

THE GOOD LIFE

The Newsletter of the Nanaimo-Ladysmith Retired Teachers' Association

June 2011

Your NLRTA 2011-2012 Executive

President: Carol Baird-Krul

First Vice-President: Lynn Paterson

Second Vice-President: Marianne Clarkson

Secretary: Colleen Dempsey

Treasurer (Past President): Linda Willis

Director-At-Large: Vi Brzovic

Committee Chairs:

Health & Housing - Leah Bradford

Heritage - Vicki Harrison

Media - Deryck Cowling

Membership - Jim Young

Social - Pat Hogue

Sunshine - Cheryle Sosnowski

President's Year-End Report

The AGM is done and the 'old' year is over. Our bank accounts are in good order and I believe the delicious lunches and well thought out programs have been enjoyed by all. We've also clarified that we can definitely receive tax receipts, for over \$20, for member donations to the RTA Scholarships and our unique and valuable Skipsey Educational Heritage Collection. The scholarship donation cheques can be made out to the Nanaimo-Ladysmith Schools Foundation with a notation that it is for the RTA account and cheques for the Heritage Collection can be made out to the SD68 with a notation as to who it is for. In both case these cheques can be given either to our Treasurer or sent directly and tax receipts will be issued. All donations are much appreciated and will do a lot of good by 'giving the future a past' (Pierre Berton).

As well, we are looking for a delegate who will represent our general membership at the BCRTA AGM in September. We are entitled to three delegates and while they can all be from the Executive our local has, for the last two years, made sure that at least one delegate is from the membership at large. It is not an onerous job and is a worthwhile and interesting experience with all expenses paid. Please contact me if you think you could be a delegate.

As always your comments, suggestions and general input are invaluable, so please contact either a member of the Executive if you have something to share. Remember this is your RTA!! Finally, thank you for the support and kind comments you have given to those of us on the Executive. I hope that your summer.....if it ever gets here on a permanent basis will be enjoyable. See you all in October.

Carol Baird-Krul
President

Health and Housing

Messages to the Government by Sylvia MacLeay April, 2011 COSCO

Equal access to prescription drugs: what must be done?

- * Establish a National Drug Formulary to provide accurate information on quality, effectiveness, and price.
- * Shorten the patent protection period in Bill C-91.
- * Prohibit drug manufacturers from offering inducements to doctors, pharmacists, and other medical professionals.
- * Implement a universal Pharmacare program.
- * Increase collaboration and partnership between Health Canada, university researchers, doctors, pharmacists, patients, and caregivers to ensure success.
- * Expand the Chronic Disease Self-Management Program.
- * Increase funding for programs and research initiatives designed to enhance health literacy in Canadian Seniors.

Adequate Housing for Seniors: what must be done?

- * Construction of non-profit rental housing for seniors.
- * Approach seniors' housing issues with the goal of keeping housing costs below 30 percent of one's income.

* Adjust government income programs so that no Canadian seniors are living in poverty as defined by the after tax low-income cut-off or LICO.

submitted by Leah Bradford

Social Committee

Sunday Biking Group - Weekly casual rides along the Parkway Trail and other nearby paths (also occasionally in the Yellowpoint area near the Crow and Gate). Contact Pat Hogue at phogue@shaw.ca if you'd like more info and to be added to the contact list.

Catering - If you'd like to attend other meals at the Legion or have an event catered by the same great chefs that prepare our RTA lunches, you can contact "The Good Cooking Guys," Patrick Boreen at patrickboreen@shaw.ca for further info or to be added to his weekly email mailout list.

Bamberton Summer Celebrations

The Bamberton Historical Society Celebrates 99 years of amazing stories.

Take a journey through Vancouver Island's past, with activities and special events for all ages.

Join Us for:

Guided Bus and Walking Tours of the Historic Site

•

Guided Museum Tours

•

Live Theatre Performances

•

Documentary Film "Bamberton, "Gone but not Forgotten"

•

Bring a Lunch and Relax in the Garden Picnic Area

Visit the site of the former company town and cement plant. As you travel to the waterfront your guide will stop at several points of interest including the original quarry which extends over 1000 feet into the mountainside. Enjoy the magnificent ocean and mountain views that are part of this tour.

The Museum is open every Sunday from July 3 to August 28, 2011. Times from 11:00 to 5:00

All tours start from the Museum

Cost: Tour -\$10/person

July 3 • 10 • 17 • 24 • 31 Aug. 7 • 14 • 21 • 28

Theatre - \$10.00/person or all inclusive is \$15.00/person

Bus Tour Times: 12:00 • 1:30 • 3:00

Admission to the museum is by donation.

Bamberton Rental: A Historic Site For Memorable Occasions

This beautiful estate is ideal for large outdoor events as well as small informal gatherings.

For rental information contact

Maureen Alexander 250.743.9196

dalexander2@shaw.ca

SEEDS & SALT THEATRE COMPANY

&

The Bamberton Historical Society & The Mill Bay/Malahat Historical Society

Presents

Bedtime Stories: Dreaming of Vancouver Island



Kids today ask, “Is the past really important?” Well the Seeds and Salt Theatre Troupe’s show proves it is, with fascinating true stories geared to the entire family.

Romping through history with more energy than ever, this year’s show features 4 new stories: A Pittance of a Remittance, The Bride Ships, Strathcona 100, and The Chocolate Bar War.

This is not the way you remember history from your school days, this is live. These unforgettable stories capture your emotions in a way the written word cannot. They earn their way onto the stage because they speak to our shared sense of what it is to be an 'islander'.

The brilliance of this show is the creation of a lot from a little. Stories are hilariously and movingly told by 4 actors using minimal props and agile acting that will challenge your imagination. Within the performance's simplicity lies a theatrically challenging accomplishment.

Also Performing in 14 Vancouver Island & Salt Spring Island Communities

For more information contact:

Maureen Alexander 250 743 9196

dalexander2@shaw.ca www.bambertonhistoricalsociety.org