

Vancouver Tabloid

Vancouver Retired Teachers' Association JANUARY 2020 Newsletter

WHEN AND HOW TO STOP DRIVING?



This recent snowy, windy weather and the icy roads jolted many of us to question our car use as we age. Yet cars are personal mobile devices that free us to move great distances, often at some expense and emitting greenhouse gases! See pages 4 and 5 to learn how others decided when to stop driving.

CELEBRATE VALENTINE'S LUNCH

PLEASE JOIN US for our February Luncheon on Tuesday Feb.11 at the Langara Golf Clubhouse 6706 Alberta Street. Guest speaker **Melodie Mallinder (TBC)**, from St. James Music Academy, will speak on *Creating a Musical Life for Children*.

The Mediterranean Menu includes chicken souvlaki, lemon rice pilaf, classic Greek salad with olives, pita & tzatziki, and assorted dessert goodies, including tea and coffee. Cost is \$30. ***Pre-registration with our Treasurer required; there are a limited number of seats available.** When paying online, be sure to notify **Dave Ellis** of any special diet needs.



Valentine's Day Lunch

Tuesday February 11

At 11:30 AM at Langara Golf Clubhouse
6706 Alberta Street (x West 49th Ave.)

Complete the registration form **ON THE LAST PAGE**
by Tuesday February 4 and send to:

Dave Ellis, 2086 Newport Avenue,
Vancouver, BC. V5P 2H8
P:604 327-7734 or email dellis7734@gmail.com

Pay Cheque \$30 to: Vancouver Branch—BCRTA
or Pay Online & Notify Dave Ellis:

<https://vrtavalentines.eventbrite.ca>

LUNCH REGISTRATION ON BACK PAGE

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President's Greetings

Health, Happiness, Peace, and Love for the New Year!



I HOPE YOU had a relaxing holiday and this New Year, 2020, will bring you good health and some realized dreams. The Christmas lunch had a turnout of 62 people. I was so pleased that so many came to try the new location at Hycroft Manor and even stayed for the carol singing! Thank you, Norma Westrom, for leading us in song on the piano. Over two dozen of you also stayed for the talk on Wills and Estate Planning, making this entire occasion a great success.

Your January Annual Pension Statement is also important to look at and interpret. Firstly: Total cost-of-living adjustments added - gives you the total cost-of-living adjustments that have been added to your initial pension (the pension you started with). This figure is inclusive of the annual cost-of-living adjustments that have been applied to your pension. Note that once a cost-of-living adjustment has been made it becomes part of your basic lifetime pension benefit. Group Benefits, however, are not guaranteed. Do Double Check your beneficiary and update as necessary. If you require clarification of any part of your statement, call or write to The Teachers' Pension Plan. They are there to serve you.

Finally, as I see the snow piles start to melt from the recent winter storm, I hope you all coped well with the SNOW DAY. Our Valentine's lunch will be on Tuesday February 11th. The Langara Golf Clubhouse can hold only 50 people so register early. Hope to see you there!

-Anastasia Mirras

WANT TO JOIN IN?

New Members Welcome

LEADERS for Activities

BOOK CLUB: Diane Smith frandia@shaw.ca—3rd Wed at 2 pm

CROSS-COUNTRY SKIING: Temp. VACANT —If interested, contact 2nd VP

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

Vancouver Tabloid

A publication of the Vancouver Branch of the British Columbia Retired Teachers' Association

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Members at Large

Tom Brunker, Barb Mikulec,
Sheila Pither, Ali Pollard, Art Rempel,
Les Rowe, Diane Smith,
Norma Westrom, Patricia Wright

Volunteers

Lil Cumberbirch, Ora Fraser,
Carol Perdue, Bea Raymond

WEBSITE: www.vrta.ca

Calendar

Please feel free to join us!

Feb. 11 Tue-Valentine Lunch

Feb. 18 Tue - Workshop

Mar. 31 Tue -Exec. Meeting

(Exec. Meet at 10:00 AM in
BCTF Building)

Apr 14 Tue. (TBC) Workshop

Apr.28/May 12 Tue (TBC) Exec.

June 9 Tue (TBC) VRTA AGM

WORKSHOP ON SOCIAL CONNECTIONS

Dealing with Isolation and Loneliness and Making Social Connections

About 20 people attended the Tuesday November 26th Workshop presented by two experienced speakers. Barb Mikulec (COSCO presenter) began the session describing how Social isolation can start. As we age, some of us give up car driving, especially at night, and then don't get out and may start losing contact with friends. Or we may suffer a physical infirmity e.g. hearing loss making it difficult to communicate with others. Barb led the extensive discussion of the factors that impede social connectedness and how to reconnect. Some examples were: good city infra-structure so side-walks are safe to walk on; learning to stay connected online and with social media; having adequate income to take in a movie and even volunteering.

Serge Haber reported that almost 20% of B.C. seniors suffer from loneliness and severe depression, even if they live in a care home. He himself experienced terrible loneliness when his wife -his daily



companion for over 57 years -died over 8 years ago. He hated eating alone; even getting up in the middle night to use the bathroom reinforced the feeling of being in an empty house with no-one to touch. He was in "serious trouble". He had to fight to reconnect and find a purpose to his life. He became more involved with the Jewish Seniors Alliance (JSA), which he had founded in 2003 while his wife was still alive. He threw himself into fundraising and expanding its programs so it could reach out to any senior who feels frail, lonely and isolated. His volunteerism saved him and he urged participants to consider joining the JSA Peer Support program. Volunteers are professionally trained to assist seniors "one person and one act of kindness at a time". Serge deplored some home service support organizations that send a different caregiver each time. There is "no soul" in such interactions, he claimed. The JSA Peer Support Program ensures volunteers provide quality interac-

tions in such activities as: peer counselling, friendly phone calls, friendly home visits, bereavement support, information referral and caregiver help. One doesn't have to be Jewish to belong and become trained; only the Board members are Jewish.

Serge emphasized that seniors benefit most from having another senior, or an even older person, helping them. And the best part about being a volunteer is the intrinsic value you gain. "You are giving of yourself" and in the end, you are helping yourself more than the person to whom you are responding. "Then you can look forward to tomorrow!", he stated.

To learn more about the JSA – and sign up to volunteer – visit www.jsalliance.org/peer-support

[NOTE: The fascinating life story of Serge Haber, a Holocaust survivor, can be found online here: <https://jsalliance.org/wp-content/uploads/2015/07/Serge-Haber-Memoir-Web.pdf>]



Presenters Barb Mikulec and Serge Haber addressed participants at November workshop.



Editorial

When should I stop driving?

By Ros Kellett, Tabloid Editor

I have mixed feelings about ever stopping driving! Then I read the scads of online research. Transport Canada statistics (2000 to 2015) show that more seniors are dying on Canadian roads, especially in urban areas, than any other age group. CTV News reported (Mar. 5 2018 Ref #1) that seniors accounted for an average of 447 deaths per year, more than the next closest group, aged 25 to 34 (379 deaths). In BC from 2009 to 2018 RoadSafety BC (Ministry of Public Safety and Solicitor General) found those aged 75 years and older were mostly killing themselves or others at a much higher rate than the rest of the population. These death rates are graphically backed by USA statistics (see the graph on the right).

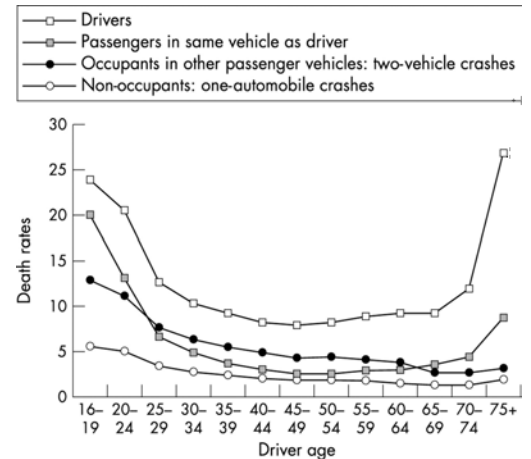
Age does affect road safety.

Fortunately in BC the decision to stop driving is regulated by Road-Safety BC. Since 2018, everyone aged 80 years and older must submit a doctor's note every two years to prove medical competence. If needed, a further test is an enhanced road assessment (ERA) in one's own vehicle. Dr. Shawn Marshall, at Candrive, Ottawa, is researching drivers aged 70 and older in a multi-year national study to develop a better medical screening tool to deter-

mine driver fitness. (Ref #2) As we all age differently, he doesn't believe that just being Older makes one a bad driver! Many older drivers do self-regulate their driving habits, for example, and restrict their driving to daylight. What is the responsible action to take as we age? Read on to learn what your colleagues say regarding retirement from driving. May this prepare you for the day you cease being a car-driver!

#1 <https://www.ctvnews.ca/features/made-in-canada-solutions-to-seniors-dying-on-the-roads-1.3822357>

#2 <http://www.ohri.ca/rehabilitation/Candrive.aspx>



GRAPH showing older American drivers, aged 70 plus, dying from car crashes at higher rates than any other age group. Ref: **Injury Prevention** 2004

TIPS to help decide when to stop driving

Don't drive when you:

- Lose your cognitive and sensory ability
- Must be on certain medications or consumed lots of alcohol
- Lose concentration skills & easily distracted e.g. by mobile phone use, new car electronics or climate adjustment console
- Begin to feel overwhelmed/confused with driving at night, sunlight glare or other unusual weather and road condition events
- Find your car too expensive.

Besides the purchase of my 2009 Toyota RAV, I found that servicing averages \$485 per year.

I had to purchase new winter & then regular tires and rims which cost about \$2000. I have to pay annually around \$1640 in insurance and vehicle license fees. Gasoline now costs \$1.30 to \$1.74/L. And I have had un-expected costs: small collision repairs totaled \$600. Then I found rats chewed my wiring twice \$753! Still, I value my freedom and I will continue driving carefully.

-Denis Ottewell

TEST YOUR DRIVING IQ WITH THESE TESTS

<https://www.ctvnews.ca/features/driver-s-quiz-put-your-driving-iq-to-the-test-1.3823085>

<https://www.caa.ca/wp-content/uploads/2016/05/Simple-Driving-Assessment.pdf>

WHEN SHOULD WE STOP DRIVING A CAR?!

WHEN THE DOCTOR TELLS ME!

My husband Bob loved cars. Since age 16 he had a series of cars, each one of which he spent hours fixing up. They were his pride and joy, and were an important part of who he was.

His first signs of dementia were not apparent in his driving. He'd been driving so long that it was automatic for him. I was quite comfortable being with him in the car. Then his doctor gave Bob a test for Alzheimer's. He did poorly on the test so ICBC was notified; he was told to take the road test. As he would have to drive a car he wasn't accustomed to, I had Bob take a lesson with a driving school instructor. Bob handled the "foreign" car and all the instructions with aplomb

and he was told he was fine to drive! So off he went to "Drive Safe."

Alas, he failed the test. Bob was quite annoyed. He told me the instructor had made him go into a gas station and get gas, something Bob hadn't done for years. Bob was dismayed at not being able to drive again. I wondered if I should ask for a retest. Even though he still did pretty well, what if something unusual came up-would he be able to handle it? Would his or someone else's life be in danger if he continued to drive?

In the end I helped Bob understand why he could no longer drive a car. He eventually accepted his fate and with time I realized that I had made the right decision. Giving up driving is tough but we can't take a chance. – **Ali Pollard**

WHEN I NO LONGER WANT TO DRIVE!

I'm in my eighties and have decided to give up night time driving but will continue to drive during the day as long as I am able! –**Diane Smith**

Each new car brought me joy: the big white Pontiac convertible was posh to drive; the small black MG sports car was so jaunty! How will I feel about giving up something that has brought me so much convenience, freedom and fun? That will depend on my state of mind! But already I'm using transit; I can learn to adjust. –**Ali Pollard**

I voluntarily surrendered my driver's license three years ago. Legally I was allowed to drive but I decided not to. I made the decision gladly; in fact I rejoiced. I hate driving in Vancouver especially where I live, near Granville Island, where chaotic motor and pedestrian traffic is the norm. I was afraid that my unreliable health condition could result in my hurting somebody. My confidence was shot. I hadn't had an accident. My license was clear. But still I worried whenever I got behind the wheel.

Life goes on and mine is enormously busy. I very rarely ask for rides but friends and family are

wonderfully kind and gracious. They ask if I need a ride and I accept with pleasure. Also I have learned to use the bus system. There is a ramp in most buses and seats for people who need them. Fellow passengers offer their seats. I have never once had to stand.

Then there are taxis. Have you ever totaled the cost of owning and operating a car? You can pay for plenty of cab rides for that expense.

So here I am, happily wheel less. Everybody is different. If I lived in Terrace I'd be whistling a different tune.

– **Sheila Pither**



CHRISTMAS LUNCHEON



The Christmas lunch at Hycroft was great. Over 60 members and their guests attended. Anastasia Mirras, President of VRTA, welcomed all to the lunch and explained the proceedings for the afternoon and introduced several speakers.

Lynne Kent, Membership Chairperson of the University Women's Club of Vancouver (UWCV), invited folk to take time after the lunch to explore the lovely interior of Hycroft, an Edwardian mansion and the former home of Alexander Duncan McRae, a successful business man and politician. The UWCV acquired the 30-room home in 1962 to be their Club-house and have maintained it and its surrounding gardens ever since.



Above Lynne Kent from UWCV welcomes lunch participants; Below Norma Westrom plays piano to accompany singers.

Noel Herron, retired school principal and former school trustee then spoke on his concerns that the Vancouver School Board's hot lunch program was in danger of closing and becoming a cold bagged lunch program. Interested members should contact Noel at [<n_herron@shaw.ca>](mailto:n_herron@shaw.ca) Participants were then served a three course meal, including soup, delicious traditional organic turkey and Christmas pudding.

Time seemed to fly and soon it was time for carol singing, led by retired music teacher Norma Westrom. Alas, about one third of the group had to leave after 2:00 pm, especially to hear the Wills and Estate Planning workshop by lawyer Nicole Russell.



Above Karen Young (left), Ruth Deshaies, Lois Paterson wait for lunch; Below Tom Tylka chuckles with joy during rousing carol-singing.

Christmas 2019 Poinsettia Deliveries



Organizers Ali Pollard (left) and Edie Wood were happy to get help from 3 year old "elf" Ozzy Melchin-Adams. Almost one hundred poinsettias were delivered Friday Dec. 6



Jane and James J. Denholm (retired VSB teacher, administrator and retired Principal of Langara College (1972-88) waited patiently for their Christmas poinsettia. Jane considers this the start of their Christmas.



Grandson Ozzy takes elevator with Granny Ros to deliver a poinsettia to a senior VRTA member aged octoginta quinque (85 or over).



Young boy builds his own sled hill & delights in snow on rare Vancouver SNOWDAY Jan. 15 2020-Photo: Meredyth Kezar

Membership Report December 2019

We have approximately 1350 members. Of these there are 124 life members (members over 90). Our membership is slowly increasing since the BCRTA started the practice of giving a one-year free memberships to those who are joining for the first time. Most members who take advantage of this offer do not resign from the organization at the end of their free year. They have discovered that there are many advantages to being a member of the BCRTA and VRTA. The BCRTA has worked hard to establish an affinity program that offers many opportunities for members to save money. The long-standing relationship with Johnson's Insurance which provides some of the best prices for travel insurance available has been expanded to include other types of insurance. New connections have been made with major travel companies and retailers that provide members of the BCRTA with very competitive prices.

For a number of years our membership was approximately 10% of the membership of the BCRTA but the general membership of the BCRTA seems to be growing at a faster rate than the membership of VRTA. There are several difficulties with keeping our contact information up to date. Many of our members do not know that information about **address changes that are given to the Teachers' Pension Plan are not forwarded to the BCRTA**. You must also notify the BCRTA directly -or myself -of these changes.

As a result we lose contact with many members each year.. These members cannot receive our newsletters (four times a year) and any reminders or updates of events It is helpful if you provide



us with an email address ; you can still receive the Tabloid by Canada Post if you prefer. It is a secondary means of contacting members and usually does not change when you move. A related problem is when people move to a care home their friends and relatives who help them with the transition do not forward us a change of address. Many members, even if they need some level of care, like to receive the VRTA newsletter, the TABLOID, and the BCRTA POSTSCRIPT magazine; we are happy to redirect their mail to their new address. Please remind your friends to notify us when they move.

At this time I have had to remove 31 life members and regular members from the mailing list because I cannot contact them.

Can you help us find them?

- Elaine Anderson
Membership Secretary
ebanderson@shaw.ca
604 929-3306

HELP!

Do you know where these members now live?

Barbara Black
Robert Blount
Helen Chaplin
Sally Clinton
John Collins
Karen Dadson
Joseph Feldes
Maggie Hosgood
Michael Keenlyside
Caroline Levy
Sandra McKay
Moirra Notman
Carol Purdy
Katherine Swan

Do you know where these LIFE members now live?

Rita Cohn
George Cone
Frances Froese
Geraldine Gibb
Janet Graham,
Margaret Grant-Paton
Ilma Gourley
Agatha Hertz,
Bruce Holman,
Janet Johnston,
Blanche McIvor,
Carol Ann Myronuk
Emma Nering
Dorothy Shaver
Winnifred Shoemaker
Margaret Watson
Eleanor Whyte

Coming UP: WORKSHOPS

Drugs and Contemporary Disorders

Are you aware of the drugs you take?



We welcome reaching retirement age so we stop working fulltime and let government and teacher pensions help pay our living expenses. Yet our bodies continue to age and gradually, many of us, take daily pills for all sorts of reasons to prolong good health.

A pill is available to lower blood pressure; to boost general health & bones; to prevent a stroke; to lower arthritic pain; to lessen macular degeneration; and on and on goes the list. Folks in their late 80s can still be going to various specialists and receiving a prescription from each.

Many questions will be dealt with at two COSCO workshops in February on these topics sponsored by the VRTA:

- Is there a potential harm from all these drugs interacting?
- Is there a risk of an unhealthy addiction to any of these drugs?
- Can you spot troubling behaviour in a friend or family member?



- Have you come across a friend who has just divorced her long-time husband because he couldn't control his alcoholism?
- Did you hear from another friend of a friend who had just lost a whack of money from all her gambling weekends?
- How can we do more to help those we know who have addictions?
- Prescribed medicines — how necessary and how addictive are they?

The two workshops are ***Medication Awareness and Identifying Addiction.***

Each topic covers a variety of issues, so do come and participate! With the first topic, information will be discussed about how seniors and others can interact with doctors and pharmacists to ensure safe and effective use of medications. A registered nurse will also participate.

With the second topic, an examination of the risk factors that lead to various addictions will be considered and suggestions made as to how to approach a friend or loved one when you suspect an addiction.

WHAT: Medication Awareness & Identifying Addiction Presentations

**WHEN: Tuesday, February 18th, 2020,
from 9:45 am to noon.**

**WHERE: the Hellenic Community Centre,
4500 Arbutus Street, Vancouver.**

Pre-Register with Denis Ottewell by Thursday Feb.13, preferably. This ensures there are sufficient handouts and food for everyone.

CONTACT Denis by Email
dennyottewell@outlook.com or phone
604 526-7561 and leave a message.

TRAVELS OVERSEAS



Security cameras on historic lamp posts surround Tiananmen Square.

Surveillance and soldiers were visible everywhere in Beijing. Barb writes, "The security forces ensured safety, however no protests would be allowed. A Chinese group unfurled a banner of their dance group in the Tiananmen Square to pose for a photo, but before they could arrange their two rows of dancers, the military swooped in and rolled up their banner."

On November 7th Barb and Mark Mikulec flew off to Beijing for a 12 day China trip with UTOvacations. At a very reasonable price, their guide escorted them by bus, train or plane through key historic and craft sites to end up in Shanghai. This was their second trip to China. Barb remarked that great changes had taken place since 9 years ago: everywhere was cleaner, people friendly and engaged and she felt very safe.



Barb and Mark Mikulec enjoy the autumn sunshine in front of Tiananmen Square.

"Overall we were impressed with the modern advances in the Chinese cities we visited. In Shanghai we rode the amazing maglev train at 400km/hour and, in our free time, used the subway to explore more. An interactive digital map in the station translated the place names into English and helped us figure out where to change trains. China is such a land of contrasts!" —Barb



Terracotta warrior built around 260 BCE



The couple got their exercise walking the Great Wall.



*This truly is the **Venice of the East**, this ancient area of Suzhou. Canal boats ferried people and goods through the historic stone arches.*

—Barb



The towering spike on Pearl Tower, seen from the Bund, epitomizes modern development in China.

Live Stage Offerings

January to February



The **Arts Club** winter offerings include **Noises Off** at The Stanley Industrial Alliance Stage (Jan. 23-Feb.23), **Cipher** at Granville Island Stage (Feb.6-March 7) and **The Wedding Party** (Feb.27-March 22) at The Goldcorp Stage. **Noises Off** is an hilarious farce about performing onstage; **Cipher** is a mystery case involving a long-ago cold-case murder on Vancouver Island; and **The Wedding Party** is about the various behaviours of all characters involved in a wedding reception. Check ARTSCLUB.COM or phone 604-687-1644.

Freddy Wood Theatre at UBC presents **The Changeling** by Thomas Middleton and William Rowley (Jan. 16-Feb. 1) at Telus Studio Theatre and **Old Stock: A Refugee Love Story** (Jan24-Jan30) at Frederic Wood Theatre. The plays run from 7:30-9:30 p.m. Check online at theatrefilm.ubc or use the phone 604-822-9278.

Gateway Theatre in Richmond features **Straight White Men** by Young Jean Lee on Feb.6-Feb. 15. Billed as "an evening of male bonding", this satirical comedy starts at 8 p.m. with 2 p.m. matinees on Feb. 8th and 9th and a 1 p.m. matinee

on Feb. 11th. Check online at boxofficeatgatewaytheatre.com or phone 604-270-1812.

Metro Theatre Vancouver features **Always A Bridesmaid** (Jan. 17th-Feb. 1st, with matinees Jan. 19th and 20th) and **The Gazebo** (Feb.21-March 7, with matinees Feb.23rd and March 1st). The first play is billed as "down-home Southern charm at its funniest" and the second play is described as a wonderful comic thriller. Contact metrotheatre.com or phone 604-266-7791.

Studio 58 at Langara presents **Urinetown, the Musical** from Jan.30-Feb. 16th. This comedy satirizes capitalist society. Contact studio58.ca or 604-323-5227. Please note that **United Players of Vancouver** has cancelled the show **An Enemy of the People** due to necessary repairs to the **Jericho Arts Centre**. Infusion Arts will be presenting a double—bill: **Ellen and Troy and Eloise** then the show **PHILOMENA, The Lover of Man-kind** (Feb.17-March 9 at 8 p.m., with matinees on Sat. at 2 p.m.). Check jerichoartscentre.com or phone 604-224-8007.

-Ora Fraser

DRIVING JOKES

-From Internet sites

1. Martha phones senior Joe on his cell as he's driving the highway. "Joe, be careful! CBC radio said there's a madman driving the wrong way along Highway 1".

Joe: "I know, dear, but there isn't just one, there are hundreds!"

2. Wife, driving lost in downtown traffic: "I'm convinced my mind is almost completely gone!"

Husband : "I'm not surprised: You've been giving me a piece of it every day for thirty years!"

3. Old car drivers never die, they just RE-TIRE!

4. 78 year old brother: "The driving instructor told me three things to watch for as we age!"

Sibling: "What are those 3 things?"

Brother: "The first thing is your memory starts to go. Now I can't remember the other two!"

5. The anxious grandmother texts to granddaughter: "How's ur driving test going?"

Granddaughter tweets back: "Well, the instructor just failed me.. for reading your text while driving!"

6. The examiner asks the senior: "You are going 80 km/h on a highway next to a cliff; a boy and an old farmer are standing on the road, what would you hit?" Senior says, "The old farmer."

Examiner: "You fail. Why wouldn't you hit the brakes?!!!"

THEME & DEADLINE for the NEXT ISSUE -

Friday
May 1 2020

How to "Age with Pets"!

Photos welcome. About
200 words.



Scholarship Fund –HELP RAISE FUND TO \$10,000

The fund received a modest boost from December donations; so the funds now are over \$8200. More funds are needed to build a stable account capable of providing significant and continuing scholarships to support post-secondary 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.

HELP NEEDED ON YOUR EXECUTIVE AND THE VRTA

HELP WANTED WITH COMPUTER SKILLS

At this time the Board of Directors of the VRTA is looking for someone with computer skills to take over the management of the mailing lists.

Contact Elaine Anderson (contact info on page 2)

Help WANTED on Board of Directors

We are looking for more members to join the Board of Directors. At present we need a **Vice-President** to help with event planning. There are only 5 executive meetings per year; this is not an onerous task. Both younger and older members are encouraged to apply; new ideas and energy are always appreciated. Contact Anastasia Mirras (contact info on page 2)



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.



VOLUNTEER OPPORTUNITIES

(See their websites for latest information)
Volunteers needed now for:

- Odyssey of the Mind
- One on One Literacy
- Canadian Red Cross equipment inventory

ANNOUNCEMENT

VRTA WORKSHOP -

Tue. Feb. 18



—**PRESCRIBED MEDICINES – HOW NECESSARY & HOW ADDICTIVE?**

—with three presenters, including registered nurse

9:45 am—Noon Hellenic Com. Centre 4500 Arbutus St. Free registration & parking. Refreshments available.

See page 9 for further info.

To Pre-register: Phone Denis 604-526-7561 or dennyottewell@outlook.com



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 -TUE. FEB 11 LUNCH 11:30 AM Langara Golf Clubhouse

Name(s): _____

Ph: _____ Email: _____

Enclose cheque for ____ attendee(s) @ \$30 ☐
Cheque payable to: **Vancouver Branch—BCRTA**
Or Pay ONLINE & Notify Dave Ellis—details on front page

Those wishing vegetarian entrée/special diet, check here ____
See Page 1 for where to send. Register

by Tuesday Feb 4 TO AVOID DISAPPOINTMENT
Donations for the FOOD BANK are appreciated