

BCIT RETIREES' ASSOCIATION

FALL & WINTER NEWSLETTER

2016 – 2017

www.bcitra.ca

<mailto:info@bcitra.ca>

Telephone (604) 451-6716



GREETINGS FROM THE BOARD

The board wish you and yours the best of the holiday season and invite you to the

BCIT Retirees Annual Christmas Breakfast

**Location: Buffet at The Grand Villa
4331 Dominion Street, Burnaby**

Cost: \$13.00 plus taxes, payable on site

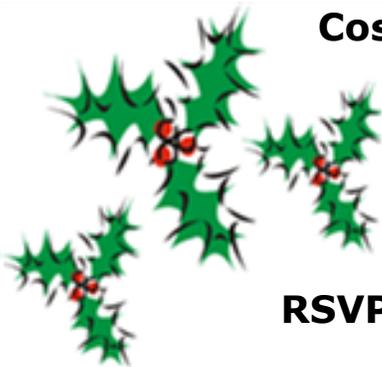
Free parking at location.

Date: Sunday, December 4th.

Time: 9 a.m.

RSVP by Nov.28 to lbennett4277@gmail.com

We look forward to seeing everyone.



BCITRA HELPING STUDENTS

YOUR DUES AND DONATIONS AT WORK

BCIT Endowment Fund has provided \$14,300 in student bursaries over the years.

Dues for 2017 are payable in January. Regular dues are \$10.00. They can be paid now by sending your cheque to:

BCIT Retirees' Association
BC Institute of Technology
3700 Willingdon Ave.
Burnaby BC V5G 3H2

We are in the process of implementing PayPal and will notify you as soon as it is available.

HELP GROW OUR ENDOWMENT FUND

DONATIONS TO BCITRA ENDOWMENT FUND

Presently, the fund is at \$53,000; our current goal is to reach \$60,000. Your donation will greatly help to achieve this goal.

FACTS:

- The BCIT Foundation handles our Endowment Fund and they are authorized to issue tax receipts;
- Donations can be sent directly to the BCIT Foundation, or to the BCITRA office. We will ensure that your cheque is forward to the Foundation. A tax receipt will be issued and sent to you;
- **It is important** that you include a memo on your cheque indicating that the donation is for the BCITRA Endowment Fund.

COSCO SEMINARS

The Cosco seminars on Diabetes and Chair Yoga were well attended and enjoyed by all.

Read the reports on these workshops below.

The next workshops will be held in the spring.

February 22, April 26 and May 24 are the tentative times. Expected topics Strokes, Wills & Estate planning and Emergency Preparedness

MEMBER BENEFITS

We are trying to catalog the many benefits that members enjoy.

Two that we have confirmed with BCIT are:

- We are welcome to attend the Board of Governors Holiday Reception on Dec. 12, 2016 (2:00 pm – 5:00pm).
- We are permitted access the fitness facilities using our Retiree's one card.

KNOW YOUR BOARD MEMBERS

The board has worked hard in the past year to make the Retirees' Association relevant in today's world.

We are:

- setting short and long term goals for the Association.
- working with BCIT to update our computer system.
- updating our membership lists
- working toward communicating with the membership electronically

PRESIDENT – GORDON FARRELL Gordon has been president for the past year and has set goals for each of the board members. These goals are to grow the Association and move it in a positive direction.

TREASURER – RANDY ROBINSON Randy has been treasurer for 4 years. He keeps our books in order. He also teaches part time in the school of business.

SECRETARY – KARL BOERNER Karl has taken the minutes of our meetings for years. He also tries to keep us on a straight path. Read his report on his visits to Berlin.

COSCO REPRESENTATIVE – DONNA FOSTER Donna has attended COSCO meetings and written our COSCO reports for a number of years. Look for her reports on our website. Donna has also arranged all the COSCO seminars for our members.

COSCO REPRESENTATIVE – LARRY DEA Larry has active in COSCO over the past year. He has given input on a number ideas.

FELLOWSHIP – LYNDA BENNETT – RETEI Lynda has been busy arranging our luncheons and has helped Donna arrange the COSCO seminars.

MEMBERSHIP – KAREN CRESSWELL Karen has worked extremely hard to bring our membership lists up to date. This includes updating members email address, address and telephone numbers. She has also sent out all our email flyers.

NEWSLETTER – BOB WAGNER Bob monitors the office phone and emails and works to produce the newsletter.

TRAVEL & EXTERNAL ACTIVITIES – MURRAY SHARP Murray worked to set up the Indian Arm trip. He is also looking at other trips that would be of interest to the members.

DIRECTOR AT LARGE – DEREK KNOX Derek has worked for many years as a director and has been president a number of times.

Any member interested in attending board meetings or becoming a board member is welcome. Meetings are held in SE40 Rm 112 on the third Wednesday of the month except Dec., July and Aug. Please think about joining the board it helps keep you active and involved with BCIT.

The AGM will be held March 15, 2017 promptly at 10:30am. Please set this date aside and attend this important meeting.

COSCO SEMINAR REPORTS BY DONNA FOSTER

Diabetes Workshop September 28, 2016

This was a very informative workshop done by Gail Harmer, one of the COSCO presenters. We heard about what diabetes is, what forms it takes and complications arising from its presence in the body.

Diabetes is the inability to regulate and control sugar in the bloodstream. In Type I no insulin is produced for this purpose and Type II shows a lack of response to the insulin which is produced.

Other major aspects of diabetes were how to reduce the risk of contracting diabetes and how it is diagnosed and monitored. Two main factors in prevention are diet and exercise. Foods with low glycemic indexes are preferred for consumption. Avoidance of foods with high levels of fat, sugar and salt is key.



For more extensive information on this subject it is recommended that you look at the website for the Canadian Diabetes Association: (www.diabetes.ca)

Chair Yoga Workshop October 26, 2016



The second fall workshop this year was a fully interactive session of chair yoga taught by Marie Chang who regularly teaches yoga at various Burnaby Community Centers. Marie introduced us to the basic ethos of yoga done seated. She took us through a series

of exercises which emphasized how to breathe and how to move to be in touch with your body and how to center your energy to provide better health and wellness. She was clear, patient and understanding and handed out a dandy summary sheet for most of the exercises.

BERLIN, ETC

TRAVEL by KARL BOERNER

You have visited Paris, London, and other great cities of Europe and are considering Berlin. Google and guide books are obvious references; my few hints may help a little. And who am I? Born in Hamburg the year before Hitler came to power in 1933. During the war, to avoid the bombing, the Middle School I attended was shipped to Czechoslovakia, teachers, books and all; my younger brother to a farm, my mother and my little sister stayed in the city.

My father was killed at the Front just before Christmas 1944, leaving my mother with three children looking for a home. The house in which they had rented an apartment was flattened by several bombs. My first visit to Berlin was when East Germany was controlled by the Russian Forces. My stepfather was a member of the communist party which offered me an apprenticeship in a shipyard, a free holiday in the Russian zone and lots of attempted brain washing and propaganda. I did not see much of Berlin. Come to think of it, at that time there was probably not much to see.

Decades later, when I left a railway station in Berlin, I was startled by an enormous sign reading WELCOME SIR SIMON. I thought who the heck is Sir Simon when it dawned on me that it referred to Sir Simon Rattle who had taken over conducting the Berlin Philharmonic from von Karajan. You may have seen and listened to the Philharmonic on TV, performing at the Waldbühne, an amphitheatre that holds over 20 000 persons, sometimes including Angela Merkel . The Waldbühne (Forest stage) is near the Olympic Stadium, which was built under Hitler in 1936 to glorify the Arian race and Nazi architecture.

Back to the tourist attractions of the German capital. All visitors take photos of the Brandenburger Tor, Berlin's symbol, which attracts large crowds and noisy traffic. I've been there several times when reconstruction was going on and there seemed to be almost always an Italian worker singing like a tenor phrases from an opera. So whenever I'm at the Tor I'm expecting a budding Caruso to brighten my day. I've been disappointed lately.

For your first visit and under time restraint, the Museumsinsel is a must. The Pergamonmuseum is according to my guide, "one of the most important museums of ancient art and architecture in the world." Join the lineup and admire, be awed by the Pergamon Altar, the Ishtar Gate, and the Aleppo Room. If time permits enjoy a promenade and a look at the other museums on this island.

To continue with the main attractions, get organized to visit the Reichstag, the German Parliament building with a dome. My guide book calls it one of the most modern parliamentary buildings in the world. Security is tight; to avoid lineups it is best to get tickets on the internet. I've been in long lineups to get to the Cupola, the Dome, and lucky at other times and could walk right in. A spiralling ramp leads the visitor up surrounded by aluminium, glass, mirrors, and

passing an architectural design in the center. Checkpoint Charlie is generally crowded with tourists attracted by shops selling photos of the Wall that divided the two Germanys after the war.

Schloss (Palace) Charlottenburg always draws me into the garden with its large, broad staircase. I like curves, parabolas and ellipses, and there are two horseshoe-shaped staircases at another entrance. They are enormous, elegant, and beautifully built. One can buy postcards of photos taken of streets after the war, rubble and ruins, and compare that area with its appearance today by simply taking perhaps only a few steps. Obviously, impressive work has been done.

You and I visit great cities and at the end there are places that stay with us, that we want to see and experience again, and those that we find we have missed. I need to have a look at the Waldbühne.

Another place is Die Neue Wache, the central German memorial for all victims of war with a Pieta sculpture by Käthe Kollwitz. I looked up Michelangelo's Pieta, the body of Jesus held in the lap of the Virgin Mary.

It is a stunning piece of art by a genius sculptor. In the Neue Wache the only light falls from the ceiling on the work by Kollwitz. The large hall is semi-dark, walls and floor are bare. The statue mother-with-her-dead-son is placed in the center of the hall. Sometimes flowers are placed in front of the sculpture, for me, they take away from its emotional impact. There are never many people in the room. They enter, stand silently, and leave. This simple sculpture of a mother covering her dead son with her coat touches me more than Michelangelo's masterpiece.

One travels, one discovers, one learns, and in the grand cities there is always a place one can visit again and again, or one that one forgot to explore. In Berlin, for me it is the Waldbühne and Die Neue Wache.

Please go to our website (www.bcitra.ca) for more information.

You can contact us by email at infoa@bcitra.ca or telephone 604-451-6716 and leave a message.

