

Vancouver Tabloid

Vancouver Retired Teachers' Association * August 2021 Newsletter

Welcome Back Luncheon

PLEASE JOIN US as we return to in-person dining Tuesday Sept. 14 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. New retirees are especially welcome.

Guest speaker Tom McLean from TRIP MERCHANT will present on **Let's Travel with BCRTA Discounts &**



Benefits. This portion of the meeting will also be livestreamed. A delicious three course lunch will be served (*full details page 7) Wine is available for purchase.

Our **BOOK SWAP** continues: bring a book from your summer reading; or just take a book. Food Bank donations welcomed. **Registration is required now.** For luncheon, send a cheque or sign up using Eventbrite and pay online. See **BACK PAGE** for Registration or for virtual presentation, contact editortabloid@gmail.com



Will Life be the Same After COVID?

In this issue TABLOID is Looking forward as we come out of the Covid-19 restrictions. Inside you will find Advice on what we have learned and how we coped with the forced isolation. You can take a quiz on the new COVID words we learned from the health professionals, and find advice on how to move forward.

WELCOME BACK LUNCH

TUESDAY Sept. 14 2021

Starts 11:30 AM at Royal Vancouver Yacht Club

Complete the registration form **ON THE LAST PAGE** by Thursday, Sept. 9 and send with cheque to:

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

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

**LUNCH REGISTRATION ON BACK PAGE OR
PAY ONLINE**

<https://www.eventbrite.ca/e/vrta-welcome-back-lunch-tickets-165791576067>

OR

For Online Speaker Only

At 1:00 PM via your Desktop, laptop, iPad or Cell phone

Waiting room opens at 12:50 PM

REGISTER with the Online Host

Use email by **SUNDAY Sept 12** and send to:

editortabloid@gmail.com HOST of VRTA ZOOM

**To PHONE IN ZOOM access—Register at 604 872-1859
Winola**

(Luncheon Menu on Page 7)

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President's Greetings



INTRODUCING OUR NEW VRTA President

New President Edie Wood took a year to consider taking over the role of President of VRTA as she is a busy grandmother and wife and maintains a second family home on Gabriola Island during the year.

Edie with her husband Bob have two daughters and 4 grandchildren, the latter now aged 14 years and up. It was due to these "grandbabies" in their early years that Edie retired in Dec 31, 2007 to help take care of them.

Edie's teaching career started in Calgary and then resumed in Vancouver as she taught kindergarten for over 20 years.

In Vancouver she taught at Franklin Elementary and then at the Kerrisdale Annex. She first got involved with the VRTA through the Wednesday Walking group organized by Margaret Yoshida. There she met several executive members and was persuaded to join the executive in 2014. Later she joined the book club with Diane Smith and stays active with these groups whenever she can. She has made good friends in all these groups.

EDIE'S MESSAGE

Special Welcome to all our new retirees! I hope to meet many of you and our ongoing members at the September 14 lunch at the Royal Vancouver Yacht Club. I look forward to more in-person meetings, hopefully, as the Pandemic subsides. Let me know how we can serve you better, either by email, phone call or at the in-person meetings. Come up and say Hello to me!
Have a safe Fall!

-Edie Wood

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

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VRTA EXECUTIVE 2021-22

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Members at Large

Winola Chu, Barb Mikulec,

Lizette Pappas, Sheila Pither,

Les Rowe,

Diane Smith, Norma Westrom

Volunteers

Lil Cumberbirch, Ora Fraser, Ali Pollard

WEBSITE: www.vrta.ca

LEADERS for Activities

VIRTUAL BOOK CLUB: Diane Smith frandia@shaw.ca—3rd Wed at 2 pm
-*Contact Vrtapresident.e@gmail.com to start Second Book Club

STROLLERS: Norma Westrom normawestrom@hotmail.com—Wed 10:45 am

WALKERS: Margaret Yoshida margyoshi@gmail.com—Wed 10:00 am

WANT to start a new Activity/Club? Contact Vrtapresident.e@gmail.com

Calendar

**Please feel free to join us - *Notify
vrtapresident.e@gmail.com*

NOTE: Some events maybe Hybrid to include ZOOM Livestream

Sept. 14 Tue. Welcome Back Lunch

Oct. Workshop (TBC)

Oct. 19 Tue. Exec.

Oct. 29 Fri. TABLOID deadline

Dec. 7 Tue. —Christmas Social (TBC)



Speaker at the AGM, Keiko Honda (in wheelchair) worked with artist Debra Sparrow (top left), and volunteers to learn weaving and create blankets

AGM MEETING

Close to 30 members and guests attended the Virtual June 8 VRTA AGM, hosted on ZOOM by President Anastasia Mirras. Speaker Dr. Keiko Honda explained her life story and work (left) and showed us slides on revitalizing communities. Keiko formed the VACS Vancouver Arts Colloquium Society in 2014 and uses Art projects to bring individuals together to work on group goals.



Due to COVID-19 restrictions, members met by ZOOM at the June AGM to hear Speaker Keiko Honda (bottom left) and engage in the meeting.

At the AGM, the business of accepting reports, financial statements and electing executive and representative members to our various national organizations took place. The minutes are available from our Secretary. The contact information for all our executive is given on the "mast" vertical column on page 2. The meeting was preceded by the AGM of the Friends of the VRTA, the scholarship fund organization. "Door prizes" were won at the VRTA AGM by: Annabelle McLennan and Lizette Pappas; at the FOVRTA AGM Jean Stanton and Lois Patterson.

2021 VRTA AGM ELECTS NEW EXECUTIVE



VRTA Executive for 2021-22 –From left: Denis Ottewell, Barb Mikulec, Ros Kellett, Winola Chu, Edie Wood, Diane Smith, Lizette Pappas, Sheila Pither and Dave Ellis. **Missing:** Norma Westrom (taking the photo), Ali Pollard, Les Rowe, and David Smith

New President Edie Wood hosted the first executive meeting of the new business year outdoors at her home on Tue July 6 (see above) . Those who could not attend were connected by ZOOM online via the Editor's laptop. The food was delicious and varied as all contributed to the potluck lunch.

COVID REFLECTIONS *After Getting a Second Shot*

I think that COVID-19 is World War Three, with a tiny little foe that involves every country and steals away our loved ones, particularly the older ones. But the virus is cunning. It gradually lets us go back to normal but that's not good enough. We need to come out of this frightful period in the history of the world and take on the future with determination to right some wrongs and rebuild wisely. Enough preaching! One big plus is ZOOM!



-Sheila Pither

+++++

I'm sure I told you about my gaining weight around the middle because I couldn't get to my Aquafit classes. I was fortunate to be able to meet with our Book Club as we met on ZOOM!



Diane Smith (left)—holding the Club's Notebook in which are recorded the name of the Book read each month, the accompanying thoughts from each member and occasionally a group photograph.

A valuable current and historic notebook.

+++++

I think a positive result of the lockdown is making us aware of what essential workers are. Many workers receive minimum pay such as farm workers, health care aides, grocery store employees, truck drivers and cleaners in health care settings. We need these workers for our society to function. Also brought to public awareness are marginalized folks who are

homeless and /or have addiction problems. If we can act on this new awareness our country and the world would be a better place.

I personally learned, with the lockdown restrictions, the very important value of visiting family and friends. We take these social interactions for granted until they are not there for us. Getting together with friends and family, plus travelling on the ferry to our Gabriola home have really been the BIG pluses of having received the second vaccine shot .

-Edie Wood

+++++

The global warming crisis is no longer deniable. I expect more attention and resource alternatives and investment to become a permanent part of global policies. My only travel is within my garden. We are growing sunflowers, potatoes, beans, and flowers!



-Denis Ottewell

+++++

We live in a truly global world. This was brought home to us by how quickly this virus spread globally. We learned that the scientists cooperated globally to produce vaccinesWe learned that we miss our families and friends a lot but we are thankful that we could stay connected via phone, Facetime, Skype and Zoom....The world is not going to go back to what it was – the future will be different. –**Taken from Norma Westrom's Speech to Canadian DKG Women Educators International, July 2021**



DO NOTHING—prolong the Anthropause!

Enjoy the sweetness of staying still, listening and doing nothing!

- Editor

Recovering from COVID: a Quiz

Give the correct definition:

1. COVID-19 represents

A. the nineteenth variant of the virus now infecting the unvaccinated

B. this is the 19th corona virus pandemic

C. the 19 symptoms associated with coronavirus disease

D. the corona virus first identified in 2019 causing mild/severe/fatal outcomes to those infected

2. The corona in coronavirus means:

A. beer B. strong C. crown

D. sun

3. An effective hand sanitizer must contain what percentage of alcohol to kill the coronavirus and other germs?

A. 25% B. 50% C. 60% D. 80%

4. Which is not a common COVID-19 symptom?

A. a cough B. blurred vision

C. loss of smell or taste D. fever

5. The safest way to celebrate your birthday during the COVID-19 pandemic

A. share a meal with relatives only

B. hit your favourite bar when it's almost empty

C. have a virtual party using an online video app.

D. gather at a friend's house with close friends

6. Staying apart from others when you have been exposed to COVID-19 is called:

A. isolation B. physical distancing

C. social distancing D. quarantine

7. To solve pandemic weight gain during forced self-isolation

A. stay active as much as possible

B. recognize that you are not alone

C. show kindness and exercise self-care D. all of these

8. A general trend NOT present in Canada during this pandemic

A. cooking more at home

B. uneven Social-Economic impacts on rich and poor people

C. mental health decreased as restrictions eased and schools reopened

D. the number of incidents of shoplifting and Break-and-Enter crimes decreased

9. A front-line worker is

A. health care worker

B. grocery clerk

C. anyone needing to provide essential service face to face with the public

D. someone on a staycation OR anyone working from home

E. A, B and C

10. This one is NOT an approved vaccine in Canada

A. Pfizer-BioNTech B. Moderna

C. Sputnik V D. AstraZeneca

ANSWERS—Page 6

References: Questions #1-6 modified from:

www.hopkinsmedicine.org/health/conditions-and-diseases/test-your-knowledge-covid-19

Reference: Question #8

<https://www150.statcan.gc.ca/n1/pub/11-631-x/11-631-x2021001-eng.htm>

GO TRAVELLING IN BC !

Many of us long to go travelling freely again. A B.C. trip that Barb Mikulec and husband Mark took in 2019 was exploring the Inside passage and lands of Vancouver Island and the mainland by car and ferry. In ten days they visited historic and cultural sites at Cumberland, Campbell River, Bella Coola and Anahim Lake. The view of the ferry (right) reminds us of the many tree-populated yet towering mountains along BC's rugged coast and how remote many settlements are. "I suggest this trip", Barb enthused, "for travel within BC!".



Tribute to Retiring Board Member - Elaine Anderson



Elaine re- retired from active duty on the VRTA and BCRTA in June. She had joined the VRTA when she retired from teaching 26 years ago and became a Walker with the Wednesday group a decade later. There she made new friends, including some that she travelled with to Italy in 2008. One walker encouraged Elaine to join the executive in June of 2011 so she did and was soon made Treasurer. She added to her volunteerism by being elected a Director (member at large) of the BCRTA for 2013-17. There she served on several committees over time: Heritage, Golden Star Awards and Finance. In July 2017 she relinquished the VRTA Treasurer's job and became VRTA Membership coordinator. Elaine worked diligently at that but enjoyed enlisting her grandchildren to help check long lines of print for errors. On the VRTA executive, she also served on the Editorial Board of TABLOID, WEBSITE committee and is a founding member of FOVRTA, the Friends of the VRTA scholarship committee. "She was a great team player and skilled at detailed work", Edie Wood stated as she recognized Elaine's departure at the recent VRTA executive meeting.

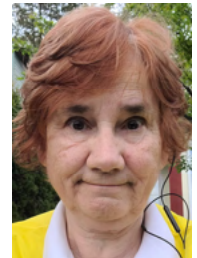
-Edie Wood & Editor

New Board Member - Lizette Pappas

Lizette Pappas, is the new VRTA Social coordinator. She retired after teaching for 40 years with Special Needs students in the classroom and across the District. Her home school was Sexsmith Elementary. She speaks Greek, volunteers for her church with lunches and bazaars and loves cooking for groups. She looks forward to stimulating speakers at VRTA workshops. . She also wants to start another VRTA Book Club; if interested, contact vrta president.e@gmail.com



Editorial **Anthropause** – there, that's one of the new words I recently learned from this pandemic. Do you remember the first few weeks in March of 2020 when suddenly all those in-person meetings, social gatherings and fitness classes all got cancelled and you just stayed home? Life slowed down. Traffic and airplane sounds stopped. Singles and couples walked around parks and city blocks, dodging each other to avoid close contact! Then the delight in finding a single Coffee shop open with take out service. That Pause, that Slowdown, that silence was the blessing that allowed wildlife, particularly marine life, to thrive without the interference of human activity.



Anthropause is "the global reduction in modern human activity, especially travel, that occurred during the COVID-19 pandemic", states Wikipedia (<https://en.wikipedia.org/wiki/Anthropause> accessed Aug 8, 21). That has been one thing I have really enjoyed about this Pandemic – the forced Slow Time and the chance to think more about close individuals, myself and some inner reflection. But I was lucky as my children are adults who can take care of themselves. For thousands of parents with young children and front-line workers with family, life was very very busy and stressful. Let's hope we can all share a bit of our newly emerging travel freedoms to help with the workload in those families, both here and around the world.

Do Nothing! Ah, my dental hygienist responded, when I asked her what her holiday plans were. "Honestly, I don't want to go anywhere. I just want to stay home and Do Nothing! I don't get enough time just to Do nothing! That's what I call a holiday!" I echo those sentiments—but please do get vaccinated if you have not done so yet.

-Ros Kellett

ANSWERS COVID QUIZ (page 5) 1D, 2C, 3C, 4B, 5C, 6D, 7C, 8C, 9E, 10C

Live Stage Offerings



September to December 2021

While COVID-19 Restrictions are slowly lifting in BC, live theatre shows are also opening slowly and selectively. To learn more, go to the website of your favourite local theatre to find their Fall offerings. Our theatre critic, Ora Fraser, will resume her column in January.

WHY NOT TAKE AN ONLINE COURSE?

One VRTA member suggested looking into taking a course for FREE. For FREE UBC online courses go to: <https://www.edx.org/school/ubc>

As a FREE student, one audits the course, gets access to course materials, videos and discussion forum, learn at your own pace and are not required to do any assignments. If you do an assignment, it will not be graded. If you want your work graded, even more access to the course and a Certificate at the end (for possible employment purposes), then one must pay a fee. For example, the course on Excel for Everyone: Data Management costs CDN\$186. The course started August 8 and already over 80,000 students are enrolled. A variety of courses are offered all year long – check out the website.

For a more structured teacher-led experience go to the UBC Academic Explorations: <https://extendedlearning.ubc.ca/study-topic/academic-explorations> These require being available Online one morning @ week, at the set time of 10-11:30 am, once a week, for 6 weeks. The classes could be on any weekday except Friday, are live online with the Professor and discussion is encouraged at the end of each session. Courses are offered in early Fall and late Fall. Topics cover a variety of subjects including Ancient Greek Philosophies of Well-Being, the art works of Michelangelo and Perspectives on Canadian and World News. (Tip: The Editor has signed up for the Perspectives News course!) Each course costs CDN \$115 and are guaranteed to be entertaining, informative and easy to watch from anywhere, even Point Roberts! Phone UBC Student Services Team Online at 604-822-1444 for advice.

2021 HEAT RIDDLES

<http://www.jokes4us.com/>

Prepared by Editor

1. What happened to the bread Dad bought?
2. What do you need to visit Death Valley?
3. What did one pig say to the other?
4. Which is faster, heat or cold?
5. What did the air conditioning say to the lady?
6. Just how hot is it!!!!

+++++

1. By the time he got home it was toast!
2. Dental records (for ID).
3. I'm bacon!
4. Heat, because you can catch a cold!
5. I'm your biggest fan.
6. Hot Enough that: The cows are lactating evaporated milk; the hens are laying hard-boiled eggs; and your hand burns as you open the car door!

THEME & DEADLINE for the NEXT ISSUE - Friday October 29, 2021
HOW DID/WILL YOU CELEBRATE your 80th BIRTHDAY?

Write this in 150 words or less.

*VRTA RVYC Lunch menu:

SPINACH SALAD, roasted sliced almonds, grapefruit, orange segments with pomegranate dressing

WILD SALMON, citrus butter sauce, julienne vegetables, jasmine rice

CHOCOLATE LAYER CAKE, chocolate ganache, vanilla ice cream

TEA AND COFFEE



LETTERS TO THE EDITOR

Send letters, advice, photos or news to editortabloid@gmail.com Add name, email address & phone number. Keep under 150 words; they may be edited for length and clarity.

**REGISTRATION FOR SEPT. 14 LUNCH 11:30 AM
Royal Vancouver Yacht Club**

Name(s): _____

Ph: _____ Email: _____

Enclose cheque for ___ attendee(s) @ \$40
Cheque payable to: **BCRTA Vancouver Branch**
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 Thursday Sept. 9 TO AVOID DISAPPOINTMENT
Donations for the FOOD BANK are appreciated

ANNOUNCEMENTS

**COSCO Confer-
ence- Sept 28
Mon, 29 Tue. AM
Cost \$25 –
www.coscobc.org**



**BCRTA Conference –Open to
All members**

<https://bcрта.ca/?s=Conference>

Thur Sept 30 9 AM to NOON

BCRTA Conference—DAY 1

-TOPIC Technology & Mobiles

Fri Oct 1—9 AM to NOON

BCRTA Conference—DAY 2

-TOPIC Gardening & Health

Sat Oct 2 –BCRTA AGM—

Only for VRTA Delegates

UBC Online Courses—

**Academic Explorations—see
page 7 to Register ASAP**

NEWS FROM VSB HERITAGE COMMITTEE

Members of the VRTA are active on the VSB Archives and Heritage committee. Derek Grant reports that the committee secured funding from the BCRTA to order a high quality Copy Stand. This equipment speeds up the sorting process in creating a photographic record of documents and artifacts for safe-keeping in the District Archives. Any VRTA member interested in Vancouver's schools' history is welcome to join the committee. Contact: Derek Grant at heritage@vsb.bc.ca or read <https://blogs.vsb.bc.ca/heritage/>



**Give to the VRTA's Scholarship and
Bursary Fund by cheque or online**

Donate online:

Go to Vancity Foundation <http://www.vancitycommunityfoundation.ca>, Click "Funds" at the top of home page, Type R.R. Smith in the "Search" area, Click on "R.R. Smith Community Fund", then Click on "Give to this Fund" and Fill in details. Designate the funds by typing **Friends of VRTA** in "Leave a comment" space. Donations over \$20 get a tax receipt immediately.

**HAS YOUR POSTAL
OR EMAIL ADDRESS
CHANGED?**

Laurie Boyd of the BCRTA prefers that you contact her at 604 871-2260 directly or using the ONLINE Form. <https://bcрта.ca/update-member-info/>
Please also NOTIFY VRTA membership . Call David at 604 777-1889 or email davidhsmith2020@gmail.com

Write a cheque:

PAYABLE TO: R.R. Smith Memorial Fund Foundation

Name (PRINT) _____

Amount of Donation: (cheque) _____

Mailing Address: _____

City: _____ Postal Code: _____

In the Memo line: **Friends of VRTA –Scholarship & Bursary Fund**

NOTE: Don't forget your name and address so we can send out a charitable tax donation receipt!