



Vancouver Retired Teachers' Association TABLOID February 2025
Promoting the Interests & Welfare Of Our Members

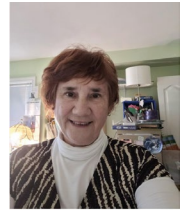
**REMINDER: REGISTER TO COME TO OUR FEBRUARY LUNCHEON,
FRIDAY FEBRUARY 28—11 AM LANGARA (GOLF) CLUBHOUSE 6706 Alberta Street**

HAPPY SPRING DAYS AHEAD!

Welcome!

This TABLOID gives details of our SPRING February LUNCHEON, photos of recent VRTA events, Advance notice of other upcoming events and our Contact list. Our impressive executive has been actively planning one event per school month and we are stronger as a community for doing this. I do hope to see you at one of these upcoming events, especially our Spring Lunch on February 28 with guest speaker Caroline Malm, BCRTA President.

Rosalind Kellett, VRTA President.



WANTED: COMMUNICATIONS HELP - Newsletter Editor

We want someone to compile our newsletter, which comes out four times a year. We are able to pay all expenses, plus an honorarium per issue.

The work is as follows:

- Get information from the VRTA officers and members
- Work with the VRTA President and others to decide what to put in newsletter
- Put together the newsletter, in digital and hardcopy format.
- Using Constant Contact or similar software, the editor would design an attractive newsletter,
- with clipart and photographs. VRTA members will be available to help proofread. Working with retired people, the editor should be available during some weekday hours.

This part-time job would be good for a VRTA member, friend or family member who would enjoy the work. Can you help us or recommend this job posting to a friend or family member who you know might enjoy this job? Let us know.

Applicants should send a Cover letter, brief Resume, and if possible, a sample of work you have done by February 28. We hope to start this work in early April.

SEND to: editortabloid@gmail.com For further details and questions contact VRTA President Ros Kellett, presvrta@gmail.com



COME TO OUR SPRING LUNCHEON

SHAKE off the vestiges of snowy Vancouver at our Spring Fling!

What: SPRING LUNCHEON

When: FRIDAY FEBRUARY 28 - at 11 AM

Where: LANGARA CLUBHOUSE

6706 Alberta Street (x West 49th Ave.)

SPEAKER: Ms. Caroline Malm, President of BCRTA

TOPIC: The Surprising Things BCRTA does for you and why we need your involvement!



Wear your Spring finery with Yellow and Green colours to be celebrated.

MENU - Chicken Picatta dinner with dessert squares. Vegetarian option available.

BOARD GAME & DRAW PRIZE INCLUDED -COST \$40

REGISTER WITH TREASURER Dave Ellis, 604 327-7734 or vrtatreas@gmail.com by Tuesday February 25. PAY by CHEQUE \$40 Payable to Vancouver Branch - BCRTA

MAIL to: Dave Ellis, 2086 Newport Avenue,
Vancouver B.C. V5P 2H8

Or

PAY ONLINE with Eventbrite LINK -

<https://www.eventbrite.ca/e/vrta-spring-luncheon-tickets-1242966699859?aff=oddttdcreato>



“HEARING CHALLENGES IN EVERYDAY LIFE”



Audiologist Ellie Fedec of the Wavefront Centre for Communication Accessibility described and explained the three main types of hearing losses, how to interpret an audiogram, and the crucial link between Balance and Hearing as part of her presentation to 22 members and friends of the VRTA on Tuesday January 28.

There was lively discussion throughout the presentation. Apparently 33% of us seniors who have some hearing loss do not wear hearing aides and family members suffer as one can become isolated with one's deafness! The new hearing aides that can connect with one's cell phone and other devices such as the "pocket talker" are attracting more seniors to take their hearing loss seriously, get tested and fitted with the aides best suited for their hearing and/or balance loss.

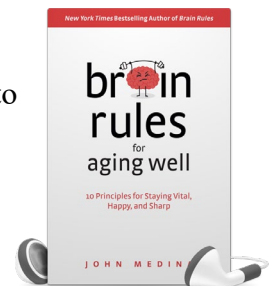
FOLLOWING the power point presentation, there was a brief tour of the building (see below), rated the Gold Standard for Accessibility by the Rick Hansen Foundation. It truly was a quiet space with rounded columns, wheelchair- friendly door bars, soothing blue and yellow colours and friendly staff members, several of whom have various degrees of hearing loss.



RECOMMENDED BOOK TO READ

"Brain Rules for Aging Well: 10 Principles for Staying Vital, Happy, and Sharp. by John J. Medina

This book is recommended as a good read by Edith Wood. She found the 10 principles fascinating to study as the book explains some of the brain science to help one cope with aging. One of the rules for a healthy brain in the older adult is to Keep socializing, both with friends and family members. Edie pointed out that people who don't acknowledge their deafness and refuse to wear hearing aides can become socially isolated and thus age more quickly.



UPCOMING EVENTS

Want to surprise your friends with a baked Easter treat?

Tuesday April 1 - HOW TO BAKE GREEK DELICACIES - Evening event 6 to 9 pm

This hands on demonstration and class will be led by our Social Coordinator, Lizette Pappas at the Hellenic Community Centre, 4500 Arbutus Street. There will be a small cost involved.

Register with Lizette Pappas: (lpappas@telus.net) or PHONE: 604 421-4556 by FRIDAY March 28

HAS your FEAR of FALLING INCREASED?

COME TO our Tuesday APRIL 22 WORKSHOP ON FALL PREVENTIONS at TERRY SALMAN PUBLIC LIBRARY, Hillcrest Community Centre (TO BE CONFIRMED) TUESDAY APRIL 8 AT 10 AM to noon. Tea and coffee available nearby.

PRESENTER: Barb Mikulec as Seniors Health and Wellness Institute trained instructor

REGISTER with Barb Mikulec: (mikulec@telus.net)(First Vice-President COSCO) by Tues.April 15

LIVE STAGE OFFERINGS

by Ora Fraser



FEBRUARY 2025

Live Stage Offerings By Ora Fraser

February 2025

The Arts Club presents *The Three Musketeers* at the Stanley Theatre from January 16th to February 16th. Based on the novel by Alexandre Dumas and billed as “A Swashbuckling Comedy For the Ages”, imagine yourself in seventeenth-century Paris. The play includes sword fights, wit and action that promises to thrill.

At the Granville Island Stage the Arts Club is offering *Primary Trust*, the winner of the 2024 Pulitzer Prize for Drama. The play is set in a small town in upstate New York where a thirty-five-year-old bookstore clerk is laid off and suddenly faces life’s challenges. Billed as “profound and comical” the play runs from February 6th to March 2nd. Contact artsclub.com or phone 604-687-1644.

This February the **Vancouver East Cultural Centre** is offering *Wonderful Joe*, by Governor General Award-winning puppeteer Ronnie Burkett, from February 4th to February 23rd. Joe and his dog lose their home and head into the world for one last adventure. Check thecultch.com/shows or phone 604-251-1363.

The **Firehall Arts Centre** presents *Women of the Fur Trade* from February 8th to February 23rd. The play is a mock-historical satire of colonialism set in a fort “somewhere upon the banks of a Reddish River” as seen through the gaze of three nineteenth-century women. Visit firehallcentre.ca or phone 604-689-0926.

(continued next page)

Pacific Theatre presents A Doll's House, Pt. 2 from February 5th to February 23rd. Written by Lucas Hnath it is a sequel to Ibsen's A Doll's House. For tickets and information contact pacifictheatre.org or phone 604-731-5518.

Studio 58 at Langara presents Heathers: The Musical from January 30th to February 16th. This musical explores popularity and the complexities involved in pursuing it. Visit studio58.ca or phone 604-323-5227.

VRTA CONTACT LIST

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 (Online or In-person)

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

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

VRTA EXECUTIVE 2024-25

President - Rosalind Kellett
Presvrta@gmail.com
604 873-0568

Past President Edie Wood
First VP - VACANT

Second VP & Social Coordinator
Lizette Pappas

Treasurer - Dave Ellis
604 327-7734
treasvrta@gmail.com dellis7734@gmail.com

Secretary - VACANT

Membership—Bernard & Vreni Morel
mofami604@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

ANNOUNCEMENTS

BCRTA Conference—2025
-Thur, Fri Sept 25,26
BCRTA AGM—Sat Sept 27
-*All at the Hilton Airport Hotel, Richmond

The National Pensioners Federation (NPF)
Conference & AGM - October, 2025
in Richmond BC

VRTA CALENDAR

Feb 28 Fri. Spring Fling Lunch
April 1 Tue—Learn to Bake Greek Treat
Apr 22 Tue—W/S FALL Preventions
May 6 Tue - Exec Mtg –BCRTA Ofc (TBC)
June 10 Tue—AGM Lunch - Royal Van. Yacht Club (TBC)

Do we have your correct contact information?

Have you changed your phone number or email address recently? If so, please CONTACT these TWO KEY PEOPLE:

1. BCRTA Membership coordinator: Laurie Boyd at 604 871-2260 directly or using the ONLINE Form. <https://bcрта.ca/update-member-info/>
2. VRTA Membership chairs: Bernard and Vreni Morel (photo below) at mofam604@outlook.com as soon as possible.



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

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