

# Vancouver Tabloid

Vancouver Retired Teachers' Association February 2024 Newsletter



Our guest speaker for the March 4th luncheon will be our Seniors Advocate for BC, Isobel Mackenzie. Isobel has over 20 years' experience working with seniors in home care, licensed care, community services and volunteer services, and has served as Canada's first Seniors Advocate for 10 years.

Isobel led B.C.'s largest not-for-profit agency, serving over 6,000 seniors annually. In this work, Isobel led the implementation of a new model of dementia care that has

become a national best practice, and led the first safety accreditation for homecare workers, among many other accomplishments. Isobel has been widely recognized for her work and was named B.C. CEO of the Year for the not-for-profit sector and nominated as a Provincial Health Care Hero.

Prior to her appointment as the Seniors Advocate, Isobel served on a number of national and provincial boards and commissions, including the BC Medical Services Commission, the Canadian Homecare Association, BC Care Providers, BC Care Aide and Community Health Worker Registry, and the Capital Regional District Housing Corporation. Isobel also served on the University of Victoria's Board of Governors.

## INSIDE THIS ISSUE:

- Page 2.....President's Greetings, Calendar
- Page 3 & 4.....Best Live Play Theme Submissions
- Page 5 & 6.....Trip to Galapagos Islands
- Page 7.....Live Stage Offerings, Jokes
- Page 8.....March Luncheon Registration, Announcements



Read more about the Galapagos Islands on Page 5

**Spring Luncheon**  
**Monday March 4, 11:30AM**  
Trocadero Pizza & Steak House  
(2411 Nanaimo St, Vancouver, BC)

Register by Tuesday, February 27 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/march-2024-vrta-luncheon-tickets-820859271177?aff=oddtcreator>  
Note: online payment includes processing fee

*Menu: Chicken Cacciatore with Garlic Bread, Greek Appetizers, Caesar Salad, Surprise Dessert. Roast Lamb will also be offered.*

# President's Greetings

Welcome to a new year. I do hope that it is a healthy and happy one for you and your family.

BCRTA has some travel trips planned as well as discounts and benefits for members listed in their Post Script magazine. It's snow out as I write this and I'm thinking of warm places to be.

Our executive has been blessed with an outstanding secretary for the last 12 years, Denis Ottewell. He has moved from his long time Burnaby home after his dear wife Shirley passed away. Seen then he has reconnected to an old high school friend and moved to Maple Ridge. Dave Smith has stood up to become our secretary for now. Ros Kellett, our very talented and conscientious editor has become our vice president. Lilly Lin is at present, our editor. Barb Mikulec has volunteered to be our VRTA liaison editor for Lilly.

Back in December we had an outstanding Christmas Lunch at the Hellenic Centre. We were

again treated to a delicious turkey dinner with all the trimmings and a yummy dessert. It really felt like Christmas when the Friday Afternoon Choir (VSB) led us in a Christmas singalong.

For our Spring lunch in March, we have the honor of having Isobel Mackenzie, our BC Seniors Advocate, speaking to us before she retires at the end of March. She has worked very hard on our behalf for the last 10 years. She will really be missed in her very important job.

Enjoy the atmosphere of the Trocadero's Restaurant, 2411 Nanaimo Street at Broadway on Monday, March 4th at 11:30am. Limited parking at the back of the restaurant and street parking is available. It's also transit friendly with a 10-minute walk from the Broadway and Commercial Dr Skytrain station. There will be a door prize of a future lunch. We do hope to see you there.

- Edie Wood

## Vancouver Tabloid

A publication of the Vancouver Branch of the British Columbia Retired Teachers' Association #100, 550 West 6th Ave, Vancouver, BC, V5Z 4P2

### Executive Director:

Tim Anderson (tim@bcrt.ca)

### Office Administrator:

Kristi Josephson (kristi@bcrt.ca)

### Administrative Assistant:

Laurie Boyd (laurie@bcrt.ca)

### Receptionist:

Amberly Tse (amberly@bcrt.ca)

WEBSITE: www.bcrt.ca

### VRTA EXECUTIVE 2023-24

President: Edie Wood

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

Past Past President:

Winola Chu

First VP: Rosalind Kellett

Second VP: Lizette Pappas

Treasurer: Dave Ellis

(604 327-7734  
dellis7734@gmail.com)

Secretary: David H. Smith

(604 777-1889

davidhsmith2010@gmail.com)

Temp. Editor, Tabloid:

Lilly Lin

(lilinartdesign@gmail.com,

editortabloid@gmail.com)

TABLOID e-Distribution,

Membership: Vancouvertabloid@gmail.com

### Members at Large:

Karin Bernauer, Lee Green, Suzie

Mah, Barb Mikulec, Ali Pollard,

Les Rowe, Marilyn Rushton,

Diane Smith, Norma Westrom

### Volunteers:

Ora Fraser, Lois Paterson

WEBSITE: www.vrta.ca

## Calendar

|   |      |  |
|---|------|--|
| Jan.  | Feb. | Mar.<br>4: Spring Luncheon<br>15: Exec Meeting |
| Apr.<br>11: Technology &<br>Aging workshop  | May  | Jun.<br>10: AGM                                |
| *Please feel free to join us. Notify: vrtapresident.e@gmail.com<br>Contact Barb (mikulec@telus.net) regarding workshop. More on Page 8. |      |  |

## LEADERS FOR ACTIVITIES

Virtual Book Club—3rd Wed at 2pm:

Diane Smith, frandia@shaw.ca

\*Contact vrta.president@gmail.com

to start Second Book Club

Strollers—Wed 10:45am:

Norma Westrom, normawestrom@

hotmail.com

Walkers—Wed 10:00am:

Margaret Yoshida, margyoshi@gmail.

com

# What is the Best Live Play You Have Been To?



Eddie Wood and I saw *Elf the Musical* at the Stanley Theatre about an infant crawling in to Santa's sack and being raised by the elves at the North Pole. Reconnecting with his real family has some hysterical moments as he upsets the Christmas events at his family's home and office including using a paper shredder to reduce a unique play into tiny pieces. Really lots of laughs and well acted.

- Barb Mikulec

We had the pleasure of going to the Chemainus Theatre to see the heartwarming play "It's a Wonderful Life Radio Live". There were only 5 actors who did all the talking and singing in a 1940's radio studio setting. The piano player provided the music and many varied sound effects using shoes, bells etc. It was really fun to watch and listen to how radio made a realistic setting. Because the George Bailey actor seemed more flawed than Jimmy Stewart in the Movie "It's a Wonderful Life" I identified with him. The heartwarming story brought me to tears in the end. The theater dining room served an excellent buffet lunch which we enjoyed with 10 Gabriola friends.



- Eddie Wood



Many of you have probably seen the wonderful version of *As You Like It* that Bard on the Beach has now done twice - in 2018 and again this past summer. It's the version stuffed with 25 Beatles songs and it was hilarious! The story goes that someone at Bard on the Beach a few years ago got the idea to add the Beatles songs, and they asked Daryl Cloran, a director at the Citadel Theatre in Edmonton what he could do with it. Daryl apparently wasn't sure either, but in the end cut about half the script and added in the Beatles songs at amazingly relevant places. Bard on the Beach and Daryl now own a joint copyright on the new creation, which proved useful when the show started to travel.

It's part of the copyright that Daryl has to direct it wherever it goes, and Bard must be involved as well. So in the last couple of years the show started to travel. It went to Edmonton, Chicago and Milwaukee. Each time Daryl directed and a few Bard actors went. Then a Shakespeare company in Washington DC asked to have the production go there and said to send the whole company. A few couldn't go, as they had commitments (several were committed to play in *Elf* at the Stanley in December). But there were understudies, or people who had been in the 2018 production. So at the beginning of December the

# What is the Best Live Play You Have Been To?

company all travelled to Washington DC. The show was to end in early January but was so popular it was held over twice for a week each time!

Quite the coup for Bard on the Beach!

- Susan Harman

The best live play that I DIDN'T see in person was this year's East Van Pantomime - Beauty and the Beast! I had hoped to join my daughter's family at the live event but those tickets sold out fast so I switched and purchased online viewing tickets. We watched the recorded show later and enjoyed the zany comedy. Imagine a Beast being a conceited mattress! It made us laugh but my daughter said it was even funnier in person as the actors spoke off script a lot and interacted with the audience, shouting back and forth, enjoying the silliness of the plot! Next year we will try to get tickets early so we can go in person!



- Ros Kellett

Bonus Movie Review: The Boys in the Boat

This movie (based on the book of the same name by Daniel James Brown) is based on the true story of the University of Washington eight-oared rowing crew that represented the United States at the 1936 Summer Olympics in Berlin. The main character is Joe Rantz, one of the rowers. Rantz was abandoned by his father after his mother died and left to fend for himself at a young age. All nine members of the Washington team came from lower-middle-class families and had to struggle to earn their way through school during the Depression. The movie shows the hard work that the rowers experienced in their practices. The U of W crew were underdogs at each step of the national competitions to represent their country at the Olympics.



- Dave Ellis



# Trip to Galapagos Islands

Nov. 8-Nov 19, 2023

By Lee Flahiff



14000 feet on a swing above Quito, Ecuador

As a retired Culinary Arts instructor, I have always been fascinated by the diversity of food, culture and ecology around the world. A friend and I (who was my Fashion Design instructor for my Bachelor of Design in Fashion & Technology degree from Kwantlen Polytechnic University) decided



to join a guided snorkelling and hiking boat trip around the Galapagos Islands, a place where nature and wildlife are unparalleled.

Starting the trip at 9000 feet of altitude in Quito, Ecuador we huffed and puffed our way around the town before flying on to Santa Cruz where we boarded the motor vessel “Eden” with 14 other guests—all eager to spend 8 days exploring the wonders of this unique archipelago.

Our first stop was Genovesa Island, where we saw seabirds nesting on the cliffs and rocks. We spotted blue-footed boobies and nazca boobies, each with their distinctive feet and plumage<sup>1</sup>. We also saw frigate birds, with their inflated red pouches and long tails<sup>2</sup>. We learned that these birds are

kleptoparasites, meaning they steal food from other birds in mid-air. I was amazed by the variety and tame behaviour of these feathered creatures.

The next day, we visited Fernandina Island, the youngest and most volcanically active island in the Galapagos. We snorkelled in the clear water, where we encountered sea turtles, sea lions, marine iguanas, and penguins<sup>3</sup>. I was surprised to see penguins in such a warm climate, but I learned that they are the only species of penguin to live in the tropics. They survive by feeding on cold-water Antarctic currents that bring rich nutrients to the surface<sup>4</sup>. I remember floating over a cloud of thousands of silvery sardines as a small penguin shot through the school’s midst like a torpedo!



Blue-footed Booby, Sea Turtle & Marine Iguana



On the third day, we hiked on Isabela Island, the largest and most diverse island in the Galapagos. We saw lumbering giant tortoises, the emblematic animals of the islands. We learned that there are different subspecies of tortoises, each with their own shell shape and size. We also saw land iguanas, which are yellow and spiny, and contrast with the black and smooth marine iguanas. I admired the adaptation and evolution of these reptiles, which have inspired many scientists and naturalists, including Charles Darwin<sup>3</sup>.



We visited Floreana Island, one of the oldest islands in the Galapagos. We saw flamingos, which are not endemic to the islands, but have established a small population in some lagoons. We learned that their pink colour comes from the crustaceans they eat, which contain a pigment called carotenoid. I also saw Darwin's finches, the most famous birds of the Galapagos. I learned that there are 13 species of finches, each with their own beak shape and size, depending on their diet and habitat. We marvelled at the natural selection and speciation that have occurred

in these islands<sup>3</sup>.

I left the Galapagos Islands with a sense of awe and gratitude. I had seen some of the most amazing and unique animals and birds in the world, and I had learned a lot about their ecology and history. I felt so enriched by this experience, and I hope that Ecuador is able to safely quell the present drug cartel-related chaos, so that its people can prosper and continue to welcome travellers to this magical place.



Source: Conversation with Bing Chat GPT, 1/19/2024

- (1) Galapagos Islands Birdwatching | Sea Birds Galapagos Guide. <https://www.galapagosislands.com/nature/wildlife/birds/sea-birds.html>.
- (2) Animals & Wildlife of the Galapagos Islands - National Geographic. <https://www.nationalgeographic.com/expeditions/get-inspired/galapagos/animals-wildlife-of-the-galapagos-islands/>.
- (3) 34 animals of the Galapagos

- Islands - where and when to find them. <https://www.boundlessroads.com/guide-to-the-animals-of-the-galapagos-islands/>.
- (4) Galapagos Sea Birds - Facts, Diet & Habitat Information - Animal Corner. <https://animalcorner.org/galapagos-sea-birds/>.
- (5) Galapagos Bird Facts | Galapagos Islands Wildlife Guide - Nat Hab. <https://www.nathab.com/know-before-you-go/galapagos-islands/wildlife-guide/birds/>.

# LIVE STAGE OFFERINGS

January to March 2024

◇ From January 25th to February 25th the Arts Club will present the play *Choir Boy*, billed as “the coming of age play threaded with rapturous gospel hymns” at the Stanley Theatre.

◇ From February 8th to March 3rd *Every Brilliant Thing* runs at the BMO Theatre Centre. Billed as “a funny show about depression and love” it is based on a seven-year-old’s list of ideas written to cheer up his unhappy mother.

◇ From February 22nd to March 4th the Arts Club will stage the play *Father Tartuffe: An Indigenous Misadventure*, a take on Moliere’s *Tartuffe*, at the Granville Island Stage. Check [artsclub.com](http://artsclub.com) or phone 604-687-1644.

◇ Vancouver’s Metro Theatre will present the comedy *Send Me No Flowers* evenings at 8:00 p.m. from Feb. 2nd to Feb. 24th. Matinee dates are Feb. 4th, Feb. 11th and Feb. 18th at 2:00 p.m. As you might remember, the story was popularized in film starring Rock Hudson, Doris Day

and Tony Randall. Visit [metrotheatre.com](http://metrotheatre.com) or phone 604-266-7791.

◇ Gateway Theatre in Richmond has two interesting offerings this season: *The Flame: Lunar New Year* and *Jade Circle*. *The Flame* runs one night only on February 10th at 7:30 p.m. and *Jade Circle* runs March 6th to March 17th. Check [gatewaytheatre.com](http://gatewaytheatre.com) or phone 604-276-1812 for more details.

◇ United Players of Vancouver will present the play *Gertrude and Alice* from Jan. 19th to Feb. 11th. The play is based on the forty-year relationship between Gertrude Stein and Alice B. Toklas. This play is followed by *The Trip to Bountiful* which runs from March 22nd to April 14th. It is billed as “a masterpiece about memory and the universal yearning for home”. Both plays run from Thursday to Saturday evenings at 8:00 p.m. with Sunday matinees at 2:00 p.m. Visit [unitedplayers.com](http://unitedplayers.com) or phone 604-224-8007.

◇ Studio 58, Langara will present the award-winning musical *Into The Woods* February 1st to Feb. 28th. Featured beloved characters include Little Red Ridinghood, The Wolf, Cinderella, Rapunzel and Jack and The Beanstalk. Visit [studio58.ca](http://studio58.ca) or phone 604-323-5227.

Theme & Deadline  
for the next issue—  
May 13, 2024

What is your  
favourite moment  
in nature?

- Ora Fraser

## Jokes

From the Internet

Prepared by Winola Chu

1. Why do submarine talent shows have so much stage fright?
2. Why do people say “break a leg” when you go on stage?
3. Why did Kermit the Frog’s stage play get a standing ovation?
4. Why did Bono fall off the stage?
5. How do System of a Down stop their vocalist being electrocuted on stage?
6. Did you hear about the stage production called “Dictionary”?
7. Do you want to watch the movie “Venom” about Spider-man’s Archenemy before it hits theatres?
8. Why I lost my job as a stage designer?
9. What would be Einstein’s stage name if he were a rapper?
10. Why do aspiring thieves enter theatres?

### Answers

1. It is just too much pressure.
2. Because every play has a cast.
3. He gave a ribbiting performance.
4. He got too close to The Edge.
5. A Serj Protector. (Serj Tankian is a member of System of a Down).
6. It’s a play on words.
7. Easy! You just have to navigate the dark web.
8. I wasn’t very happy but left without making a scene.
9. MC Squared.
10. They steal the spotlight.

December 2023 Luncheon



## ANNOUNCEMENTS:

**Technology and Aging Workshop**  
Free, Thursday, April 11 at 10:30am  
BCRTA office, 550 West 6th Ave  
Register: mikulec@telus.net  
Or 604-261-6887 for parking code

**Looking for English-language Teacher**  
411 Seniors Center 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://bcrt.ca/update-member-info/>  
Please also NOTIFY VRTA membership . Contact  
Vrtapresident.e@gmail.com

# Registration for March 4, 11:30am Lunch

## the Trocadero Pizza & Steak House

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, Feb. 27**, to avoid disappointment.*