

THE GOOD LIFE

The Newsletter of the Nanaimo-Ladysmith Retired Teachers' Association

June 2016

2016-2017 Nanaimo-Ladysmith Retired Teachers Executive

President	Les Ellis
Treasurer	Mike Ireland
Secretary	Colleen Dempsey
Past President	Carol Baird-Krul
Catering	Tricia Barnes
Programming	Jacque Thompson
Heritage	Nelson Allen
Membership/Member Contact	Ellen Ellis
Newsletter & Email	Les Ellis
Sunshine Program	Cheryle Sosnowski
Website	Mike Ireland

Any inquiries can be made through our email at nanrta@gmail.com or by calling the NDTA office at 250-756-1237. Check out our website at <http://www.nanaimoladysmithretiredteachers.ca/>

Vacant Positions

Vice-President
Health, Housing and Social Concerns
Media Contact

We have over 500 members and are short of people to help on the Executive. If you have 2 hours of time to meet every second month, please consider joining us to keep our Nanaimo Ladysmith Association strong. Contact can be made through the above email or phone number.

President's Message

At the end of this month I will have been retired for eight years and through all that time Carol has been the President of our Association. Personally, I want to thank her for her help and friendship through that time. On behalf of the Association, I want to thank her for her tireless efforts on our behalf. Among her many projects, Carol has worked with the Nanaimo Schools Foundation and has had the Association involved with the Stock the Lockers campaign and, of course, the Retired Teachers' Scholarships that we give out each spring. Carol's other major concern has been the Skipsey Heritage Collection. We now have one of the best collections of historical educational materials in the province. One of our goals is to get all of the materials

documented and put online to allow for circulation. We also want to use various media formats and presentations to get the collection in the public awareness.

I am looking forward to the challenge of being president of the Association and hope to be able to live up to Carol's high standards. I look hope to see you at next year's lunches and at the informational sessions we are going to try this coming year. These will be short presentations, with time for discussion, on issues of concern like pension updates and housing and medical care for seniors.

Have a safe and healthy summer season.

Les

NLRTA Luncheons for 2016 – 2017

Tuesday, September 6, 2016 - To Hell With the Bell Breakfast

Tuesday, October 4, 2016

Tuesday, December 6, 2016

Tuesday March 7, 2017

Tuesday June 6, 2017

Members will be notified ahead of time by email or phone call.

Treasurer's Report

The Treasurer's Report for the 2015-2016 financial year was presented to the AGM by Mike Ireland. This year's major expenses were \$2,250.00 to the Nanaimo Ladysmith Schools Foundation to fund 3 scholarships awarded in our name and \$4,000.00 to Friday Design to create our website. Over the past several years money had been put aside for this onetime cost so we were able to maintain a positive balance at the end of the year.

Social Concerns

There is some discrepancy throughout the province in the fees charged by doctors for drivers over 80 years old obtaining a "Driver Medical Examination Report." This cost is not regulated. Physicians are reimbursed \$75 by provincial health care for the completion of this form. Seniors throughout the province pay varying prices depending on what their doctor decides is a fair price. By law, this report is required every 2 years. The current President of the Doctors of BC has stated that a fee of \$193 is recommended, although he does concede that family doctors often charge below the recommended fee.

Isobel Mackenzie, the BC Seniors Advocate and Jennifer Whiteside of the Hospital Employees Union are calling on the government to legislate minimum staffing levels in long-term care facilities. At present, these levels are decided by the facility operators. "We regulate the ratios in child care, why don't we regulate it in senior care?" asked Mackenzie.

R. R. Smith

The R. R. Smith Board of Directors processed 19 grant applications on March 8th. Requests totaled over \$60,000 and the Board of Directors was able to grant \$21,200 to educational charities. A list of the 2016 grants will be published in the Postscript and is on line at www.rrsmith.ca. Charities outside B.C. were in Kenya, Tanzania, Uganda, Bangladesh, Zambia, India, sub-Saharan Africa, Nepal, Guatemala, Odisha, India, and Brazil.

Charities in BC were the Decoda Literacy Organization serving 400 BC communities, the Vancouver Opera Spring Break Opera Camp, Start Up! supporting early career teachers, the Betty Huff Theatre program in Surrey, and the Dyslexia program in BC. We are happy to say that all applicants received grant money. Is there a Canadian Registered Educational Charity needing funds in your community?

We are all members of the R. R. Smith Foundation. Read the rest of their newsletter at <http://www.cotala.com/downloads/RRSmithNewsletter.pdf>.

To All the Kids Who Survived the 1920s, '30s, '40s, '50s, '60s and '70s!

First, we survived being born to mothers who may have smoked and/or drank while they were pregnant.

They took aspirin, ate blue cheese dressing, tuna from a can, and didn't get tested for diabetes.

Then, after that trauma, we were put to sleep on our tummies in baby cribs covered with bright colored lead-based paints.

We had no childproof lids on medicine bottles, locks on doors or cabinets and, when we rode our bikes, we had baseball caps, not helmets, on our heads.

As infants and children, we would ride in cars with no car seats, no booster seats, no seat belts, no air bags, bald tires and sometimes no brakes.

Riding in the back of a pick- up truck on a warm day was always a special treat.

We drank water from the garden hose and not from a bottle.

We shared one soft drink with four friends, from one bottle, and no one actually died from this.

We ate cupcakes, white bread, real butter, and bacon. We drank Kool-Aid made with real white sugar. And we weren't overweight.

WHY? Because we were always outside playing...that's why!

We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day.

--And, we were OKAY.

We would spend hours building our go-carts out of scraps and then ride them down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem.

We did not have Play Stations, Nintendos and X-boxes. There were no video games, no 150 channels on cable, no video movies or DVDs, no surround-sound or CDs, no cell phones, no personal computers, no Internet and no chat rooms.

We had friends --- and we went outside and found them!

We fell out of trees, got cut, broke bones and teeth, and there were no lawsuits from those accidents.

We would get spankings with wooden spoons, switches, ping-pong paddles, or just a bare hand, and no one would call child services to report abuse.

We ate worms and mud pies made from dirt, and the worms did not live in us forever.

We were given BB guns for our 10th birthday, 22 rifles for our 12th, rode horses, made up games with sticks and tennis balls, and - although we were told it would happen - we did not put out very many eyes.

We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them.

Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!!

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law!

These generations have produced some of the best risk-takers, problem solvers, and inventors ever. The past 50 to 85 years have seen an explosion of innovation and new ideas.

We had freedom, failure, success and responsibility, and we learned how to deal with it all.

If YOU are one of those born between 1920 and 1970, CONGRATULATIONS!