Throughout most of history and all of prehistory mankind lived close to the stars. We could not help but marvel at the stars every time it got dark. It is the irony of our age that now, when we know more of the stars and of the Universe(s) than ever before, we should actually see the heavens less and less. Urbanization is a global phenomenon, and with the advent of electric lights the stars have become blotted out of our vision. What a pity that is!
Kamloops Thompson Retired Teachers’ Association Executive for 2019-2020

President - Marney Bethell 250-374-3160 marneybeth05@hotmail.com

Past President - Sheila Park 250-372-2806 spark1@telus.net

Vice President - Donna Walsh 250-374-3087 donnaw00@telus.net

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- Carolynne Miller 250-372-5835 milsy@telus.net

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Membership - Noeleen Bunney 250-299-1874 onlineoffice.ktrta@gmail.com

Programme - Rosemarie Stoltze 250-374-9746 rojestoltze@gmail.com

Sunshine - Mary Ellen Patterson 250-372-1762 pattersonmaryellen41@gmail.com
- Marianne Trestain 250-374-2524 trestainmd@shaw.ca

Pensions/Benefits Member Wellbeing - Sheila Park 250-372-2806 spark1@telus.net

The K.T.R.T.A. Bridge - Frank Veszely 250-377-7517 fveszely@gmail.com

Kamloops Thompson Retired Teachers’ Club (KTRT Club)

KTRTA Club President - Bev Maxwell 250-374-2205 bjmax@telus.net
- Glenda Miles 250-372-922 glendamiles@hotmail.com
General Meetings with Luncheons and Programs:

September:
Executive Planning Meeting: The executive met the second Monday in September to organize the General Meeting programs and luncheons for the year ahead. This year because we did not have a president the entire executive stepped up to take on different meetings.

General Meeting and Luncheon is traditionally a time to socialize with friends and share garden crops: flowers, plants, fruits and vegetables. Delegates also report on the BCRTA AGM.

October: This was our Hallowe’en luncheon. Some members come in costume for Hallowe’en fun. Our program was Dr. David Stoltze on a return visit to talk about seniors’ health issues.

November: This was our Christmas celebration and we always have a great turn out – the entertainment was by Harmony in Hand a Bell Ringers group that has a number of our retired teacher members in it. We also collect for the Food Bank and Christmas Amalgamated items and funds are then delivered to these organizations.

January: This was our meeting to celebrate Chinese New Year. This year our program was a Presentation by Fiona Claire about Literacy in Kamloops. This group oversees the Little Red School Bus and collecting, cleaning and sharing children’s books.

February: The General Meeting Program this month was a presentation by Marney Bethell our Second Vice President on her book Heritage Buildings and Barns of Kamloops.

March: The KTRT Club organizes our program for this luncheon - A Silent Auction was held with donations from our members – this year $ 1051.25 was raised. Monies will go to the Kamloops Retired Teachers’ Bursary Fund at Thompson Rivers University and some funds will go as the KTRTA contribution to the RR Smith Bursary Recipient. One bursary recipient attended the luncheon and spoke to our meeting.

April: April 26th was our AGM luncheon where we were treated to a great presentation about Bees by two of our retired teachers.

June: Marney Bethell our new president will attend the KTTA/SD73/KPVPA Retirement Banquet and welcome the new retirees and promote the BCRTA and KTRTA. Welcome letters to BCRTA/KTRTA and membership forms for the BCRTA and a coupon for their first KRTA luncheon (free!) will be distributed. The KTRTA members under the leadership of Irene Smith and in the past other retirees have provided the flower centre pieces from their gardens. This has been a tradition for 45+ years.

Other Items:

- The KRTA Executive met 3 times in the year to organize our 7 monthly luncheons and programs. We have a planning session for programs at the beginning of September – we put suggestion sheets on the luncheon tables at the April meeting.

- The Kamloops Thompson Retired Teachers’ Fundraising Club - Members of the KTRT Club plan programs for the KTRTA meetings to fundraise for our TRU Bursary Fund and our CHES Student.
• **Website:** Our website is updated. Our web master updated our executive lists for privacy. Links to BCRTA, COSTCO, BC Health Co. and other sites are available.

• **TPP Seminars and BCRTA Workshops.** Betty Karpuk attended the 2 TPP Seminars one in November one in March. Fawn Knox and Sheila Park will present the BCRTA Workshop; There is More to It Than Money to future retirees on May 15 2019 – it is “Sold Out” already.

• **The Bridge News Letter:** is mailed out and also on the KTRTA website biannually. Frank Veszely is our editor.

• **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.

• **Heritage Committee:** Our Heritage chair is compiling a history of the KTRTA and the committee has also started writing a book about the history of special education in Kamloops in conjunction with 2 members of the TRU Education Faculty.

• **Travel Insurance:** The KTRTA continues to lobby Johnson through the BCRTA to return the breakdown of medical and travel cancellation costs in their renewal letter. Our members would also like to have Johnson create an in province Travel Medical Plan or build it into Prestige and Medoc.

• **Hand Rails at Sagebrush Theatre:** The KTRTA lobbied the city to have handrails installed at Sagebrush Theatre for the safety of theatre goers. This is now in the Sagebrush Capital Plan.

• **KARESS:** The KTRTA has a team that participates in the Alzheimer’s Walk for Memories. This year the walk is on Sunday May 5\textsuperscript{th} – it is all across Canada on that day. KARESS – Kamloops Administrators, Retirees, Educators and Support Staff. The team has been at all the walks since 2010.

• **Bill C 27:** Petitions were sent to our MP Cathy McLeod and the email petition was circulated through our membership email list

• **Federal Pharmacare Petition:** This petition was circulated at the AGM in April 2019.

**Note:** We did not have a President this year – Sheila Park as Past President attended the June Retirement Banquet to welcome new retirees. The Executive met in September to organize the yearly luncheons and programs. All members of the executive took a role in organizing a monthly meeting – Excellent Team Work. Another successful year! At the AGM we elected a president and a great executive team for next year.
KAMLOOPS RETIRED TEACHERS’ ASSOCIATION

Annual General Meeting – April 26, 2019

CALL TO ORDER: 12:05 Sheila Park, Chairperson. Welcome

ADOPTION OF THE AGENDA: Additions Marney Bethell. MC

ADOPTION OF MINUTES: General Meeting Friday, Mar 30, 2019 (copies on tables). MSC
Bev/Noelene Discussion on sending out agenda and minutes to the general group this will be started this spring.

CORRESPONDENCE: National Pharmacare Petition circulated.
Plant Sale Sat May 4 9-1:00. TRU Friends of the Garden
Can go Grannies May 11.

TREASURER’S REPORT: Sandy Baird in the bank $979.93.)

NEW BUSINESS: Regional Meeting in Penticton May 2nd 2019 Marnie and Noeleen will be going.

COMMITTEE REPORTS:


2. Membership – Raven Ritcey - BCRTA email site now set up. Email co-chair Donna Sharpe and? (to be elected)

3. Heritage — Marie thanked Donna Sharpe and Cora Jones for their assistance. Heritage Fair Help needed. Phone Wendy Lloyd. May 9th 2019. The Special Ed History book writing group has been established and will meet May 1st.

4. Sunshine –Mary Ellen Patterson/Marianne Trestain absent - Sheila offered thanks to Marie LaRoche for the past work she has done with Retired Teachers as a past president then Heritage Committee chair for 20 years, Raven Ritcey for her two years’ work on establishing the email contact list and keeping everyone informed about lunches and other news and to Suzanne Legault for her work as chairperson and then assistant to the Chairperson for many years.

5. Member Well Being Notice of motion: recommended by the Executive: That the Pension and Benefits Committee be combined with the Member Well Being Committee to be The Pension, Benefits and Member Well Being Committee. MSC Raven/Betty

6. Bursary - Bev Maxwell: The KRTA Club: announced that $1051.25 was raised, inclusive of cheques made out the Foundation, to support our KRTA Bursary Fund.

7. Pensions – Sheila Park Bill C-27 is still waiting to be presented to the Federal parliament. If targeted is approved, any shortfall must be made up by the working persons and pensioners the employer will not have to help pay.

8. “The Bridge” – Frank Veszely- absent
NEW BUSINESS:

Election of KRTA Executive for 2019/20

1. President – Marney Bethell
2. Vice-President - Donna Walsh
   Treasurer- Sandy Baird
   Secretary – Betty Karpuk
3. Programme - Rosemarie Stoltze
   Membership – Noeleen Bunney
   Heritage –chairperson- nil chairperson – Cora Jones, Noeleen Bunney and Sheila Park will be on the Committee
   Sunshine – Mary Ellen Patterson and Marianne Trestain
   Pensions, Benefits and Member Well Being – Sheila Park
   Bridge Editor – Frank Veszely.
4. Election of 3 BCRTA AGM Delegates - Oct. 3,4,5 2019
   Marnie Bethell, Noeleen Bunney and Betty Karpuk with Sheila Park as alternate

LUNCHEON PROGRAMME: Rob and Anne Marie Hunter on Bee keeping

ANNOUNCEMENTS

1. Sunday, May 5, 2019 - Walk for Alzheimer’s – Join our KARESS Team – 10:00 am, TCC
3. Retirement Banquet Wednesday June 19, 2019, 5 p.m. Mountain Room Campus Activity Centre, TRU. Call Lana for tickets $25.00 at KTTA 250 554 1223
4. Executive Planning Meeting Monday September 9 2019. 10 a.m.
5. KRTA General Meeting and Luncheon, Social and Garden Sharing September 27, 2019 North Shore Community Center.

Center: Margaret Pyper, Bursary Student March 2019, Dutch Lake Elem., Clearwater, B.C. Grade 4 and Grade 5 taught by Raven Ritcey.

On the sides: Auction action. We gave bursaries to three Thompson Rivers University students to help in their pursuit of degrees in Education. They were Roberta Vojtko, Margaret Pyper, and Brooke Gabera. Unfortunately, only one of them was able to attend our luncheon. The other two were already involved in their practicums. Margaret Pyper was able to come, as her practicum
hadn’t started yet. Raven was delighted to introduce Margaret as she had taught her when they were at Blue River. Raven described Margaret as an enthusiastic, talented, and dedicated student who will make an excellent teacher.

The KTRT Club Silent Auction

Once again, our KTRTA & Club members outdid themselves with their generous donations to the Silent Auction, benefiting the KTRT Bursaries. Altogether, the auction raised $971.25.

A special thank you to all the volunteers who came early to help set up for the auction, and as well to those that helped distribute the items during the luncheon. Thank you Donna, for keeping us on track with the school bell and Sandy and the bankers for tallying all the sheets. As well, thank you to Rosemarie for organizing the luncheon. It's always a challenge to have things go smoothly.

We were so pleased to have our bursary recipient - Margaret Pyper, in attendance. Raven gave a special introduction, as Margaret had been her former Elementary student in Clearwater BC. Margaret is one remarkable young lady!

Thank you everyone!
From the KTRT Club Executive

BCRTA Golden Star Award Win

KTRTA President Marney Bethell is presenting the cheque to Sharon Parker and her students, recipients of BCRTA’s Golden Star award on winning the BCRTA Excellence in Public
Education: Golden Star Award. To quote Stefan Cieslik, the chairperson of the award: “The games/work that you and your students are doing with seniors from The Hamlets is a very well-deserved award! You and your Arthur Stevenson Elementary School Grade 4 students have much to be proud of!” Sharon has received a formal letter of congratulations about the award cc’d to her school Principal, District Superintendent and School Board Chairperson.

In Memoriam: Wayne Robert Jennings

November 19, 1935 – March 2, 2019

It is with deep sadness that we announce the passing of Wayne Robert Jennings on Saturday, March 2, 2019 at The Hamlets in Kamloops, B.C.

Wayne, an only child, was born in Antler, Saskatchewan. He felt lucky to grow up with his mother Freda, on the farm near Gainsborough, Saskatchewan belonging to his Aunt Greta and Uncle Coral Fisher and their two children, Audrey and Maxime.

Predeceased by his mother, Freda Jennings (nee Cowan), his father Robert John Jennings, his favourite aunt Greta Cowan Fisher, his cousin Maxine Mains, his uncle Ken Cowan and many other aunts and uncles; Wayne is survived by his good friend Jo Chipperfield, and his cousins Audrey Fisher of Waterloo, Ontario, Terry Mains (Louise) of Peachland, B.C., Bonnie Freitag (Mel) of Carlisle, Saskatchewan, Valerie Mains Roy of Gatineau, Quebec and their families.

Wayne didn’t care for farming, so at the first opportunity he boarded a train for Vancouver, B.C. to attend the University of British Columbia. He was forever grateful to his Uncle Ken Cowan (Burdina) for providing a home during his years of study at U.B.C.

He had many interests, was a member of The Kamloops Naturalist Club, holding many positions within the club and monitoring a Bluebird Route for over 26 years. Always with a loyal dog at his side, Wayne enjoyed camping, fishing, hiking and cross-country skiing. He also golfed, curled, downhill skied and enjoyed travelling to many countries. Following Heart Surgery, Wayne volunteered with the Vascular Improvement Programme enjoying the nursing staff and patients.

Wayne was a true character and his many friends and family will miss his stories and love of a good laugh. The family would like to thank the Staff at the Hamlets and his fellow residents there for their kindness and care. The Fisher and Mains families would also like to extend thanks to Donna Edwards and Jo Chipperfield for their gentle care and kindness over these many months. A special thank you to Dr. A. Cribb for her wonderful support. Donations may be made to the Kamloops SPCA or The Heart and Stroke Foundation.

Meet your new President!

Hi, my name is Marney Bethell. I was asked to stand for the President of the Kamloops Thompson Retired Teachers Association in April 2019. The Association hasn’t had a President for a couple of years. Our past president, Sheila Park had stepped down due to health concerns but continued to do all the duties and work of the president. So… I was asked and said yes. Yikes! What was I thinking! I don’t even like meetings! Therefore, my goal is to have shorter meetings and more fun.

I retired from Arthur Stevenson Elementary in 2014 after 20 years in the District, teaching Kindergarten to Grade 7 and almost every grade in between. Most of my experience was with Grade 5 and 6’s and I was also a librarian. I loved coaching and refereeing basketball and volleyball.

Since I retired, life has never been busier! In my retired life, I take pictures of Homesteads and Barns in Kamloops and area, then research and write books about the homesteads and people. I write, publish, print and bind my books which have actually been quite successful. I have a contract with Chapters Book Store with 3 of my books on the shelves. I’m also part of a group writing about the History of Special Education in Kamloops and I’ve done a little traveling—Thailand, Cambodia, Hawaii, Alaska, Mexico, Montreal, Nova Scotia, PEI and north to the Northwest Territories. There are plans to continue! We have 10 grandchildren- most live in Kamloops and some within a kilometer of our house. We live on a ranch in Knutsford and I consider myself very lucky indeed.
Lives lived – Patricia Marie Ann Laroche – Part One

Childhood

I was born in a farm house in southern Saskatchewan in 1935. It was five miles from the town of Radville, thirty miles south of Weyburn and twenty nine miles from North Dakota, USA. In researching this area, I learned that when the North West Mounted Police in 1874 first saw this part of the country, their official artist, Henri Julien, wrote in his diary that, ”This has been truly called The Great Lone Land. It is a real desert, a land of desolation.”

As we had no phone, a family member was sent to town to alert the doctor. At six months old, however, I was seriously ill with pneumonia. The doctor told Mom that I might not make it through the evening. My sisters and Mom took turns walking the floor with me. I managed to pull through.

I was the youngest of ten children-7 girls and 3 boys. We were all born at home. Conditions were less than ideal. My sister, Bernice’s twin, Bernard, died at birth because Mom didn’t know she was having twins and neither did the doctor. Having delivered the baby he left and Mom began to have contractions again. It was at once a sad and a joyous occasion.

Ours was a mixed farm, which means we grew crops, but also had cows, pigs, chickens and horses. The horses were used to work the fields.

I attended a one room school. It was an elementary school, although high school students on correspondence courses could obtain help from the teacher. Students would usually walk to school. Others were driven or rode horseback. There was a barn on the property for the horses. One year I was taught by my cousin who had received her teacher’s training in Regina. I loved learning. The teacher would put all the grades exercise work on the chalk board. If I finished early, I read books from the library.

At recess and lunch we played softball, skipping, tag or auntie-over the barn. It was lots of fun. If we were at home, we would have to work. The best thing about walking a mile home from school was the aroma of Mom baking the many loaves of bread for our large family. We could smell it as soon as we got by the bridge at Long River. We knew that we could have a slice of it with butter and Roger’s syrup.

My earliest memories of the farm were happy memories. Being the youngest, I was frequently on my own or running from my sisters. I was often found exploring the fields looking for baby rabbits. Another favorite spot was on the river. I used the raft my brother made to go along the banks and find birds’ nests.

The fall and Christmas were always a happy times. The farmers would help each other with the threshing. Mom made sandwiches, coffee and cake for them and we would take it out to them in the field.

As soon as Dad would get his check for the grain, Mom would get the Eaton’s catalogue out to look for winter clothes and gifts. Dad would pay off our debts, but Mom would always save some money for Christmas gifts.

In the summer, after a hail storm, Mom would have us go out and collect all the hail from the trunks of trees and she would make ice cream for us. We had to turn the handle, but it was worth the effort.

Victoria

In 1946, our family moved from Saskatchewan to British Columbia. I was eleven and in Grade Six. In 1943, two of my older sisters were invited to live with my aunt and uncle on Whidbey
Island in Washington. They helped out on the farm. Later they decided to visit Victoria. When they were ready to return to Whidbey, they were not allowed to as their passports were no longer valid. What a shock! They found accommodation in a house near the harbour in Victoria and in time obtained work making parts for airplanes. Eventually, they invited Mom and Dad to join them as there were more opportunities in a big city. One of the opportunities was entertainment. They loved dancing. There were a lot of military in Victoria and over time they soon met a soldier and a sailor. In October of 1946, we travelled to Victoria for a double wedding. My sisters found us an apartment on Menzies Street, near Dallas Road. Mom registered me at the nearest Catholic school, which was St. Ann’s Academy on Humboldt Street, just behind the Empress Hotel and on the edge of Beacon Hill Park.

This was quite an adjustment for me. St. Ann’s Academy was a boarding school, as well as a school for local students. We wore uniforms with black stockings and oxfords. At one time the schools attendance was 500 students. The grounds of St. Ann’s were one city block. The building was four stories high and housed not only students, but the Sisters’ residence and was the Provincial Novitiate. It also had a museum and a resident Artist with a studio, parlours and chapel. I was overwhelmed.

There were 24 students in my class. In my first year, I had much to learn in behaviour. I did get some nicknames, such as stubble jumper or prairie chicken. That didn’t last too long. I did get called into the superior’s office. Over the six years attending St. Ann’s I did do well in the musical performances. I had a strong voice and while at St. Ann’s I took singing lessons. I graduated in 1953 and, to the surprise of my family, entered the novitiate of the Sisters of St. Ann. That was on August 2, 1953. I had decided that I wanted to be a missionary. I wanted to go to Haiti or to Alaska. (Continued online on page 19 of The Bridge. Also in the next printed issue for those who have no online access.)

From Marie Laroche’s Heritage Files

(A Memoir of Becca West Beaton, a librarian in Blue River, who attended Avola School. Her mother was the teacher. Marie met Becca last year as a small group of retired Kamloops teachers travelled to Blue River.)

A Peek in the Window – Avola School

In 1958 there was an [economic] depression on Vancouver Island. My father was laid off from his job with the B.C. Power Commission. My mother was a qualified school teacher and a teacher was needed for Avola School. We left our comfy home in Astra Bay, one mile from Comox Air Base, and across the street from the ocean. Our destination was the tiny interior town of Avola, where the mill had recently closed, but there were still children in need of an education.

The road from Kamloops to Avola was a dirt road featuring washboard surfaces, potholes, and clouds of dust as we made our journey in the August heat. We had a large jug of water in the car as the effort of pulling a heavily laden trailer up steep hills frequently caused the labouring Chevy to boil over. There was a brief respite near Clearwater as there was about two miles of paved road there. When our family arrived in Avola, the population instantly swelled to fifty-five people there.

Avola’s general store boasted the wonder of electricity, but the homes around it were not so blessed. Our new home had a propane stove, a kerosene fridge, wood heat and propane and kerosene lamps. A propane iron became the bane of my mother’s existence. We children thought
it was the next best thing to the Wild West. Our Vancouver born and bred parents settled in to make this place their home.

My mother found herself with 18 students in 5 grades, ranging from grade 1 to 7. The school was made of logs and had just had indoor plumbing installed. The outdoor facilities still inhabited the corner of the school yard.

Three of the students had arrived from Italy in March. They were making strides with their English, but their fellow students were much more impressed with their ability to bray like donkeys.

Equipment at the school was not always the best. The copier was a revolting item called a jelly pad. It produced copies in violent purple, which almost always included smudges. It was soon deemed best for Mum and I to trace pictures by hand for the young students to colour.

It was established, before the first day of school, that my brother and I would call our mother Mrs. West. Difficulties arising near a West child would sometimes be attributed to that child. Discussion about the fairness of this decision would take place at home.

Mum was a firm believer in rewards and improvement in school work was rewarded by stickers and sometimes candy strawberries or bananas, which were paid for by the teacher. When Mum set up the classroom she found a note from the previous teacher, informing her most of the students were producing work about two grades below their designated grade. When she left two and half years later, every student met and several exceeded their grade level.

If the overall behaviour of the class was good, the teacher, who read with great expression, reward us with afternoon story time. The stories often featured the delightful characters of A. A. Milne. Soon Winnie the Pooh, Christopher Robin, Piglet, Eyore and all become beloved friends, and laughter rocked the schoolhouse as we delved deeply into their adventures.

In a multigrade situation, learning opportunities adoptable to all, are valuable. Mother soon introduced “The Animal of the Week.” Grade 1 students would colour a picture of the animal and print its name. Children would progress from one sentence to full reports about the animal. Children took turns showing their pictures and reading their reports to the class. Intellectual pursuits were thus combined with public speaking and good manners. The audience leaned to sit quietly, pay attention and applaud the efforts of their classmates.

In the classroom, bright students who had completed their work, were allowed the privilege of helping younger students. Older students, who had a shaky foundation in some subjects had a review by overhearing lessons taught to the younger ones. Younger children listening to lessons for older ones had their interest sparked and an opportunity for learning above their grade level.

Cooperation and good citizenship were the order of the day, with lapses quickly and fairly dealt with and forgiveness encouraged. There are many of us who continue to cherish memories of those days in Avola school.

Becca West Beaton, July, 2018
Poetry Corner

IN MEMORIAM: GEORGE VARGA

In George's garden,
above the green tomatoes and lettuce,
between the rows of purple onions and garlic,
the fruit trees bore plums, apricots, walnuts and even quince,
but George's love of labour was the soil,
which he tended with such ardent love
that would have made Cleopatra jealous.
In George's garden no weeds grew long,
and nothing went to waste.
In George's heart,
nesting birds nested and sang,
transient creatures passed through without obstruction,
but the honey of humanity,
kindness and love,
forever remained.
(FV July 4, 2019)

Food for Thought
A) Some personal reflections
   As I am nearing the end of my life I often reflect on how lucky I have been to be alive in just
this particular time. I am cognizant of the fact that my life, compared to the eons that have gone
before it and will come after it is but a blink of an eye and that in that blink I have been given to
appreciate so much, another lifetime would not be enough just to recount.

   First of all, innumerable fortuitous events have to have taken place for my species to have come
into existence, and another innumerable and often improbable events had to have taken place for
my ancestors to have survived long enough to produce me just when they did. I have but a glimpse
of the former and almost nothing of the latter, but enough to be awed. How many ills, wars,
disasters, catastrophes of all kinds had to have been survived to pass life on to me? Is life a precious
gift? No kidding! And I can say this even as we are overpopulating the planet and threatening our
own existence.

   I am more informed about my life than anyone and wonder that I am still alive. I can recount a
plethora of childhood illnesses from measles to tuberculosis, of war-induced malnutrition, of the
virtual levelling of my home town by bombing and artillery fire. Everyone was killed in the
downtown bomb shelter next door when I were there and our home in the suburbs was saved only
by a faulty artillery shell that did not explode. We found it under the dining room table as it
punctured a hole in the brick wall. Growing up under Stalin’s communists was no picnic, and my
subsequent participation in the Hungarian revolution dangerous to say the least, while my escape
to the West after the borders were closed was improbable at best. Even my first menial jobs in
Canada were threatening life and limb. In my old age I am a survivor of a heart attack and several
operations, including a quadruple bypass, heart valve replacement and angioplasty with a current
total of seven stents. Do I think life is a miracle? You bet! And all just so I can write this for you to read!

I will not talk about the changes we have all lived through thanks to advances in technology. That itself would require a novel. Just think of the advent of plastic, television, computers and smart phones and you will get my drift.

I should talk about the advances in Science as it enhanced our understanding of everything large and small. The information gathered by satellites we have sent to space is making us rethink our place in it. Did you know that our solar system is an unusual one? Most solar systems feature large planets near their suns, not small ones like ours. Apparently Jupiter was once much closer to the Sun and gobbled up much of the material from the inner planets before Uranus’ gravity pulled it back to its current orbit. As for life, scientists are now thinking the Universe must be teeming with it! Not that we are likely to encounter any of it outside our solar system before the Sun fries our planet. Its corona, when it grows into a red giant like the other stars, will include Mercury and even Mars. Long before this happens we should become another Mars. Once a planet like ours, the cooling of its core has weakened its magnetic shield, and the solar winds did the rest to blow off much of its protective atmosphere. It may still harbor life. Amazingly, even one of Saturn’s moons may also, no thanks to the Sun!

And then there is the matter of dark matter and dark energy. We have no idea what they are, but know that they exist. We are still learning about the Nano particles as Nano-technology is already affecting our lives. What an amazing time to be alive and how amazing it is that we are!

B) So what is a vegetable?

HEALTH QUESTION & ANSWER SESSION

Q: I've heard that cardiovascular exercise can prolong life; is this true?
A: Your heart is only good for so many beats, and that's it... don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?
A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

Q: Should I reduce my alcohol intake?
A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

Q: What are some of the advantages of participating in a regular exercise program?
A: Can't think of a single one, sorry. My philosophy is: No Pain...Good!

Q: Aren't fried foods bad for you?
A: YOU'RE NOT LISTENING!!!... Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?
A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.
Q: Is chocolate bad for me?
A: Are you crazy? HELLO Cocoa beans! Another vegetable!!! It's the best feel-good food around!

Q: Is swimming good for your figure?
A: If swimming is good for your figure, explain whales to me.

Well, I hope this has cleared up any misconceptions you may have had about food and diets. And remember: "Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO HOO, What a Ride"

C) Just for the pun of it

* A thief fell in wet cement and broke his leg. He became a hardened criminal.  * Thieves who steal corn from a garden could be charged with stalking.  * We'll never run out of math teachers because they always multiply.  * The math professor went crazy with the blackboard. He did a number on it.  * If you take a laptop computer for a run you could jog your memory.  * A dentist and a manicurist fought tooth and nail.  * Time flies like an arrow; fruit flies like a banana.  * A backward poet writes inverse.

D) Did I read that sign right?

TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW >>> >>>In a Laundromat: >>>AUTOMATIC WASHING MACHINES: PLEASE REMOVE ALL YOUR CLOTHES WHEN THE LIGHT GOES OUT >>> >>>In a London department store: >>>BARGAIN BASEMENT UPSTAIRS >>> >>>In an office: >>>WOULD THE PERSON WHO TOOK THE STEP LADDER YESTERDAY PLEASE BRING IT BACK OR FURTHER STEPS WILL BE TAKEN >>> >>>In an office: >>>AFTER TEA BREAK STAFF SHOULD EMPTY THE TEAPOT AND STAND UPSIDE DOWN ON THE DRAINING BOARD >>>>>>> Outside a secondhand shop: >>>WE EXCHANGE ANYTHING - BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN? >>> >>>Notice in health food shop window: >>>CLOSED DUE TO ILLNESS >>> >>>Spotted in a safari park: >>>ELEPHANTS PLEASE STAY IN YOUR CAR >>> >>>Seen during a conference: >>>FOR ANYONE WHO HAS CHILDREN AND DOESN'T KNOW IT, THERE IS A DAY CARE ON THE 1ST FLOOR >>> >>>Notice in a farmer's field: >>>THE FARMER ALLOWS WALKERS TO CROSS THE FIELD, FOR FREE, BUT THE BULL CHARGES. >>> >>>Message on a leaflet: >>>IF YOU CANNOT READ, THIS LEAFLET WILL TELL YOU HOW TO GET LESSONS >>> >>>On a repair shop door: >>>WE CAN REPAIR ANYTHING. (PLEASE KNOCK HARD ON THE DOOR - THE BELL DOESN'T WORK)
Kamloops Thompson Retired Teachers' Club AGM Report

The “CLUB” held its annual AGM on Friday September, 27th 2019. President Bev Maxwell opened the meeting and explained some of the functions of the CLUB for the benefit of new members. It was decided by a motion and discussion that we will not sponsor a CHES student at this time, but we will continue to support CHES in other ways. Treasurer Sandy Baird reported that we have $2,078.75 in our account. Mary Ellen Patterson conducted the Election of Officers for the upcoming year. The results were-

- **President:** Bev Maxwell
- **Vice President:** Sheila Park
- **Secretary:** Donna Walsh
- **Treasurer:** Sandy Baird
- **Directors:** TRU/ R.R. Smith - Glenda Miles, Donna Sharpe
- **Director CHES:** Pat Petley
- **Members-at-Large:** Suzanne Legault, Marlene Olineck, Carolynne Miller, Sharon Olson

In November we will present cheques to our TRU Bursary Recipients and R.R. Smith Recipient. The two Bursary Students receive $1600.00 each and we also add $500.00 to the R.R. Smith Bursary making it a total of $1000.00. We always look forward to meeting the students in March when they are invited to attend our luncheon and Silent Auction. **By Donna Walsh**

BC Retired Teachers Annual General Meeting - Hilton Hotel, Richmond, BC October 3, 4 & 5th, 2019

I had the privilege of attending the Annual General Meeting in Richmond with Betty Karpuk, our KTRTA Secretary and Noeleen Bunney, our Membership Chair last weekend. The timing was perfect as the Friday was World Teachers Day! The theme was “Living Well”.

On Thursday afternoon, I was able to attend a seminar on designing web pages and managing email with Noeleen Bunney, put on by our Executive Director Tim Anderson, one of only 3 paid position employees with the BCRTA. He is an expert, and much was learned! He suggested that newsletters and reports be kept short and to the point. I’m going to try and take this advice! One of Tim Anderson’s favorite projects is the production of PostScript Magazine.

That evening, we had Registration, Meet and Greet with fabulous food, drink and musical entertainment. We then retired to our own suites with king size beds.

The Friday started early with breakfast and the speakers, including Dr. Art Hister. Check out Noeleen’s report on Dr Art. He was wonderful- funny and insightful with great advice! The organizing committee built in activity breaks with group movement and exercises using stretchy bands and refreshment breaks. We also heard from Heather Knittel and Susan Borax from the company “Good Riddance” about how to get ourselves organized and able to get rid of clutter. Their book is called “Making Room for Living Well” and is available online.

Tim Anderson, our Executive Director for the BCRTA, then addressed the convention. Did you know that our office space in Vancouver is part of the BCTF- and they do not charge us for
the use of the space… And they paid for the recent office renovations and furniture updates for the office?

Our own Dave Scott is the Membership Chair for the BCRTA, and he presented membership awards to the retired teacher groups that had increased their membership the most. Lunch followed, which was excellent!

The Golden Star Award power point presentation was organized by Stefan Cieslik, President of Wine Country Retired Teachers, but he was unable to present because of a sudden health issue. Many of our members know Stefan and send wishes for a speedy recovery! One of the Golden Star Awards was won by Sharon Parker of Arthur Stevenson Elementary. Last June, she was presented with a cheque for $1500.00 for her own use in the classroom.

Our President Gerry Tiede presented on Pensions, Election Prep and Strategic planning. Gerry also attended Ottawa and was there when Bill C27 was finally shot down with a total of 13720 signatures on 50 petitions. Gerry’s big message was that our Association becomes stronger each year!

A presentation was also given by Dale Lauber for ACER/CART and Gerry Tiede spoke about insurance initiatives. Unfortunately, I have no notes on those presentations - not sure where my mind went… but! Check out the BCRTA Website for more information.

We had another activity break, which was certainly welcome. The groups then broke into Zone groups to discuss current common group issues. Without exception, every retired teacher’s group is struggling with maintaining membership and getting the newly retired, younger teachers to come and get involved with their local organizations. We did receive a report from each of the local branches and there could be a wealth of information and ideas from other branches.

The day ended with a reception and dinner with salad, buns, either fish or lamb with asparagus and a chocolate mousse. A DJ presented music through the decades 50-90’s for everyone to dance the evening away!

The next morning, after delegate’s breakfast, the RR Smith Memorial Fund Foundation held their AGM and the actual BCRTA AGM was held with positions elected and voted upon. Check out the BCRTA Website for a full report on the proceedings!

One of the motions put forward was that the BCRTA join its voice with the students and support Climate Change Action to move away from depending on fossil fuels and non-renewable resources, and to move towards developing and maintaining renewable and sustainable energy resources, to strive to remove single use plastics use and to urge each branch to examine its own practices and structures, so that we do our part to help halt human caused climate change. (Of course, the majority of delegates had all driven fossil fuel powered cars or flown to the conference!)

All and all, the BC Retired Teachers Convention was a success! It was inspiring to see the number of our volunteer leaders in the BCRTA and local branches, passionate about this organization!

Respectfully submitted

Marney Bethell

President Kamloops Retired Teachers
Report from the BCRTA Annual General Meeting
Betty Karpuk, KTRTA, secretary

This year’s AGM conference portion focused on wellness and healthy living. The gathering was informed and thoroughly entertained by a presentation by Dr. Art Hister, who has worked as a TV doctor and expert on medical issues for over 30 years. He is semi-retired now and only works weekends on Global.

He gave us some interesting statistics but one that stands out for me is that women live longer than men because we relieve stress by talking about our problems. Health, children etc. are discussed freely among women while men don’t discuss problems and they don’t listen! As he said “Too much testosterone and too little brain”. ‘Heh, heh.’ He stated that 4400 steps a day is all that is needed to lead to a lower risk of early death. His motto for us was SIT LESS, MOVE MORE. We also listened to two women who do home decluttering, especially for seniors. I felt that they were talking to me, as every point fit my situation. I made decent notes, so if anyone wants more information, talk to me.

The AGM was well organized and went smoothly. There was a cautious celebration of the end of Bill C-27. It died when the election was called, but the BCRTA will be watching closely as they suspect it will be back. Our petition was presented in Ottawa with 13,000 signatures. Our president, Gerry Tiede, was there as he had initiated the petition. The number of signatures caught the attention of the speaker as he spun his head when the number was read out. It showed that the people were watching. BCRTA is working on Pharmacare this year. They are continuing to improve communication and upgrading the office, so check out the website; WWW.BBCRTA.CA for lots of good information and more highlights from the convention.
Religious Life

We were allowed to bring one trunk and one suitcase to the convent. By the end of the summer, half of the things I had in the trunk were sent home! The first six months I was a Postulant. I wore a black dress and a black veil over my hair. I was introduced to what the commitment would entail. After six months, I was accepted as a novice and took the temporary vows of Poverty, Chastity and Obedience. I, then, wore a black dress (habit) and a white veil. The ceremony was performed by the bishop and was very moving. I shall never forget the joy I felt. It was my wedding! During the next four years we studied Canon Law, Church History, Pedagogy and the History of the Sisters of St. Ann from 1853 to the present. The Pedagogy was observed by us as it was applied in the Academy’s classrooms. We were given the opportunity of teaching a subject (Spelling) for a week and then for a month. We were observed and evaluated.

The Sisters of St. Ann are a teaching and nursing order from Quebec. In 1858, this fledgling order were invited by the bishop of Victoria to open a school in Victoria. They were given a log cabin not far from the harbour. They were the founders of St. Joseph’s Hospital and the Nursing School.

After taking my final vows in 1955, I was assigned to teach in Kitsilano in Vancouver. Each summer we would attend summer school to obtain our Grade 13 and B. A. We attended UBC or the University of Victoria or Gonzaga, or Notre Dame in Nelson. Others travelled to the USA for specialized degrees of PhD-s.

I taught Grades 1 to 7 in several catholic schools in BC-Vancouver, Victoria, New Westminster, Penticton, Prince George, Kamloops, Duncan. The most challenging experience were the large class sizes and double grades. I would have up to 45 students in one classroom. The other challenging experience was not staying long enough in a place to really get to know the staff, parents and students. Also changing grade levels so often and having to learn the new curriculum for a new grade. The most rewarding experiences were the same as the challenging ones in that each age level had a different way of accepting me and rewarding me. The primary grades were enthusiastic about learning to read, write and very honest and open. The older grades were willing to help out here and there and got excited about projects.

As a member of the order for 12 years we were given a month’s retreat at the Mother House which was in Lachine, Quebec. We travelled by train to Montreal. Our retreat was in silence. However, it was the year of Expo-1967. We were allowed to have three days off during the month to attend Expo. It was an exciting time. De Gaulle flew into Montreal and there was a large demonstration. One of the nuns decided to go to the airport to hear him. She was very independent and adventurous and I believe, reprimanded.

I’m told that twelve years in any relationship is a time to question it. Satisfaction or unhappiness shows up. On the train ride home from Expo, I became depressed and began to question if I wanted to continue this commitment. By December of ’67, I sought help and I made the decision to leave and to pursue my life dream of singing on the stage. I had been in the convent for 14 years and was 32. I didn’t know that this was impractical at my age. I learned that, usually, successful singers have a contract by age 25.

I had to write a letter to Rome to ask the Pope to release me from my vows. I received my release December, 1967. In December, I received an interview at the Provincial Superintendents Association in Vancouver. They found a part time position for me at Stuart Wood School in
Kamloops in the public school system. It lasted until June of ’68. At this time, I applied to UBC to enroll in a B. Ed. The music department suggested that I enroll in the summer workshop so that I would get to know some of the music students. I did. I completed my first year of Music Education, but it was not what I wanted. I wanted to sing. The following September I changed to a Bachelor of Music in Voice. Over the four years, I gave a half hour concert my third year and a full performance my fourth year as condition to graduating, which I did in 1972.

Reality

My grants and bursary and personal funds were depleted so it was necessary to find a teaching position. In September of 1972 I obtained a teaching position in Delta. In 1973, I was able to find a full time position in Kamloops at Kay Bingham School. I taught Grade 1 and music to other classes in the school for teacher’s with no music background. I directed three musicals while there: The Pied Piper of Hamelin and Alice in Wonderland, and the Pirates of Pincanze, as well as entering the children in choirs in the Music Festival.

Singing Career

In 1973, I sent an audition tape to the American Institute of Musical Studies in Dallas, Texas. They were offering an international experience which would include coaching from conductors and vocal teachers from all over the world, including staging, movement, languages and performance. If one performed exceptionally well, one was given a time to audition with conductors from opera houses in Europe.

I did get accepted for the summer experience. I was ecstatic. I had never travelled abroad. It was quite an experience travelling by plane, ferry and train and negotiating the transfer at Munich to Graz, Austria. That experience was one of the highlights of my career.

I was told by my vocal teacher at UBC that I was too old to get a contract with an opera house, however the experience in Graz gave me confidence to perform locally. This experience gave me a cosmopolitan view of music and a broader knowledge of teaching music. I came home and planned my concerts for the coming year. I had many local accompanists over the years.

From 1974 to 1995 I performed the following:
- Solo roles with the Okanagan Symphony performing in Vernon, Kelowna, Penticton and Salmon Arm:
  - The Creation by Joseph Haydn,
  - The Christmas Oratorio by Johann Sebastien Bach
    Locally: The Messiah by George Friedrich Handel

  - “Testimonies” a concert with David Marsden’s Trio. The concert was in memory of Kristallnacht, Nov. 9, 1938. “The Night of Broken Glass” took place throughout Germany and Austria on November 9, 1938. We performed in Kamloops, Vernon, Kelowna, Penticton, and Salmon Arm.

  Besides the above performances, I sang Individual concerts locally (Kamloops, Merritt, Ashcroft, Logan Lake for their concert series.) Each year since 1972, I would plan a Christmas and Spring concert, or a concert with an instrument other than the piano. My accompanist over the 20 or so years were: Anne Gris (Charlton, Linda Langevin, Daniela O’Fee. Other instrumentalists
were Cliff Noakes -clarinet (Shepherd on the Rock), Frank Hosek-Violin; James Verity-Viola (First conductor of the KSO.)

I also sang for weddings, funerals, anniversaries and O Canada for the National Curling Tournament. I was very versatile. Singing and teaching were my life. Both held lessons of humility and moments of joy.

Having become financially stable, I then applied to the University of Victoria to be enrolled in a Masters’ program in Music Education in 1975 and graduated in 1978.

**Biggest Scares**

- Travelling to London, Munich and Graz alone.
- Walking on stage before a concert. One takes a deep breath and *thinks* only of the song!

**Biggest Joys**

- Having such a full and varied experience of life.
- Having met so many wonderful people on my journey.
- Having fulfilled my deepest desire as fully as I could.
- Having been given the gift of life in a loving family.

**Retired Life**

In my retired life, I enjoy my home and garden, I attend the YWCA four times a week, swimming and the recumbent bike and walking River Trail twice a week. I also belong to the Ukulele Orchestra of Kamloops. We are about 50 members and hold classes for all levels. We play for seniors homes, events, such as Literacy week at Henry Grube, entertainment at functions and dinners.

Dean and I have travelled to Jazz Festivals in New York, Irvine, and the Bahamas on a cruise ship. Other than Jazz, we have travelled to Paris and to Normandy on a River Cruise and to Alaska. These are the most outstanding trips.

I also belong to a group called *Stampin’ Up*, who make greeting cards.

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