

The KRTA Bridge

Editors: Barb Stankiewicz, Donna Sharpe and Marlene Olineck

Fall 2006

A MESSAGE FROM THE PRESIDENT

I certainly hope everyone has enjoyed the wonderful summer weather that we were given. As I write, it is cool after the welcome rain, but the good weather is to return (or so the weatherman says). Welcome to those who have recently joined the BCRTA. I hope you will find your membership rewarding. The Champagne Campaign to increase membership in the BCRTA was reported on at the AGM on September 14th. Our branch increase of 2.5% to 333 members was small in comparison to 28% of the three winning branches.

I believe that our meetings will be of interest to most as you suggested a wide range of topics. A committee of Members met at Donna Walch's to develop a plan. I hope that contacts will be made and the plan finalized for sharing in the Bridge.

We have a significant number of members who travel into Kamloops from Merritt, Ashcroft, Chase, Barriere, and Clearwater to attend our meetings. It would be great to see more who plan to attend a meeting along with doing some shopping or attending other appointments. Having taught in Lillooet, it would be great to see a group of you arrive for a meeting. I suggest the November meeting is a good one to put you into the Christmas spirit.

If any members are in need of assistance with any issues that may arise, do not hesitate to give me, or any other member of the executive, a phone call.

Darrel Johnson (372-3194)

Last year we featured guest speaker NORM MOSS, pictured with Darrel Johnson, to highlight the work of Margaret Cleavelly based on the latest research on the positive effects of learning on the adult mind.

The cost of courses is minimal, but the benefits are well documented.



We were also made aware of the scope and availability of EMERGENCY SOCIAL SERVICES, which is called PROVINCIAL EMERGENCY PROGRAM (P.E.P) in BC.

This service exists to assist evacuees during the first 72 hours after a personal or community disaster as well as with planning for potential disasters. It is community based, with volunteers working with staff out of Victoria.



We experienced the effectiveness of the organization during the 2003 fires here in Kamloops where 3,000 were displaced with no loss of life. At that time 1,000 volunteers included agencies and volunteers. MARIE SALEM, pictured above, brought back memories of that terrible time and much discussion revealed the extent that teachers played in the success of the service as the "HEROES OF 2003" pictures were shown. Volunteers are always welcome.

Here are ideas from the ESS on personal preparedness

GRAB AND GO BAG

- Pack healthy foods with a long shelf life
- Pet supplies (if you have a pet)
- A few personal photos
- Identify a person who is willing and able to act as your family out- of- area contact person. Seek his or her support in the family's reunion planning process. The person should have an answering machine to record calls when away and should routinely check the messages. Keep this contact card in the **Grab and Go Bag**
- pack light –each person will carry his or her own bag
- systematically replace items with expiry dates(i.e. Daylight Savings Time when you make clock changes)
- medications and personal items

LOUISE PALSEN spoke to us about CHES, which was started by retired teachers. They volunteer the administration of funds for girls in Kenya and Tanzania, Africa allowing 680 girls to be educated yearly at the secondary level. These girls in turn can help other girls to be independent. When you educate a girl you educate a village. Our group supports a girl!

Each year the KRTA has given two Bursaries to Teacher Training students from TRU. Pictured here is Ev Baziuk with last year's recipients Melody Tompkins and Krista Pitman along with Darrel Johnson, our President, Mary Ellen Patterson, and Marlene Olineck



The new president of the Blanket Box and Aaron Throw Club for 06 was LOREEN LEMKE! Darrel Johnson drew her entry from a bowl held by Mary Ellen Patterson who has been a fantastic chairperson for the Bursary Committee.



JOAN COLE has made and donated a lovely throw for next years Bursary fund. THE SWEDISH THROW CLUB is off to an early start! Thank you



The annual inter-branch meeting, involving other retired teacher's chapters throughout the interior of BC, took place at historic O'Keefe Ranch near Vernon. Donna Walsh and Mary Ellen Patterson rested at a convenient bench. The spring irises were lovely!

The June party proved to be a splendid day at the Wildlife Park including interaction with friends, instruction in the new facility for education, and a lunch. Pictures taken at that event are of Donna Walsh, Eva Harvey, Mary Ellen Patterson, Darrel Johnson and Donna Sharpe checking out the bursary gifts and in the other Warren and Enid Damer, Eva Harvey and Pat Petley are happily selecting from the lunch table. Nice apron, Darrel!

IN MEMORIAM

Our friend and long time member, Vic Pashnic, passed away this summer. He is fondly remembered for his attention to detail as well as his love of singing and teddy bears. He was a generous contributor to Bursary and Harambee. It will not be the same without Vic.



PROGRAMS FOR THR COMING YEAR

The programs for the coming 06/07-year have been planned from your suggestions and include a balance of topics ranging from items as new as today and as far back as recent history involving a member. As you have suggested, they will include musical interludes, social talk time and brevity of formal meetings. We wish to inform, share and encourage members toward maximum health and happiness.

Our luncheon meetings require ordering food so we must know your plans for attending. Each member is phoned or e-mailed, as you have indicated, in the week prior to the meeting. You must give your response by the Tuesday before the luncheon so we can inform our caterers. If you are not contacted but would like a reminder, please let Donna Sharpe know. Last minute changes go directly to Donna Sharpe. 376-2806 or sharpe2d@shaw.net Members who are counted, but fail to come are expected to reimburse for costs.



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**Kamloops Retired Teachers' Association
Cottonwood Centre
2006/2007 General Meetings**

Sept. 29, 2006
Oct. 27, 2006
Nov. 24, 2006
Jan. 26, 2007

Feb. 23, 2007
Mar. 30, 2007
Apr. 27, 2007
May 25, 2007

June – Year End (to be booked)

**2006/2007 Executive Meetings
ABC Family Restaurant**

Sept. 19, 2006
Oct. 17, 2006
Nov. 14, 2006
Jan. 16, 2007

Feb. 13, 2007
Mar. 20, 2007
Apr. 17, 2007
May 15, 2007

If you have not yet joined, membership brochures are available at each meeting.

We will be helping out the MCQUEEN LAKE district wide fundraiser by preparing a basket for their silent auction with the "Christmas Party" theme. Items to be brought to October and November meetings.

Evelyn Baziuk has been soldiering on single handedly with the Hospital Visitation Program. She needs many more retired teachers to volunteer for this service to kindergarten children. Please give your name to her!

Paula Wickenden's Mother, Ethel Wickenden, is in her 94th year and is still writing poems which reveal her direction in life as well as her lively sense of fun. Here are some of them:

Work for the Lord
The pay is not much
But the retirement benefits
Are out of this world.

Save a tree; no, eat a beaver
Save water, shower with a friend.



'Till silver glistens thru'
And may all your clouds turn inside out
Only the sunshine of good luck
Brighten this glad day for you!
And all the days of the year.

FOR SALE

A PASSION FOR SHARING, the publication by elementary teachers, is still available at the meetings. We are busy compiling another book by secondary teachers throughout the district. Ask teachers and principals to write a paragraph, a page or more about a program or an event which has been memorable. The second book will be called A PASSION FOR LEARNING. E-mail to Warren Damer or Marie Laroche (see Executive list for number)

SOCIAL CONCERNS,

Evelyn Baziuk is our Social Concerns convenor and from time to time information is sent to her, which may be of value to you. Issues that we could address are: elder abuse, safety for seniors, signs of diminishing independence, rating your mental fitness, or power of attorney. We will look at elder abuse in this issue.

Some of these issues have been brought to your attention through the "Postscript", the BC retired teacher's bulletin. The hope is that your awareness will allow you to make wise decisions for yourself and your loved ones. One thing for certain: we are all aging!

ELDER ABUSE

There are many ways our elder citizens may find themselves undergoing hardships.

A. Control issues either by family members or caregivers including

- a. housing which is imposed or allowed to be overburdening to an elderly person
- b. finance and power of attorney (sometimes help is not given soon enough)
- c. emotional abuse such as subtle put downs related to aging either at home or in social settings
- d. neglect of physical needs including being left alone without even a phone call or being left to a caregiver who leaves much to be desired in terms of help with eating or personal cleanliness
- e. sexual
- f. spiritual

B. Caregiver issues work both ways. Sometimes the tables are turned as when an elder makes excessive demands. If we are giving care we must be aware of our own needs and ask for help from Senior's Outreach services and family. They have trained volunteers who will visit seniors who are experiencing loneliness, stress, lifestyle changes, loss of a loved one, aging and elderly abuse. They can inform seniors about community resources and services and also direct seniors to appropriate community agencies.

Contrary to most commonly held beliefs, most older adults who experience abuse are mentally competent, are not dependent on other people and do not require constant care. Abuse and neglect can take place in the home, in a residential care setting or in the community.

More things we need to advocate:

- Support of doctors in helping to recommend alternatives for family caregiver
- Accessibility of services by friends, neighbors and family as situations arise. At present a neighbor or church pastor can do little to initiate services.
- An inspection system for health and safety in senior's apartments so people cannot stay in independent facilities beyond the point of safety (i.e. blindness causing fire hazard)

Awareness is the best defense for avoiding the pitfalls as we move into the inevitable stages of aging.

If you or you suspect another senior is being abused, help is available. If someone is hurting or threatening you or you do not feel safe or if this applies to another, call 911 or RCMP.

Sources of information and/or Support in BRITISH COLUMBIA:

Health and Senior's Information Line 1-800-465-4911

BC Coalition to Eliminate Seniors Abuse-1-866-437-1940

Victim Link 1-800-563-0808

Crime Stoppers 1-800222-8477

Public Guardian and Trust of BC –

Kelowna- 1-250-712-7576 for general

enquiry For toll- free call ENQUIRY BC 1-800-663-7867 and ask to be transferred to the Public Guardian and Trustee

CANADIAN RESOURCES:

Canadian Network for the prevention of Elder Abuse: www.cnpea.ca/index.html

KAMLOOPS RETIRED Teachers' Executive 2006/2007

President- Darrel Johnson	372-3194	dm.johnson@shaw.ca
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-Glenda Miles	372-9228	glendamiles@hotmail.com
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Social Concerns-Evelyn Baziuk	5543409	
Membership- Donna Sharpe	376-2806	sharpe2d@shaw.ca
Programme-Donna Walsh	374-3087	
Pensions-Sheila Park	372-2806	spark1@shaw.ca
Special Services-Alf Law	372-0846	apl@shaw.ca
"The Bridge"-Barb Stankiewicz	374-2337	
"Seniors Connector"-Evelyn Baziuk	554-3409	



John and Mildred Kolody at our
Yearend party.



Donna Walsh and
Bev Maxwell.



Marion York, Florence Harrison, Sheila Park,
Mrs. Shirley, and someone's back.