

# North Island Retired Teachers' Association

## Spring Newsletter 2019

President Greg Murray, Secretary-Treasurer Fran Jenkins

Word is, as you get older, that time goes more quickly. Well, I sneezed and it's spring time.

I don't know what that says about growing older but, lately, I seem to have a much stronger appreciation for the finer things of life. I try to eat my food "mindfully" enjoying the texture and flavour of each bite.

Walking is an adventure as I am aware of the leaves rustling in the trees, the warm sunshine on my shoulders, and on occasion I look up at the clouds to find shapes I haven't seen for many years.

Over the course of a lifetime we gather a lot of experience, a certain understanding about the things around you. This can produce an understanding, within ourselves, that evens out the daily chores and obligations producing a calm understanding of the master plan for our world.

careers still to come. After working for thirty or forty years you have another thirty or forty years in front of you.

Run for School Board, or councillor, take a new job in any field that you find interesting. This is not the “sunset” of your life where you fade away. There are many people these days, living to be a hundred years old. Some scientists have stated that the natural human life-span could be around 120 years, if you eat right, exercise and remain socially active. It is just a new chance to accomplish a new goal.

Learn a new language, a musical instrument, write a book or visit a place you have always wanted to go to.

You can be whatever you decide to be. The future is before you. Take it, embrace it, but most of all enjoy yourself.

We got a shiny trophy, which we get to keep for a year, and a big box of chocolates, which we handed out as a door prize for our February meeting.

All together, the conference was informative and a great venue to put faces to names and generally get a much better feel for the whole drive behind the provincial RTA.

The food was terrific, I had Beef Bourignon at the annual dinner, which you could cut with a butter knife, truly a world class dish from the chefs at the Hilton.

Being afraid of heights I, of course, took a picture of the swimming pool, eighteen stories below, and looking like a postage stamp. Getting into bed was like Richard Geer in “Pretty Woman” where he inches himself across the wall to rescue her. The glass wall, open to the elements, presented a special obstacle to overcome as I sidled under the triple thick quilt to get a warm duck-feathered sleep, well worth the adventure in getting there.

I hope that Fran also enjoyed the pampering.

## Bill C-27 Petition Read in Parliament

The petition, concerning Bill C-27, has been read in parliament by Rachel Blaney our MP, and is now entered into Hansard which is the official record of all the proceedings in parliament.

Our little “twig” of a branch has had its voice heard across the country and has stood up for a principle, concerning our pensions, that we believe in.

Thank you to all the people who signed the petition.

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😊 Accept that sometimes you are the pigeon and some days you are the statue. 😊

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## How About a Group Hug?

It has come to my attention that there are quite a number of retired people in many organizations out there. The Government Retired Workers Organization, the National Pensioners Organization, the BC Government Retired Employees Association and finally the BC Pensioners Old Age Security Organization all exist as entities unto themselves.

## Travel Opportunities for Seniors

Merit Travel is now planning travel packages for retired people. As an open water diver I have a chance to cruise the Mediterranean and dive the ancient ruins at each stop. What a magnificent time that would be.

When I was younger I got to touch the Rosetta Stone at the British Museum and felt a connection to all the wonders of the Egyptian language that the words on it unlocked. It is now covered over. Too many people were rubbing it, in their search for an ancient connection, that it was being erased.

I have stood on the bridge across the Rubicon River and, possibly, put my hand where Ceasar had pondered whether to return to Rome.

Walking the Champs-Elysee in Paris and discovering the subways in London England were all awe inspiring activities. They added a whole new chapter to my life experiences.

There are many travel companies offering packages to seniors. You can cruise the BC coast, visit Haida Gwai, take a train ride across our spectacular country, or sleep in a tent on the plains of Africa during a safari.



Greg Murray, North Island President wins Led tv, donated by Johnson Insurance, at the AGM.

## Seniors' Aging

So you are getting older. Your hip hurts when you walk a lot, you might feel dizzy when you tilt your head and you might not remember and old friend's telephone number.

These are conditions that occur as you get older. I recently went to an optometrist for an eye check and was fascinated by the technology presented in the office. One screen showed me the inside of my own eye and I could follow exactly what the

in the right eye and 20/30 in the left eye to 20/16 in both eyes.

This means that I can read the union label on the bottom of the eye chart and have been able to remove eye glasses from my licenses.

A tremendously encouraging event can change your perspective on daily life. Resisting can make a difference.

Aging is inevitable but the quality of that aging is up to you. Take advantage of it. It's your choice.

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My weight is perfect for my height – which varies.

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## A New Car

When I was 18 I had a fifty-seven Chevy that I spent hours on. A six hundred horsepower blown engine with a four speed Hurst shifter and twelve inch slicks.

an artistic work or simply baking a peanut butter cookie.

I have always been interested in the stars. Buying my first telescope opened a very special world. It let me look at the constellations, peer into a crater on the moon, see moons actually moving around another planet. You see, expanding my own horizons is what I really needed. The telescopes give me that chance.

There are many things that seniors can do to expand their horizons. The “secret” is to stay active. Do something that you like doing. Better yet, start doing something you have always thought about but never got around to.

I became a pilot, to get me closer to those stars. I became an open water diver and got to pet a six gill shark as it swam past me.

Yesterday I applied to a culinary arts college. I think I’d like to be a chef.



Google BC Budget 2019 and get a look at the list. You will feel good after reading it.

## Scams

At one meeting I handed out the National Anti-fraud center booklet called the “Little Book of Scams”. It lists many scams that seniors are confronted with on a daily basis.

If you are a victim of a scam, or fraud, report it. Tell others. You may save others from becoming a victim as well.

Canadian Anti-fraud Centre

1-800-495-9501

## R.R. Smith Services to Members

Just a reminder that, even with our new restraints for chapter financing, the R.R. Smith Foundation exists as an outlet for charitable donations. Tax receipts are issued for donations over \$20. They also supply travel opportunities for members

It pays to take the time to look around. Johnson Insurance has an ad in our latest issue of Post Script Magazine. Medoc Travel customers can receive good service for a good price. Check it out.

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Teach a child to be courteous and polite in the home and, when they grow up, they will never be able to merge the car onto a freeway.

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## Celebrate Your Circumstances

Remember to celebrate your circumstances. Whatever you have, wherever you are, you are valued. When I get down I look around me. I see people with diseases, people who have lost everything, people who have endured revolutions and devastating climactic events.

It puts my own circumstance in perspective. Nothing I have experienced compares to those events.

Celebrate what you have, who you are, what you have accomplished. There is someone out there who remembers you and thanks you.