

Vancouver Tabloid

Vancouver Retired Teachers' Association AUGUST 2019 Newsletter

TRAVEL and PESTS!

RETIREMENT can open up Travel opportunities with fewer time restrictions ..yet travelling outside home in unfamiliar environments can also leave one vulnerable to bugs, pests and troublesome mosquitoes. Learn more on pests on pages 4 to 6. To see new sights one wants good eyesight –learn about cataracts on page 5. Finally watch out for Fake News stories in upcoming campaign see page 4.



Only the female mosquito bites and seeks blood, leaving itchy juices inside an annoyed traveler.

WELCOME BACK Luncheon

Come join us for your FIRST or 'FOREVER' year of Retirement with new and familiar friends this Tuesday, Sept. 3 at 11:30 am in the beautiful Royal Vancouver Yacht Club, 3811 Point Grey Road. Catch up with your colleagues; they don't need to be VRTA members to come. Speaker: **Judy de**

Vries, President of the RR Smith Memorial Fund Foundation and Organizer extraordinaire, will speak on "Let's Go for an Adventure!" including mystery tours and movie nights. On the menu: chef's choice of two main dishes, buffet salads and desserts, tea and coffee. Wine is available for purchase.

Pre-registration is required.

Our **BOOK SWAP** continues: bring a book from your summer reading; and take a book or just take a book. ***NOTE:** New cheque recipient: **RR Smith Memorial Fund Foundation**. Feel free to give more than \$40 to grow our Scholarship & bursary fund.

BOOKSWAP



Welcome Back Lunch-Tue. Sept. 3

Starts 11:30 AM at Royal Vancouver Yacht Club

Complete the registration form ON THE LAST PAGE by Tuesday, Aug 27 and send to:

Dave Ellis, 2086 Newport Avenue,
Vancouver, BC. V5P 2H8

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

Pay Cheque *Min. \$40 to: *R.R. Smith Memorial Fund Foundation" OR

Pay Online: <https://vrta-sept3-lunch.eventbrite.ca> OR

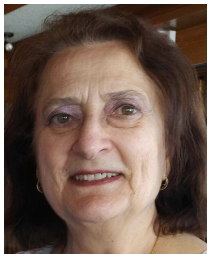
Pay Online directly to *Friends of VRTA" (details page 7) AND You Must register for lunch directly <dellis7734@gmail.com>

LUNCH REGISTRATION ON BACK PAGE

In this Issue:

Page 2 – President's Greetings/New executive/VRTA Clubs/Calendar
Page 3 – June AGM Lunch/Dancing
Page 4 – Editorial-Pests/Fake News/Fake Glasses
Page 5—Cataracts and Pests
Page 6 – More Summer Pests/RunAway for a Day
Page 7— Live Stage/Jokes/Scholarship News/New Theme
Page 8 – Federal Election/Volunteer/Announcements/Registration Form

President's Greetings



A warm welcome all our new retirees and returning members. I want to invite you to all of our meetings and lunches and to participate in some of the VRTA activities - See the choices below. A big thank-you to the retiring executive members: Arnie Lambert, Carol Perdue, Bea Raymond and Volunteer: MaryAnn Nelson. Your service was greatly appreciated.

I look forward to working with the new executive (see photo below) and cohort of volunteers: Lil Cumberbirch, Ora Fraser, Carol Perdue and Bea Raymond. Thank you for continuing dedication.

Please come to our Welcome back Lunch on Tuesday September 3 - details can be found in this newsletter. I look forward to seeing you there and getting to know you. And do come to our executive meetings, held on the main floor of BCTF Building. The dates are posted on our website and given here: Tuesdays 10 am to noon: September 24, November 12, January 14 2020, March 31, May 12, June 30.

-Anastasia Mirras



New VRTA Executive 2019-20 (Back row from left) Winola Chu, Elaine Anderson, Ros Kellett, Patricia Wright, Barb Mikulec, Dave Ellis, Edie Wood, Denis Ottewell. (Front row left) Les Rowe, Anastasia Mirras, Ali Pollard (Absent: Tom Brunker, Sheila Pither, Art Rempel, Norma Westrom)

PUZZLE: Of the four people wearing eye glasses in this photo, one person is wearing FAKE GLASSES. Which one? See page 4 for Answer.

WANT TO JOIN in?
New Members Welcome
LEADERS for Activities

BOOK CLUB: Diane Smith frandia@shaw.ca—3rd Wed at 2 pm
CROSS-COUNTRY SKING: 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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VRTA EXECUTIVE 2019– 2020

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Vrta.president@gmail.com

Past President Winola Chu

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VACANT

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604 228-0830 edithwood@gmail.com

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604 327-7734 dellis7734@gmail.com

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Members at Large

Tom Brunker, Barb Mikulec,

Sheila Pither, Ali Pollard, Art Rempel,

Les Rowe, Diane Smith, Norma Westrom

Volunteers

Lil Cumberbirch, Ora Fraser,

Carol Perdue, Bea Raymond

WEBSITE: www.vrta.ca

Calendar

Please feel free to join us!

Sept. 3 Tue. Welcome Lunch

Sept.10-12 NPF Conv.

Sept. 24 Tue Exec. Meeting

Oct. 3-5 BCRTA Conf.- AGM

Nov. 1 Fri -Deadline-

TABLOID submissions

Nov -Workshop (TBC)

Nov. 12 Tue Exec. Meeting

Dec. 3 Tue (TBC)

Xmas Lunch

JUNE LUNCH and VRTA AGM



Chef's Choice included a tasty pasta with fresh salad, mangoes and other delights, including fruit dessert.

Over 40 members and guests attended the June 4 Lunch and AGM event at the Royal Vancouver Yacht Club and it wasn't all business! The seven VSB Choir singers inspired experienced ballroom dancers (see below right) Denis Ottewell and Winola Chu to get up and dance.

During the AGM portion, members elected a new executive (see column on page 2) with the First VP

position vacant. Annual reports were submitted by the President, Treasurer, Membership and TABLOID Editor, as well as the coordinators of these committees: Website, Social programs, and Workshops. Members voted to receive these reports and keep our Branch fee at \$12 per year. The 2019 AGM reports are available from Denis Ottewell.

-Ros Kellett



The VSB Choir, led by guitarist Ian Nicholls, sang six songs with great gusto and skill and encouraged us to join in "Sentimental Journey".



Denis and Winola dance up a storm at the AGM



(From Left) Margery Kellett (mother) with daughter Ros and new friend, Joan Finley, enjoy the hearty lunch.



Former BCRTA Director Barb Mikulec (left) presents incoming VRTA President Anastasia Mirras with BCRTA brooch.

Friends of VRTA AGM

This meeting took place immediately following the VRTA AGM. All members of the VRTA are members of our charitable wing, the Friends of the VRTA. Ros Kellett and Dave Ellis gave a brief historical review and a financial update (see page 7). They hope to build the fund with more individual donations and the September 3 lunch donations.

-Denis Ottewell

What do Pests and Fake News have in common?



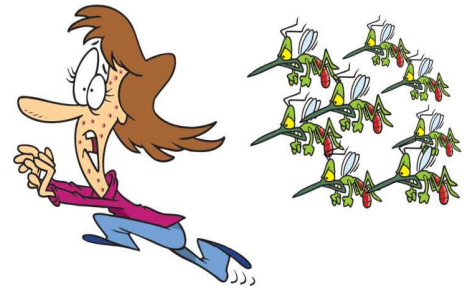
Editorial

Each of these is a nuisance that can cause serious harm if the individual does not actively intervene. I despise mosquitoes; they seem to get me, more than others, in the bedroom or in the holiday cabin by the lake in the morning darkness. I no longer hear their whine (are the 2019 species evolved to be soundless?!) nor feel the bite; yet 24 hours later the small pink welt itches like mad. Then I reach for the "After Bite" or calamine lotion and try not to scratch!

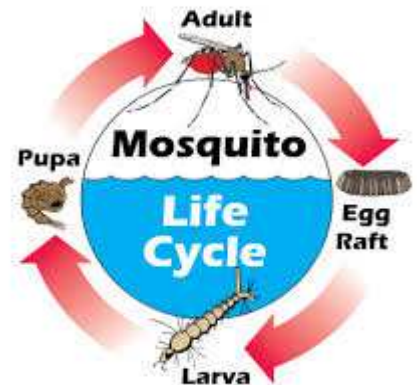
Mosquitoes are the deadliest animal in the world to humans as they spread vector diseases like malaria, yellow fever, dengue, chikungunya, West Nile Virus and Zika virus. Yet eliminating ALL mosquitoes is not the answer as most mosquito species are vegetarian, pollinate some flowers, act as food for many fish and birds and some even eat other mosquito larvae. Only a few species (*Anopheles gambiae* and two *Aedes* species) carry the disease virus or organism. To kill these vector mosquitoes, governments are using gene therapy, lethal bacteria and developing other techniques. One successful program, used from time to time, is the release of masses of sterile male mosquitoes in Brazil. Check out www.forbes.com/sites/quora/2017/09/13 for more info.

Meanwhile we can do our part to reduce contact with mosquitoes. Remember the mosquito life cycle is water based so drain off standing water around the garden, put screens up on doors and windows and a net over the bed. ..then sleep soundly!

- Ros Kellett

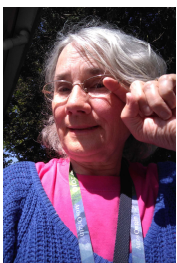


Mosquitoes target some individuals more than others (from pluspng.com)



HANDLING FAKE NEWS

Each of us can help spread FACTS, not FICTION, in the upcoming election campaign esp. on social media. DON'T pass on stories unless YOU have checked its original source and found the same story on other credible sources (such as CBC, Al-Jazeera, Globe and Mail, New York Times). Check FACEBOOK stories with www.snopes.com to determine accuracy.



WHO IS WEARING FAKE GLASSES?

Ros lost the left lens on her glasses for her strong left eye yet has been able to "fool" people with her incomplete glasses for weeks while her eye recovers from cataract surgery and she waits for her new prescription and new glasses to arrive.



**LETTERS
TO THE
EDITOR**

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

Be sure to take the BCRTA Survey now. Go here for the online survey

<https://bcрта.ca/bcрта-survey-2019/>

The Editors of POSTSCRIPT are urging you to participate. "We care about your stories, and how BCRTA can be a positive support to your retirement. Please ... fill in our survey printed in the Summer POSTSCRIPT or online at www.bcrта.ca/survey. What you need and what you hope for matters to us.. (so) be heard."

Cataracts and Pests!



Several members have had cataract surgery within the last 5 years and wanted to share their experiences.

The operation is fairly simple but sometimes one has to wait months before one receives surgery. One also has to choose one type of artificial lens to insert and thus whether to have fixed short or long distance vision. Here are some tips to consider as you await your surgery, if your eye lenses age, grow stiff and cloud up. **NOTE:** About *5% of seniors with cataract surgery have other eye problems and get poor results. Others find they never need glasses again. Check out Health Link BC on cataract surgery, its *2011 AAO study and more info.

The worst thing about having my Cataract operation was keeping track of the types and number of eye drops, (four daily) beginning three days before my surgery. Then I had a break on the surgery day but afterwards, I had to retake all four eye medicines for weeks afterwards. I had to read the labels carefully. For example, on the twelfth day I had to stop the Prolensa; but continue on with two other types (four times daily). Also, the bottles were so tight my husband had to help me squeeze a drop out. Later I found the eyesight better in that eye but now I must close one eye when I'm reading or I'm cross eyed! I am preparing for a second cataract surgery and will use a chart to help keep track of those eye drops. **-Diane Smith**

The best thing about having cataracts removed in both my eyes was how quickly I could now read with my new progressive lenses without having to put on a separate pair when I chose to read an article.

The operations were the most painless medical procedures I have ever experienced. Getting a needle at the dentist is more painful. The procedure involved getting numerous drops in my eye before the operations. My face was covered with a



*Eye showing cloudy lens in need of cataract surgery
(Internet image)*

cloth that covered all my face except the eye involved. A strong light was focused on the eye while the doctor worked on it. I saw nothing and I felt nothing. The most annoying part of the procedure was the six months between the two operations when I could only read with glasses and I needed a new prescription. The old glasses no longer worked.

-Elaine Anderson



PESKY PHONECALLS

Are you tired of getting unsolicited telephone calls that when you answer nobody replies for a few seconds. These "bot" calls or robocalls are made by machines that automatically dial numbers until someone answers and then they transfer to a recording that harangues you over supposed unpaid bills, cancelled credit card or to someone who is trying to sell you something, TELUS BC has a new service for your home phone that stops these automatic calls. It is called CALL CONTROL. If you look up Telus on your computer and select the option Call Control you will see all the relevant details. I signed up three months ago after receiving three early morning calls that woke me up. Since then I have not received one unsolicited call. It is wonderful. **-Elaine Anderson**

NOTE: When Call control is on, callers hear a recording asking them to enter a number on their key pad; this prevents a non-human from getting through. It is recommended you set up two lists for Callers: Accepted and Blocked (maximum of 25 each) to make it easier for family, doctor's office, etc. to reach you. **-Editor**

MORE SUMMER PESTS



Denis backgarden attracts many pests as well as useful predators such as birds and dragonflies.

RATS, SQUIRRELS, & BITING INSECTS



My large back garden(see photo) with its flowers and vegetables are a huge attraction for several pests. The

seeds and suet in the three bird feeders, two hummingbird feeders, and two water baths also feed pests.

Rats annoy me the most. They are sly, agile, can gnaw through thin metal, plastic, wood and cardboard. Their nests are filthy with rat droppings. I have had them in my attic, under the sheds and even in the

car's electrical wiring system –their gnawing cost me over \$400 in repairs. They have eaten our vegetables, such as tomatoes and broccoli. To control the rats I use traps and shoot them with my legal pellet rifle. I don't use any type of poison or insecticide as I want an



organic yard. Squirrels also like chewing through the stalks of my tall stemmed flowers. They take particular delight in digging up bulbs and rooting out small plants. They also can climb stucco walls and get into attics. To limit the squirrels, I trap them to release in a wooded area 2 km. away.

Biting insects-as mosquitoes and spiders- leave my skin itchy and occasionally inflamed. So then I am grateful for my garden and the birds & hummingbirds it attracts to feed on the insects,

—Denis Ottewell

Run Away to Sea-for a day!



I joined about 100 women of all ages for an amazing day with the Canadian Navy vessel **HMCS Winnipeg**, learning the life of a Canadian sailor. To promote more female leaders in traditionally male occupations, **Winnipeg** partnered with the Achieve Any-

thing Foundation's **This is You** program. The free tour started with tours of operational areas such as the bridge and communications centre. We tried out the equipment, such as climbing up a rope ladder to the helicopter or dressing into the scuba gear like a naval diver. We tested our firefighting skills using the fire hoses to shoot immense sprays of water. After lunch the frigate left the dock and travelled under Lions Gate



Bridge and back. The **Winnipeg** sure travelled fast at 30 knots and did tight maneuvers, drenching us in spray! Future tours may include helicopters at the Abbotsford Airport. If interested, eg flying a helicopter, register online www.achieveanything.ca

-Barb Mikulec

Live Stage Offerings

September to October



The *Arts Club Stanley* series for 2019-20 begins with **A Thousand Splendid Suns** by Ursula Rani Sarma. Based on Khaled Hosseini's novel set in war-torn Afghanistan, two women's lives intersect and their friendship helps them cope in 1990's Kabul. Billed as "a haunting yet hopeful story" the play runs Sept.12 - Oct.13.

The *Arts Club Granville Island Stage* opens with **The Birds and the Bees**, a very funny Canadian comedy about life and love. It runs from Sept.26 - Oct.26.

At the *Arts Club Goldcorp Theatre* **Cost of Living** by Martyna Majok is featured from Oct.10 - Nov.3. This 2018 Pulitzer Prize-winning play is about relationships and living with physical disabilities. Check ARTSCLUB.COM or 604-687-1644 regarding all three plays.

The *Cultch* offers an exciting **variety of offerings**; check thecultch.com or phone 604-251-1363.

At *Freddy Wood Theatre (UBC)* **Beckett 19** or some such semblance by Samuel Beckett runs Sept.25 - Sept.28 at 7:30 p.m. Tickets for Seniors are \$16.50. Google Frederic Wood Theatre or 604-822-2678.

At the *Gateway Theatre in Richmond* the first play of the 2019-20 season is **China Doll** which runs Oct.17 - Oct.26. The play, written and directed by Marjorie Chan, revolves around a young girl's search for freedom. Check gatewaytheatre.com or phone 604-270-1812.

Metro Theatre Vancouver kicks off with **Comedy of Tenors** by Ken Ludwig. The play runs Oct.4- Oct.19 with matinees Oct.6 and 13. Set in Paris in 1937 this play is full of hilarity and mistaken identities. See details at metrotheatre.com or 604-266-7191.

Studio 58 at Langara presents Season 54 beginning with **Shakespeare's Anthony and Cleopatra** which runs Sept.26-Oct.13. Contact langara.ca/studio58 or phone 604-323-5227 for further information.

United Players of Vancouver begins their season with **A Tender Thing** by Ben Power. The play which runs Sept.6 - Sept. 29 examines the question: What if Romeo and Juliet didn't die and instead lived into old age? Contact unitedplayers.com or phone 604-224-8007 for further information.

- Ora Fraser

JOKES –PESTS

from www.jokes4us.com

1. What do you get if you cross some ants with some ticks?
2. What do you call a 100 year old ant?
3. Where do you go to replace a rat's tail?
4. What is a rat's favorite game?
5. What is a mosquito's favorite sport?
6. Why are mosquitoes religious?
7. Why don't vampires like mosquitoes?
8. What was the spider doing on the computer?
9. What do you call a bug that that can't have much sugar?
10. What do you do with a sick wasp?

ANSWERS

1. All sorts of antics!
2. An ant-ique
3. A re-tail store
4. Hide and squeak!
5. Skin-diving
6. They prey on you
7. Too much competition!
8. Searching the web!
9. A diabeetle
10. Take it to a waspital!

THEME & DEADLINE
for the NEXT ISSUE -
Friday
November 1, 2019

**Is my Smart Phone
too smart for me?**

Photos welcome. About
200 words.



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 is now \$4655 to support students who study teaching, geriatric care or gerontology research as a career.

DONATING ONLINE IS EASY— Get an instant tax receipt. Go to 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 of \$20 or more get a tax receipt.

MAKE YOUR VOTE COUNT!

BE INFORMED for October 21 Monday



Leaders of Canada's main political parties (Top left clockwise) Premier Justin Trudeau (Liberal); Leader of the Opposition Andrew Scheer (Conservative); Elizabeth May (Green); Jagmeet Singh (NDP) will face severe public scrutiny and possible Fake News as the Election campaign begins. (Photo Canadian Press).

There are 16 registered political parties for the 2019 Election, according to Elections Canada, including the Parti Rhinoceros Party. The election writ will be dropped in mid-September for the 36 day official election campaign, ending Election Day Monday October 21. Consult the proper web-site for each political party for correct information about their Leader, party policy, events, photographs, video clips, your local candidate and Donate opportunities. Be INFORMED and exercise your RIGHT TO VOTE.

VOLUNTEER OPPORTUNITIES

-SEE our website for latest.
Volunteers needed now for:

- Dr. Sun Yat-Sen Gardens
 - One on One Literacy
 - Canadian Red Cross equipment inventory

Here are the main parties' web sites and Maxime Bernier's new party
 Web site: www.conservative.ca
www.greenparty.ca
www.liberal.ca
www.ndp.ca
www.peoplespartyofcanada.ca

ANNOUNCEMENT



**-Annual Symposium and AGM
 | Canadian Women for Women
 in Afghanistan** (Meeting for CW
 for Women in Afghanistan –
 CW4Wafghan) Oct 3 to 5 in
 Harrison Hot Springs.
REGISTER now:
<https://www.cw4wafghan.ca/>



Not a member of BCRTA?

For a FOURTH Year former non-member retirees can join both BCRTA & VRTA for FREE in their 1st Year - Sign up at www.bcrt.ca or phone: 604 871-2260

REGISTRATION FOR SEPT. 3 LUNCH 11:30 AM Royal Vancouver Yacht Club

Name(s): _____

Ph: _____ Email: _____

Enclose cheque for ____ attendee(s) @ \$40
 Cheque payable to: **RR Smith Memorial Fund
 Foundation –Friends of VRTA**
Or Pay ONLINE—see two options on front page

Those wishing vegetarian entrée/special diet, check here ____
**See Page 1 for where to send. Register
 by Tuesday Aug 27 TO AVOID DISAPPOINTMENT**
Donations for the FOOD BANK are appreciated