



Lower Vancouver Island Retired Teachers

Spring, May 2024 A.G.M. Bulletin

April President's Message

CHIEF EXECUTIVE OFFICERS

President: Sharon Lassey 236-478-7171

Vice-Pres: Debra Swain msdebra.swain@gmail.com

Secretary: Marg Eagle 250-478-1579

Treasurer: Brian Tetlow 250-479-1947

Membership: Bronwyn Taylor 250-592-4826

I can honestly say, as I prepare this message for you all, that it feels like Spring might be finally here. People are in their gardens and enjoying doing other outside activities. They are taking advantage of the opportunity to get on their bikes and ride or to hike some of their favorite trails. I am trying not to rush into putting flowers in my pots for on my deck. Soon I hope.

Your Executive has been busy as we try to look at our Policies and Procedures for LVIRT. Some things have changed after COVID as we no longer meet or store paper copies of minutes and Treasurers reports at the GVTA Office. Most of our records have been or will become electronic. Our Executive Meetings are now held on Zoom which seems to work for everyone. We are going to try to hold the June meeting in person because it is nice to have personal contact.

Many Thanks to Berna for her continued attention to Sunshine plus her work with Marie on the mailout copies of the Bulletin. Marie should be recognised for her work on the Bulletin and her interest in providing some new material. Bronwyn consistently keeps in contact with our members and coordinates with Laurie at the BCRTA. Our other Executive members have worked hard to keep us up to date on issues.

LVIRT LEARNING has finished one full year of operation. Many thanks to Debra, Darinka and David for their hard work in providing such interesting material for us. Brian deserves thanks for lending us his sound system.

I still hope we can locate a couple of people to organise LVIRT JAUNTS (or field trips as someone said). Many ideas have been offered and that is just local stuff. We would not even have to travel out of town!

Our Executive is changing next year in that Debra has volunteered to take on the Vice President role. Thanks to Lynna for picking up that role and doing it for so long. I hope we can keep her as a member at Large.

Our AGM is in May at the Cedar Hill Golf Club. So call or email Pat Pawlett with your choice of Burger (Beef, chicken, salmon or veggie) to round out the Burger Buffet that Pat and I are organising for you. To Hell with the Bell will be at the Gorge Esquimalt Park Japanese Pavillion again with coffee at 10, speaker at 10:30, time for a walk, Lunch at 12 and social time.

Looking forward to this next year.

Sharon Lassey

AGM LUNCHEON—May 14
CEDAR HILL GOLF COURSE
BURGER BUFFET see pg 4
RSVP BY May 6th contact PAT

Lunch 12:00

ANNUAL GENERAL MEETING 12:30

Lower Vancouver Island Retired Teachers

Cedar Hill Golf Club

May 14, 2024

AGM to begin 12:30 PM

1. Call to order

2. Adoption of the Agenda & election of scrutineers – Marg Eagle, Pat Pawlett

3. Adoption of the 2023 AGM Minutes as circulated

Business Arising from the Minutes

4. President's comments – Sharon Lassey

5. Annual Committee Reports: Questions for each Com Chair – written reports in April Bulletin

6. Annual Financial Report and motion – Brian Tetlow

LVIRT Membership Fee motion

7. Election of officers:

President : Sharon Lassey

Vice -President : Debra Swain

Treasurer: Brian Tetlow

Secretary: Marg Eagle

Past President:

Members at Large:

Bronwyn Taylor Paul Hutcheson Pat Pawlett Marie Veintrop David Futter

Berna Ruffell Loretta Deutscher Darinka Popovic

Margy Ransford Sharon Gale

9. Appointment of signing officers proposed by the executive

President, Vice President, Treasurer

10. Election of delegates to the BCRTA AGM

Sharon Lassey, Debra Swain, David Futter, Marg Eagle, Pat Pawlett

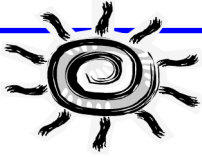
Elected Alternate: Loretta Deutscher, Marie Veintrop, Paul Hutcheson

11. New Business

LVIRT Policy and Procedures

12. Adjournment

Scholarship Foundation Meeting



***** SUNSHINE COMMITTEE *******

The **Sunshine Committee** regularly sends cards to members who are celebrating a **special birthday or anniversary, to those who are not well** or to families of our deceased members. Sunshine Committee Chairperson, Berna Ruffell , bruffell@shaw.ca , **phone-250-532-4262** welcomes names and contact information in order to send out our LVIRT SUNSHINE!!! If you know of a member who especially needs sunshine, please let Berna know!

Membership Report – Spring, 2024

In Memoriam: Patricia Crossley, Feb. 12; Margery Littley, Mar. 1; Eugene Jacobson, March; Catherine Douglas, Jan. 11;

Birthday Wishes for our members celebrating 90+ birthdays this season:

Missed birthdays --

April – Ron Berod, Apr. 4, 1926

May – Veronica Frey, May 30, 1930; Connie Shaw, 1928; Lorena Taylor, 1929

June – Beryl Holt, June 20, 1924; Pauline St. Claire, 1927; Stan Turner, 1928;

Mart Vaesen, 1927

If you turn 90 this year and wish to be added to the list of greetings, please contact me so you can be added to our list of venerables.

After each Bulletin is sent, if an envelope or email is ‘undeliverable’, I phone the last number available to us. If it is N.I.S., the name and address is removed from our mailing list, but not the members’ list.

All changes are recorded as I receive them, shared with Robyn & Sharon, as well I send them to the BCRTA.

I apologize for any inconvenience, and thank you again for reminding me of changes to be made to the e-mail and mailing lists after every Bulletin.

Many thanks, as always, to the dedicated volunteer group that sees to the mailing of LVIRT bulletins, and to Robyn Evans, who sends the email version.

To stay up to date with LVIRT’s up-coming special events, and those of the BCRTA, please make sure we, and Laurie at BCRTA laurie@bcrt.ca have your current contact information.

Thank you in advance,
Bronwyn Taylor (taylorbronwyn@shaw.ca or 250-592-4826)



LVIRT

AGM Luncheon

*Meet old and new friends. Enjoy the lunch
and A MEET AND GREET
IN A PLEASANT ATMOSPHERE*

*Spacious venue with lots of **parking.***

@ CEDAR HILL GOLF CLUB 1400 DERBY RD. OFF
SHELBOURNE

BURGER BUFFET LUNCHEON

Tuesday, May 14th

LUNCH AT 12:00PM

MEETING AT 12:30

RSVP by MAY 6th

COST IS \$25.00

Call: Pat Pawlett 250-391-6477 email: ppawlett@telus.net

All contacts will be confirmed

Please indicate dietary restrictions with reservation

And choice of BURGER KIND

YOU MAY HAVE A **BEEF, CHICKEN, SALMON OR VEGGIE BURGER**



Please remember
that if you are un-
able to attend the
function you have
requested, that you
are responsible for
the cost of the meal.
If you cannot attend
please contact Pat

SOCIAL CONCERNS LVIRT BULLETIN April 2024

Paul Hutcheson

BC “crown agency” supports genocide in Gaza.

In a letter from the Teachers’ Pension Board of Trustees Chair, 2021 January 01, I was told that “BCI’s portfolio does exclude companies involved in the manufacturing of cluster munitions and anti-personnel landmines, following the Ottawa and Oslo treaties. It also excludes any sanctioned companies, meaning that BCI excludes securities when products of a company are prohibited by legislation applicable to Canada or through international agreements.” His letter is factually wrong. In addition to the 40+ major armaments manufacturers, the investment portfolio lists Elbit, an Israeli based armaments and military technology company, and it is alleged to be involved with the manufacture of “cluster munitions.” A cluster munition (or cluster bomb) is a container filled with small explosive bombs called “sub-munitions.” This container may be a shell, rocket, missile, or other device.

How have other investors reacted to Elbit? Fourteen years ago, Sweden's largest pension funds elected to remove Israeli defense electronics company Elbit Systems from its investment portfolios over its involvement in the construction and operation of the Israeli separation barrier being built around the West Bank. Fifteen years ago, the Council on Ethics in Norway determined that investment in Elbit constitutes an unacceptable risk of contribution to serious violations of fundamental ethical norms because of the company’s integral involvement in Israel’s construction of a separation barrier on occupied territory.

Demonstrations in Toronto, Manchester, Boston, and other locations calling for divestment in Elbit are getting the attention of both investors and pension funds. Will British Columbia Investments get the message and divest? Sadly, history tells us they won’t as they place fiduciary responsibility far ahead of human suffering and death. Corporate directors are guilty of breaking Canadian laws and should be prosecuted for their complicity in genocide.

Not only does BCI have a direct investment in Elbit but indirectly through its holdings in the Bank of Nova Scotia, itself the target of anti-Elbit protesters starting last November. Corporate accountability organization Eko launched the campaign last year and has now collected about 15,000 signatures. It claims in its petition that Scotiabank is the biggest foreign shareholder in Elbit. Another Canadian corporation profiting from the death and suffering at Gaza.

Why would any investment firm make the conscious decision to make money from another’s death? Is it OK for a “crown agency” to take our money (pension contributions, ICBC surpluses, provincial government funds not immediately needed, etc) and buy stocks that enable corporations to produce weapons of death?

LVIRT Learns AGM REPORT

Submitted by Debra Swain, Darinka Popovic and David Futter

It has been a busy year for the LVIRT Learns committee. We are fortunate to have Brian Tetlow join us to handle the sound equipment for the workshops. We want to thank all the LVIRT members and their friends and family who attended the workshops. Your participation was greatly appreciated as was your feedback on the workshops. Thanks to the LVIRT Executive as well for their support and advice.

We held four workshops this year at the Esquimalt Gorge Pavilion on a variety of topics suggested by the executive and LVIRT members. Some of the workshops were from Seniors Helping Seniors Health and Wellness Institute. A local expert facilitated one workshop. Our final workshop will be held at the Gordon Head Lawn Bowling club.

The first workshop this year was on life without driving. While this can be a daunting adjustment, the workshop provided helpful suggestions about making the transition to life without driving. We also had two members who shared their experience with cycling with the group.

The second workshop, facilitated by Daralyn Wei, was on getting your affairs in order and advance planning. There is a lot to think about and Daralyn provided information as well as resources. Daralyn has a blog that she sends out to people who are interested in monthly updates. You can find this on her website at <https://orderlyaffairs.ca/>.

The third workshop was on sleep. As we age, our sleep changes. We still need to have quality sleep and enough sleep, but we may have to accept changes to how we can get that sleep. The workshop provided resources, information, and strategies for getting good sleep.

Two books you might want to check out on sleep are:

Hello Sleep; by Jade Wu and

Why We Sleep: Unlocking the Power of Sleep and Dreams; Matthew Walker.

The fourth workshop was on dealing with stress. Stress is something we all have and is essential for our well-being. However, when stress becomes chronic, or too much, there can be serious health problems. The workshop explored problems related to stress and offered resources and strategies for managing stress. Three books that I found particularly helpful were:

The Stress Prescription by Elissa Epel

The Stress Proof brain by Melanie Greenberg

The Body Keeps the Score by Bessel van der Kolk M.D.

Our final workshop, an introduction to Lawn Bowling, will be held on May 22 from 1:00 – 3:00 pm at the Gordon Head lawn Bowling club. If you are interested in attending, email lvirtlearns@gmail.com. If you want to learn about Lawn Bowling, there are many YouTube videos of bowling and there is also a video on the GHLBC website of which explains the game. Go to ghlbc.ca and find the video then you will get everything you need. Check out these videos From Lawn Bowling New Zealand.

[Coaching Videos from New Zealand](#)

[LVIRT is planning to continue with the workshops in the fall of 2024 and into 2025. If you have any ideas for workshops, please email \[lvirtlearns@gmail.com\]\(mailto:lvirtlearns@gmail.com\) with your suggestions. If you want to learn more about the Seniors Helping Seniors Health and Wellness Institute workshops, you can check out the website at <https://seniorshelpingseniors.ca/>.](#)

[Saanich Peninsula C.A.R.E Fair](#)

<https://cfuwsaanichpeninsula.org/carefair>

[We will be presenting the workshop Aging in Place this year at the Saanich Peninsula CARE Fair. The CARE Fair will be held on June 6 at the Mary Winspear Centre in Sydney. There will be 11 speakers offering workshops throughout the day and 60 information booths with organizations, agencies and vendors](#)

Aging in the right place - all you need to know



C.A.R.E.

Fair | Community Attachment to
Resources and Engagement

for Seniors

**THURSDAY
JUNE 6**

10 am to 5 pm

Mary Winspear Centre, Sidney

This one-day event on **June 6, 2024** (during BC Seniors Week) at Mary Winspear Centre in Sidney will provide a forum for seniors and their care-giver families on the Saanich Peninsula to gather information on aging, particularly of interest to those who wish to age “in place” in their own home or are considering transitioning to independent or assisted living.

This will be a **free-to-the-public** event to ensure seniors at all income levels and abilities have no barriers to attendance.



Check out the CARE Fair website to see all the presenters and exhibitors.

<https://cfuwsaanichpeninsula.org/carefair>



Put your Paperwork in order; Leave a Legacy - Not a Mess!

By Daralynn A. Wei

Organizing your affairs involves several financial aspects that need to be documented. In addition to your real and personal property, you may also have business interests, outstanding debts and liabilities, monthly donations and subscriptions and bill payments to consider. Mishandled income tax matters can pose a significant risk for an executor, so it's important to document all tax-related instructions for them.

When you lend money to family or friends, it's crucial to have a documented agreement. If there was an expectation for repayment that didn't occur or the loan wasn't documented, it could lead to bad feelings and conflicts among your loved ones after your death. To prevent such issues from arising, you can provide a statement of your acceptance and forgiveness of such loans and add it to your Will. This may help prevent the issue from dragging into the future and help explain what you disperse in your Will for beneficiaries. Sometimes a simple explanation can make a world of difference.

The key to good estate planning is careful documentation of all your affairs.

To learn more please visit www.orderlyaffairs.ca.

RETIRED TEACHERS' TEACHING OPPORTUNITY AT CAMOSUN COLLEGE

I am the Chair of the Community Learning Partnerships department at Camosun College, and I am interested in reaching out to retired teachers in the Victoria area who may be interested in occasional English and Math substitute work.

Our upgrading classes are offered at community partner sites such as Bridges for Women, Island Community Mental Health Association, and the Victoria Native Friendship Center. There is also often term contract work teaching multi-level, self-paced English or math classes at 0.33FTE, which is often a good amount for people who are otherwise retired, but still have energy and passion for helping learners. We post openings for the sub list on the Camosun website, but I am sure that many retired teachers would not think to look there.

Thanks,

Ramona

Ramona Scott (she/her) | Instructor/Chair of Community Learning Partnerships
Community Learning Partnerships | School of Access
scottr@camosun.ca | 250-370-3489

CAMOSUN COLLEGE | Victoria, BC | camosun.ca

Camosun College campuses are located on the Traditional Territories of the Lekwungen and WSÁNEĆ peoples.

GVRTA Scholarship Committee News

April 2024

The Scholarship Committee is once again on track to begin the selection process for our 2024 Scholarship Winners. Our group will meet this month to review Scholarship Applications and select the winners. We are often saddened by our inability to award more Scholarships as many of the applicants are in very desperate situations.

Member Donations to the Scholarship Committee

As always we very much need your support.

Sadly, we have lost a number of friends and colleagues in recent months. Memorial bequests to the Scholarship Committee are so befitting in this situation and a wonderful acknowledgement of a career well spent.

Please consider us in your estate planning as well as your yearly charitable donations.

If you wish to make a tax-deductible donation, your cheque is payable to:

GVRTA Scholarship Foundation

******Please note that cheques go to our Treasurer, Philip Allingham.******

Philip V. Allingham
4965 Lochside Drive
Victoria, B.C.
V8Y2E6

Philip will gladly issue you a tax receipt for your donations.

THANK YOU

Walking Groups and Contact Persons

SCRAMBLERS

Thursday morning Rosemary Kelso 778-265-2657 drkelso2@gmail.com

RAMBLERS' WALKING GROUP

Tuesday 10:00 CONTACT PERSON: Nancy Carson
nancycarson75@gmail.com 250-477-2278

WEDNESDAY WALKERS :Wednesday Walkers Wednesday morning

Terry Wendorf twendorf@shaw.ca

Marg Eagle margeagle619@gmail.com 250-478-1579

For more information, check our website lvirt.wordpress.com

LOWER VANCOUVER ISLAND RETIRED TEACHERS 2023-24

President: Sharon Lassey (236-478-7171) lvirtpresident@gmail.com / sharonlassey29@gmail.com

Vice President: Debra Swain msdebra.swain@gmail.com

Treasurer: Brian Tetlow (250-479-1947) briantetlow1937@gmail.com

Secretary: Marg Eagle (250-478-1579) margeagle619@gmail.com

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Learning Committee: Debra Swain msdebra.swain@gmail.com; Darinka Popovic;
David Futter (emails below)

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Social: Pat Pawlett (250-391-6477) ppawlett@telus.net

Membership: Bronwyn Taylor (250- 592-4826) taylorbronwyn@shaw.ca

Social Concerns: Paul Hutcheson (250-629-2074) skiver@shaw.ca

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Loretta Deutscher (778-430-0735) lorettarose@islandnet.com

David Futter (250-995-1943) futter.david@gmail.com

Darinka Popovic popovic@shaw.ca

Margy Ransford margyransford67@gmail.com

Sharon Gale volvosharon@gmail.com

UPCOMING MEETING/EVENT DATES

Executive Meeting

Monday, June 10 2024 @10:30 on Zoom

AGM

Tuesday May 14, 2024 Meeting and Luncheon at Cedar Hill Golf Course

Bulletins –EMAIL RELEASE–Quarterly, 1 month prior to AGM &/or As Required

NEW WEBSITE ADDRESS lvirt.wordpress.com

FREQUENTLY REQUESTED NUMBERS

BC Retired Teachers' Assoc., Vancouver 1-877-683-2243 laurie@bcrrta.com

Greater Victoria Teachers' Association 250-595-0181

#5-515 DUPPLIN Rd. Vic. V8Z 1C2

Teachers' Pension Service Victoria 250-356-9658

JOHNSON: MEDOC Travel Insurance 1-866-799-0000

Home Insurance 1-800-563-0677

Long-term Care Insurance 1-877-582-7526

Green Shield (Greenshield.ca) 1-888-711-1119

BC Seniors' Line 1-800-465-4911

HealthLink 8-1-1 www.HealthLinkBC.ca