

The K.T.R.T.A. Bridge

Fall 2016

Editor and Assistant Editor: Frank Veszely and Donna Sharpe

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

Online The Bridge may be seen at: www.krta.ca



Don Ehman (Check out Donphoto08 on UTube!) is a self-employed photographer/computer tech guy (778-470-5800) and an avid hiker.

During a visit to a hospital for the mentally infirm, a visitor asked the Director what the criterion was that defined whether or not a patient should be institutionalized.

"Well," said the Director, "we fill up a bathtub; then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub."

"Oh, I understand," said the visitor. "A normal person would use the bucket because it's bigger than the spoon or the teacup."

"No," said the Director, "a normal person would pull the plug. Do you want a bed by the wall or near the window?"

Kamloops Retired Teachers' Executive for 2016-2017

President – Sheila Park	250-372-2806	spark1@telus.net
Past President – Darrel Johnson	250-372-3194	johnson.darrel@shaw.ca
First Vice President –	Vacant	
Second Vice President -	Vacant	
Secretary – Betty Karpuk	250-372-7606	mekarpuk@hotmail.com
Carolynne Miller	250-372-5835	milsy@telus.net
Treasurer - Eva Harvey	1-250-375-2426	evaharveywallbanger@gmail.com
•Sandi Baird	250-554-4720	sjbaird@yahoo.com
Heritage - Marie Laroche	250-376-2597	mplaroche@outlook.com
Bursary - Bev Maxwell	250-374-2205	bjmax@telus.net
- Glenda Miles	250-372-9228	glendamiles@hotmail.com
Sunshine –Mary Ellen Patterson	250-372-1762	pattersonmaryellen41@gmail.com
-Marianne Trestain	250-374-2524	trestainmd@shaw.ca
Social Concerns – Rosemarie Stoltze	250-374-9746	rorestoltze@gmail.com
<i>Seniors Connector</i> - Evelyn Baziuk	250-554-3409	
Membership		
– Raven Ritcey	250 318-0963 (c)	ravenritceykrta@gmail.com
- Darrel Johnson (memo)	250-372-3194	dm.johnson@shaw.ca
- Elenore Thompson (phone)	250-554-2944	elenore.r.thompson@gmail.com
Programme – Suzanne Legault	250-828-0133	suelegault@shaw.ca
•Glenda Miles	250-372-9228	glendamiles@hotmail.com
Pensions - Sheila Park	250-372-2806	spark1@telus.net
<i>The Bridge</i> - Frank Veszely	250-377-7517	fveszely@gmail.com

2016 – 2017 General Meetings

- Oct. 28, 2016 at Dessert Gardens, 540 Seymour – Gordon Lloyd on Stuart Wood history
- Nov. 25, 2016 Back at Cottonwood from this meeting on, doors open at 11:00
 Ukulele group encore
- Jan. 27, 2017 – Travels in Africa
- Feb. 24, 2017 – Reike (healing hands)
- Mar. 31, 2017 – Bursary recipients and Silent Auction
- Apr. 28, 2017 – AGM/Eleanor Hancock

2016 -- 2017 Executive Meetings

- Monday, Oct. 17, 10:00 – 12:00 at Bev's 403 Robson Drive
- Monday, Nov 14, 10:00 – 12:00 at Sheila's 360 Battle Drive
- Monday, Jan. 16, 10:00 – 12:00 at Glenda's #28 1950 Braeview
- Monday, Feb. 13, 10:00 – 12:00 at At Frank's 2290 Linfield Drive
- Monday, Mar. 20, 10:00 – 12:00 at Donna Walsh's 1517 Assiniboine
- Tuesday, Apr. 18, 10:00 – 12:00 at Rosemarie's 1998 Monteith Drive

KRTTA Life Summary of activities for 2015-16

September This was a social gathering where members had a chance to catch up on news and adventures of summer. The garden produce exchange was once again a great success.

October Frank Ritcey, head of Wildlife Safe B.C. gave us wonderful insights of wildlife activity in our community. The main focus of his power point talk was keeping communities safe and wildlife wild. The amazing animals caught on the trail cameras revealed animal behavior we would not ordinarily be privileged to see. We especially liked the dog catch bear, bear chase dog back to owner sequence. He hoped to make us hike and observe differently on future outings around Kamloops.

November After a delicious turkey with all the trimmings meal, we were privileged to be entertained by the Kamloops Ukulele Orchestra led by Nicolette Hamm. This newly formed group played and sang Christmas song and old time favourites. We were so impressed that we invited them for the 2016 dinner's entertainment.

January Ken Wong and his wife Kin gave a power point presentation on Chinese New Years in China. Their talk was divided into three sections: the week prior, during and after this important event. We could almost smell the smells of the many dishes. The clothes and decorations were elaborate. Also the importance of family was evident particularly the elders.

February Mike Miltimore another "local boy does good" was a joy to have as presenter. He began by thanking teachers who inspired him and allowed him to dream big. The guitars he invented are revolutionary in design and sound. They are now sold worldwide. He outlined each step he took to develop his perfected sounds. Please see riversongguitars.com for more information. These instruments are manufactured here in Kamloops on Lorne street. We are invited to tour the facility if we wish.

March This year our Auction was to raise funds for Harambee. This organization helps African high school girls complete high school as no other funding is available. This was once again very well attended and money raised was forwarded to organizers. Pat Pettley presented a DVD from Linda Breault, one of the founders celebrating the 10 year anniversary during the auction.

May Marianne Trestain, master organizer of tours once again surprised us with another wonderful tour. Her research is always amazing throughout these tours. Our first stop was Ashcroft. Here we had a walk about tour of the history of the area. Next we continued on to Yale, sight of the beginning of the Frazer River gold rush. After a delicious meals catered by ladies in period dress, we were led on a guided tour of the town. Later we were free to visit the Museum and other town displays. Do stop here as it is a very worthwhile historic site just this side of Hope!

submitted by

Suzanne Legault, Program Director

More on Programs and Activities in 2016

In the picture below, Irene Smith's and Bev Maxwell's volunteers are preparing the flower arrangements for the tables in the Grand Hall at Thompson Rivers University, where the retirement banquet is held annually. They have been doing this ever since I can remember and doing it scarcely noticed or thanked for their service. But we do owe them A VERY LARGE THANK YOU! From left to right Betty Karpuk, Marie

Leroche, Irene Smith, Donna Sharpe, Bev Maxwell, Donna Walsh. Glenda Miles, not in the picture, is also on the team.



In the same vein, kudos and thank you-s are owed to Suzanne Legault, Programs Chairperson, who has done an amazing job over the years bringing us the most amazing members of our Kamloops community: florists and gardeners, choirs and bands, photographers and tour operators, instrument makers and instrumentalists, experts on garden insects and Chinese customs, bridge preservation groups and museum curators, police warning of scams and firemen talking about fire safety and their third world programs, experts in insurance and finance, health care and tai chi, artists and authors, motivational speakers and depression counsellors, cooks and, yes, even a concert pianist! And, for all of us on fixed incomes: all of it free of charge. Now you know what I mean when I say amazing! Thank you Suzanne!

And how about Marianne Trestain and her Mystery Tours?! She has been organizing these single handedly for many years, keeping us guessing but never disappointing. She, as well as Bev Maxwell sent in these pictures from her most recent bus trip.





Marianne Trestain and Gordon Davies stepped up to the dais and conducted two of our business meetings like pros. Marianne made sure she did not miss anything. And, as you can see, Gordon could do this job with his eyes closed!



Remember Mike Miltimore, the young guitar maker that made a presentation to us in the spring?



Turns out he made a present of one of his guitars to the Duke and Duchess of Windsor!

Alzheimer's Walk for Memories



The event was held on May 1st this year. Suzanne Legault was the Team Captain. The event will be held on the first Sunday in May from now on.



Remember the controversy about renaming Beattie School? Here is the new sign, that shows the name has been retained. A small victory but a victory!

**From the President
Sheila Park, President KTRTA**

2015/16 was a busy year for the KTRTA. The executive work hard on our behalf to organize programs for our seven monthly luncheons. We were able to give out two \$1500.00 bursaries to TRU education students and we also added \$500.00 to the \$500.00 BCRTA RR Smith bursary so the deserving student received \$1000.00. Our March meeting was a tremendously successful Silent Auction to raise funds for the tuition for our female secondary student through the Canadian Harambee Association. Thank you to all who donated and to those who bought items.

July saw a bus load of our members heading off on a Mystery Tour organized by Marianne Trestain. We all enjoyed touring heritage sites in Ashcroft and Yale. The luncheon in Yale was very good. A journey on the Fraser Canyon Highway was something many of us had not done for years.

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.
Be sure to notify the KTRTA if you change your email address – thank you.

Executive members are busy organizing programs for the 2016/17 year. The **October 28th 2016 meeting** will be our Hallowe'en Meeting and Gordon Lloyd will be sharing the History of Stuart Wood Elementary. This meeting will be held at **Desert Gardens Community Centre** on the 500 block of Seymour St. **The November meeting and the meetings in 2017 will be Held at the Northshore Community Centre on Cottonwood Ave.**

I attended the District Retirement Banquet in June this year congratulating the new retirees and encouraging them to join the KTRTA. I have attended about 39 Retirement Banquets. My first year teaching in the district a very wise older colleague, Louise Cavani suggested to me that I should attend the Retirement Banquet to honor my older colleagues who were retiring. So I did and I have enjoyed going ever since, missing only when I have not been in town.

I look forward to another busy year with the now Kamloops Thompson Teachers' Association. We asked the BCRTA to change our name to recognize our members in the Northern part of our district. See you at the luncheons!

Rewarding Opportunities

Please read the following information about an exciting volunteer opportunity!

Literacy in Kamloops (LINK) supports a program for adult learners in our community. It is called Kamloops Partner Assisted Learning (KPAL). Volunteer tutors are matched with adult learners to help them improve their basic reading, writing and numeracy skills. As a volunteer, it would involve a commitment between 1-2 hours most weeks but the time can be quite flexible. A training day will be held on October 15 from 9:00 to 4:00 at the Henry Grube Center, and lunch will be provided.

We are finding that many adult learners in our community want to complete their Adult Dogwood Certificate but are unable to do so because their basic literacy skills are so low. Hopefully, this program will help them begin the process of achieving their goal of graduating.

Speaking from a personal level, I have been a volunteer tutor for almost 3 years now, and I can say that it has been a most rewarding and humbling experience for me!

If you or someone you know would like to volunteer for this program, or if you have any questions, please call me at [778-257-9223](tel:778-257-9223) or email me at kamloopspal@gmail.com Thank you very much for considering to help out with this program!!

Sincerely,
Liz Critchley

Hi,

My name is Erin and I am a teacher at Street School in Kamloops. Street School is an adult learning program operated by the Kamloops School District. Our classroom is located in the North Hills Centre. We have been very fortunate to have many retired teachers volunteer in our program as tutors. Our volunteers typically volunteer for one session a week (approximately 2 hours) and work one to one with our adult learners. We are looking for volunteers for our program. I have attached a copy of our brochure as well as a link to some news stories about our program and our recent graduation ceremony in June at which we had our oldest student graduate.

<http://bc.ctvnews.ca/graduating-at-age-85-a-wonderful-adventure-b-c-woman-says-1.2935545>

<http://www.cbc.ca/news/canada/kamloops/street-school-gets-a-new-home-in-kamloops-1.3444727>

Thanks and please feel free to contact me if you have any questions.
-Erin Khelouati [250-376-7072](tel:250-376-7072)

The Brave New World of Podcasts

by Mike Keenan

During a winter visit, my eldest daughter, Karyn, lured me to the Community Centre track in Niagara on the Lake, and as an incentive, she showed me how to listen to podcasts on her Iphone. I was immediately hooked. The broadcasts cover a huge range of interests, and they are a great way to ease the boredom of walking in circles over and over again.

Later, after watching YouTube videos on how to make a podcast, I ordered a decent microphone, downloaded a free software Windows program called *Audacity* (I like its

implication) and proceeded to start generating my own podcasts, something that any of you can do with your own special interests. You might even like to include your grandchildren in the process!

My podcasts are geared to travel and retirement, the former called *What Travel Writers Say*, a natural extension of my travel website at www.whattravelwriterssay.com. *The Retirement Coach* is a light-hearted approach to retirement based upon 48 rules that I have devised to help create a successful retirement. When I retired from teaching, for 16 years, I wrote *Retired eh*, a humor column. Podcasts are available at myriad servers which include Libsyn, iTunes, Stitcher Radio, Podcasts.com, CBC, NPR and more.

Most podcasts can be subscribed to via an RSS feed, often called Really Simple Syndication, which publishes updated entries, news headlines, audio and video. RSS feeds allow me to syndicate my data automatically. Subscribing to a website RSS removes the need for the user to manually check the website for new content. Instead, your browser constantly monitors the site and informs you of any updates. The browser can also be commanded to automatically download the new data for you.

My RSS feeds are as follows:

The Retirement Coach RSS feed - web

address: <http://theretirementcoach.libsyn.com/rss>

What Travel Writers Say RSS feed web

address: <http://whattravelwriterssay.libsyn.com/rss>

Podcasts are perfect for anyone who walks, commutes in a car, works out either in a gym or outside, travels by bus, or is too tired to read. They vary in length from 5-6 minutes all the way up to an hour. Try one; you will like it.

Donna Sharpe reports

I have completed the task of updating our email list for KRTA. I had 136 people confirm that they wanted to be kept on the list plus the executive of 17. There were 105 people who did not reply yet so have not been transferred to the updated list. If you know of someone who is not on the new list and wants to be included, all they need to do is send me an email and I will include them. Now all I need to do is get the list transferred to a storage stick and then onto Raven's computer so she can carry on sending the emails to you and counting the attendance at our luncheons.

If you are receiving this email then you can be assured that you are on the updated list. Thank you all for your patience with this process. I know some of you confirmed to me more than once. I will continue to keep the email list on my computer and be Raven's back-up if she is away on holidays or her computer breaks down.

John Thomas, sadly has passed away. He was living in Penticton. Many of you will have known him during his teaching career in Ksmloops. Celebration of Life for John Thomas will be held Tuesday October 18th, 2016, 2pm at the Penticton Masonic Center, 416 Westminster Ave West, Penticton, BC. Light refreshments after the service will be at the home of John and Elizabeth 123 Lee Ave, Penticton, BC.

Membership information from new Chairperson Raven Ritcey

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. Be sure to notify the KTRTA if you change your email address – thank you. **Mail Raven Ritcey at ravenritceykrta@gmail.com**

A Picture Essay



Oh Canada!

On October 21, 2016 CBC reported on The National, that “Canada has a family violence problem that is so big, it has a tangible impact on national health...The abuse

crosses socio-economic lines and takes many forms. Physical, sexual, emotional, financial,” and includes “neglect, exposure to violence. The effects are injuries, stress, disease, mental health [issues], risky behavior and ptsd.

“Chief Statistician Dr. Gregory Taylor says the statistics are stunning, overwhelming.” The last year included in the study was 2014. Cited were the following statistics:

233 reports of violence are received every day in Canada;
 every four days a woman is killed by a family member;
 nearly a third of Canadians experience family violence before the turn 15;
 women, children and the elderly are the most common subjects of abuse;
 indigenous women are 3 times more likely to suffer than other women.

Dr. Taylor thought the real life statistics to be likely worse, due to under-reporting.

“The only positives to report” were a decline of abuse over the last few years of the study and a government initiative to provide more money for women’s shelters.

The implications of this report are many and far reaching. What solutions can be found to these obvious problems? How much better is our track record (if any) than of other nations and cultures? Last but not least, “Oh Canada, how proud are we entitled to be of Thee?

Puns, Puns, Puns!

She was only a whisky maker, but he loved her still. * A rubber band pistol was confiscated in algebra class because it was a weapon of math disruption.* No matter how much you push the envelope, it'll still be stationery. * A dog gave birth to puppies near the road and was cited for littering. * Two silk worms had a race. They ended up in a tie. * A hole has been found in the nudist camp wall. The police are looking into it. * Atheism is a non-prophet organization. * A sign on the lawn at a drug rehab center said: 'Keep off the Grass.' * It's not that the man did not know how to juggle, he just didn't have the balls to do it. * The man who survived mustard gas and pepper spray is now a seasoned veteran. * A backward poet writes inverse. * When cannibals ate a missionary they got a taste of religion. * Don't join dangerous cults: Practice safe sects!

NEWFOUNDLANDERS ARE...

~ **the most giving people in Canada (Stats Canada)**

~ **the most sexually active people in all of Canada (what else are we gonna do!!)**

And They Ask Why I Like Retirement !

Question: How many days in a week? Answer: 6 Saturdays, 1 Sunday
 Question: When is a retiree's bedtime? Answer: Three hours after he falls asleep on the couch.
 Question: How many retirees to change a light bulb?

Answer: Only one, but it might take all day.
 Question: What's the biggest gripe of retirees? Answer: There is not enough time to get everything done.
 Question: Why don't retirees mind being called Seniors? Answer: The term comes with a 10% percent discount.
 Question: Among retirees what is considered formal attire? Answer: Tied

shoes. Question: What is the common term for someone who enjoys work and refuses to retire? Answer: NUTS! Question: Why are retirees so slow to clean out the basement, attic or garage? Answer: They know that as soon as they do, one of their adult kids will want to store stuff there. Question: What do retirees call a long lunch? Answer: Normal. Question: What is the best way to describe retirement? Answer: The never ending Coffee Break. Question: What's the biggest advantage of going back to school as a retiree? Answer: If you cut classes, no one calls your parents. Question: Why does a retiree often say he doesn't miss work, but misses the people he used to work with? Answer: He is too polite to tell the whole truth. Question: What do you do all week? Answer: Monday through Friday, nothing. Saturday & Sunday, I rest.

Food for Thought

A) Some pertinent questions

Why don't you ever see the headline "Psychic Wins Lottery"? * Why is "abbreviated" such a long word? * Why is lemon juice made with artificial flavor, and dishwashing liquid made with real lemons? * Why is the man who invests all your money called a broker? * Why is the time of day with the slowest traffic called rush hour? * Why isn't there mouse-flavored cat food? Why didn't Noah swat those two mosquitoes? * Why do they sterilize the needle for lethal injections? * You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?! * Why don't sheep shrink when it rains? * Why are they called apartments when they are all stuck together?

* If flying is so safe, why do they call the airport the terminal?

B) Consider this Grade 8 Test. Would you pass it?

1895 Eighth Grade Final Exam

This is the eighth-grade final exam from 1895 in Salina, KS, USA. It was taken from the original document on file at the Smokey Valley Genealogical Society and Library in Salina, KS, and reprinted by the Salina Journal.

8th GRADE FINAL EXAM

Grammar (Time, one hour)

1. Give nine rules for the use of Capital Letters.
2. Name the Parts of Speech and define those that have no Modifications.
3. Define Verse, Stanza and Paragraph.
4. What are the Principal Parts of a verb. Give Principal Parts of. lie, lay and run
5. Define Case, Illustrate each Case.
6. What is Punctuation? Give rules for principal marks of Punctuation.
7. Write a composition of about 150 words and show therein that you understand the practical use of the rules of grammar.

Arithmetic (Time, 1.25 hours)

1. Name and define the Fundamental Rules of Arithmetic.
2. A wagon box is 2 ft deep, 10 feet long! , and 3 ft. wide. How many bushels of wheat will it hold?

3. If a load of wheat weighs 3942 lbs., what is it worth at 50cts/bushel, deducting 1050lbs. for tare?
4. District No. 33 has a valuation of \$35,000. What is the necessary levy to carry on a school seven months at \$50 per month, and have \$104 for incidentals?
5. Find cost of 6720 lbs. coal at \$6.00 per ton.
6. Find the interest of \$512.60 for 8 months and 18 days at 7 percent.
7. What is the cost of 40 boards 12 inches wide and 16 ft. long at \$20 per meter?
- 8 Find bank discount on \$300 for! 90 days (no grace) at 10 percent.
9. What is the cost of a square farm at \$15 per acre, the distance around which is 640 rods?
10. Write a Bank Check, a Promissory Note, and a Receipt._

U. S. History (Time, 45 minutes)

1. Give the epochs into which U. S. History is divided.
2. Give an account of the discovery of America by Columbus.
3. Relate the causes and results of the Revolutionary War.
4. Show the territorial growth of the United States.
5. Tell what you can of the history of Kansas.
6. Describe three of the most prominent battles of the Rebellion.
7. Who were the following: Morse, Whitney, Fulton, Bell, Lincoln, Penn, and Howe?
8. Name events connected with the following dates: 1607, 1620, 1800, 1849, 1865._

Orthography (Time, one hour)

1. What is meant by the following: Alphabet, phonetic, orthography, etymology, syllabication?
2. What are elementary sounds? How classified?
3. What are the following, and give examples of each: Trigraph, sub vocals, diphthong, cognate letters, linguals?
4. Give four substitutes for caret 'u! '.
5. Give two rules for spelling words with final 'e.' Name two exceptions under each rule.
- 6 Give two uses of silent letters in spelling. Illustrate each.
7. Define the following prefixes and use in connection with a word: bi, dis, mis, pre, semi, post, non, inter, mono, sup
8. Mark diacritically and divide into syllables the following, and name the sign that indicates the sound: card, ball, mercy, sir, odd, cell, rise, blood, fare, last.
9. Use the following correctly in sentences: cite, site, sight, fane, fain, feign, vane, vain, vein, raze, raise, rays.
10. Write 10 words frequently mispronounced and indicate pronunciation by use of diacritical marks and by syllabication.

Geography (Time, one hour)

1. What is climate? Upon what does climate depend?
2. How do you account for the extremes of climate in Kansas?
3. Of what use are rivers? Of what use is the ocean?
4. Describe the mountains of North America.
5. Name and describe the following: Monrovia, Odessa, Denver, Manitoba, Hecla, Yukon, St. Helena, Juan Fernandez, Aspinwall & Orinoco.
6. Name and locate the principal trade centers of the U.S.
7. Name all the republics of Europe and give the capital of each.

8. Why is the Atlantic Coast colder than the Pacific in the same latitude?
9. Describe the process by which the water of the ocean returns to the sources of rivers.
10. Describe the movements of the earth. Give the inclination of the earth.

Notice that the exam took five hours to complete. Gives the saying "she/he only had an 8th grade education" a whole new meaning, doesn't it? What happened to us??? It is kind of humbling, isn't it?

C) Only in America!

Only in America... do drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front. Only in America... do people order double cheeseburgers, large fries, and a diet coke! Only in America... do banks leave both doors open and then chain the pens to the counters.

Only in America... do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage. Only in America... do we use the word 'politics' to describe the process so well: 'Poli' in Latin meaning 'many' and 'tics' meaning 'bloodsucking creatures'. Only in America... do they have drive-up ATM machines with Braille lettering.

D) Saving the best for last and a lot of food for thought: President Obama's Acceptance Speech, eight years later. Eight years later he appears to be a President whose time still has not come.

Remarks of President-Elect Barack Obama - as prepared for delivery

Election Night, Tuesday, Nov. 4, 2008

If there is anyone out there who still doubts that America is a place where all things are possible; who still wonders if the dream of our founders is alive in our time; who still questions the power of our democracy, tonight is your answer.

It's the answer told by lines that stretched around schools and churches in numbers this nation has never seen; by people who waited three hours and four hours, many for the very first time in their lives, because they believed that this time must be different; that their voice could be that difference.

It's the answer spoken by young and old, rich and poor, Democrat and Republican, black, white, Latino, Asian, Native American, gay, straight, disabled and not disabled - Americans who sent a message to the world that we have never been a collection of red states and blue states: We are, and always will be, the United States of America.

It's the answer that led those who have been told for so long by so many to be cynical, and fearful, and doubtful of what we can achieve to put their hands on the arc of history and bend it once more toward the hope of a better day.

It's been a long time coming, but tonight, because of what we did on this day, in this election, at this defining moment, change has come to America.

I just received a very gracious call from Senator McCain. He fought long and hard in this campaign, and he's fought even longer and harder for the country he loves. He has endured sacrifices for America that most of us cannot begin to imagine, and we are better off for the service rendered by this brave and selfless leader. I congratulate him

and Governor Palin for all they have achieved, and I look forward to working with them to renew this nation's promise in the months ahead.

I want to thank my partner in this journey, a man who campaigned from his heart and spoke for the men and women he grew up with on the streets of Scranton and rode with on that train home to Delaware, the vice president-elect of the United States, Joe Biden.

I would not be standing here tonight without the unyielding support of my best friend for the last 16 years, the rock of our family and the love of my life, our nation's next first lady, Michelle Obama. Sasha and Malia, I love you both so much, and you have earned the new puppy that's coming with us to the White House. And while she's no longer with us, I know my grandmother is watching, along with the family that made me who I am. I miss them tonight, and know that my debt to them is beyond measure.

To my campaign manager David Plouffe, my chief strategist David Axelrod, and the best campaign team ever assembled in the history of politics: You made this happen, and I am forever grateful for what you've sacrificed to get it done.

But above all, I will never forget who this victory truly belongs to - it belongs to you.

I was never the likeliest candidate for this office. We didn't start with much money or many endorsements. Our campaign was not hatched in the halls of Washington - it began in the backyards of Des Moines and the living rooms of Concord and the front porches of Charleston.

It was built by working men and women who dug into what little savings they had to give five dollars and 10 dollars and 20 dollars to this cause. It grew strength from the young people who rejected the myth of their generation's apathy; who left their homes and their families for jobs that offered little pay and less sleep; from the not-so-young people who braved the bitter cold and scorching heat to knock on the doors of perfect strangers; from the millions of Americans who volunteered, and organized, and proved that more than two centuries later, a government of the people, by the people and for the people has not perished from this Earth. This is your victory.

I know you didn't do this just to win an election and I know you didn't do it for me. You did it because you understand the enormity of the task that lies ahead. For even as we celebrate tonight, we know the challenges that tomorrow will bring are the greatest of our lifetime - two wars, a planet in peril, the worst financial crisis in a century. Even as we stand here tonight, we know there are brave Americans waking up in the deserts of Iraq and the mountains of Afghanistan to risk their lives for us. There are mothers and fathers who will lie awake after their children fall asleep and wonder how they'll make the mortgage, or pay their doctor's bills, or save enough for college. There is new energy to harness and new jobs to be created; new schools to build and threats to meet and alliances to repair.

The road ahead will be long. Our climb will be steep. We may not get there in one year or even one term, but America - I have never been more hopeful than I am tonight that we will get there. I promise you - we as a people will get there.

There will be setbacks and false starts. There are many who won't agree with every decision or policy I make as president, and we know that government can't solve every problem. But I will always be honest with you about the challenges we face. I will listen to you, especially when we disagree. And above all, I will ask you join in the work of remaking this nation the only way it's been done in America for 221 years - block by block, brick by brick, calloused hand by calloused hand.

What began 21 months ago in the depths of winter must not end on this autumn night. This victory alone is not the change we seek - it is only the chance for us to make that change. And that cannot happen if we go back to the way things were. It cannot happen without you.

So let us summon a new spirit of patriotism; of service and responsibility where each of us resolves to pitch in and work harder and look after not only ourselves, but each other. Let us remember that if this financial crisis taught us anything, it's that we cannot have a thriving Wall Street while Main Street suffers - in this country, we rise or fall as one nation; as one people.

Let us resist the temptation to fall back on the same partisanship and pettiness and immaturity that has poisoned our politics for so long. Let us remember that it was a man from this state who first carried the banner of the Republican Party to the White House, a party founded on the values of self-reliance, individual liberty and national unity. Those are values we all share, and while the Democratic Party has won a great victory tonight, we do so with a measure of humility and determination to heal the divides that have held back our progress. As Lincoln said to a nation far more divided than ours, "We are not enemies, but friends ... though passion may have strained, it must not break our bonds of affection." And to those Americans whose support I have yet to earn - I may not have won your vote, but I hear your voices, I need your help, and I will be your president too.

And to all those watching tonight from beyond our shores, from parliaments and palaces to those who are huddled around radios in the forgotten corners of our world, our stories are singular, but our destiny is shared, and a new dawn of American leadership is at hand. To those who would tear this world down, we will defeat you. To those who seek peace and security, we support you. And to all those who have wondered if America's beacon still burns as bright, tonight we proved once more that the true strength of our nation comes not from our the might of our arms or the scale of our wealth, but from the enduring power of our ideals: democracy, liberty, opportunity and unyielding hope.

For that is the true genius of America: that America can change. Our union can be perfected. And what we have already achieved gives us hope for what we can and must achieve tomorrow.

This election had many firsts and many stories that will be told for generations. But one that's on my mind tonight is about a woman who cast her ballot in Atlanta. She's a lot like the millions of others who stood in line to make their voice heard in this election except for one thing: Ann Nixon Cooper is 106 years old.

She was born just a generation past slavery; a time when there were no cars on the road or planes in the sky; when someone like her couldn't vote for two reasons: because she was a woman and because of the color of her skin.

And tonight, I think about all that she's seen throughout her century in America - the heartache and the hope; the struggle and the progress; the times we were told that we can't, and the people who pressed on with that American creed: Yes we can.

At a time when women's voices were silenced and their hopes dismissed, she lived to see them stand up and speak out and reach for the ballot. Yes we can.

When there was despair in the dust bowl and depression across the land, she saw a nation conquer fear itself with a New Deal, new jobs and a new sense of common purpose. Yes we can.

When the bombs fell on our harbor and tyranny threatened the world, she was there to witness a generation rise to greatness, and a democracy was saved. Yes we can.

She was there for the buses in Montgomery, the hoses in Birmingham, a bridge in Selma, and a preacher from Atlanta who told a people that "We Shall Overcome." Yes we can.

A man touched down on the moon, a wall came down in Berlin, a world was connected by our own science and imagination. And this year, in this election, she touched her finger to a screen and cast her vote, because, after 106 years in America, through the best of times and the darkest of hours, she knows how America can change. Yes we can.

America, we have come so far. We have seen so much. But there is so much more to do. So tonight, let us ask ourselves: If our children should live to see the next century; if my daughters should be so lucky to live as long as Ann Nixon Cooper, what change will they see? What progress will we have made?

This is our chance to answer that call. This is our moment. This is our time: to put our people back to work and open doors of opportunity for our kids; to restore prosperity and promote the cause of peace; to reclaim the American Dream and reaffirm that fundamental truth - that out of many, we are one; that while we breathe, we hope, and where we are met with cynicism and doubt and those who tell us that we can't, we will respond with that timeless creed that sums up the spirit of a people:

Yes We Can. Thank you, God bless you, and may God Bless the United States of America. (<http://www.smh.com.au/articles/2008/11/05/1225560932912.html>)

E) Something to lighten up with

If it's true that we are here to help others, then what exactly are the others here for? * If 4 out of 5 people SUFFER from diarrhea...does that mean that one enjoys it? * If a pig loses its voice, is it disgruntled? * I was thinking about how people seem to read the Bible a whole lot more as they get older; then it dawned on me ... they're cramming for their final exam. * You never really learn to swear until you learn to drive. * Ever wonder what the speed of lightning would be if it didn't zigzag? * If a cow laughed, would she spew milk out of her nose? * Whatever happened to Preparations A through G? Q: How can I calculate my body/fat ratio? A: Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

I came across this exercise suggested for seniors, to build muscle strength in the arms and shoulders. It seems so easy, so I thought I'd pass it on. The article suggested doing it three days a week. Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb. potato sack in each hand, extend your arms straight out from your sides, and hold them there as long as you can. Try to reach a full minute, then relax. Each day, you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb. potato sacks. Then 50-lb. potato sacks, and then eventually try to get to where you can lift a 100-lb. potato sack in each hand and hold your arms straight for more than a full minute. Once you feel confident at that level, put a potato in each sack.

Note: Your Editor gave a talk on the fiftieth anniversary of the Hungarian Revolution and thought it appropriate to update it ten years later. Hence the following article.

On the sixtieth anniversary of the Hungarian Revolution

At the end of October, 1956 the Hungarian people had their way for 12 days, sort of. They shook off the unbearable oppression, of living in a virtual strait jacket, where they had to pretend to support the Communist Party *enthusiastically* – or else. “Else” meant disappearance, years of prison, or worse. The individual was made to depend on the state completely, that determined not only where he should work, but where he should live and with whom, what he should pay for every purchase he made, and what he may purchase. To speak out against what was going on therefore could affect all aspects of one’s life. Everybody lived in unbearable, constant fear. Moreover, to criticize the Government, however constructively, was against the law. The Communist Party was infallible: after all, it was the embodiment of the will of the proletariat -- it knew best already. But for twelve days the fear lifted and was replaced by hope: the regime was so badly exposed, it had to go. America and the West would come to our aid, if only we held out. Indeed, sixty years later, it is generally agreed that the Hungarian revolt precipitated the fall of communism world wide.

Fifty years later, as documents became declassified, Hungarians found out the truth: President Eisenhower, four days before the November 4 invasion of Hungary had assured the Soviets that the US does not consider Hungary a vital interest, nor did it wish to upset the status quo. It was an election year. He had enough fight on his hands already. Khrushchev understood that he was free to invade Hungary, and he did. The retribution the communists extracted, was unmerciful. Twelve-year-olds were held in prison until they reached 18 years of age and were hanged on their birthday. Kadar was later known for his “gulyas communism,” but it came at a price: he left the country badly indebted.

When the West and the US did come to Hungary in 1989, it came with its multinational corporations to invest, meaning to buy up market shares and to support the former communist regime that enabled it all, that now have turned “capitalist,” in a sense that they “privatized” the common good. How? The comrades were sitting in all the seats of power, controlled the national wealth, but none of them had any money. No problem. An “investment bank” appeared to lend all needed cash (only to the comrades – no collateral required), then promptly went “bankrupt.” The comrades bought up the nationalized companies at fire sale prices (other comrades were doing the “assessing”), then hastily sold everything. Hungary became an eminent capitalist country: it had more multi-millionaires per capita than any country anywhere. It only took a couple of years and the country was gutted. By and large, General Electric lead the way. Bought Tunggram, a Hungarian company that had 1/5 of the European market for lightbulbs and employed 80,000. Tunggram bulbs were replaced by GE bulbs across Europe and for a while the lights went out in Hungary. The comrades, fearing the unemployed and still in power, declared the unemployed “disabled” and put them on government pension. The pattern was repeated many times. The IMF jumped in to “help” the comrades, by granting them more credit to pay the interest with. Hungary was about to become bankrupt when the comrades, completely discredited, were voted out of power.

The much maligned Victor Orban came to power in 2010 with a 2/3 majority. He repeated the feat in 2014. Since he came to power, the “disabled” workers are back at work. The IMF has been paid. You might think he has done well for the country. But the globalizers see him as an enemy and have put him on their “must go” list. Why?

While he is in favor of a European Union, his concept of that Union is that of sovereign nation states and not of the kind of “states” the globalizers have envisioned for Europe: states that voluntarily give up all rights to nationhood and subject themselves to the direction of the “government” at Brussels, elected by no one visible, purporting to know what is best for all. Instead, Orban seems to be putting Hungary and Hungarians, along with a Christian Europe first. It hasn’t helped that Orban put up a fence -- not bar immigration as falsely trumpeted by the mainstream -- but simply to force the indiscriminate flood of immigrants to come through the gates, where at least they could be counted and questioned. For this he has been called everything under the Sun in the “mainstream media” that just happens to be privately owned by a small handful of committed globalizers. They appear to care not that their lies undeservedly blacken the name not only of Orban, but Hungary and Hungarians as well. Luckily, not everyone is blinded.

In an online article, William Ogdahl, a Princeton-educated political strategist has nominated Viktor Orban for the Nobel Peace Prize.

It is well worth reading. His article begins: “Now before you react, I am fully aware that the Norwegian Nobel Committee which decides Nobel Peace Prize winners has usually chosen based on a globalist agenda, one might call them corrupted by it. I’m aware they have in the past given the prize to some very not-peace-loving candidates including Henry Kissinger, Barack Obama, even the European Union. Nonetheless, I want to nominate the courageous Prime Minister of Hungary, Viktor Orban, for the award. Let me explain my reasons.

“He stands, together with more than three million of his fellow Hungarians, opposed to the destructive demands of the unelected, faceless bureaucrats of the European Union, to block the forced future imposition of refugees from Syria *and who knows where* (Editor’s italics), in Hungary. His stand might well be the catalyst to stop the disintegration of the nation-state in Europe, and stop a social conflict that threatens to rip Europe apart in a frenzy of hate and destruction.

The Notable Referendum

“I’ve noted before that Viktor Orban is unusual for a European politician or prime minister. He is actually a genuine democrat, which clearly is why the EU Commission and so many fake democratic EU leaders demonize him and call him totalitarian or who knows what. Now, as most reading this know, on October 2 Hungarians went to vote in a national referendum. Hungary, unlike Germany and other EU nations, allows its citizens to express their preferences in referendum form. Orban has used this tool in the past to be sure whether he has a strong popular backing for major decisions.

“The results on October 2 saw 3 million 204 thousand eligible Hungarians voting on the refugee referendum. An impressive 95% of those, or 3 million forty-four thousand, voted No! to the Brussels plan of forced national refugee quotas. The mainstream media across the EU claims it is a mandatory quota but only for some two thousand refugees. Reality is it is a forced quota for any and all refugees the EU accepts from now on. That’s what makes it so dangerous. The schemers behind the EU refugee crisis intend to use it to destroy national sovereignty, eliminate borders, the nation-state, and national identity.

“The total Hungarian voter turnout was 43% of eligible voters. The question they were asked translates: “Do you want the European Union to be able to mandate the obligatory

resettlement of non-Hungarian citizens into Hungary even without the approval of the National Assembly?”

“In a press conference immediately after the results were made known, Orban declared, “As regards those who voted, today nine out of ten people decided in favor of Hungary’s right to make sovereign decisions. We may be proud, I believe we may be proud that as the first Member State of the European Union, and the only one so far, the Hungarian people had the opportunity to state their opinion on the issue of immigration.” He added, “... this is perhaps the most important issue for the years ahead, the future of Hungary, the future of our children and grandchildren: whom we should live together with; what will happen to our culture; what will happen to our way of life and our economic system, revived with great effort; and what will happen to our Christian roots.”

“Finally Orban once more pointed, as he has repeatedly, to the un-democratic nature of Brussels and the EU Commission: “There is a modern-day population movement in progress around the world. The waves of this have reached Europe, spectacularly and painfully. The question now is what the response of the European Union will be. The EU’s proposal is that we should let the migrants in, and that it should mandatorily distribute them among the Member States, and that Brussels should decide on this distribution.”

Soros’ Role

“Brussels bureaucrats and hedge fund speculator George Soros had a big, dirty hand in the internal Hungarian referendum to try to convince voters to boycott or stay home. Hungarian law states a popular referendum requires more than 50% to be valid. As 43% ended up voting, Brussels and their pro-EU Hungarian media, much of it foreign owned, led a chorus that claimed a huge defeat for Orban and those seeking secure borders in the EU to limit refugee flows.

“Gianni Pittella, the Italian leader of the Socialists and Democrats (S&D) group in the EU parliament, bizarrely described it as a ‘victory’ for Europe. He said: “The whole of Europe has won. Populism and xenophobia have lost. Orban’s lies have come up against a brick wall. The migration crisis needs a long term European answer based on solidarity and shared responsibility. We congratulate the majority of the Hungarian citizens who decided to stay at home and to truly act democratically by not playing Orban’s dirty games.”

“Note his precise wording: “The migration crisis needs a long term European answer based on solidarity and shared responsibility.” Clearly, in the view of the leader of the second largest bloc of MPs in the undemocratic EU Parliament, the “migration crisis” as he incorrectly terms it, is just getting started.

“Gianni Pittella was revealed in the DCLeaks’ recent release of hacked emails from George Soros’ European Policy Institute to be one of the “reliable allies” of Soros in the EU Parliament.

“In fact, many of the Hungarian organizations opposing Orban’s referendum– who urged voters to stay home to avert the 50% participation–bore the paw prints of Soros front organizations.

“According to sources inside Hungary, billboards went up all over Hungary before the October 2 vote urging people to stay home. The billboards stated they were paid by the S&D Group, Pittella’s Socialists and Democrats in the EU Parliament that has

organized Brussels demonstrations under the banner, “No more walls in Europe – EU Wake Up.”

“In Hungary, S&D-financed billboards saying “Stay Home!” went up everywhere on behalf of Demokratikus Koalíció, or DK. DK is a neo-liberal “pro-free market” party run by the previous prime minister, Ferenc Gyurcsany, who was forced to resign amid mass protests several years ago. The latest DK billboards noted that they were “financed by S&D,” the EU Parliament group headed by Soros’ “reliable ally” Gianni [Pittella](#).

“Another organization very prominent in the Hungarian referendum boycott campaign was yet another Soros-financed NGO, the [Hungarian Helsinki Committee](#).

“It’s not surprising that Viktor Orban openly accused the Hungarian-born Soros, now a US citizen, of meddling in internal Hungarian politics. “Soros is opposing the government... by supporting non-governmental groups which want to push back the Hungarian government’s position on the migration issue,” Prime Minister Viktor Orban told national [Kossuth radio](#).

“Refugee Corridors”

“In fact, the hacked Soros Open Society Foundations (OSF) documents recently made public by DCLeaks reveal that Soros’ money has also been key in coordinating worldwide what Soros’ people call “refugee corridors” through Soros’ International Migration Initiative (IMI) NGO.

“The main “corridors” Soros’ OSF has decided to focus its money on to, in reality, facilitate mass migrations, are three. Since it was created by Soros’ Open Society Foundations in 2010, the IMI has focused its millions of dollars of tax exempt grant money on de facto facilitating illegal immigration or refugee flows in Asia-Middle East (Syria, Libya, Tunisia etc.) and Central America-Mexico. In 2013, Soros added as their third “corridor” the significant immigration problems in Russia and the Central Asia republics as target for their **meddling**.

“The hacked Soros May 2016 IMI report further describes the growing refugee crisis in the United States and the European Union, and now Russia, in the following terms: “Accepting the current crisis as the new normal...” The sentence is worth re-reading, **aloud**.

“The hacked Soros document further speaks of, “Influencing migration policy through think tanks and policy centers.” The report then stresses that, “OSF and the MacArthur Foundation have been the only private foundations willing to invest in shaping migration discussions at the global level.” The Chicago-based MacArthur Foundation, they note, has since stopped its support, leaving only Soros’ OSM “shaping the migration discussions at the global level.” As well, the George Soros’ Central European University, right in Budapest, has created a special course in their School of Public Policy titled, Migration Policy in a European **Context**.

“We might add to this Soros activity in shaping the EU refugee crisis the fact that a Soros-financed think-tank, the European Stability Initiative, authored the controversial paper called The Merkel Plan. The German Chancellor publicly adopted the paper in late 2015 as her policy. The head of that think tank, Austrian academic, Gerald Knaus, is also a member of the Soros-founded European Council on Foreign Relations (ECFR), and an Open Society Fellow of Soros’ main foundation **vehicle**.

“It should be noted that it was only when Hungary built a high wall to the Serbia (non-EU) border that the war refugee flow slowed to a trickle. Even German Chancellor Angela Merkel was recently forced to acknowledge that.

Refugee riots planned against Hungary?

“Now, there seems to be a very ugly scenario afoot in the Hungarian post-referendum situation to force a new refugee crisis and break the Hungarian wall after the referendum.

“According to sources in Budapest, an allegedly Soros-supported organization, No Borders, is reported by Serbian papers to have urged migrants in Serbia, blocked from entering the EU by the Hungarian border fence, to set out for the Hungarian border. Those reluctant to depart were reportedly pushed and shoved, allegedly even beaten by the activists to get them going, like a cattle stampede. A group of several hundred migrants – all men aged around 30 with the exception of two women – are on their way to the **Hungarian border**. No Borders is the same amorphous organization that has been involved in the refugee trouble in **Calais**.

“The network of Soros NGOs and foundations clearly are out to maximize what is Europe’s greatest refugee crisis since the end of World War II for a definite political agenda which seems to include destruction of the nation-state among other things.

“Viktor Orban’s speeches call for ending the cause of the refugee flows, namely the wars in Syria and the Middle East, and say that the EU should focus on helping the war-torn countries to rebuild, while defending national EU sovereignty with a return to normal border controls and procedures for screening and selecting eligible refugees.

“Victor Orban has defied Brussels and the defied the refugee-gaming with the future of European nation states with its calls for “no borders.” Orban’s decision to ask his people for a referendum and the fact that 95% or more than three million Hungarians said No! to Brussels, gives a truly democratic signal to the anti-democratic, faceless bureaucrats in Brussels. These are some of the reasons I feel a Peace Prize is in order for the all-too rare democrat, the Prime Minister in Budapest. Borders matter, there are existentially necessary for human beings as for nations.”

F. William Engdahl is strategic risk consultant and lecturer, he holds a degree in politics from Princeton University and is a best-selling author on oil and geopolitics, exclusively for the online magazine “New Eastern Outlook.”