

Vancouver Tabloid

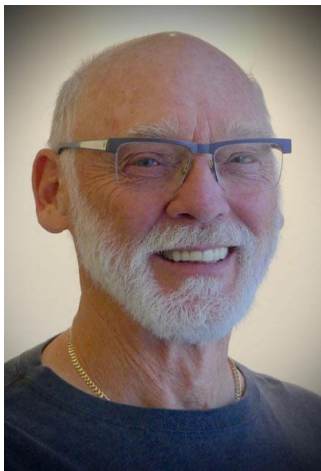
Vancouver Retired Teachers' Association FEBRUARY 2023 Newsletter

SHOULD WE RETURN TO IN-PERSON MEETINGS?

As the COVID pandemic recedes some workers are being ordered back to the office and in-person meetings. Some unions are protesting on behalf of members who want to work at home. What are the advantages of online to in-person meetings? Gain some insights about this issue on pages 4 and 5.

DO COME AND JOIN our Spring Fling lunch

A delicious lunch, a spokesperson for the BC Retired Teachers'



Association and a friendly gathering await you should you register for our 2023 Spring lunch. Help raise the potential of spring and shake off the winter blues by dressing in colour. Guest speaker, Arnie Lambert, (see left) will speak on ***What has surprised me since becoming BCRTA President?*** The Langara Golf Clubhouse, 6706 Alberta Street, now open to in-person dining, will serve the Mediterranean Menu (p 6). Cost is

\$35. Pre-mailed cheques are preferred for the sake of economy and time. ****Preregistration with our Treasurer required and pre-payment preferred; there are a limited number of seats available.***



MONDAY March 20 2023
Starts 11:15 AM at Langara Golf Clubhouse
6706 Alberta Street (at West 49th Ave.)

Complete the registration form ON THE LAST PAGE
by Wednesday March 15 and send with cheque to:
Dave Ellis, 2086 Newport Avenue,
Vancouver, BC. V5P 2H8
P:604 327-7734 or email vrtatreas@gmail.com

**Pay Cheque \$35 to: Vancouver Branch—BCRTA
or Pay Online & Notify Dave Ellis:**
<https://www.eventbrite.com/e/vrta-spring-fling-lunch-tickets-535358751437>
(Luncheon Menu on Page 6)

INSIDE this issue...

- Page 2 – President's Greetings/
How to contact the VRTA / VRTA
Clubs/Calendar
- Page 3—December Lunch Photos
- Page 4—Some prefer to meet
online/Editorial
- Page 5 –Some prefer to meet in
person/Newsflash—Act Now for
Pharmacare
- Page 6 –Planning to Age-in Place /
Menu
- Page 7 -Live Stage/Jokes/New
Theme
- Page 8—Scholarship Funds up-
date/Lunch Form/
Announcements

President's Greetings

Vancouver Tabloid



Welcome to a new year! We start off 2023 with few health and travel restrictions. I do hope that you are able to enjoy 2023 in a safe and enjoyable manner. The BCRTA has some travel trips planned with Trip Merchants inclusive of discounts and benefits for our members. Check the PostScript for details.

Back in December we had a fun Christmas Lunch with the Vancouver School Board choir, led by Ian Nicholls. We sang carols together and we were treated to some traditional, musically enchanting songs from the VSB choir. The Hellenic centre again treated us to an abundant and delicious turkey dinner with all the trimmings and a yummy dessert.

Our **Welcome to Spring Lunch** will be at the Langara Golf course. The golf club restaurant is approximately directly behind the Langara College. Arnie Lambert, our new BCRTA president will be speaking about his demanding position. He has a wealth of knowledge on BCRTA topics including our pensions.

We are again looking for a Membership coordinator. We presently have 2 talented people checking and correcting our ever changing membership lists. Monique Wong is checking postal addresses and Ojassvi Jolly (OJ) is updating our email membership list on a regular, consistent basis. We are very fortunate to have her help and this makes being a Membership coordinator far easier. Please contact me if you are interested in filling this position.

-Edie Wood

VrtaPresident.e@gmail.com

LEADERS for Activities

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

-*Contact vrta.president@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

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

#100, 550 West 6th Ave,
Vancouver, BC, V5Z 4P2

BCRTA Executive Director
Tim Anderson (tim@bcrt.ca)

BCRTA Office Administrator
Kristi Josephson (kristi@bcrt.ca)

BCRTA Administrative Assistant
Laurie Boyd (laurie@bcrt.ca)

WEBSITE: www.bcrt.ca

VRTA EXECUTIVE 2022-23

President - Edie Wood

Vrtapresident.e@gmail.com
604-228-0830

Past Past President -Winola Chu
wderechu@hotmail.com
604-872-1859

First VP - Marilyn Rushton
604-521-7951: mrushton@shaw.ca

Second VP - VACANT

Treasurer - Dave Ellis
604-327-7734 vrtatreas@gmail.com

Secretary - Denis Ottewell
604-526-7561

dennyottewell@outlook.com

Editors-Tabloid - Rosalind Kellett
Ojassvi Jolly
editortabloid@gmail.com

SUBMIT POSTAL CHANGES TO:

Membership— VACANT

SUBMIT EMAIL CHANGES TO:

TABLOID E-Distribution—

VancouverTabloid@gmail.com

Members at Large

Winola Chu, Barb Mikulec,

Lizette Pappas,

Les Rowe,

Diane Smith, Norma Westrom

Volunteers

Ora Fraser, Lois Paterson, Ali Pollard

WEBSITE: www.vrta.ca

Calendar

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

NOTE: Most events start 10 AM

Mar. 20—Spring Lunch—11:15 am

Mar. 27 Mon— Virtual—Exec.

Apr. 17 Mon—Travels in Egypt &

Greece (TBC) - 10 am

June 13—Tues—AGM—(TBC)

at RVYC

DECEMBER FESTIVE LUNCH



The VSB Choir entertained the whole group.



Eddie received a gift quilt on her 75th birthday .



Diane Smith & Winola Chu dressed up for the luncheon.



Dave Ellis enjoyed the food.



Richard Dopson (left) and Wayne Dodds wore festive

Close to 50 people attended the Dec .7 winter festive lunch at the Hellenic Community Centre in Vancouver. VRTA social coordinator *Lizette Pappas* hosted the event as her crew of chefs and volunteers, some of whom belong to the Ladies of Philoptochos Society, served all a delicious turkey dinner.

Several participants arrived from their morning walk, organized by volunteer *Margaret Yoshida*, and found the meal hearty.

Guest speaker, *Tim Anderson*, executive director of BCRTA, gave some remarks on the value of active branch organizations and their contribution to the BCRTA. He also reminded members of the value of their BCRTA membership and the many opportunities for travel, good insurance rates and other benefits that can easily be found on their website (see page 8).

After lunch choir leader *Ian Nicholls*, backed by his talented Vancouver School Board Choir, entertained and inspired the crowd with a medley of seasonal songs. Most sang along with the lively renditions, including Jingle Bells.



Lizette Pappas , above middle) hosted the event with her crew (above left) assisting them in the kitchen.



(See left) President, *Eddie Wood*, presented BCRTA Executive Director, *Tim Anderson*, with one of several poinsettias to take back to the office. A small gesture of appreciation for the great work they do for BC retired teachers.

WHY DO I PREFER ONLINE MEETINGS?

I prefer online meetings in the winter time because it's safer.

I don't need to drive anywhere and don't need to think about what to wear and what food to make and bring.

In the summertime when we can meet outdoors and when the Covid viruses aren't as active then I think in person meetings are fun—but they do take

Using zoom or “teams” is an efficient method of connecting without driving, and saves time. However meeting someone face-to-face at a meeting is much more personal. So perhaps alternating the means of sharing information can be useful, and zooming in the winter is especially appreciated.

-Barb

Editorial Do your future plans include aging in place...or ageing in place?! Both spellings are acceptable in Canada and the meaning of the word remains the same. This newsletter respects the preferred spelling provided by each presenter: Aging for the BCRTA 2022 Conference presenter; Ageing for the VRTA 2023 COSCO

Covid and related viruses will continue to reduce attendance at in-session meetings

Time saving: Those participating only have to schedule for Agenda times. Travel time and parking inconveniences are eliminated.

Cost Saving: No room rental fees or other agreements will be required.

No transportation or overnight accommodations costs are involved, which is a great saving for associations which have to send delegates.

No need to arrange for food and drinks nor sound systems.

Personal issues: Your appearance. You don't have to get dressed up as much.

workshop presenters. Sometimes we don't have a choice as to where we stay as we get older; we have to go into assisted care. But while we have the choice, be sure to take advantage of the COSCO workshop on this issue – see p. 6.

Ojassvi Jolly has joined the Editorial team since October 2022 and assists where and when she can. OJ, her preferred nickname,

Even feeling ill (flu, cold, etc) you may still participate virtually.

You can continue with some eating and small at-home tasks.

You are there at home if needed - for example, if a partner or child requires some assistance.

Meeting conduct: The chair can usually proceed through the agenda without dealing with “table talk” or other distractions.

Having committee reports sent prior to a meeting greatly facilitates the pace and focus of the meeting.

- Denis O.

works fulltime but has journalistic and publishing skills. She graduated from Kwantlen Polytechnic University with a degree in Arts on February 15, 2023. We welcome her as an Assistant Editor as well as a database manager for the VRTA membership list. She makes our work easier!

- Ros Kellett

BUT I PREFER IN-PERSON MEETINGS!

SOME OF THE ADVANTAGES OF IN-SESSION MEETINGS:

The social and interpersonal relationship is enhanced.

Participants are more likely to develop more and lasting contacts and friends.

It is possible to meet in groups to develop consensus about an issue.

Actually it is a more democratic format as it allows easier access for the participants to express opinions about any report or course of action.

In-sessions are the best format for presenting awards.

Everyone enjoys the food treats and social mixing.

-Denis O.

NEWSFLASH: NOW IS THE TIME TO ACT!

Pharmacare has been promised for 3 elections now and has never appeared specifically in the federal budget, reports BCRTA President Arnie Lambert. He has prepared a letter that can easily be sent on to your federal and provincial representatives, as well as the health care ministers, via your postal code. Send it now as the federal and provincial caucuses prepare their next budgets. Please go now to the website: bcrtc.ca/phamacarenow/



Have You Had Too Much Screen Time?

This is the usual question I ask my grandsons—and now I ask myself! I find I have gained weight with so much sitting and get tense from the tediousness of long virtual meetings. My posture lapses as I hunch over the keyboard, causing me fatigue later. And is anyone else on this online meeting actually listening to me? Or the speaker? That man has his video off and is muted; that woman is muted and talking on the phone!!! Half the screens are black and muted. Gee, is anyone listening?

With COVID restrictions we were blessed to have the ZOOM technology and computer cameras to stay in touch with online meetings. But now it is time to return to in-person meetings and really catch up with other people's lives as well as the common interests we share at a meeting.

The chairing of a meeting online can be a problem. A heavy-handed chairperson who regularly mutes everyone yet then comments on every point that is raised holds up the meeting and raises the stress levels in the participants.

In a face to face group meeting, one can break the tension over

conflicting viewpoints on a topic by more easily deferring to others to help step back from the conflict and gain a wider perspective. Physically giving a refreshment break and allowing folk to intermingle provides an opportunity to work things out informally.

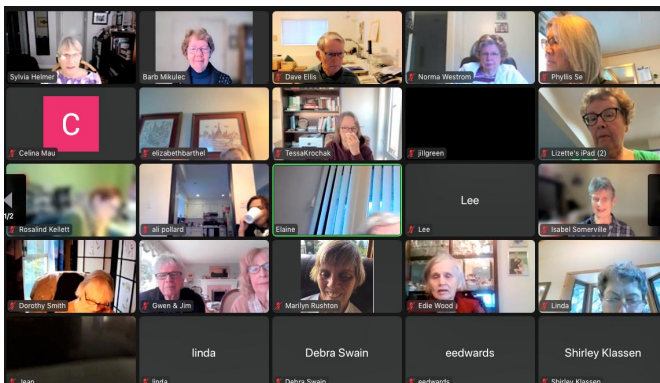
When online, a disagreement might occur because one cannot see the whole person, their body language and their "attitude" to the proposal or topic being discussed. One lacks this key information to help remedy miscommunication and the meeting can drag on while trying to clear up such matters.

In a face to face group meeting, one can more easily pass a note to a nearby colleague to share key information that may become important later in the meeting and thus save time when that topic comes up on the agenda.

One realizes one is dealing with a whole person, not just a "head with a mind" focused on a single agenda item. Sure, it takes more effort to dress up, go out and travel to an in-person meeting. But a face to face smile is more real when we meet and greet in person!

-Ros K.

ARE YOU READY TO AGE AT HOME?



Presenters, Sylvia Helmer and Barb Mikulec, (top left) engaged VRTA members and friends online with a lively discussion on Ageing in Place.

FACT: Recent polls find that over 75% of older Canadians want to stay in their homes as they age, but only one in four believe they can do so!

About 40 people joined the online presentation of the newest COSCO workshop, Ageing in Place, on Monday January 9. Participants registered ahead of time with VRTA secretary, Denis Ottewell, who then sent each participant a package of information prepared by the presenters. This included planning

documents, one being a checklist of nine topics, each topic had a separate page with a list of questions, to which you answered Yes or No. “Read and think your way through these checklists” in ad-

vance, urged Sylvia Helmer, one of the presenters. At the meeting, Barb Mikulec joined Sylvia to discuss each of the 9 key factors should you have the choice of staying in your own place:

Personal health, house/home features, safety, transportation needs, social connections, available supports and services, community offerings, finances, partner’s needs (if applicable). The time flew by as both presenters dove into each topic to help us become ready to age-in-

place, if that was the best plan. Many agreed the chance to discuss this further and chat amongst each other would make this a great in-person workshop.

Several of us thought of our elderly relatives and the choices they have had to make. If you are a volunteer caregiver to a mother or father still living in the family home you will understand the time, energy and commitment needed to keep everyone happy. And if that person’s emotional, physical and social needs are being met and there is a good quality of life for all, then ageing at home is the right place for that parent.

The outline of the workshop and further information is available online from the COSCO and their dedicated website:

<https://seniorshelpingseniors.ca/>

-Ros Kellett

*LUNCH Menu – MAR 20

*subject to change

- Chicken souvlaki skewers,
lemon rice pilaf,
- Classic Greek salad with feta,
olives, pita & tzatziki
- Assorted dessert goodies
- Tea and Coffee

**Donate to the
scholarship
fund today!
(see vrta website)**

Readers wishing to pay tribute to Denis Ottewell’s wife, Shirley, who passed away Jan 26, might consider donating to the Friends of the VRTA scholarship/bursary fund. Turn to page 8 to see how.

Live Stage Offerings

January to March



As the New Year begins, The **Stanley Theatre** is hosting **Forgiveness**—from Jan. 12th to Feb.12th— a play based on the memoir of Mark Samamoto. Telling the story of experiences during WWI.

At the **Granville Island Stage**, the Arts Club is presenting **The Cull** from January 20th to February 26th. — Discussion by a group of friends about a local wolf cull turns into an intense argument

At the Newmont Stage at the **BMO Theatre Centre** the play presented **Teenage Dick** by Mike Low. It is billed as "Richard III Meets Mean Girls" in this High School power struggle which runs from Feb.9th to March 5th. Check artsclub.com or phone 604-687-1644.

Metro Theatre Vancouver presents the tense thriller **Wait Until Dark** by Frederick Knott from Feb.18th to March 5th. Audrey Hepburn starred in the film version of this play in which a psychotic con-man and two ex-convicts try to terrorize a visually impaired woman. Evening performances are at 8:00 p.m. with 2:00

p.m. matinees on Feb.19th, Feb.26th and March 5th. Visit metrotheatre.com or phone 604-266-7791.

Other exciting theatre productions during this time period include **Gateway Theatre's** production of Roald Dahl's **Matilda The Musical** which begins on Feb.16th. Visit gatewaytheatre.com or phone 604-270-1812.

United Players of Vancouver has two interesting plays to complete their season, **Thy Neighbour's Wife** by Tara Beagan from Jan.20th to Feb.12th & **Ibsen's Hedda Gabler** from March 24th to April 16th. Both plays run Thursday to Saturday evenings at 8:00 p.m. with Sunday matinees at 2:00 p.m. Visit unitedplayers.com or phone 604-224-8007

Lastly, Studio 58 ,Langara, presents **A Chorus Line** at the **Waterfront Theatre** Feb. 2nd to Feb.19th. Visit studio58.ca or phone 604-323-5227.

- Ora Fraser

JOKES

-from the Internet

Prepared by Winola

1. What kind of online exercise do sheep do together?
2. What happens when I tell jokes over a zoom meeting?
3. Why do you need to put on a mask if you are working on a desktop or laptop?
4. What do you call the phenomenon where nobody can hear you on zoom?
5. How does NASA set up a conference call?
6. What is the greatest part about working from home?
7. What do you call a quick video- conference at the MAZDA factory?

***** Answers*****

1. Zoom-BAAAAAH!
2. They aren't remotely funny.
3. So you don't catch any computer viruses.
4. A MUTE--ATION.
5. They PLAN_ET
6. Not having to dress up fully and staying in one's pajamas!
7. A zoom-zoom-zoom... ZOOM meeting!

THEME & DEADLINE for the NEXT ISSUE - Friday April 28 , 2023

How are you "going green" in your life?

Keep this to about 150 words.



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.

Thank you to our Donors!



ANNOUNCEMENTS

FRIENDS of VRTA Scholarship Update

Treasurer Dave Ellis reports that the December luncheon event was very successful at raising over \$3000 with donations from diners and several who could not attend. The FOVRTA fund is now \$15,586, as of December 29, 2022. This amount is good but still short of the fund goal to raise \$30,000. Meanwhile, UBC Awards department announced our two Award winners for 2022: Ms. Maria Bovey (Education) and Miss Lea Liang (Nursing-PhD). We wish them luck in their careers! We are seeking new Board members for our upcoming AGM in June. We meet once a year, mostly online. Contact Rosalind Kellett, President, Board of FOVRTA roskellett@gmail.com

HOW TO DONATE ONLINE to the FRIENDS of the VRTA

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 an instant tax receipt.



ZOOM Workshops—Safety Series from The Council of Seniors Citizens of BC (COSCO) at 10:30 am on Wednesdays:

Feb. 15, Pedestrian Safety
Feb. 22, Life Without Driving
March 1, Emergency Preparedness
March 8, Frauds and Scams
REGISTER: <https://seniorshelpingseniors.ca/spring-2023-safety-workshop-series/>

HAS YOUR POSTAL OR EMAIL ADDRESS CHANGED?

Laurie Boyd of the BCRTA prefers that you contact her 604 871-2260 directly or use the ONLINE Form <https://bcрта.ca/update-my-member-info/>

Please also NOTIFY VRTA membership. Contact Norma Westrom at normawestrom@hotmail.com.

REGISTRATION FOR MARCH 20 LUNCH 11:15 AM Langara Golf Clubhouse

Name(s): _____

Ph: _____ Email: _____

Enclose cheque for ___ attendee(s) @ \$35
Pay ONLINE or Write Cheque payable to:

Vancouver Branch—BCRTA
& Send as soon as possible by Mar. 15
See details on page 1

Those wishing vegetarian entree/special diet, check here _____

What is needed to write a FOVRTA cheque donation

PAYABLE TO: VANCITY COMMUNITY FOUNDATION-R.R. Smith Memorial Fund Foundation

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

NOTE: Include your name and address so Vancity can mail you a charitable tax donation receipt!

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