$1.75 or more for 411 information calls when they don't have to. Most of us do not carry a telephone directory in our vehicle, which makes this situation even more of a problem. When you need to use the 411 information option, simply dial:(800)FREE411, or (800) 373-3411 without incurring any charge at all. Program this into your cell phone now.

AGM REPORTS: SYNOPSIS By Marie Laroche

BCRTA have new brochures available for membership and are continuing the Champagne Campaign. Anyone signing up a new member can send their name in with the member and enter a draw for both of you. Our guest speaker was Vaughn Palmer, a political columnist who has a radio program in Victoria. His talk was informative and humorous . He can be contacted at CKNW.COM. Bruce Rozenhart, a Vancouver based communicator, was hired by the BCRTA to give them steps to communicate effectively with government.

BCRTA Commission. A review is necessary after many years to decide what is working and what is not.

PENSION AND BENEFITS

Most of this report is covered in the Postscript. Here are a few changes:

1. The contribution rate for active members will increase 1% of salary, effective July 1, 2010. These contributions will flow directly to the Inflation Adjustment Account to fund cost-of-living adjustments.
2. As of January 1, 2012, cost-of-living adjustments will be granted only to retirees who have reached the age of 56.
3. Joint Trust Agreement will be altered effective July 1, 2010
4. Subsidy for group extended health premiums will be discontinued as of January 1, 2012.

WHAT NOW?

The Teachers' Pension Board of Trustees has decided to sponsor voluntary, member-paid group health benefits for retired members of the the Teachers' Pension Plan. The new group benefits will be available January 1, 2012 when the current subsidized extended health benefit plan ends.

MEMBERSHIP: We did not win any bottles of Champagne from the Champagne Campaign. However, we now have four new branches: Nicola Valley, Mission, Princeton, and Prince Rupert.

AGM: We have a new president: Doug Edgar from Vernon

RR SMITH: A request was made by the executive that membership be informed of grants that are available to local organizations for school projects, equipment for research, etc. Most of the grants were given outside of the country and province.

Respectfully, Marie Laroche, AGM attendee.

THE SENILITY PRAYER

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

A Different Funny Page: Lessons to be learned from Pictures



On joy...



On love...



On jealousy...



On diet...



On patience...

Marvin
(the male Maxine)



When I was a kid, I used to pray every night for a new bike. Then I realized that God doesn't work that way. So I stole a bike and asked Him to forgive me.

On man...

Marvin says: "When I was a kid, I used to pray every night for a new bike. Then I realized that God does not work that way. So I stole a bike and asked Him to forgive me."
Squirrel: "When I learned 'you are what you eat,' I realized I was **nuts!**"

Telling Cartoons: "Careers" and "How Dinosaurs became extinct"



KRTA PRESIDENT'S REPORT TO THE BCRTA June 2010 BY Sheila Park

The Kamloops Retired Teachers' Association (KRTA) has just had another busy year.

To date General Meetings with Luncheons were held in:

September: Our contingent who attended the BCRTA AGM reported to the meeting, – at this meeting once again we shared garden crops: flowers, fruits and vegetables. Members were updated on the Indexing Issue.

October: Members attended the Indexing Consultation meeting at TRU. At our monthly meeting we had a member of the Naturalists Society, Frank Dwyer, do a power point presentation on his scenic trip through areas of the south west United States.

November: Our Christmas celebration and we always have a great turn out – The Classy Chassys entertained us. We also collected for the Food Bank and Christmas Amalgamated.

January: The General Meeting Program was a presentation on the Can Go Grannies and the Stephen Lewis Foundation

February: The General Meeting Program was a presentation on Nutrition. (See The Br.)

March: We welcomed one of the recipients of our bursaries from our Bursary Fund at Thompson Rivers University. We also have the RR Smith Bursary that is awarded at TRU. The fund this year continued to be increased fund raising activities, member donations.

April: April 23rd our members were off on a Mystery Tour organized by MaryAnne Trestain, one of our members and the Bursary Committee as a bursary fund raiser. It was an excellent trip. April 30th is our monthly General Meeting and luncheon we will be treated to a presentation by Donna Sharpe who went to India this year to visit with a former Kamloops teacher who has started a school there.

May: We had our AGM. Sheila Pithers joined us and we had our Fund Raiser Silent Auction. Funds raised this year were allocated to pay for the sponsorship of our Harambee Student.

June: Members attended the Inter Branch Meeting in Salmon Arm and also the annual KTTA/BCRTA/SD73 Retirement Banquet. Letters were presented or mailed to all retirees congratulating them on retirement, outlining the benefits of joining the BCRTA/KTTA and also enclosed was a coupon for a half price lunch at KRTA luncheon in the upcoming year.

Other Events that were carried out this year:

Bursary Fund Raising:- Mystery Bag Draw/ Bring a Book Take a Book for a \$1.00, Loose Change Containers, Donation Envelopes (cheques to TRU and KRTA Fund on memo line for tax receipts).

The Bridge News Letter: mailed out and also on the website.

The Membership Email List – for contact to members who have the internet – notices of meetings, other items of interest to members such as: community meetings, volunteer opportunities and notifying members if one of our members passes away/funeral etc.

At our March luncheon



Betty Karpiuk with her prize, left; Lorraine Toews, Helen Morrison and Janet Doubt, middle; Diana Flieger: the bursary recipient who came to thank us at the Luncheon.



Chatting up a storm: Alf and Frances Law, Inga and Evert Krider, Ed Yawney, Norm Moss, left and Carolyn Miller, Mary Ellen Patterson (half covered), Susanne Legault, Marlene Olyneck, Donna Sharpe and Pet Petley.

Mystery Tour

Great fun was had by all. Carolynne Miller sent us this picture from the tour.



Left to right: Mary Ellen Patterson, Carolyn Miller, Sheila Park, Susie Haughton

Donna Sharpe spoke on her Trip to India at our April Meeting



Donna speaks while Rita Chouhan explains the intricacies of dressing oneself in a sari to Glenda Miles. The ingenious multi-use garment can serve as an apron, a pack sack and as a veil also. Later, Donna Sharpe, Norma Brown and Glenda model the garments for us.



Bev Maxwell of our Bursary presents the Mystery Bag to the happy winner: Norm Moss



Oh Canada!

* A recent study found the average Canadian walks about 900 miles a year. Another study found Canadians drink, on average, 22 gallons of beer a year. That means, on average, Canadians get about 41 miles to the gallon.

** We're "broke" according to our Government and can't help our own Seniors, Homeless, Veterans, Orphans, etc. Yet in the last month we have provided aid to Haiti, Chile and Turkey. Our retired seniors living on a fixed income receive no aid while our government and religious organizations pour hundreds of millions of dollars and tons of food to foreign countries. We have hundreds of adoptable children who are shoved aside to make room for the adoption of foreign orphans. Why are so many CANADIAN citizens, and the CANADIAN government, so star struck they won't provide for our own? CANADA: a country where we have homeless without shelter, children going to bed without eating, elderly going without needed meds, and mentally ill without treatment - yet we have a benefit for the people of Haiti on 12 TV stations, ships and planes lining up with food, water, tents, clothes, bedding, doctors and medical supplies. Imagine if we gave ourselves the same support that we gave all other countries! (an Internet Canadian)

*** Folks in Newfoundland have the Lowest Stress rate because they do not take medical terminology too seriously. The attitude seems to be, "You are going to die anyway, so why worry, live life and drink hootch till you cannot lift your own mug!" It also helps that they use a special Medical Dictionary. Some original definitions from this dictionary: Artery = the study of paintings; Bacteria = back door to cafeteria; Barium = what doctors do when patients die; Benign = what you be, after you be eight; Caesarean Section = a neighbourhood in Rome; Cat scan = searching for Kitty; Cauterize = made eye contact with her; Colic = a sheep dog; Coma = a punctuation mark; Dilate = to live long; Enema = not a friend; Fester = quicker than someone else; Fibula = a small lie; Impotent = distinguished, well known; Labour Pain = getting hurt at work; Medical Staff = a Doctor's cane; Morbid = a higher offer; Nitrates = cheaper than day rates; Node = I knew it; Outpatient = a person who has fainted; Pelvis = second cousin to Elvis; Post-operative = a letter carrier; Recovery Room = place to do upholstery; Rectum = nearly killed him; Secretion = hiding something; Seizure = Roman emperor; Tablet = a small table; Terminal Illness = getting sick at the airport; Tumour = one, plus one more; Urine = opposite of you're out. – Oh, to be a Newfie!

Parental Notes with Spellings left intact

* "My son is under a doctor's care and should not take PE today. Please execute him."

* "Dear school: please excuse John being absent on Jan. 28, 29, 30, 31, 32 and also 33."

* "Carlos was absent yesterday because he was playing football. He was hurt in the growing part" * "Megan could not come to school today because she has been bothered by very close veins. * "Please excuse Ray Friday from school. He has very loose vowels."

* "Please excuse Tommy for being absent yesterday. He had diarrhea, and his boots leak."

* "Please excuse Jason for being absent yesterday. He had a cold and could not breed well."

Food for thought

Aphorisms. The nicest thing about the future is that it always starts tomorrow. * Money will buy a fine dog, but only kindness will make him wag his tail. * If you don't have a sense of humor, you probably don't have any sense at all. * Seat belts are not as confining as wheelchairs. * A good time to keep your mouth shut is when you're in deep water. * How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night? * Business conventions are important because they demonstrate how many people a company can operate without. * Scratch a cat and you will have a permanent job. * No one has more driving ambition than the boy who wants to buy a car. * There are no new sins; the old ones just get more publicity. * Be careful reading the fine print. There's no way you're going to like it. * The trouble with bucket seats is that not everybody has the same size bucket. * After 50, if you don't wake up aching in every joint, you are probably dead!! * Always be yourself because the people that matter don't mind, and the ones who mind, don't matter.

Kids and Proverbs

A 1st grade school teacher presented each child in her classroom the 1st half of a well-known proverb and asked them to come up with the remainder of the proverb. Some of the responses surprised even her as they seemed to reveal the modern mind at work:

Don't change horses until -they stop running. * Strike while the -bug is close. * You can lead a horse to water but -how? * Don't bite the hand that -looks dirty. * No news is -impossible. * A miss is as good as -a Mr. * You can't teach an old dog new -Math * If you lie down with dogs, you'll -stink in the morning. * Love all, trust -Me. * An idle mind is -the best way to relax. * Where there's smoke -there's pollution. * A penny saved is -not much. * Laugh and the whole world laughs with you, cry and -you have to blow your nose. * There are none so blind as -Stevie Wonder. * If at first you don't succeed -get new batteries. * You get out of something only what you -see in the picture on the box. * A bird in the hand is -going to poop on you. * Better late than -pregnant. * When the blind lead the blind -get out of the way!

Word History or History in Words?

In the 1400's a law was set forth in England that a man was allowed to beat his wife with a stick no thicker than his thumb. Hence we have 'the rule of thumb.' * Many years ago in Scotland, a new game was invented. It was ruled Gentlemen Only...Ladies Forbidden'.. and thus, the word GOLF entered into the English language. * In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on

the ropes, the mattress tightened, making the bed firmer to sleep on. Hence the phrase... 'Goodnight, sleep tight.' * Many years ago in England, pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups. When they needed a refill, they used the whistle to get some service. 'Wet your whistle' is the phrase inspired by this practice.

For golfers only

You can hit a two acre fairway 10% of the time and a two inch branch 90% of the time. * If you really want to get better at golf, go back and take it up at a much earlier age. * Every time a golfer makes a birdie, he must subsequently make two triple bogeys to restore the fundamental equilibrium of the universe. * There are two things you can learn by stopping your back-swing at the top and checking the position of your hands: how many hands you have, and which one is wearing the glove. * Hazards attract; fairways repel. * It's easier to get up at 6:00 a.m. to play golf than at 10:00 a.m. to mow the lawn. * Golf is the perfect thing to do on Sunday because you always end up having to pray a lot. * A good golf partner is one who's always slightly worse than you are... that's why I get so many calls to play with friends. * If there's a storm rolling in, you'll be having the game of your life. * Golf balls are like eggs. They're white. They're sold by the dozen. And you need to buy fresh ones each week. * It's amazing how a golfer who never helps out around the house will replace his divots, repair his ball marks, and rake his sand traps. * If your opponent has trouble remembering whether he shot a six or a seven, he probably shot an eight (or worse). * It takes longer to learn to be a good golfer than it does to become a brain surgeon.

The great British public!!

(Actual sentences in letters written to Housing Associations in the UK ☺)

* It's the dogs' mess that I find hard to swallow. * I want some repairs done to my cooker as it has backfired and burnt my knob off. * I wish to complain that my father burnt his ankle very badly when he put his foot in the hole in his back passage. * And their 18 year old son is continually banging his balls against my fence. * I wish to report that tiles are missing from the outside toilet roof. I think it was bad wind the other day that blew them off. * My lavatory seat is cracked, where do I stand? * I am writing on behalf of my sink, which is coming away from the wall. * Will you please send someone to mend the garden path. My wife tripped and fell on it yesterday and now she is pregnant. * I request permission to remove my drawers in the kitchen. * 50% of the walls are damp, 50% have crumbling plaster, and 50% are plain filthy. * I am still having problems with smoke in my new drawers. * The toilet is blocked and we cannot bath the children until it is cleared. * Will you please send a man to look at my water, it is a funny colour and not fit to drink. * Our lavatory seat is broken in half and now is in three pieces. * I want to complain about the farmer across the road. Every morning at 6am his c*ck wakes me up and it's now getting too much for me. * The man next door has a large erection in the back garden, which is unsightly and dangerous. * Our kitchen floor is damp. We have two children and would like a third. So please send someone round to do something about

it! * I am a single woman living in a downstairs flat and would you please do something about the noise made by the man on top of me every night. * Please send a man with the right tool to finish the job and satisfy my wife. * I have had the clerk of works down on the floor six times but I still have no satisfaction. * This is to let you know that our lavatory seat is broken and we can't get BBC2. * My bush is really overgrown round the front and my back passage has fungus growing in it. * He's got this huge tool that vibrates the whole house and I just can't take it anymore.

Greetings from the K.R.T.A. Executive for 2010-2011

Fall is here and we have already had our first luncheon social of the season. There was a great turn out on Friday and we welcomed three new Retirees. Everyone seemed to enjoy meeting and greeting friends after the long summer break.

The Executive met in September to plan the programs for 2010-2011. We used the suggestions you submitted in the Spring and we think we have an interesting year ahead. We continue to have our luncheon socials the last Friday of the month (except Dec.) at the Cottonwood Centre starting at 11:30. We do invite you to join us for fun and entertainment. The Executive also meets on a regular basis and we WELCOME anyone that would like to join us for a luncheon meeting the third Tuesday of the month at ABC restaurant. We are still looking for a 1st and 2nd Vice President.

We look forward to seeing you in October for some Halloween Fun, The K.R.T.A. Executive President Donna Walsh

Famous One liners

History teaches us that the human race has learned nothing from history. Problems cannot be solved with the same mindset that created them in the first place. (*Albert Einstein*) * If you feed a starving dog to its fill, it won't bite you. This is the difference between a dog and a human being. (*Mark Twain*) * Dogs have many friends because they wag their tails and not their tongues. (*Anonymus*) * I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: - 'Not good in a bed, but fine against a wall.' (*Eleanor Roosevelt*) * Be careful about reading health books. You may die of a misprint. (*Mark Twain*) * The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible. (*George Burns*) * Santa Claus has the right idea. Visit people only once a year. (*Victor Borge*) * By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher. (*Socrates*) * I was married by a judge. I should have asked for a jury. (*Groucho Marx*) * My wife has a slight impediment in her speech. Every now and then she stops to breathe. (*Jimmy Durante*) * I have never hated a man enough to give his diamonds back. (*Zsa Zsa Gabor*) * Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar and fat. (*Alex Levine*) * My luck is so bad that if I bought a cemetery, people would stop dying. (*Rodney Dangerfield*) * Money can't buy you happiness But it does bring you a more pleasant form of misery. (*Spike Milligan*) * Until I was thirteen, I thought my name was **SHUT UP**. (*Joe Namath*) * I don't feel old. I don't feel anything until noon. Then it's time for my nap. (*Bob Hope*) * I never drink water because of the disgusting things

that fish do in it. (*W. C. Fields*) * We could certainly slow the aging process down if it had to work its way through Congress. (*Will Rogers*) * Don't worry about avoiding temptation. As you grow older, it will avoid you. (*Winston Churchill*) * Maybe it's true that life begins at fifty... but everything else starts to wear out, fall out, or spread out. (*Phyllis Diller*) * By the time a man is wise enough to watch his step, he's too old to go anywhere. (*Billy Crystal*) * And the cardiologist's diet: - If it tastes good – spit it out! \

The perfect Gift: A Christmas Story

It was the day before Christmas and Paul was running out of time more ways than one. Short of breath, he searched the stores. He had a special gift to find. Paul was not much of a shopper. Fact was, he hated shopping, especially Christmas shopping, which he associated with overhyped mercantilism. For many years he has been saying to all who would listen, how Christmas shopping, as practiced nowadays, had wrecked his memories of a wonderful, magical holiday he experienced as a child. He grew up as war child, when the stores were bare, but people still found meaningful and symbolic gifts to give to loved ones, such as he now was looking for. Paul valued giving. Giving, he knew, was a privilege. It made the giver feel good, and a well chosen gift could indeed delight a loved one. Nay, a meaningful gift, however small, could become a memento of someone's love for one, and carry a particular, special meaning, forever after. A thing, a special thing, could become more than a thing: the carrier and reminder of something very important to the person who had been gifted. That was the kind of gift he had to find. He wanted to give the perfect gift, that will withstand the passing of time. Time was now on Paul's mind, to be sure. He was not just running out of shopping days, he may be running out of days. He had just returned from hospital after a heart surgery that had failed to make him feel better. In fact, he felt worse. On this, the last day of shopping before Christmas, Paul was overcome with a sense of urgency to find this important gift.

The gift, he knew, had to be small. Smallness was important. In his family, smallness was appreciated. Paul's wife, Mary, started it all, whose childhood meanderings in the alpine meadows of Mountain Park in the Rocky Mountains have made her appreciate the tiny, exquisite things of fragile, precious beauty, that alpine flowers were. The rock garden at their home that she always planted and tended, were forever bursting with tiny flowers. Smallness was further emphasized as the family travelled more widely after their daughter, Laurel was born. The precious mementos of these trips that their house became filled with were nearly all small things, often carried back in small handbags or vest pockets, where they would not be crushed. That their grown daughter was carrying on with the small tradition became obvious at once to all who set foot in her house, where in every room groups of small objects were on display, always artfully grouped.

Paul was looking for the perfect gift, but this perfect little gift of love, he knew, could not be flawless. His last gift was flawless, and it did not quite work. From their last trip with his wife, Paul brought their daughter what he thought to be a thoughtful gift. It was an exquisitely beautiful hand carving of a delicately antlered deer, carved from a single piece of boxwood. Paul intended to remind their daughter that, like this deer, she was still a special being, unique and beautiful in her own right, even after the devastation the motor vehicle accident has wrought on her body and mind twelve years before. Its effects, Paul knew, Laurel was still feeling, for that fateful accident has left her

questioning her value as a person. Could their daughter, who now felt flawed, relate to that flawless gift as he intended, or would the carving's integrity and perfection serve also as a reminder of her loss of integrity and imperfection now? No, he could not chance giving her another flawless gift!

This thought seemed more concerning to him now, than it would have even a few days ago, as a result of a chance happening, that better revealed to him the workings of their daughter's mind. This was the result of another car accident their daughter had, thankfully this time not resulting in any injury to herself, as no crash was involved, and no hit and run drunk driver. The car, though, was something else. Its engine blown, it had to be written off and replaced. For several days Paul and Laurel were searching for a replacement vehicle everywhere: on the internet, the newspaper ads, while visiting every car lot in town. Paul, keeping the best interests and safety of their daughter in mind, was pushing for a high end vehicle, and offered to lend Laurel money freely, if needed. The decision, he argued, should be based on suitability and preference, not money. "Let's learn from our experience, and not compromise safety!" he heard himself say. Laurel seemed to agree with this principle, but as Paul was to find out, she did not want a new vehicle. She did not want to be responsible for a vehicle she knew would soon get scratched and dented on the high mountain roads she wanted to drive. She felt more comfortable, she said, in one already dented. As for new cars, she's been there, done that. Her 2002 Mazda Protegé 5, Laurel reminded Paul, may have been the car of the year, she soon wrecked it anyway. Foglamps busted, near the ground mouldings torn off, body dented and scratched, money spent on extra protection all wasted. A new car was perfect, it had to be cared for. She did not want the responsibility for it, she did not want perfection.

Still, Paul did not want to give up on the thought that the perfect gift he was looking for had to be more than a thing, it had to become a reminder of an important thought, something positive and life-affirming. For Paul knew that their daughter, although she has come a long way after her life's devastation, was still fragile and needed him. What will happen to her when he is not around any more? What could he leave their daughter, how can he remind her, that she will never be alone? What can be a timely and yet timeless carrier of that message when he is no longer here to remind her of that?

And then he saw it. Near the jewellery section in The Bay's department store, on a counter stand of glass shelving, among numerous little time pieces set in miniature objects of utility, including classic cars, the idea sparkled. A tiny clock set in a gold handled classical style chrysal telephone, with a tiny receiver that could be lifted off its mount. The clock said, simply, it is time to call someone you love, to know you are not alone, and the telephone said you can do it now. He has found the gift that said it all. To Paul, this little thing has become priceless right there and then. He would have paid any price for it. He has found the perfect gift he had been looking for for their daughter, with the most important message of all! That for all the evidence to the contrary, through the ages and our individual experiences past and present, we are never alone, for as long as we live and love. And of course, Paul being Paul, he hoped that the clock phone will remind Laurel to call home now and then while he was alive also!

Nothing thereafter could dissuade Paul that he has found The Perfect Gift for their daughter. Not the price tag, that clearly told him that the gold handle on the telephone was not real gold. Not the weight of the little phone, that told him it was not chrysal,

either, in spite of its real sparkle. Not even his wife, a great shopper, who told him that the object was overpriced, worse, that it had been dropped and was chipped so that a piece had to be glued back on, and who was disgusted, that once the emblem of reputable Canadian shopping, The Hudson's Bay Company, should have sunk so low as to keep substandard merchandise on their shelves and sell damaged goods at full price! In fact, Paul was pleased, that the perfect gift was even more flawed than he knew. He was not passing on the unwanted responsibility of taking care of a new thing to their daughter. He had already noticed, that the clock did not work, and was already glad of that, for he did not want the clock to distract from its symbolic meaning, that it was time itself, and not the time piece that mattered, whatever time it was, regardless of what the clock said. The idea of the clock on his perfect gift was never meant to tell time at all! And, Paul being Paul, when he gave Laurel the gift, he told her that this timeless symbolic phone with the gold-handled receiver he gave her was already connected to a direct line to God.

In memoriam Paul Hoodicoff, by Frank Veszely, Kamloops, December 25, 2009

My first Canadian Christmas

Perhaps alone am I so sad,
perhaps the whole wide world is sad?
The land quietly hibernates,
yet (sparkling laughter? star-flaked tears?) –

these unfolding petals aloft,
sifting snowflakes, are gentle, soft;
and yesterday's dark face, the tree,
today spreads light, warm reverie!

Perhaps I'm not sad after all:
covered are problems large and small,
and like the seas whose waves depart,
white hills and dales dissolve the heart.

And so the dream returns me thus
to intimate, beloved Christmas.
Ornate trees – mine by the forests! –
I'm well cared for: the heart may rest.

(The Hungarian original was written in 1957 by me, translated by me in 2006. F.V.)

KALS Courses

Astronomy; Roland Cobb, U. of Rochester, N.Y. 12 sessions, Tuesdays;	\$35.00
How did God learn to be God?; Archdeacon Gary Patterson, 6 sess., Mon.;	\$35.00
Rehabilitating Paul; Chuck Anderson, U. of Columbia, N.Y., 4 sess., Fri.;	\$25.00
Int. Myth and Classical Mythology; Rod Mitchell, Oxford, 8 sessions, Wed.;	\$35.00

High Tech for Low Brows; Ivan Wang, Future Shop, 4 sessions, Thursdays; \$25.00
Jack and Jane's Film club; Jack Braaksma and Jane Kennon, 8 sessions, Fri.; \$35.00
Introduction to Paganism; Heather and Mitch Stefanek, 3 sessions, Thursdays; \$20.00
Beyond basic computers; Del Turner, 4 sessions, Wednesday afternoons; \$35.00

Note: This is a list of courses still ongoing or yet to be starting when you read this. Most courses start and several end in September.

Holy Humor

A minister parked his car in a no-parking zone in a large city because he was short of time and couldn't find a space with a meter. Then he put a note under the windshield wiper that read: "I have circled the block 10 times. If I don't park here, I'll miss my appointment. Forgive us our trespasses." When he returned, he found a citation from a police officer along with this note "I've circled this block for 10 years. If I don't give you a ticket I'll lose my job. Lead us not into temptation."

A minister waited in line to have his car filled with gas just before a long holiday weekend. The attendant worked quickly, but there were many cars ahead of him. Finally, the attendant motioned him toward a vacant pump. "Reverend," said the young man, "I'm so sorry about the delay. It seems as if everyone waits until the last minute to get ready for a long trip." The minister chuckled, "I know what you mean. It's the same in my business." People want the front of the bus, the back of the church, and the centre of attention.

Professor vs Dr. Radio Host

In her radio show, Psychologist Dr. Laura Schlesinger said that, as an observant Orthodox Jew, homosexuality is an abomination according to Leviticus 18:22, and cannot be condoned under any circumstance. The following response is an open letter to Dr. Laura, penned by a US resident, which was posted on the Internet.

Dear Dr. Laura:

Thank you for doing so much to educate people regarding God's Law. I have learned a great deal from your show, and try to share that knowledge with as many people as I can. When someone tries to defend the homosexual lifestyle, for example, I simply remind them that Leviticus 18:22 in the Bible clearly states it to be an abomination ... End of debate.

I do need some advice from you, however, regarding some other elements of God's Laws or words and how to follow them. 1. Leviticus 25:44 states that I may possess slaves, both male and female, provided they are purchased from neighboring nations. A friend of mine claims that this applies to Mexicans, but not Canadians. Can you clarify? Why can't I own Canadians? 2. I would like to sell my daughter into slavery, as sanctioned in Exodus 21:7. In this day and age, what do you think would be a fair price for her? 3. I know that I am allowed no contact with a woman while she is in her period of Menstrual uncleanness - Lev.15: 19-24. The problem is how do I

tell? I have tried asking, but most women take offense and of course digital testing is out of the question nowadays. 4. When I burn a bull on the altar as a sacrifice, I know it creates a pleasing odor for the Lord - Lev.1:9. The problem is my neighbors. They claim the odor is not pleasing to them. Should I smite them? 5. I have a neighbor who insists on working on the Sabbath. Exodus 35:2 clearly states he should be put to death. Am I morally obligated to kill him myself, or should I ask the police to do it? 6. A friend of mine feels that even though eating shellfish is an abomination, Lev. 11:10, it is a lesser abomination than homosexuality. I don't agree. Can you settle this? Are there 'degrees' of abomination? 7. Lev. 21:20 states that I may not approach the altar of God if I have a defect in my sight. I have to admit that I wear reading glasses. Does my vision have to be 20/20, or is there some wiggle-room here? 8. Most of my male friends get their hair trimmed, including the hair around their temples, even though this is expressly forbidden by Lev. 19:27. How should they die? 9. I know from Lev. 11:6-8 that touching the skin of a dead pig makes me unclean, but may I still play football if I wear gloves? 10. My uncle has a farm. He violates Lev.19:19 by planting two different crops in the same field, as does his wife by wearing garments made of two different kinds of thread (cotton/polyester blend). He also tends to curse and blaspheme a lot. Is it really necessary that we go to all the trouble of getting the whole town together to stone them? Lev.24:10-16. Couldn't we just burn them to death at a private family affair, like we do with people who sleep with their in-laws? (Lev. 20:14) I know you have studied these things extensively and thus enjoy considerable expertise in such matters, so I'm confident you can help. Thank you again for reminding us that God's word is eternal and unchanging. Your adoring fan. James M. Kauffman, Ed.D. Professor Emeritus, Dept. Of Curriculum, Instruction, and Special Education, University of Virginia. (It would be a damn shame if we couldn't own a Canadian :)

Laws of the Universe

1. Law of Mechanical Repair: After your hands become coated with grease your nose will begin to itch or you'll have to pee.
2. Law of the Workshop: Any tool, when dropped, will roll to the least accessible corner.
3. Law of probability: The probability of being watched is directly proportional to the stupidity of your act.
4. Law of the Telephone: When you dial a wrong number, you never get a busy signal.
5. Law of the Alibi: If you tell the boss you were late for work because you had a flat tire, the very next morning you will have a flat tire.
6. Variation Law: If you change lines (or traffic lanes), the one you were in will start to move faster than the one you are in now. (works every time).
7. Bath Theorem: When the body is fully immersed in water, the telephone rings.
8. Law of Close Encounters: The probability of meeting someone you know increases when you are with someone you don't want to be seen with.
9. Law of the Result: When you try to prove to someone that a machine won't work, it will.

Morris

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later, the doctor spoke to Morris and said, 'You're really doing great, aren't you?' Morris replied, 'Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'" The doctor said, 'I didn't say that... I said, 'You've got a heart murmur; be careful!'

Who said we could not take advantage of our shortcomings?

**What will future care hold for Seniors?
What's the next step when help is needed?**

**a Seniors' Symposium:
the Health and Care of Seniors**

**Guest speaker: Lara Dixon
Community Access Coordinator**

**at Desert Gardens
Wednesday, October 13th
from 1:30pm to 3:00pm**

**Share your concerns
Refreshments will be served!**

Accessible quality care for seniors touches everyone at some point in their lives, whether it is seniors receiving health services, loved ones caring for aging parents or those who have concerns about their own lives as they grow older.

What will future care look like for seniors in the Kamloops area? The Kamloops Health Coalition is hosting a symposium that informs Kamloops residents of what facilities, services and resources are readily available now and what is still needed.

Most of us share similar ideas about what we want for ourselves and others as we age and our needs change. This includes the ability to stay in our own homes and communities for as long as possible; quality care that is affordable; readily available services that meet our needs; and communication that is respectful of our rights to dignity, independence and choice.

Over the past 9 or 10 years, many changes have taken place in the delivery of care for seniors. The Kamloops Health Coalition is eager to assist seniors and their loved ones towards understanding these changes and accessing the services currently offered in our city. We also want to hear from those who have concerns and ideas about the best way to ensure effective care for all seniors, not only now, but in the future.

Our senior population is growing and so is the demand for accessible, quality care and services. Come and join us to learn of the services available now and to talk about what the next step will be when help is needed.

We hope to see you there. Submitted for The Bridge by **Darrel Johnson**

Sponsored by the Kamloops Health Coalition: for more information contact
Rick Turner @250-579-8541 or Fawn Knox @250-579-5768