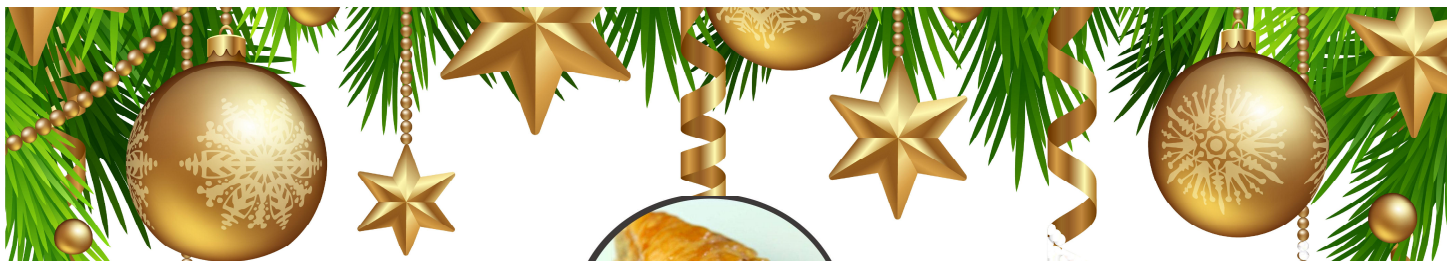


Vancouver Tabloid

Vancouver Retired Teachers' Association * NOVEMBER 2021 Newsletter



PLEASE COME TO our second in-person Christmas Party Tuesday Dec. 07 at 11:00 am in the Hellenic Community Centre, 4500 Arbutus Street at Valley Drive.. Follow Covid Protocols: wear a mask, show your Vaccination card. Wear some Christmas finery or bling or most outrageous Christmas sweater!

Guest speakers are: **Letizia Ferreira**, UBC Development Officer on the Values of a Scholarship in 2021, as well as **Diana Cruchley**, writer, educator and author of *The Indispensable Binder*. This portion of the meeting will also be livestreamed.



Delicately sweet Baklava will be part of upcoming Christmas luncheon at the spacious Hellenic Centre.

The VSB Choir will lead us in singing, followed by pianist extraordinaire, VP Marilyn Rushton with more musical delights. Do you want to share a song, instrumental solo, story or poem? Do let the Organizer

editortabloid@gmail.com know.

There will be Door Prizes. A delicious three course turkey lunch with a Greek touch will be served (*full details page 7). Wine is available for purchase. **Register by Dec. 2** with Dave Ellis and

pay by cheque or online –see BACK PAGE. Cost is *\$50 to boost our FOVRTA Scholarship fund. For those wanting the online speeches only, register by Dec. 5 at **editortabloid@gmail.com**

Celebrate DECEMBER LUNCH TUESDAY Dec. 07 2021

Starts 11:00 AM at Hellenic Cultural Centre

Complete the registration form ON THE LAST PAGE by Thursday, Dec. 02 and send with cheque to:

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

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

**PAY Cheque *Min. of \$50 to: VanCity Community Fund/
RR Smith Foundation OR**

Pay Online to Scholarship fund -Friends of VRTA
(details page 8) AND register with
<dellis7734@gmail.com>

For Online Speaker Only

At 11:30 AM via your Desktop, laptop, iPad or Cell phone
Waiting room opens at 11:20 PM

REGISTER with the Online Host

Use email by **SUNDAY Dec. 05** and send to:

editortabloid@gmail.com HOST of VRTA ZOOM

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

(Luncheon Menu on Page 7)

**How to Celebrate a
Special Birthday? —
See page 5**

INSIDE this issue...

Page 2 – President's Greetings/ RTA
Clubs & contact Info/ Calendar

Page 3—Welcome Back Lunch/
BCRTA Conference

Page 4—COSCO 2021 Conference

Page 5 –Take Time to Celebrate a
Significant Birthday

Page 6 –2021 BCRTA AGM/Editorial

Page 7 —Live Stage Review/Jokes/
Help Wanted/New Theme

Page 8—Friends of VRTANews/
Lunch form/ Announcements

President's Greetings



Welcome to the busy but rainy Fall season! We were delighted so many of you came to our first in-person September luncheon since February 2020 and hope even more of you will come to our Christmas luncheon on December the 7th. This is a fundraiser for our Friends of VRTA scholarship fund and I hope you can contribute generously!

I am grateful to our hardworking executive members. A special thank you to those who represented the VRTA at the BCRTA AGM, the NPF and COSCO conferences and the COSCO monthly meetings. Read some of their reports in this TABLOID and on our website, www.vrta.ca

We are grateful to Denis Ottewell for organizing Online workshops this Fall through COSCO; some of those are available on the COSCO website.

I invite you to try our fitness activities. Margaret Yoshida organizes the Drop in Walking group every Wednesday. They leave promptly at 10:00 am, walk for about 90 minutes and have lunch nearby. Norma Westrom organizes the Strollers every Wednesday at 10:45 am, walk for one hour and then lunch together. For book readers, Diane Smith organizes the Virtual Book Club on the 3rd Wednesday of the month and has started a wait list for new members. Personally, I am working with Ali Pollard to deliver poinsettias to our members aged 85 years and over on Friday December 3 and we could do with a few more drivers. If you are able to help, please contact me.

Have a happy holiday season and Blessings to you all for 2022!

-Edie Wood

Vancouver Tabloid

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

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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 *Hybrid to include
ZOOM Livestream

Dec. 3 Fri. -Poinsettias delivery

Dec. 7 Tue. -*Christmas Lunch

Jan 4 Tue. -*Exec. Meeting

Jan 7 Fri.—TABLOID deadline

Feb 10 Thur. -*Valentine Lunch (TBC)

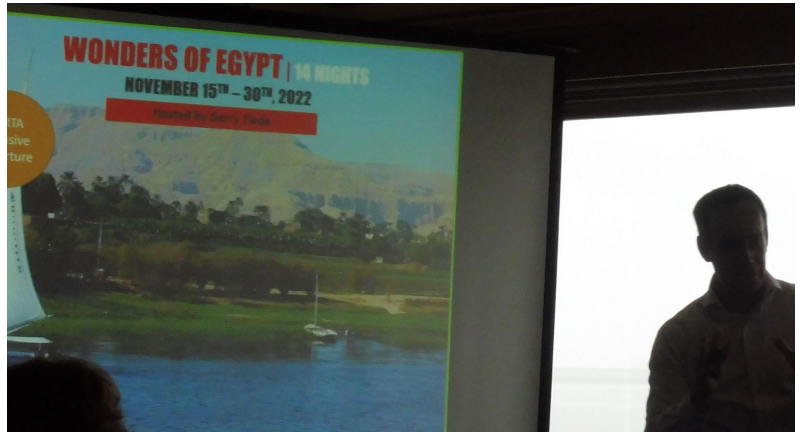
WELCOME BACK VRТА LUNCH AND SPEAKER

Close to 50 people attended the first in-person membership lunch held Tuesday September 14 at the Royal Vancouver Yacht Club (RVYC), as well as three online participants. President Edie Wood greeted members



VRТА Social Coordinator, Lizette Pappas was happy in-person dining –with restrictions-resumed for the September lunch.

including several newly retired teachers. Speaker Tom Maclean, co-founder of TRIP MERCHANT, described his unique travel agency that works with many organizations across Canada to produce discounted Group and Individual trips with member benefits for domestic and international travel. Two group trips he highlighted are organized especially for BCRTA members, both set for the Fall of 2022: one to



Speaker Tom Maclean, silhouetted against the window of the waters outside the RVYC, showed slides of future BCRTA Egypt tour.

Vietnam with BCRTA President, Grace Wilson and another to Egypt with BCRTA Past President, Gerry Tiede. Go to the website <https://bcrtatripmerchant.ca/> and enter the password BCRTATM18 (Be sure to enter the password exactly as shown). Two door prizes were given. Margery Kellett won the FREE VRТА LUNCH ticket; and Brenda Kalos won the \$500 discount from TRIP MERCHANT travel booked through them.

HIGHLIGHTS of the Two Mornings of BCRTA CONFERENCE

For the second year, the BCRTA hosted the annual conference virtually the mornings of Thursday and Friday Sept. 30 and October 1. Three keynote speakers lured hundreds of members to watch and participate when possible. Linda Fawcus, founder of GLUU Society, who had earlier spoken at COSCO Conference on Tue. Sept 28, geared her BCRTA talk more on Cyber Wellness. She warned against clicking on unknown email attachments, suggested our modem be no older than two years and then advised one not to use an email address that identified oneself. As the CHAT function was disabled at this time, one could not

question this advice; some of us prefer the opposite i.e. clearly identifying oneself. Other speakers were equally thought provoking.

Dr. James McCormack from UBC Pharmacy Department claimed that his science background allowed him to analyse numerous dietary and nutrient studies and propositions so that he could present "the best science without the B.S.". He gave compelling evidence on the pitfalls of various diets, including the keto/low carbohydrate diet. Brian Minter, garden commentator on CBC radio and in the Vancouver Sun as well as owner of the Minter Country Gar-

den Store, noted how popular gardening had become during this COVID-19 Pandemic, allowing people to reconnect with the land and soil. He gave useful advice, to ensure sustainable gardening, including using spiders rather than ladybugs to control some pests and develop frog friendly spaces. The presentations by the three keynote speakers were recorded and are well worth watching here: <https://bcrt.ca/2021-conference-a-success/>



You can't help getting older but you don't have to get old. -George Burns

COSTCO 2021 CONFERENCE

**Age is an issue of mind over matter.
If you don't mind, it doesn't matter!—Mark Twain**

COSCO 2021 Conference - LIVING in the 21st CENTURY: A Seniors' Strategy (Several VRTA Executive members including Ros, Barb, Denis and Sheila attended the two day Virtual COSCO Conference starting Monday Sept. 27 at which both Sheila and Barb, in their official roles as President and Vice-President respectfully, hosted some of the sessions. Participants paid \$25 to join the live Virtual sessions and received a 16 page program ahead of time detailing the jam-packed agenda and the biographies of the 24 presenters.

At least 195 participants joined this conference. Many topics were explored and explained. I learned things about Aging that I never thought I needed to know. One example: BC's new Adult Guardianship laws are to protect elder abuse, and the presentation during the first panel on Day 1 helped me better understand the rights, roles and responsibilities of caretakers of elder seniors who are very expressive of their own opinions yet are mildly cognitively impaired. Do view many of the conference presenters still at the website: [http://](http://www.coscoconference2021.com/)

www.coscoconference2021.com/ or use the secure link: <https://coscobc.org/cosco-conference-follow-up/>

I greatly enjoyed this inspiring conference as the timely Comfort and Stretch breaks during the two days enabled one to go away for a break, refresh one's coffee mug and deal with other matters. We were told not to disconnect, just leave the lovely music playing on the screen and take a break. This reduced the tension and fatigue that often comes with Virtual meetings when one sits for hours in front of a screen. The hosts were very lively too especially during the Panel discussions; viewers posted questions in the CHAT box that the host relayed to the speaker. This interactive feature helped connect participants with the Speaker and Host and with each other at times. This made it feel more like a live Conference than a TV show. The next conference will be in 3 to 4 years' time. What a monumental 2021 conference this was and kudos to the 11 core organizers, the technical management group of Leaders Media and Hart House, and the major sponsors (including BCRTA) who helped pay for the event.



At age 73 years, Peggy Edward (left) confessed to being "tired, out of shape, over-scheduled, watching too much TV and [regretful] at losing colleagues". Yet she just got a new puppy [especially for the grandchildren]! Peggy has recently co-authored, "*Promoting the Health of Older Adults—The Canadian Experience*", as of July 2021. No wonder she is tired! In her Monday afternoon session, *Reimagining healthy aging: where to from here?*, Peggy made several key points but emphasized we need to plan WITH older people, not FOR them.



Old age is not for the Faint of Heart!

- Mae West (American movie star)

TIME TO CELEBRATE A SIGNIFICANT BIRTHDAY

TAKE YOUR FAMILY WITH YOU!

In late August we decided to celebrate our 50th wedding anniversary- and husband Bob's 75th birthday by sailing from Comox to Desolation Sound with both our daughters and their families. Cheryl came with us and her husband and teenagers; Lynette sailed our own 27 ft. yacht with her husband and teenagers to accompany us. We chartered a 39 ft. sailboat to go from the east coast of Vancouver Island, across the Salish Sea (a distance of 25 nautical miles) to the Roscoe Bay Marine provincial park on the mainland, 86 nautical miles north of Vancouver. We anchored

along the way to let the teenagers play on rope swings allowing them to plunge in the ocean at Squirrel Cove, paddle boarding at various sites (I didn't fall down on my first try!) and swimming at various small inland lakes along the way. The final celebration was a Big Feast at a restaurant. We felt very blessed that we were able to spend this time together – we were all double vaccinated - and that our 14- and 17-year-old grandkids get on so well together and the whole extended family really loves each others' company.

- Edie Wood



Sailing out for Bob's 75th birthday and Edie and Bob's 50th anniversary this August

JUMP!



For my 80th Birthday, I want to do something spectacular. Like jump from a plane on the back of a trained instructor with a parachute open-

ing up as I glide down to earth. That would be fun!

- Margaret Yoshida

HAVE A BIG BASH WITH FRIENDS!

To celebrate my 80th birthday, my husband's 85th birthday and our 55 years of marriage in 2017 we scheduled an evening of dinner and dancing at the local golf club with friends and family. Unfortunately my husband fell ill and died early in the summer; however my children and I knew that he would like us to celebrate these milestones so we made it a Celebration of his life as well. It was a memorable occasion with over 100 guests that ranged from toddlers to those in their 80's. **Elaine Anderson**

A TRIP WITH FAMILY INSTEAD OF A BASH

My friend had attended many of his friends' big 80th birthday dinners with invited relatives, family and friends. When he turned 80, his desire was to spend more time with his two busy daughters and granddaughter so he planned a trip to Italy for the family. He spent two weeks with daughters

and granddaughter roaming the streets of Rome and Florence. They searched places to dine and mingled with the local people. It was a memorable time and the money was well spent compared to a one night big bash!

-Winola Chu



MAKE A VIDEO!

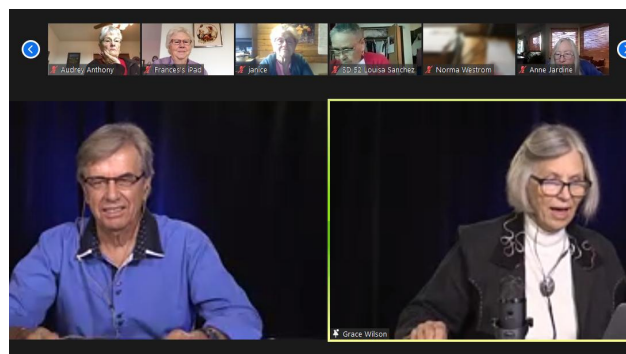
The 75th BCRTA Anniversary (1945-2020) was celebrated at the end of the Thurs. Sept. 30 2021 session by showing a video. It is 28 minutes long but features two of our executive members and fun musical Greetings from around BC. Do check it out: Youtube: <https://www.youtube.com/watch?v=4STNyqNSDUs>

SHORTEST BCRTA AGM EVER!

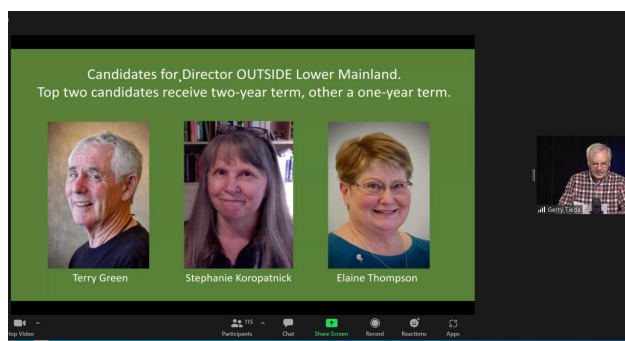
The VRTA delegates – Dave Ellis, Ros Kellett, Barb Mikulec, Norma Westrom, Edie Wood and Sheila Pither-were given the special passcodes to connect with the BCRTA AGM on Saturday October 2. The meeting opened at 9 am for the AGM of the RR Smith Memorial Foundation Fund, ably chaired by President Barb Mikulec. Here is her report: <https://rrsmith.ca/presidents-report-2021/> This charity is in a healthy position, dispersing over \$35,000 in grants in 2020. Sheila and Barb remain active on their Board.

The BCRTA AGM began promptly at 9:30 am, first with 92 delegates and staff connecting, then soon 119. With Gary Litke in the chair, we voted to suspend

Most business was routine: the Reports and Financial statements were emailed or mailed out ahead of time and took a lot of reading. Edie enjoyed President Grace Wilson's report, starting with her opening re-



Former branch President, Gary Litke, chaired the AGM as President Grace Wilson gives report.



Gerry Tiede chaired the Director elections, in which all three won. Stefanie Koropatnick, middle, is a former Vancouver teacher.

two bylaws, dismantling the necessity to show “a voting card” or have scrutineers present for the count as all voting was electronic. We were muted and, while the CHAT function was open at times, it was seldom monitored so no one could ask a question directly of the presenter. This frustrated both Dave and Ros who had questions about the finance. This shortened the meeting– it took 90 minutes. We finished by 11 am.

marks: This is a year of “firsts”! Moving to online meetings required the organization to pivot to technology. Grace longs for the day we can gather in person. Executive Director Tim Anderson acts now as a Changer and a Stabilizer; he has doubled the pages in the POSTSCRIPT as readership and sponsorship increased. All staff are now back fulltime.

The most exciting part of the AGM was the elections. Three people were nominated to be the two Outside Lower Mainland directors so a vote was called. One BCRTA Director could not complete her term so, in the end, all 3 became directors. Former Vancouver secondary teacher Stephanie Koropatnick, got the one year spot and is now co-chair of the Communications committee . She joins Barb on the Board. We all hope the 2022 AGM will be in person!

Editorial October was a strange month! it began with two ZOOM conferences close together, separated by one day: the COSCO and BCRTA conferences. Pages 3, 4 and 6 show our devotion to these interesting yet intense events. Alas the video conferencing technology used for the BCRTA AGM was quite repressive. No one was allowed to ask live questions of the

presenters, especially of the financial statements. One was supposed to email questions ahead of time, hard to do in a busy week. It is recommended that the BCRTA take advice from the COSCO technical hosts who allowed CHAT questions to be answered in a timely way. My month ended with 3 close friends hospitalized with medical emergencies, compounded by aging bodies (all aged 65 to

75). Fortunately, all are doing well now. But the scare reminded me of my own mortality. Do take care of yourself and loved ones this season. May 2022 usher in good health to all! **-Ros Kellett**



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.



WANT to write in this PUBLICATION? In July the executive approved the creation of an Assistant Editor position. The job requires some writing and digital skills but mostly a willingness to learn and attend some VRTA events. A small honorarium is available. If interested, connect with: editortabloid@gmail.com

WANT to JOIN the outreach phone committee? In September the executive decided to start the formation of a phoning committee to reach out to those select members wishing more communication. The committee is still forming and needs more volunteers. If interested, CONTACT Membership chairperson and co-chair David H Smith, at: davidhsmith2010@gmail.com

2021 Party Riddles

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

Prepared by Winola Chu

1. What do you call an elf who sings?
2. What do you call a kid who doesn't believe in Santa?
3. Why can't the Christmas tree stand up?
4. What Christmas Carol is a favorite of parents?
5. Who doesn't eat on Christmas?
6. What do you get when you cross a snowman with a vampire?
7. Why should you not take a lawyer's email advice?

1. A wrapper
2. A rebel without a Claus.
3. It doesn't have legs.
4. Silent Night
5. A turkey because it is already stuffed.
6. Frostbite
7. Because that would be E-legal!

THEME & DEADLINE for the NEXT ISSUE - Friday January 7, 2022

HOW DO YOU HANDLE YOUR OVERLOADED EMAIL INBOX?

Write this in 150 words or less.

*VRTA Christmas Lunch menu:

APPETIZERS Traditional Greek

CAESAR SALAD, grated Parmesan, focaccia croutons

TURKEY DINNER with all the trimmings

BAKLAVA multilayered, with delectable ice cream and quince sauce

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.

NEWSFLASH!

The **UBC Senate** has approved our two Friends of VRTA Awards (for Education and Nursing Geriatrics) as \$2000 was forwarded to them from the VanCity/RR Smith Memorial Fund—FOVRTA account (community accounts have complicated names!) in July, 2021. The names of the two winners will be announced at the December 7 lunch by UBC Development officer, Letizia Ferreira, or her representative. A Big Thank you to all who helped to raise the FOVRTA account to over \$10,000 so two deserving students can start receiving financial help before the end of 2021.

—*Message from FOVRTA Board*

Give a Boost to the Scholarship Fund of the Friends of the VRTA

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.

REGISTRATION FOR DEC. 7 LUNCH 11:00 AM Hellenic Cultural Centre

Name(s): _____

Ph: _____ Email: _____

Enclose cheque for ____ attendee(s) @ \$50

Cheque payable to:

Vancity Community Foundation/RR Smith Memorial Fund
Or Pay ONLINE—see details above

Those wishing vegetarian entrée/special diet, check here _____

See Page 1 for where to send. Register
by Thursday Dec. 2 TO AVOID DISAPPOINTMENT
Donations for the FOOD BANK are appreciated

ANNOUNCEMENTS



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://bcrrta.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: **VANCITY COMMUNITY FOUNDATION-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!

MAIL TO: Friends of VRTA, c/o **Dave Ellis**, 2086 Newport Avenue, Vancouver, BC. V5P 2H8