

# Vancouver Tabloid

Vancouver Retired Teachers' Association Aug 2024 Newsletter

## JOIN US FOR WELCOME BACK LUNCH

PLEASE JOIN US for Lunch on Monday, September 9, in person at the Trocadero Restaurant, 2411 Nanaimo Street. The menu will include an appetizer, chicken souvlaki with moussaka, rice, potatoes, Greek salad, and a surprise dessert.

Seniors First BC's Learning Events & Outreach Program Coordinator, Linda Yauk, will be joining us for a presentation.

Linda has a background in education, social work, and gerontology. Her experience includes volunteering with community organizations and supporting residents with dementia and complex care needs as a Recreation Therapy Assistant in a long-term care facility.

The title of her talk is "What Can Seniors First BC Do for You?" and will also include a summary of the new "Long-term Care at Home Program" piloted by the BC Government.

## What You Would Share with the Next Generation

We asked members what they would want to share with the next generation, and they sent in their experiences and words. From kindness to optimism, members describe the positive mindset and values they would want others to apply in their lives. Turn to page 4 to read the full stories!



**seniors first BC**  
Linda Yauk of SFBC. SFBC Logo

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Image of a senior and two children looking at foliage.

## September Luncheon

**Monday September 9, 11AM-2PM**

Trocadero Restaurant  
(2411 Nanaimo Street, Vancouver, BC)

Register by Tuesday, September 3 and Pay \$40

**Pay by Cheque** - Registration form on back page

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

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

OR

**Pay Online:** <https://www.eventbrite.com/e/vrta-september-luncheon-tickets-991141901107?aff=oddtcreator>

Note: online payment includes processing fee

*Menu: appetizer, chicken souvlaki with moussaka, rice, potatoes, Greek salad, and a surprise dessert.  
Hope to see you all there!*

# President's Greeting



Photo of Ros Kellett

WELCOME to all our new retirees from VSB (103 from 36 secondary and 67 elementary & adult educators) and returning members. We want to invite you to all our events, especially our 4 lunches and workshops. Our executive meetings are a combination of in-person and/or ZOOM meetings, up to 5 per year and you are welcome to attend.

I look forward to working with the new executive and cohort of volunteers: Ora Fraser, Lois Patterson, Richard Dopson. A big thank-you to the retiring executive members: Denis Ottewell, Marilyn Rushton and David H. Smith. Your service was greatly appreciated.

The newest executive members, Bernard and Vreni Morel have graciously agreed to take on the Membership secretary role as a team. This is quite a job as the lists must get updated with Laurie Boyd at the BCRTA from time to time, as well as investigating email bounces and Returned mail. Bernard becomes a detective to find the new postal addresses. We have two important vacancies to fill: Secretary and First VP. Can you help us write-up the minutes of our executive meetings? And we are looking for some help with our Website content. We will train you in any of these positions, just let us know!

Let me introduce myself a little more. I retired from secondary science teaching in June 2014, in large part to help with the third grandchild and my elderly mother, having started teaching 40 years prior. I enjoy family events (now four grandboys!), gardening and contributing to community organizations. I spend time with the Suzuki Elders, a Church justice group and a local political group.

Please come and meet us at our Welcome back Lunch & Speaker Linda Yauk from Seniors First BC on Monday September 9. We want to serve you well with appealing events.

Ros Kellett  
presvrta@gmail.com



Members of 2024-25 executive: Back row (from left): Dave Ellis, Norma Westrom, Ali Pollard, Karin Bernauer, Barb Mikulec, Bernard Morel. Front Row: Ros Kellett, Edie Wood, Vreni Morel, Diane Smith. Missing: Lee Green, Suzie Mah, Lizette Pappas, Les Rowe

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### VRTA EXECUTIVE 2024-25

#### President - Rosalind Kellett

Presvrta@gmail.com

604 873-0568

#### Past President Edie Wood

#### First VP - VACANT

#### Second VP - Lizette Pappas

#### Treasurer - Dave Ellis

604 327-7734

dellis7734@gmail.com

#### Secretary - VACANT

#### Design Editor-Tabloid - Lilly Lin

lilinartdesign@gmail.com

#### Membership - Bernard & Vreni

Morel

mofam604@outlook.com

### Members at Large

Karin Bernauer, Winola Chu, Lee Green, Suzie Mah, Barb Mikulec, Ali Pollard, Les Rowe, Diane Smith, Norma Westrom

### Volunteers

Ora Fraser, Lois Paterson, Richard Dopson

WEBSITE: [www.vrta.ca](http://www.vrta.ca)

### Calendar

\*Please feel free to join us

-\*Notify presvrta@gmail.com

NOTE: Most events start 10 AM

**Mon., Sep. 9** Welcome Back Lunch

**Thurs., Oct. 17** Exec Mtg

**Oct (TBD)** Workshop

**Tues., Dec. 10** December Lunch

### LEADERS for Activities

**VIRTUAL Book Club:** Diane Smith (frandia@shaw.ca)—3rd Wed at 2 pm

-\*Contact presvrta@gmail.com to start Second Book Club or other activity

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

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

## 2024 VRTA & FOVRTA AGM



VRTA Executives (left to right): Dave Ellis, Lizette Pappas, Winola Chu, Ros Kellett, Edie Wood, Barb Mikulec, Diane Smith, Ali Pollard, Les Rowe

Forty members and their guests lunched at the beautiful dining room of the Royal Vancouver Yacht Club and participated in the two AGMs on Wednesday June 5. The AGM for the FOVRTA (Friends of the VRTA) AGM took place before the tasty buffet lunch; that fund now sits at \$26,411 with an expected donation of \$2000 to go to an SFU education student before August 2024. More details are on our website.

After lunch, President Edie Wood presided as the business of the AGM went smoothly. The new executive was elected (see their names on page 2 and on group photo on this page) yet three positions remained vacant: 1st VP, Secretary and Membership chair. Luckily, later in June Vreni and Bernard Morel volunteered to be our Membership co-chairs. Past President Edie Wood was thanked for her three years of leadership of VRTA and was presented with a piece of silver jewellery.



Past President Edie Wood speaking



# What would you...like to share with the next generation?

## *Kindness*

The Importance of Kindness is the number one thing I would like to share with the next generation.

I just read a book by Judith Orloff called *The Genius of Empathy*. She quotes both the Dalai Lama and Albert Einstein as saying kindness is the most important role individuals and society can do to save our broken humanity and our earth.

I see so many examples of kindness in our members, especially our executive. Many have a “what can I do to help” attitude to friends as well as the complex society we live in. I use these friends as role models.

My personal goal in life is to be kind to others as well as our Mother Earth, but it is a learning curve. Practicing random acts of kindness helps the receiver as well as the giver. It’s a win/win situation. My daughter tells her teenage kids that the number one thing they should look for in a “love interest” is kindness and of course to always practice kindness themselves at every opportunity.

- Edie Wood



## *Optimism*

What I would suggest we share with the next generation is the spirit of sharing an ‘optimistic spirit’, as in thinking of others in the community, both locally and internationally. My husband and I recently returned from an amazing cruise from Amsterdam to Norway, Iceland, Greenland, Newfoundland, PEI, Nova Scotia and Boston. We loved meeting many of the 1,900 passengers.

Some persons of different nationalities shared their thoughts on world topics currently of interest. Sharing their experiences and insights was a memorable part of the trip and engaged our thoughts of creative ways to solve social problems with empathy.

The persons who were outgoing and shared their optimism were so engaging, and the next generation surely needs optimism as they face hurdles and inequities in their lives.

Let’s be open to looking for the common threads of our lives and share optimism with those who are growing up in this fast-paced world.

- Barb Mikulec



# Care Deeply About Others

I would like to teach the next generation to care deeply about others, to be helpful and kind. Simple acts of kindness, a smile, a word of praise go a long way in promoting a positive environment for all. Too much emphasis has been placed on individual achievement at any cost as opposed to love and caring about others. Mark Twain's message to the world on passing was: "Be kind, be kind and be kind." Good relationships and friendships will ensue by following his simple advice.

- Ora Fraser



## General Submissions from Members

- Sakura flower  
Floats in the breeze, softly lands  
Visiting my car

- a haiku by Suzie Mah



## Bangladesh Children Receive Books

- The Families for Children is one of the recipients of the funding from our BCRTA efforts through the R. R. Smith Memorial Foundation Fund. We support Canadian charitable groups which work to increase literacy in BC and in developing countries. Such happy smiles for these students in Bangladesh! Consider donating to the R R Smith fund to receive a charitable donation receipt promptly, or contact Barb Mikulec, President, RR Smith Memorial Foundation Fund. [www.rrsmith.ca](http://www.rrsmith.ca)



Edie Wood zip lining at Strathcona Park Lodge



Edie Wood preparing to tree climb at Strathcona Park Lodge



VRTA walking group

## Andy Hattrick – A memorial event

Friends of Mr. Andrew Hattrick met on Friday July 5 in the new Vancouver Secondary Teachers' Association (VSTA) office to honour him. Andy was a VSTA member, serving on the Salary Indemnity Fund (SIF) committee after his retirement as well as the bookkeeper for several organizations, including the charity R.R. Smith Memorial Foundation Fund.

Andy died on September 28, 2023 aged 88 years but with no Canadian relatives his death was not widely known at that time. Terry Stanway, President of the VSTA, recalled Andy's long service on the VSTA's Salary Indemnity Fund (SIF) committee, starting in 1972 for over 50 years to help distribute funds to those who had used up their "sick day benefits entitlement". Andy grew up in Vancouver, graduating from Britannia secondary school in 1953. He attended UBC, became a math teacher and began teaching in 1957 at Point Grey secondary school. Later he was the Math Department head and then computer "guru", creating the master timetable each year until his retirement.



*Andy Hattrick smiles at the camera*

Others paid tribute to this gentleman as well. Former VRТА secretary, Denis Ottewell, sent word of sharing school time with Andy at Britannia and recalled Andy's dedication to volunteering in many worthwhile organizations in a quiet way. Ros Kellett, as President of the VRТА, gave greetings on behalf of the organization and recalled seeing Andy at numerous times over the years at BCTF and BCRTA AGM meetings, often helping with the audits or minutes.

Dave Ellis taught next door to Andy from 1983 to 1985 and acknowledged his computer teaching

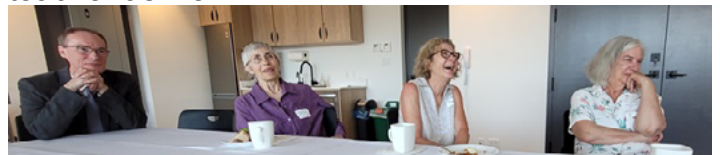


*VRТА Treasurer Dave Ellis recalls working on computers with Andy in early teaching days*

and computer timetabling. Dave taught Computer Science in Andy's classroom in Andy's non-teaching period because the one Point Grey Computer Science class terminal was housed in a "cubby hole" built in the back of Andy's classroom. Other teachers acknowledged

Andy's services: Faune Johnson, worked with Andy on the BCTF Assistance Society, and commended his energy and compassion. Sandy Garfinkel taught maths next to Andy for over 40 years and enjoyed working with him on the SIF committee. Other current teachers, Holly Chalmers, Stacey Yip and Sally Wong, also remembered those SIF meetings and the food and good spirits Andy would provide at those meetings.

Former student Mike Keenlyside recalled being in fear of the school's Textbook Manager in 1958 when he had lost a textbook; then he discovered Mr Hattrick as being sympathetic to him for his loss and finding that attitude towards another's difficulty as worth remembering as he became a teacher as well.



*Terry Stanway current VSTA President (from left) enjoys a happy memory at Andy's tribute along with Faune Johnson, former VSTA President Debbie Pawluk and former VSTA VP Sylvia Metzner.*

Andy's neighbours and church friends then spoke of Andy's helpfulness. Neighbour Margaret Peterson then assisted Andy this past year as she did his grocery shopping while he was in and out of hospital.

All agreed that Andy was truly a "real gentleman" and gave back to his many communities. He was a very giving person, led a life of service, and didn't take community supports for granted. He will be missed.

**- Ros Kellett**

# LIVE STAGE OFFERINGS

August to September 2024

- ◇ At the Granville Island Stage the Arts club is presenting *Ring of Fire: The Music of Johnny Cash* until August 25th. Featured songs include such hits as “I Walk the Line,” “Folsom Prison Blues,” and “A Boy Named Sue.” This show has received rave reviews. Visit [artsclub.com](http://artsclub.com) or call 604-687-1844 for tickets. You might also want to check out their 2024-25 season which begins with the musical *Jersey Boys at the Stanley*.
- ◇ Bard on the Beach runs until Sept.21st. This summer’s plays are *Twelfth Night* and *Hamlet* on the MainStage and *The Comedy of Errors* and *Measure for Measure* on the Howard Family Stage. Both MainStage offerings have received excellent reviews. For information visit [bardonthebeach.org](http://bardonthebeach.org) or call 604-739-0559.

- ◇ Theatre Under The Stars is offering *School of Rock* and *Cats* this summer. Shows run on alternating nights until August 24th. Contact [tuts.ca](http://tuts.ca) or call 604-631-2877.
- ◇ Tickets are available now for the Broadway Across Canada production of the ever popular musical *Come From Away* which will run from Sept.10th to 15th at The Queen Elizabeth Theatre. Visit [vctbooking@vancouver.ca](mailto:vctbooking@vancouver.ca) or call 604-665-2193. Break a leg!

- Ora Fraser

Deadline & Theme for the next issue—  
October 25, 2024

### ***What was an instance when you lost an important item?***

Tell us about the worst case in which you lost an important item. We seniors suffer far more from this experience than youngsters on the whole! We lose eye glasses, air tickets, etc. Tell us your story and how you resolved it.

## Jokes

From the Internet

Prepared by Winola Chu

1. Why I love reminiscing about the beautiful herb garden which I had growing up?
2. Why did I remember my first crush?
3. Why did Dad go down the side of a mountain inside a giant?
4. What do you need to make a small fortune on Wall Street?
5. What kind of school do you have to drop out of to graduate?
6. Did I tell you about my Amnesia?
7. Why did my kids call me a weekend dad?
8. Why I ran track in high school?
9. Why a friend of mine is known for sweeping girls off their feet?
10. Why I tell my kids: I'll do something in a minute?

### Answers

1. Good thymes.
2. It hurt a lot, but what else should I expect from a 40 pound boulder on my foot.
3. To be a good roll model.
4. A large fortune.
5. Parachute school.
6. No really, did I? I can't remember.
7. I take care of them every single day, but all that parenting leaves me weakened.
8. Luckily I never got hit by a train.
9. He's an extremely aggressive janitor.
10. What I'm really saying is “Please forget”.

## NEW MEMBERSHIP CHAIRPEOPLE



Bernard and Vreni Morel, new to VRTA events this past year, have stepped forward to share the big job of keeping our membership lists up to date. The couple moved from their home in Kelowna, BC in 2021 to be closer to family living in metro Vancouver. While Vreni has suffered from mobility issues due to Parkinson's disease for over 30 years, she remains lively, quick witted and keen to help our organization. Bernard's work in construction makes him an expert in managing spreadsheets and people – a great asset for the VRTA! Feel free to contact them with your membership updates <mofam604@outlook.com>.

*Photo of Bernard & Vreni in Bern, Switzerland, taken in 2023.*

## Nonagenarian Member's Surprise Celebration



*Pirkko Halonen grins with pleasure at surprise cake presented to her by Norma Westrom on July 5 for her 90th Birthday*



*From left: Alan Sunquist, Elaine Anderson, Marilyn Jackson, & Jane MacPhail attended Pirkko's surprise birthday party*



*Lynda Shioya (right) lifts her teaspoon as she jokes with Diane Gibney (left), host Norma Westrom and celebrant Pirkko Halonen*

## ANNOUNCEMENTS:

### Looking for English-language Teacher

411 Seniors Centre is looking for a volunteer to teach Beginners English to Immigrant seniors. One hour, once a week.

411 Seniors Centre  
3502 Fraser Street Vancouver  
604-684-8171

### 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 . Contact Vrtapresident.e@gmail.com

### Registration for September 9, 11am-2pm Lunch Trocadero Restaurant

Name(s): \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Enclose cheque for \_\_ attendee(s) at \$40

Cheque payable to: **Vancouver Branch - BCRTA** OR Pay Online—see details on front page

*Those wishing vegetarian entrée/special diet, check here \_\_  
See page 1 for where to send. Register by **Tuesday, Sep 3**, to avoid disappointment.*