

SPRING IS AROUND THE CORNER: ONLINE PRESENTATION HIGHLIGHTS



SLEEP AND YOUR HEALTH

Well-being Committee Chair Pat Thiesen recently interviewed two experts on sleep for an in-depth interview on the health implications of sleep, how much we need, common problems and steps to ensure better sleep. A condensed version of their chat was highlighted in the [BCRTA Valentine Boogie](#) online presentation. A full version of about 40 minutes is also available on the BCRTA website at bcрта.ca/sleep.

A big thank you to experts Chantale Pamplin and Rav Johal from Mainland Sleep for sharing their knowledge and providing options for those who could use some help to get a better night's sleep.



BASKETS A HIT

Once again BCRTA members responded in droves to our friendship basket contest. Winners received a luxury gift basket from Canadian favourite Murchie's, and their friends received a matching gift. There were nearly 3,000 entries!

One of the winners was Mercedes Smith, who wrote: *Thank You for the very impressive gift basket from Murchies which I (and my friend Lea) received... another retired teacher friend alerted me to the good news that I and my "lucky friend" Lea were winners. Here is a picture of the contents of the box which was delivered to my doorstep. As another friend reminded me, I can now no longer use the phrase "But I never win anything!"*

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SPECIAL BCRTA OFFERS!

MAY 21, 2022 GROUP DEPARTURE

ALASKA 7 NIGHT CRUISE

Join Dave and Bon Scott for this unforgettable experience

- 7-night cruise, all meals, entertainment, exclusive cocktail reception and more!
- Starting at just \$1274 per person*
- Koningsdam (with Holland America)
- Watch for whales, Dall's porpoise and bald eagles en route to majestic Glacier Bay National Park.



NOV 15 TO 30, 2022

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Join Gerry Tiede, Past President of BCRTA as we explore the ancient sites and exotic locales of Egypt.

- Pyramids of Giza and the Great Sphinx
- Egyptian Museum of Antiquities
- Sail the legendary Nile River on a 4 Night Cruise from Aswan to Luxor
- Valley of the Kings and the Queens
- Guides, luxury accommodations for you, family and friends, and much more
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COMING SOON
SPRING 2022 POSTSCRIPT MAGAZINE



- **HEALTH AND TRAVEL**
- **TECH FEATURES**
- **GOLDEN STAR WINNER PROFILES**
- **MEMBER STORIES TO MOVE, INSPIRE AND INFORM YOU**
- **CLASSIFIEDS**
- **PUZZLES**

Any changes to your e-mail address or home address?
Contact Laurie Boyd at the BCRTA Office
at laurie@bcrt.ca or 604-871-2260



EXCELLENCE IN PUBLIC EDUCATION

The Excellence in Public Education Committee has been exploring ways to share our teaching achievements and experiences with new generations who are developing their professional skills. We are considering hosting a workshop or webinar to help us share our stories and eventually write them in a book. We will give you details for this opportunity when they are known.

In our committee time we have also considered our Values Statements for the teaching of language and cultures in BC public schools. We have looked closely at the values around the types of resources and materials employed.

Recently our committee began to discuss our guiding values around special education provision in B.C. Schools with a goal to formulate ways to support active teacher colleagues.

Finally, we are looking forward to hearing from programs in public schools that help BC students and seniors connect. The submission deadline for our Golden Star Awards is April 15th, 2022. If you know of a school program that features the interaction of Seniors and Students, please let them know to go to the BCRTA website for information on these awards.

www.bcrta.ca/bcrta-golden-star-awards/

Chair Steve Bailey and Co-Chair Brenda Jones



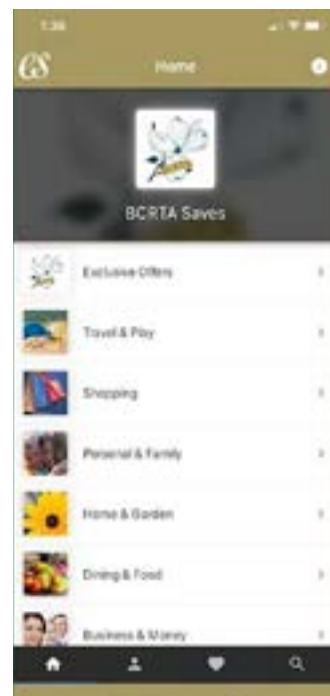
ENDLESS SAVINGS - FOR YOU!

One of the great benefits of membership in BCRTA is access to our Advantage Partners programs.

Membership chair Dave Scott recently interviewed [Endless Savings and More's](#) CEO Chris Buss about the program.

With hundreds of retail, entertainment and service experiences available, [Endless Savings and More](#) can save you money.

[Click here to view the interview.](#)



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