



Prince George Retired Teachers' Association Newsletter December 2009

Best Wishes for the Season and MyPG

By Jim Caldwell

Did you go to Studio Fair? Aside from all the goodies inside, there was a desk in the entrance area with a single person staffing an exhibit asking for citizens to take part in the next revision of the PG Community Plan.

Although we all agree that we should take part, relatively few citizens actually give their input. This time the City has done its best to make the process as painless as possible. There is a short individual survey or, for small "kitchen table" groups, there is a more comprehensive workbook. Statements of your priorities are limited to 10 words.

You can complete the individual survey online or send a downloaded copy to the city by mail. There's a lot to explore in the website. The basic survey of your priorities is easy to complete. Go to www.mypg.ca and be an advocate for your future. Don't delay too much. Your input should be in completed by December 16, 2009.

One survey area is "Health and Wellness," including exercise, a topic of interest to many seniors. Getting some exercise a few times a week is highly recommended for those whose health can support staying "in shape", whatever the word "shape" means to you. The benefits of exercise show up in almost

Last Chance - Pension Survey

The deadline for responses to the BCTF survey on inflation indexing is December 4. You can find info at www.pgrta.bcrta.ca

Here is a direct link to survey form:
survey.bctf.ca/PENSION2009/pension2009.htm

every seniors' wellness article and include intellectual benefits as well.

Both the "Y" and the UNBC facilities are busy with seniors every day of the week. Rates are quite reasonable. For example, an annual pass to the "Track and Cardio" facilities at UNBC, costs \$20 per month. Several free venues are available for walkers once your favourite outdoor routes become too icy. These include the Pine Centre Mall, CN Place and the Coliseum. Having a variety of facilities available to fit the exercise needs of seniors is an important component of our overall wellness and we need to keep that goal in the plan development.

Your executive committee extends its very best wishes for the holiday season to all our members. Merry Christmas and Happy New Year from Rosemary, Beryl, Muriel, Barb H, Sandra, Margie, Barb V, Bob and me.

General Meeting and Luncheon

Wednesday December 9, 11:30 am
Columbus Community Centre

Please bring non-perishable food items for the Salvation Army.

Guest Speaker: **Tom MacLean**
from **Collette Vacations**

Time to dream about vacations
in warm or exotic lands!

Christmas buffet: \$17.00

Door Prizes
(No book sale this time)

Need information:
Phone Rosemary at 250-563-7484

Help! Has History Been Destroyed?

From the Heritage Committee

The Heritage Committee would like to contact anyone who knows about, attended, or taught at the following rural schools. These schools are reported to have been in our area by the Ministry but we have no photographs or other detailed information. All we have are approximate locations, a few citations in the *Citizen* in articles about polio shots and/or the names of a few teachers. We have found no information at Exploration Place or the BC Archives.

Here's a list of fifteen "lost" schools:

Canoe (Valemount area): 1967-??

Cariboo: 1916-1917

Clear Lake (near Canfor sawmill, Blackwater Road): 1955-1957

Dewey (Summit Lake area?): 1922-1925

Finlay Forks (Bear Lake area, Carrier Lumber site?): 1967-1971

Foreman (Old Shelley Road, across from PG Pulp): 1962-1968

Goat River (Dome Creek area): 1948-1950

Kerry Lake (near Bear Lake, Stevens & Rahn sawmill site?): 1955-1965

Kidd (Dome Creek area): 1927-1935

Mile 4 (near Summit lake): 1951-1954

Punchaw: 1917-??

Shere (near Tete Jaune, sawmill area): 1935-1938

Tay (north of Salmon Valley): 1959-1962

Telachick (near Bednesti): 1954-1963

Wright Creek (south of Salmon Valley): 1962-1963

Contact Barb Hall <bhall05@telus.net> or any other member of the committee if you have information about these schools.



Sunshine for Members In Need

If you know of a PGRTA member who needs cheering up, give Margie Schweda a call. Margie offers comfort and best wishes to members and their families on behalf of the PGRTA. She has get-well and sympathy cards at the ready but she needs to have referrals so that she can act on our behalf. Call Margie at 250-964-2675.

Need a Lift to a Luncheon Meeting?

Want to come for lunch but can't get there? Willing to help by picking up someone? If you are willing to volunteer, call Rosemary Allen at 250-563-7484. Rosemary will build up a list of volunteers willing to offer rides in each part of the city.

In the meantime, if you need a ride to the December meeting, give Rosemary a call. She may be able to put you in touch with someone who can give you a ride.

Bursary Donations Needed

From Barb Vogt

The Bursary Committee needs to raise about \$1,100 to meet this year's goal of providing two \$1,500 bursaries to SD 57 students. The December meeting is your last chance to submit a donation to the PGRTA Bursary and receive an income tax receipt for the year 2009. Please make your cheques out to "School District 57" and note "Retired Teacher's Bursary Fund" on the memo section of the cheque.

A Chance to Bee Helpful: Canspell Volunteer Mentors Needed

Volunteer mentors are needed to help fifteen Prince George elementary schools run their Canspell competitions. Mentors work with the school coordinator to coach a study group before the spelling bee and then help with the school's bee. Mentors receive a kit with appropriate word lists and an explanation of how to participate in the school program.

Work begins immediately and concludes in January. The time commitment is about one hour per week. If you can help, contact Dr. Andrew Kitchenham at kitchena@unbc.ca

BCRTA Pension Seminar

Mary Hunter and Sandra Hooge will present the BCRTA Seminar "There's More to It Than Money" on the February 26, 2010 PD day.

This is a workshop to help teachers plan for a successful transition to retirement. It focuses on important questions like: Can I afford to retire? Am I ready to retire? But it is NOT a workshop on how the pension plans work.

The scheduling should allow teachers from areas outside Prince George to attend.

Mature Drivers

From the BCAA

MYTH: Older drivers are poor drivers.
FACT: Age alone is not responsible for poor driving. Many older drivers remain competent drivers. The real issue is that changes occur as we age and can interfere with our ability to drive safely.

Continued mobility is critical to seniors and has a significant impact on our overall well-being. The BCAA Traffic Safety Foundation's Mature Drivers program empowers seniors to take responsibility while respecting their independence. Check out the BCAA Traffic Safety Foundation website which is at www.maturedrivers.ca.

The Show: The SD57 Arts Festival

From Tim Yule

1300 students of all ages viewed 19 different shows last year. This year we plan to be even bigger. We want to showcase the various local performing artists in all of our schools. It is a huge undertaking and we need volunteers to help make it happen.

This year *The Show* will be at the Civic Centre on Thursday May 13, 2010 from 8:30 am to 4:00 pm. We need about ten to fifteen people to help set up and take down, direct traffic and MC/host performances. We will provide lunch for all volunteers.

Who better to do this than retired teachers? Are you interested in being part of this? If so, contact Tim Yule at Edgewood Elementary School, 250-562-5381 or tyule@sd57.bc.ca

Highlights ...

From the PG Council of Seniors

The PGCOS is a small organization with limited funding that does a lot. Here are some of the highlights from the October and November 24 Board Meetings. The PGCOS office is at 1055 Fifth Avenue and the phone number is 250-564-5888.

AGM

The AGM was held on October 27, 2009 at the PG Public Library. 40 people attended. The meeting elected the 2009 – 2010 Executive: President, Sharon Hurd; Vice-President, Dave Smith; Secretary, Pat Coutts; and Treasurer, Lou Veeken.

The AGM celebrated the 15th Anniversary of the PGCOS with special presentations to founding members, Lou Veeken and Eric Benwell, and 15-year outreach program volunteer, Hanna Merz.

Christmas Hours

The office will be closed Dec 25 to January 3.

PGCOS Highlights

(Continued from page 3)

Christmas Hampers

- The Nechako Rotary Club and the Knights of Columbus each donated \$1,000 towards Christmas hampers.
- Individual donations of non-perishables, gift certificates or cash are needed. Donors can request tax receipts. Please get all donations into the office by Friday December 11.
- Elves are needed for sorting and packing hampers. Contact the office at 250-564-5888 to volunteer.

Quarterly Meetings

A quarterly membership meeting was held on November 30 at the Spruce Capital Seniors on Rainbow Drive. The meeting featured a panel discussion on present and future housing needs for seniors.

Programs

- Meals on Wheels:
September: 441 meals delivered (27 clients)
October: 377 meals delivered
- Calls for Help and Information:
September: 243 phone calls, 151 drop-ins
October: 257 phone calls, 156 drop-ins
- Snow Shovelling:
YAP kids and their supervisor will try to come out "on call" depending on their programming and the degree of seniors' needs.
Duchess Park students will volunteer in the area surrounding Duchess Park.
Two individuals will act as volunteers.

COSCO

Bob D'Auray and Sharon Hurd will be the PGCOS delegates to COSCO for 2009 and 2010

The PGCOS participated at:

- Healthier You Expo, November 14 – 15.
- UNBC Wellness Expo, November 19 – 20.

Advocacy

- The Advocacy Committee met at Gateway Retirement Residence. All concerns called-in to date have been addressed. Northern Health is moving on accommodating couples in residential care.
- Issues with respect to heat at a local apartment building are being addressed.

Help for Seniors at Home

The PGCOS will participate in a project to provide practical assistance to seniors in areas such as housekeeping, transportation and outreach. The purpose of the project is to help seniors to continue to live in their own homes under circumstances in which, without assistance, they might be forced to move.

\$50,000 is available for this project involving Northern Health, UNBC and the BC Home and Community Care Research Network (BCHCCRN).

Housing

Harold Iverson from the Hart Pioneer Housing Project reported that the Hart Pioneers now have the land, developer and financing and are doing preliminary marketing despite difficulties accommodating every income level.

This Newsletter Needs Your Help

This newsletter needs your articles on travel, hobbies, volunteer activities or any other topic that you want to share with our members. The deadline for the next issue is January 29, 2010. Call Bob Steventon at 562-3717 or send e-mail to <bstevent@uniserve.com> And did we mention that we are looking for a volunteer interesting in taking on the newsletter?