



VANCOUVER TABLOID

Vancouver Retired Teachers' Association's Newsletter

August 2025

Promoting The Interests & Welfare Of Our Members

REMINDER: REGISTER TO COME TO OUR
FALL LUNCHEON

WELCOME BACK LUNCHEON

Monday, Sept 15-11 AM TROCADERO RESTAURANT

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President's Greetings August 2025

A Call To Action!

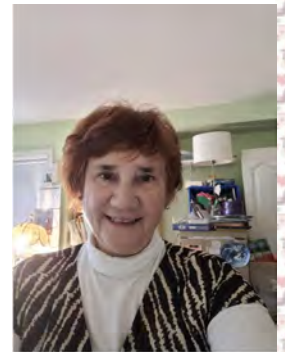
Like our contrasting weather with its diverse weather patterns, the social and political times of Canada and the world this summer can leave us feeling exhausted. As retired educators - most of us living in BC- we see how privileged our lives are with our relatively stable democratic structures and economic activities. Yet the wars we see so graphically around the world behoove us to do more than just turn off the media and pray it all gets resolved.

But we are called to do our bit to help our neighbours across the world, all those students and teachers affected by war. How? Join the VRTA ADVOCACY committee, newly starting up, to engage in awareness and action on social and environmental justice issues.Contact my working email...presvrta@gmail.com. This committee will work with Maseh on the Communications committee (see later news in this issue) to keep members informed and up to date on local and other issues.

Welcome to our new retirees, over 125 of you! Our organization of over 1300 members, with members living all across Canada and as far away as Texas, has a wealth of skills and talents that we would like you to SHARE! We are still looking for a RECORDING SECRETARY for our meetings and welcome writers and/or mathematicians to join us for our events - and perhaps consider joining the Executive OR participating on a committee.

We are always looking for new ideas and activities for this upcoming year and we have a lot of fun on the executive! Come and join us at our Welcome Back lunch on September 16 and learn more on the topic of -

Living Alone as a senior. JOIN US!
-Rosalind Kellett, President VRTA
Always glad to hear from you:
presvrta@gmail.com



INSIDE this ISSUE please find -

- President's Greetings
- Welcome Back Lunch - Speaker & registration info
- AGM highlights and photos
- The new Executive - photo
- Upcoming VRTA Events
- R.I.P. Anne Lennon; Tom Brunker
- Feature theme - Happiest Summer Writers
- Editorial Message
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- Announcements
- Calendar of Exec meeting dates
- Request for Members' correct contact info
- BCRTA contact info

COME TO OUR WELCOME BACK LUNCHEON



"Living Alone as a Senior in 2025"

Speaker: Andrea Krombein, Seniors Outreach Coordinator, for the Marpole Oakridge Family Place. Andrea has ideas to help us to thrive, while living alone, as most of us do end up living alone. Come hear her at our September WELCOME BACK Luncheon

What: WELCOME BACK LUNCHEON

When: MONDAY, SEPTEMBER 15 at 11 AM

Where: TROCADERO RESTAURANT

-Address: 2411 Nanaimo Street, half block north of East Broadway

Come for fun, bring a book for the BOOK exchange - or pick up a book and learn about: Living Alone as a Senior in 2025

REGISTER NOW

MENU - Appetizer, Chicken Souvlaki with Moussaka, rice, potatoes, Greek salad and Surprise Dessert

Vegetarian option available - please notify us ahead of time, when you register

BOARD GAME & DOOR PRIZE INCLUDED -COST \$40

PLEASE REGISTER with Dave:
vrtatreas@gmail.com OR

Phone: 604 327-7734 by
Thursday September 11

BOOKSWAP



ANNUAL GENERAL MEETING

**REPORT OF VRTA AGM -
JUNE 10 2025 - TUESDAY**

Over 40 members and guests attended the June AGM lunch and were entertained by the Friday Afternoon choir after the sumptuous lunch. Earlier, the Friends of the VRTA (FOVRTA) held their AGM and were delighted to receive an anonymous gift of \$2000 for the FOVRTA fund. This will help provide a scholarship in Education to a SFU student, complementing the scholarships the fund provides to a UBC Education student and a Nursing student studying geriatrics every year.



The business of the VRTA AGM was completed in good order, as the reports of the President, Treasurer, Membership chair and Social convenor were presented and received. *NOTE: All the reports are in the MAY 2025 TABLOID, available on the VRTA website. Discussion regarding the year-end financial report evolved into a motion to raise the annual membership fee by three dollars, to \$15. Members were concerned about the rising costs for the VRTA in the areas of technology, lunch meals and outreach communications. This increase takes effect on September 1, 2026. Then Past President Edie Wood had us move to a more exciting part of the meeting, the election of the new executive. The full list is below, including two new members as members at large: Peggy Loevenmark and George Rudolph. NOTE: Peggy later needed to withdraw from the executive in mid July.

Ros Kellett



Speakers give the reports required at our Annual General Meeting on June 10 at the lovely Royal Vancouver Yacht Club setting. President Ros Kellett (left) and Treasurer Dave Ellis (above) share their concerns against the windows illuminating the ocean waves in Burrard Inlet.



Winola Chu & Rosalind Kellett



Your Executive for 2025-26



ABOVE: here is new executive of VRTA for 2025-26

Names from left to right:

Norma Westrom, Masseh Mostaqi, Peggy Loevenmark, Lizette Pappas, Dave Ellis, Winola Chu, Edie Wood, George Rudolph, Laura Rudland, Les Rowe, Karin Bernauer. Missing: Ros Kellett(taking photos) , Athena Kilindris, Brenda Mackenzie, Ali Pollard, Diane Smith

EXECUTIVE LIST

President Ros Kellett, **1st VP** Karin Bernauer,

2nd VP Lizette Pappas, **Treasurer** Dave Ellis,

Social chairperson Lizette Pappas, **Past President** Edie Wood,

Editor & Website coordinator Masseh Rostaqi & Ros Kellett,

Secretary VACANT **Membership** Bernard & Vreni Morel **Mbr.Assist.** Laura Rudland

Members at large (9): Winola Chu, Athena Kilindris, Brenda Mackenzie, Barb Mikulec, Ali Pollard, Les Rowe, George Rudolph, Diane Smith, Norma Westrom.

Our Volunteers: Ora Fraser, Lois Paterson, Richard Dopson.

*Sunshine coordinator Ali Pollard

Delegates to three conventions

(5) **VRTA representatives to BCRTA AGM & Conference** for September 25-27 2025 at the Hilton Vancouver Airport –Richmond hotel are Karin Bernauer, Dave Ellis, Brenda MacKenzie, Les Rowe, Edie Wood, (Alternate: Norma Westrom)

NOTE: BCRTA Directors Barb Mikulec & Ros Kellett attend automatically.

(2) **VRTA representatives to COSCO Convention** (Oct. 4-5) are:

Winola Chu, Les Rowe Alternate: Lizette Pappas

NOTE: COSCO First VP Barb Mikulec goes automatically

(4) **VRTA representatives to COSCO monthly meetings** are:

Barb Mikulec, Les Rowe, with two vacancies.

(2) **VRTA representatives to National Pensioners Federation Convention** (Oct 5-7) are:

Norma Westrom, Lizette Pappas Alternate: Ros Kellett

NOTE: NPF VP Barb Mikulec goes automatically



UPCOMING EVENTS BIKE THE NIGHT

Saturday Sept 13 - 4 pm - Start to gather and organize groups

- WHERE? David Lam park, downtown Vancouver
- WHAT? Ride up to 10 km along seawall bike lanes
- Event Time: Pre-ride Festival at 5:00pm, Wave 1 ride at 6:30pm, and Wave 2 ride at 8:30pm

Get your free ticket(s) independently and JOIN VRТА Squad by notifying Ros at presvrta@gmail.com. Some fundraising is required with donations to go to HUB.

Required: your own bike, helmet and bike light **Register** for "tickets" at bikethenight.ca

Want to surprise your friends with your informed opinion on A.I.?

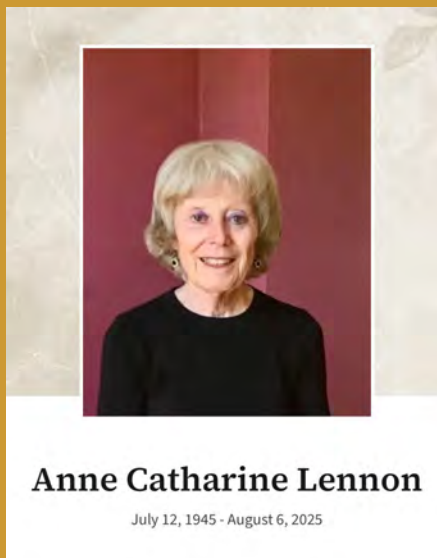
Tuesday in October 21(TBC) -10 am

ARTIFICIAL INTELLIGENCE AND SENIORS with Linda Fawcus, Founder of GLUU Society and tech entrepreneur -details to be confirmed later

Rest In Peace - R.I.P

With great sadness, VRТА would like to share news that active VRТА member, Anne Lennon, passed away peacefully on August 6, 2025 in Vancouver at the age of 80 after a short battle with cancer.

“Some of you may have known Anne over the years. She was very active in the VRТА Walkers group, serving as their social secretary at times. She reached the age of 80 this year and was relishing with delight over her new grandchild. Alas, an aggressive cancer was found in late spring and she succumbed to it in a matter of months.” *Ros Kellett.*



Anne Catharine Lennon

July 12, 1945 - August 6, 2025

Anne was born in Stratford, Ontario, which is named after the English town where William Shakespeare was born. Growing up in Stratford no doubt left an imprint on Anne as she went on to teach high school English for more than 30years, including at Sir Charles Tupper and Britannia Secondary Schools in Vancouver. She retired from teaching in 2005, leaving behind a legacy of hundreds of students upon whom she impressed her love of the English language and the works of Shakespeare. -As taken from obituary *Vancouver SUN*.

Memorial service~~Saturday, August 23, 2025

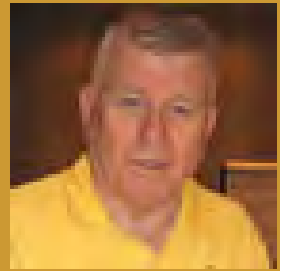
11:00 am - 1:00 pm

Pacific Spirit United Church

2195 West 45th Avenue

TRIBUTE TO TOM BRUNKER

Former VRTA and BCRTA treasurer, Tom Bruncker, died last Fall, 2024, after suffering poor health for several years. He had been living at the Tapestry on Wesbrook Mall. Tom graduated from UBC with a B.Ed. in 1963, taught math in various Vancouver high schools and became an elementary school principal later. Elaine Anderson taught with him at Begbie Elementary school in 1976 and worked with him on the VRTA executive in his role as Treasurer. He then worked on the BCRTA Board as their treasurer and Elaine became the VRTA treasurer. Tom, whose full name was Carroll Thomas Bruncker, was a respected educator, well regarded volunteer treasurer and generous UBC donor in his final years. His years of service was an inspiration to VRTA Board members. He will be missed!



What makes YOU happiest in the summer?!



Edie Wood, with the pink hat, enjoys adventures with the Walking group

What makes you happiest in the summer?

That was our theme for this issue, and thanks to Edie Wood, Rosalind Kellett, and Barb Mikulec for sharing what makes them happiest when nature embraces us with its warmth. Let's walk into it together. *-Editor*

I love to walk in the summertime through Pacific Spirit Park, especially in the morning. At Gabriola Island, I walk along the beach as well as on the forest trails. It's really fun to walk, talk, and have lunch with our VRTA members walking group throughout Metro Vancouver. At Gabriola there is also a Wednesday walking group that goes on many forest and beach trails throughout the Island. It's more of a challenge to keep up with their speed as they are mostly younger than I am, but it's fun chatting with others while walking. I do hope that you have all enjoyed these Goldilocks summer days we've been having lately with ideal weather.

-Edie Wood

My Happy times in summertime- Relaxing with friends brings joy in the summer and going on the variety of walks with the 'walker' group of retired teachers. Another fun way to spend summer days is visiting all the attractions such as Bard on the Beach, Showboat and farmers' markets. This summer we are taking a short holiday to Nootka Sound and Friendly Cove with *Enjoy the Journey*.

-Barb Mikulec

The exquisite experience of summer for me is swimming in an outdoor pool, lake or sea with a clear view of the water stretching out ahead of me. This gives my mind and body such a physical thrill. Swimming in an open space, with my head up in a leisurely pace, heralds another Peak of summer holiday times. The many memories I have of swimming in that lake or sea in the previous summers come back to me and-- build on my happiness, my sense of freedom and my sense of the sheer good luck that blesses my life!

-Ros Kellett



I grow lots of flowers, perennials and annuals so I like to go out in the cool of the evening to water plants and fix the flowers. I find it peaceful and quiet. That makes me happy in the summer.

-Norma Westrom

Jokes

From the internet: Thanks to Winola Chu

- 1: What did one flip-flop say to the other?
- 2: Why did the hamburger break up with the hot dog at the barbecue?
- 3: Why is summer camp so hard for some people?
- 4: Why do summer school teachers wear shades?
- 5: What does the crowd do at a summer baseball game?
- 6: What's the difference between a barbecue and family reunion?
- 7: How do you prevent a summer cold?
- 8: What did the bread do on summer vacation?
- 9: What's the worst day to go to the beach?
- 10: What's a sheep's favourite summer activity?.

Answers

- A1 . You're sole-mate material.
- A2. It was tired of being grilled about their relationship.
- A3. Because it's really in...tents.
- A4. Because their students are so bright.
- A5. The heat wave!
- A6. At the barbecue, only the meat gets roasted.
- A7. Catch it in winter.
- A8. It loafed around!
- A9. Fry-day!
- A10. Throwing a baa-baa-cue!



Hi there!

This is your editor, Masseh. Since our last issue of VRTA TABLOID, the Communication Committee has been busy — not only ensuring that we continue to reach out through both on emailed edition and our printed TABLOID, but also working on two exciting new initiatives: developing a Communication Strategy and exploring new ways to engage with student volunteers. Specifically we're preparing to launch a pilot Facebook page in the coming months!

Communication Strategy Draft:

Sparked by a SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis at our recent executive meeting, we drafted our 2025 Communication Strategy. On August 7th, Rosalind led a productive Zoom meeting to discuss the draft, joined by Edie Wood, Dave Ellis, Norma Westrom, and myself. Thanks to Ros for documenting the valuable suggestions shared — the draft is now scheduled for further discussion at our next executive meeting.



Student Volunteer Engagement:

We've begun exploring the idea of collaborating with high school and college students — a win-win opportunity where students gain hands-on experience, and VRTA benefits from their energy and skills. We envision roles like volunteer writers, social media contributors, and event assistants. Time didn't allow us to discuss this fully at our last meeting, but it's on our radar.

Facebook Page Pilot:

Great news — we're preparing to launch a pilot Facebook page! Why? A. Facebook offers a virtual space that complements our community outreach.



LETTERS TO THE EDITOR

B. As Norma Westrom wisely pointed out, the next generation of retirees will come from the "social media generation."

C. Social media is now a key tool for communication across organizations — and we aim to keep pace, express ourselves, and connect through all available means.

All in all, these efforts — the Communication Strategy, student engagement, and our upcoming Facebook presence — aim to enrich our community, increase interaction, and open doors to new possibilities. **Please write to us!** We love hearing from you.

Thank you,
Masseh

editortabloid@gmail.com
OR
masseh.rostaqi@gmail.com

Live Stage Offerings

August/October 2025



The 2025 Arts Club season at the **Stanley Theatre** begins with a new version of Ibsen's classic play *The Doll's House* by Amy Herzog. It runs from September 4th to October 5th. At the **Granville Island Stage**, Agatha Christie's murder mystery *The Mousetrap* is still playing and has been extended to August 24th. The first play of the Granville Island season is Louisa May Alcott's *Little Women*, which begins November 27th and runs until January 4th, 2026. At the **Olympic Village Stage** at the BMO Theatre Centre, the first play of the season, *You Used to Call Me Marie*, follows the epic story of Marie Calihoo, who represents generations of Alberta Metis women. It runs from Sept. 25th to Oct. 12th. For all Arts Club plays, check artsclub.com or phone 604-687-1644.

The Bard on the Beach Shakespeare Festival presents *Much Ado About Nothing* and *The Two Gentlemen of Verona* on the Main Stage and *The Dark Lady* and *The Complete Works of Shakespeare* (abridged) (revised) (again) on the **Douglas Campbell Stage** until Sept. 20th. Visit bardonthebeach.org or phone 604-737-0825.

Broadway Across Canada is offering Disney's *The Lion King* at the **Queen Elizabeth Theatre** from August 20th to September 14th. Tickets are available through ticketmaster.ca

The Gateway Theatre in Richmond starts its new season with *Ms. Holmes and Ms. Watson-Apt. 2B* by Kate Hamill. The play runs from October 16th to 26th. Contact gateway theatre.com or phone 604-270-1812.

Metro Theatre Vancouver's 2025-26 season begins with the musical *Rent*, which runs from Sept. 5th to Sept 20th. Contact metrotheatre.com or phone 604-266-7191.

Studio 58 at Langara starts its 2025 season with *The Time Machine* by Amiel Gladstone. The play presents the audience with the age-old question: *Is humankind advancing?* It runs from October 2nd to October 12th.

For tickets, phone 604-323-5227.

VRTA CONTACT LIST

LEADERS for Activities

VRTA EXECUTIVE 2024-25

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

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

Second Book Club (Online or
In-person)
-Contact presvrta@gmail.com to
start

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

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

Past President Edie Wood
First VP - Karin Bernauer

Second VP - Lizette Pappas
& Social Coordinator

Treasurer - Dave Ellis
604 327-7734

treasvrta@gmail.com
dellis7734@gmail.com

Secretary - **VACANT**

Membership—Bernard & Vreni Morel
mofami604@outlook.com;

Assist. Mbr. Laura Rudland

Members at Large

Winola Chu, Brenda Mackenzie,
Barb Mikulec, Ali Pollard, Les Rowe,
George Rudolph,
Diane Smith, Norma Westrom

Editor: Masseh Rostaqi
masseh.abdullah@gmail.com
editortabloid@gmail.com

Volunteers Ora Fraser, Lois Paterson,
Richard Dopson

WEBSITE: www.vrta.ca

ANNOUNCEMENTS

BCRTA Conference & AGM

-Thur, Fri, Sat - Sept 25,26, 27
-All at the Hilton Airport Hotel, Richmond for
delegates of the 47 branches of BCRTA

COSCO Conference - Sat to Sun Oct 4 to 5 Theme:
Human Rights and Ageing: Strategies

for an Equitable Future. At the Sheraton Vancouver
Airport Hotel. Any senior can register (\$250 in
person or \$75 virtual) by Sept. 12. Go to:
<https://coscobc.org/conference/registration/>

The National Pensioners Federation (NPF)

Conference & AGM - Sun to Tues. Oct 5 to 7 at the
Airport Executive Hotel, Richmond for delegates of
affiliates across Canada

Contact: mikulec@telus.com



MEMBER'S NEWS

**HAPPY BIRTHDAY to
DENIS OTTEWELL**

-Turning 90 years young Saturday
August 23, 2025

May your days be full of happiness as you, over these
many years, have given happiness and service to others
within the VRTA, especially in your two decade role as
Secretary extraordinaire.

VRTA CALENDAR

Sep 15 Mon Welcome Back Lunch

Oct 7 Tue - Exec Mtg –BCRTA Ofc (TBC)

Dec 9 Tue—Winter Luncheon - Fraserview Golf Clubhouse (TBC)

How do you like this issue? Let us know at editortabloid@gmail.com

or

604 873 0568

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://bcrtca.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

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