

# Vancouver Tabloid

Vancouver Retired Teachers' Association MAY 2019 Newsletter

## SLEEP is GOOD for you!

**As** we age our sleep patterns can change and retired life releases us from hectic early mornings. Yet sleeplessness can still frustrate us and leave us ill-tempered for the next day. The yearning for sleep afflicted our ancestors, as the 1580 poem (right) describes. READ pages 5 and 6 for more advice on the value of sleep.



## AGM & JUNE Luncheon

NOTICE is given to you to attend the VRTA AGM at 1 pm, preceded by a delicious lunch on Tuesday June 4 at the Royal Vancouver Yacht Club, 3811 Point Grey Road.

The **Vancouver School Board choir**

will entertain us. The menu is the Chef's choice of main dish, buffet salads and desserts, tea and coffee. Wine is available for purchase.

Vacancies exist for next year's



executive: First Vice-President; Members-at-large. WE NEED YOU! We especially want help with the Scholarship and Communications website committee, specifically with writing and computer skills. Members wishing to join the Executive please contact Nominations chairperson Norma at 604-731-3937 or

normawestrom@hotmail.com.

Nominations can be made from the floor. **\*Pre-registration**

**required. See the BACK PAGE**

*Come Sleep, O Sleep, the  
certain knot of peace,  
The baiting place of wit, the  
balm of woe,  
The poor man's wealth, the  
prisoner's release,  
The indifferent judge between  
the high and low...*

Taken from Sonnet 39  
by Sir Philip Sidney (1580)

### AGM & JUNE Luncheon-June 4

TUESDAY JUNE 4 at 11:30 AM

Royal Vancouver Yacht Club

Complete the registration form ON THE LAST PAGE

by Tues. May 28 and send to:

**Dave Ellis**, 2086 Newport Avenue,

Vancouver, BC. V5P 2H8

P:604 327-7734 or email dellis7734@gmail.com

Pay Cheque (\$42) to: Vancouver Branch—BCRTA or Pay

Online: <http://www.vrta.ca/news/2019-04/vrta-june-luncheon-agm>

**LUNCH REGISTRATION ON BACK PAGE**

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# President's Greetings



A warm welcome to all our members. Spring has finally sprung after an unexpected cold front came in February/ March. The warmer weather brings more opportunities to being outdoors and enjoying our beautiful city.

In May and June, we will be busy recruiting new retirees to become members and therefore, please volunteer to help our membership committee. I hope everyone will consider the future of our organization and volunteer for positions which may interest you or just join as members at large. I find volunteering to be satisfying, especially working with others who support our mandate of caring for retired teachers and seniors.

Our next event will be the June luncheon and AGM. Norma Westrom is putting together the nominations for the new executive. There is an opportunity to have nominations from the floor. We will elect the 2019-2020 executive committee and we must approve the delegates to the BCRTA AGM and the representatives to the Council of Senior Citizens' Organizations (COSCO) and the National Pensioners Federation (NPF). I hope you will attend and encourage your friends to join us.

This will be my last event as president after two years in office. I look forward to assisting the new president in any way, if needed. I have enjoyed working with the amazing executive members, with special appreciation to our secretary Denis Ottewell, our editor Ros Kellett and the treasurer Dave Ellis. I would like to thank the executive members for their dedication, support and assistance. Thanks for all their expertise!

It has been my pleasure and a privilege to serve as president of the VRTA. I look forward to seeing you on June 4th at the AGM and luncheon.

**-Winola Chu**

## **WANT TO JOIN in? New Members Welcome LEADERS for Activities**

**Book Club:** Diane Smith frandia@shaw.ca—3rd Wed at 2 pm

**Cross-Country Skiers:** Edie Wood edithwood@gmail.com—Mon/Fri. 10:00 am

**Scrabble:** Sayoko Saimoto—sai389@telus.net—4th Wed after 1:00 pm

**Strollers:** Norma Westrom normawestrom@hotmail.com—every Wed 10:45 am

**Walkers:** Margaret Yoshida margyoshi@gmail.com—every Wed 10:00 am

**Tabloid**

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Retired Teachers' Association

#100, 550 West 6th Ave,  
Vancouver, BC, V5Z 4P2

### **Executive Director**

Tim Anderson (tim@bcrtca.ca)

### **Office Administrator**

Kristi Josephson (kristi@bcrtca.ca)

### **Administrative Assistant**

Laurie Boyd (laurie@bcrtca.ca)

**WEBSITE: [www.bcrtca.ca](http://www.bcrtca.ca)**

### **VRTA EXECUTIVE 2018– 2019**

**President** - Winola Chu

604 872-1859 wderechu@hotmail.com

**Past President** - Norma Westrom

604 731-3937

normawestrom@hotmail.com

**First VP** - Anastasia Mirras

avmirras@gmail.com

**Second VP** - Edie Wood

604 228-0830 edithwood@gmail.com

**Treasurer** - Dave Ellis

604 327-7734 dellis7734@gmail.com

**Secretary** - Denis Ottewell

604 526-7561

dennyottewell@outlook.com

**Editor-Tabloid** - Rosalind Kellett

604 873-0568 roskellett@gmail.com

### **SUBMIT POSTAL CHANGES TO:**

**Membership**—Elaine Anderson

604 929-3306

ebanderson@shaw.ca

### **SUBMIT eMAIL CHANGE TO:**

**TABLOID-Distribution**—Patricia Wright

VancouverTabloid@gmail.com

604 876-7939

### **Members at Large**

Tom Bruner, Arnie Lambert,  
Barb Mikulec, Carol Perdue, Sheila  
Pither, Ali Pollard, Bea Raymond, Art  
Rempel, Les Rowe, Diane Smith.

### **Volunteers**

Ora Fraser and MaryAnn Nelson

**WEBSITE: [www.vrta.ca](http://www.vrta.ca)**

## **Calendar**

*Please feel free to join us!*

**June 4 Tue** VRTA AGM

**July 9 Tue** Exec. Meeting

**Aug 2 Fri** -Deadline-  
TABLOID submissions

**Sept. 3 Tue.** Welcome Back  
Lunch

**Oct.** Workshop (TBC)



# SKAGIT Valley TULIP TRIP



It was a Labour of Love as Ali Pollard worked with **Enjoy Tours** to arrange a busload of 15 members and guests to explore the Skagit Valley, La Conner and nearby tulip fields on Wednesday April 10. We were able to “tip toe” through the fields of vibrant flowers at RoozenGaarde before the weather turned very wet and rainy. All agreed it was an amazing trip.

Tulips were first domesticated and revered in the Ottoman Empire; the

word “tulip” is derived from the word “turban”, a visual resemblance of the flower and its coiled petals as its bud unfolds. In the 16th Century Holland imported the tulips and its moderate weather and fertile fields helped start the bulb industry.

Later, Dutch settlers brought their bulbs to the Skagit Valley, now the heart of the tulip industry in the USA. The Roozen family started their business in 1985 growing

tulips, daffodils and irises.

There are over 3000 varieties of tulips, with most divided into 15 groups based on their flower type, size and time of blooming. A parrot tulip is known for its feathery appearance with ruffled petals and streaks of colours, like that of the feathers of a tropical parrot. The bulb is large and long lasting, and retails for about Cdn\$10.

**-Ali Pollard & Ros Kellett**



*Can you see the parrot feathers in these salmon coloured tulips? Some thought these were daffodils but years of selective harvesting has produced these exotic varieties.*



*Sitting at the front of the bus, Ali Pollard beams with joy as we return safely to Vancouver, the rain stops & the sun shines.*



*A river of sweet-smelling blue hyacinths (Muscari latifolium) led one through the Display garden at RoozenGaarde.*

# Sleep is Good for you!



Most of us think sleep is a passive act, like "closing a fridge door for the night" on our body, and everything slows down and goes dark inside. But we now know that this "darkness" is necessary for our brain and body to do nightly repair of our DNA, and the sorting and cleaning up of physical, mental and emotional events of the day. Prolonged lack of sleep is unhealthy and can be dangerous, such as when driving on the highway and drowsily careening the car off into a ditch!

New sleep research from the USA (1), UK (2) and Canada (3) explain the normal stages of sleep. There are 5 phases of sleep (1): stages 1,2,3,4 and REM (rapid eye movement) then the cycle repeats after about 100 minutes. A good night's sleep for a 70 year old would be 8 hours, thus  $8 \times 60 = 480$  minutes or over 4 sleep cycles. During the early part of the night we spend more time in Deep Sleep (stages 3 and 4) but in the later part of the night, we spend more time in REM sleep.

Light Sleep (stages 1 and 2) involves slower eye movements and

less muscle activity; our brain waves slow down in Stage 2. In Deep Sleep (stages 3 and 4) extremely Delta waves appear, there is no eye or muscle movement and it is very difficult to be woken up. In REM sleep our breathing becomes rapid, irregular and shallow; our eyes jerk rapidly but our limb muscles become temporarily paralyzed. Our heart rate increases, our blood pressure rises, males may develop erections and all of us "dream" although few of us wake up to remember and describe these bizarre illogical stories. Research on Canadians aged 65 years and older (3) show that 25 % of us are not getting enough sleep of 7 to 8 hours nightly; however some of us exist just fine on 5 hours of sleep with a daytime nap (2), if that has been our sleep pattern all our life.

The reports are worth looking at, especially the observation that adults spending 4 or more hours sitting each day (Facebook fanatics, truck drivers) often lack quality sleep. As we age, our brains spend less time in Deep sleep and we wake up an average of 3 or 4 times @night (4). Older people

wake up more because of the need to urinate, respond to a medication, experience anxiety or discomfort from an illness, such as restless legs syndrome or sleep apnea.

How to get back to sleep? Read suggestions from colleagues on page 5 but do see a medical doctor for help if you have trouble getting back to sleep. A few years ago I was finally fed up with my husband's loud snoring that would suddenly stop for up to a minute before resuming. He never noticed this, despite my gently nudging him onto his side. But now I was 100% awake! His doctor had him tested and he was diagnosed with sleep apnea. Now he uses a quiet sleep machine and we both have a good night's sleep.

## Footnotes

(1) National Institute of Health report (NIH Publication No.04-3440-c) 2008

(2) <https://www.mentalhealth.org.uk/sites/default/files/MHF-Sleep-Report-2011.pdf>

(3) <https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-adults-getting-enough-sleep-infographic.html> Retrieved March 2019

(4) <https://medlineplus.gov/ency/article/004018.htm> May 2019

- Ros Kellett



## LETTERS TO THE EDITOR

Send letters, advice or news items to [roskellett@gmail.com](mailto:roskellett@gmail.com) 604-873-0568. Add name, email address & phone number. Keep under 150 words; they may be edited for length and clarity.

**WANT TO TRAVEL TO CHINA?** Two retired BC Educators have arranged for six-month teaching opportunities in Beijing with the Education Commission of Beijing. Teachers of English, ESL and/or Drama are specifically required. More info: contact Gary Little <[groylittle@yahoo.com](mailto:groylittle@yahoo.com)> or VRTA WEBSITE





# How to get BACK to SLEEP?

Sleep Problems In The Elderly



About 2 nights every week I don't sleep at all. I tried to follow Dr. Oz's suggestions: 1. Turn the clock around. 2. Don't stay in bed after 20 minutes if you can't sleep. 3. Get up and read or listen to soft music.

So I have stayed in bed and counted backwards from 100 (or 500) first by ones and then by threes. If I'm still awake, get up and make myself a snack with warm milk or chocolate, sometimes with some added Kahlua. Finally, if I'm still awake then I do chores. I unload the dish washer and do the laundry; and sometimes I get on the computer, send emails and play games at 3:00 AM! I used to take Gravol, Melatonin, or a prescribed sleeping pill but they gave me nightmares. Years ago I was diagnosed with some sleep apnea and restless leg syndrome. So now I survive by eventually falling to sleep with my electric blanket and taking a nap after lunch.

**-S.D. (80 year old)**

What a delightful topic! Sleep is quite an individualized subject. I like a very dark room with cosy blankets and snuggling into the king-sized bed! Mostly sleep comes quickly, but then in the early morning I wake up thinking of a

'to do' list. I get up and write my list, then I can go back to sleep, and tackle the 'to do' items when I am refreshed in the morning.

**-B.M. (72 year old)**

I am lucky enough to be able to sleep through the night without using the bathroom. I fall asleep easily but wake up after 3 or 4 hours and have difficulty getting back to sleep. So I have started taking a 10 mg melatonin pill at bedtime. The slow release capsule helps me go back to sleep.

**-E.A. (71 year old)**



-As a married man, we sometimes use affectionate methods to get to sleep. At other times, one of us may experience sleeplessness as the mind is active with myriad thoughts regarding past and forthcoming events. Rather than lie in bed, I sometimes plan my next activity or get up and take on a task, such as responding to emails.

Having a pet can be relaxing. Our two Yorkies would sleep on our bed and give us warmth and comfort; now we use an electric blanket.

**- D.O. (83 year old)**

Just turn on the light and read a book.

**-R.G. (77 year old)**

As a Muslim I go to sleep around 10 pm so I can get up at 3 am to eat a hearty breakfast that lasts all day during our Ramadan (May 6 to June 5). I am used to this and can sleep easily afterwards.

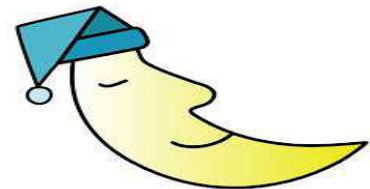
**-M.B. (60 year old)**

Don't get into bed until 11 pm or 1 am; then get up when you want.

**-A.R. (102 year old)**

Be sure to get into bed before 11 pm; otherwise you get a "second wind" and can't fall asleep easily.

**-M.K. (69 year-old)**

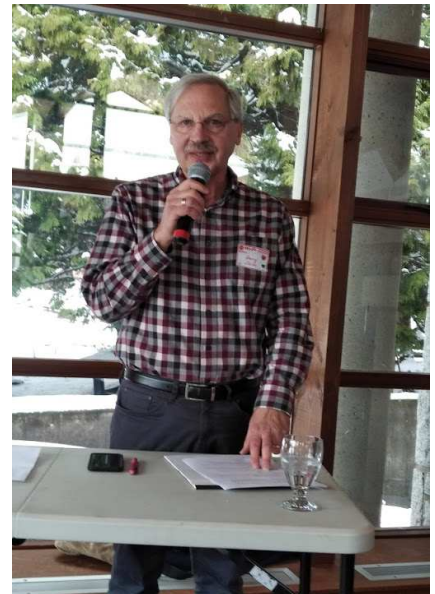


Take three deep, very slow breaths. Next, start singing "Silent Night" in your mind. Time your breaths so that you're breathing OUT on the words...and breathing IN...between the words. That is, breathe out slowly while thinking "Silent"...then breathe in slowly...then breathe out again on "Night"...followed by breathing in...then out on "Holy". Continue this pattern until you fall asleep. If this doesn't work then get up and ...without turning on any bright lights...take a 150mg tablet of Magnesium Citrate (along with 1/2 cup warm milk if desired). Get back into bed and, once cozy, start singing to yourself again.

**-A.P. (72 year old)**

## VALENTINE LUNCH—February 14

Over 40 people came to the Langara Golf Course clubhouse for the Valentine's Lunch, February 14. Gerry Tiede (right photo) described his Life as President of the BCRTA for a month. "I am very busy," he stated, "but this job is my Choice." Gerry clearly enjoys the demanding work, using both his home in White Rock and at BCRTA offices to keep up. He is required to travel to Ottawa regularly for ACER-CART and government meetings. Since retiring in 2008 he has continued working on teacher pensions; his expertise and strong advocacy were evident in his talk and the clear answers he gave to numerous questions from the audience. The BCRTA are lucky to have such a dynamic leader. More explanations of his work are on page 6 of Spring issue of POST-SCRIPT.



## WORKSHOPS GALORE! - Feb. & April

On Tuesday Feb. 26 Dr. Steve Morgan, (right photo) a health care economist in the School of Population and Public Health at UBC, gave a detailed visual explanation of why it makes economic sense for Canada to include the cost of drugs in our public health care system. He has a plan he developed, along with his work for the World Health Organization (WHO), that would provide safe, cost-effective and appropriately prescribed medicines in a sustainable way for all Canadians. See his report <http://pharmacare2020.ca/> Later, Ros Kellett and Winola Chu (see below), along with Denis Ottewell gave advice and personal reflections on how grandparents cope in split families and with parent alienation.



*Dr. Steve Morgan (above) in Feb. Barb Mikulec (below) in April.*



On Thursday Apr. 25 over 20 people (photo left) came to hear Barb Mikulec (photo right) lead two COSCO workshops on Safety in the Home and Emergency Preparedness. Her flexible manner allowed for many participants to share their own stories and advice and we all left feeling happier and wiser.





# Live Stage Offerings

May to August



The two major Arts Club offerings are **Matilda The Musical**, based on Roald Dahl's novel, at the [Stanley Industrial Alliance Stage](#) (May 16- July 14) and **Mom's The Word: Nest 1/2 Empty** at the Granville Island Stage (June 6-July 20). Check ARTSCLUB.COM or 604-687-1644.

For Shakespeare fans [Bard on the Beach's](#) plays run June 5 to June 21. The [BMO Stage](#) features **The Taming of the Shrew** as a Wild-West love story as well as Shakespeare In Love. On the [Howard Family Stage](#) **All's Well That Ends Well**, set in India and incorporating south-Asian music and dance, runs June 26th to Aug.11th then **Coriolanus**, a political tragedy resonating for our time, runs Aug.21 to Sept 15. Note that the two Main Stage plays run in repertory as usual throughout the summer but the small Howard Stage plays run consecutively. Contact 604-739-0559 or bardonthebeach.org

[The Cultch](#) has many interesting offerings; check thecultch.com/shows or 604-251-1363.

[Theatre Under the Stars](#) offerings in-

clude **Mama Mia** and **Disney's Newsies**. (In 1899 New York city newsies who delivered the newspapers united to strike against unfair conditions). The plays run July 5-Aug.17 in Stanley Park's Malkin Bowl. **Mama Mia** previews on July 5th then runs on odd days in July and even days in August. **Newsies** previews on July 6th then runs on even days in July and odd days in August. Check tuts.ca website or 604-631-2877.

[United Players](#) presents **Jerusalem** by Jez Butterworth (June 7-30). This play captivated audiences in London and New York and this is its first time in Vancouver. It features Johnny "Rooster" Byron, a gypsy squatter who is a wanted man, a folk hero to some, a villain to others. The preview is June 6th with a Talkback on June 13th. Matinee performances are 2 p.m. on June 16, 23 and 30; evening performances are 8 pm Thurs. to Sun. Contact unitedplayers.com or 604-224-8007.

Also check [National Theatre Live](#) from London; their films are listed under "Movie Listings" in the newspaper. **-Ora Fraser**

## SLEEP JOKES -

from [jokes.boyslife.org](http://jokes.boyslife.org)

- 1.What do you call a sleepy woodcutter?
2. Why did the Scout take a ruler to bed with him?
3. What kind of dreams do hotels have?
4. Why did the man run around his bed?
5. What do you get when you cross a rooster and a duck?
6. Where do books sleep?
7. What do you call someone who snores?
8. Why did the woman wake up exhausted?
9. What are prehistoric monsters called when they sleep?

### Answers

- 1.A slumberjack.
- 2.To see how long he slept.
- 3.Suite dreams.
- 4.To catch up on his sleep!
- 5.A bird that gets up at the quack of dawn!
- 6.Under the covers.
- 7.A "sound sleeper!"
- 8.She dreamed she was a muffler.
- 9."Dinosnores!"

## Scholarship Fund –HELP RAISE FUND TO \$5000



Recently this fund was boosted by those going on the Enjoy Tours to Skagit Valley Tulip Festival with an extra \$135. More funds are needed –the account rose to \$4600- to support youth who study teaching, geriatric care or gerontology research.

**DONATING ONLINE IS EASY**— Get an instant tax receipt. Go to [www.vancitycommunityfoundation.ca](http://www.vancitycommunityfoundation.ca), click "Funds" at the top, type R.R. Smith in "Search" area, click on "**R.R. Smith Community Fund**", click on "Give to this Fund", and fill in details. Designate funds by typing **Friends of VRTA** in "Leave a comment" space. Donations over \$20 get a tax receipt.

**THEME & DEADLINE**  
for the NEXT ISSUE -

**Friday**  
**August 2, 2019**

**Cataract Surgery—**  
**can I see better?**

Photos welcome. About  
200 words.

# Living Life as a Centenarian



Art Rempel (left) relaxes at end of meeting as President Winola Chu and executive member Les Rowe look on.

Art Rempel turned 102 years at our May 1 executive meeting and as usual, was alert and listening. Curious as to what keeps such a person so healthy and involved, I interviewed him in his home and found him to be a delightful conversationalist and told stories with good humour about his former students, colleagues and fellow workers. Living through the Depression, Art developed a strong work ethic and took heavy labour jobs cheerfully as "it had to be done". Tiring of the uncertainty of contract work Art chose teaching, where he "needed to think, not just earn wages". He taught from 1950 to 1977 in elementary and secondary schools, finishing up at Bri-

tannia Secondary school in Business Education. He worked with Bill Alsbury and others after school to organize teachers and set up regional colleges. He was active on the VSTA executive, BCRTA President 1981-2 and the first President of the VRTA, serving twice (1986-8; 1990-2).

**What keeps him going?!** Art credits his good health to ancestry, good fortune and an attitude that dislikes "just sitting around doing nothing". He is active in the local Baptist church, watches the news, gardens, paints, and goes out with "his pals". He also cooks and was making a 'big pot of soup' for himself and his daughter. Art shows some signs of aging – he wears a hearing aid, has some balance issues and less energy – but he never naps, he says. Some of us know that he can doze off ...only to wake and issue a profound comment. - **Ros Kellett**

## ANNOUNCEMENT



WANT to ASSIST seniors to have Better Lives through a group presentation? Consider becoming a **COSCO Workshop Presenter**—Sign up for Training on Tuesday July 30 at the BCGEU office by contacting Sylvia  
<sylviahelmer42@gmail.com>



### Not a member of BCRTA?

For a THIRD Year former non-member retirees can join both BCRTA & VRTA for FREE in their 1st Year - Sign up at [www.bcrta.ca](http://www.bcrta.ca) or phone: 604 871-2260



Former VRTA Website technical manager Evan Cunningham (left) hands over administrative tasks to new manager Robin Tavender at January meeting with website members. Evan has moved to Coquitlam with a new job.

### REGISTRATION FOR JUNE 4 LUNCH 11:30 AM Royal Vancouver Yacht Club

Name(s): \_\_\_\_\_

Ph: \_\_\_\_\_ Email: \_\_\_\_\_

Enclose cheque for \_\_\_\_ attendee(s) @ \$42 each  
Cheque payable to: **Vancouver Branch —BCRTA**  
**Or Pay ONLINE**

Those wishing vegetarian entrée/special diet, check here \_\_\_\_\_

**See Page 1 for where to send. Register  
by Tuesday May 28 TO AVOID DISAPPOINTMENT**  
**Donations for the FOOD BANK are appreciated**