



VANCOUVER TABLOID

Vancouver Retired Teachers' Association's Newsletter

www.vrta.ca

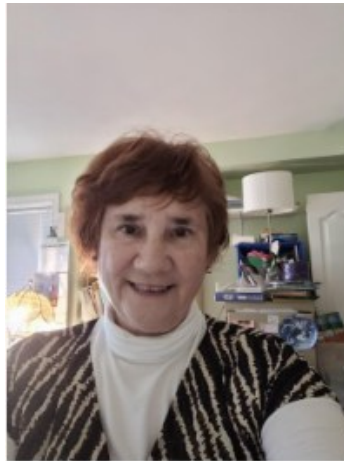
Feb 2026 Newsletter

Happy holidays!

President's Greetings Feb 2026 Early Spring welcome!

Our amazing warm Spring weather has brought snowdrops and crocuses sprouting in our gardens. These signs of early activity encourage us to venture out more and see surrounding beauty. Then we go back into our own homes and see the clutter inside and the weedy garden outside!

Time to spring clean! But first I must help the family empty the big house, home to my mother for over 60 years and try to donate many quality items - and others clearly showing their age to caring recipients. Sure, it's just stuff and will get broken down eventually but one hopes a needy person can give an item a "second life". Alas, many charities and thrift stores are making donating difficult, not wanting bedframes, bedding,-



- desks, etc. Next issue I hope to report to you what success we have had to find new homes for "all that stuff"!

I hope to see you at our Spring lunch on Tuesday March 3 and the upcoming workshops.

Rosalind Kellett, President VRTA
Always glad to hear from you:
presvrta@gmail.com

INSIDE THIS ISSUE:

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UPCOMING EVENTS:

- Spring Lunch
- Workshops:
- Social Connectedness
- Stay on the Road (Online)
- Spring Luncheon
- Comparing the New DOGWOOD Benefit plan with Greenshield
- Making Greek Bread

NEXT SECTIONS IN THIS ISSUE:

- CONDOLENCES
- EDITORIAL
- JOKES and WITTICISMS
- LIVE STAGE OFFERINGS
- VRTA Contact List
- ANNOUNCEMENTS
- VRTA Calendar
- How to give us your correct contact info.
- BCRTA Contact List

SECTIONS IN THIS ISSUE:

- Up Coming Events
- Other News
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- How to give us your correct contact info.



COME TO OUR SPRING LUNCHEON

**TUESDAY, MARCH 3
-11AM**

LANGARA GOLF CLUBHOUSE

[6706 Alberta Street \(x West 49th Ave.\)](https://www.vrta.ca/6706-Alberta-Street-x-West-49th-Ave)

Promoting The Interests & Welfare Of Our Members



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COME TO OUR SPRING LUNCH
TUESDAY, MARCH 3 —11 AM

LANGARA CLUBHOUSE, 6706 ALBERTA STREET (Off
West 49th Ave. near Langara City College)

SPRING LUNCHEON

What: SPRING LUNCHEON
When: TUESDAY, MARCH 3
The fun begins at 11 AM

Where: LANGARA CLUBHOUSE, 6706 ALBERTA STREET (Off West 49th Ave. near Langara City College)

SPEAKER: Jake Winn
TOPIC: The Benefits of Cycling - even in your later years!

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

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

COST \$40

*NOTE: Menu subject to change with release of new menu in late February.
Draw for Door prize included.

REGISTER NOW
PLEASE REGISTER with

Dave: vrtatreas@gmail.com OR

Phone: 604 327-7734 by Thur FEB 26

PAY by CHEQUE \$40 Make it out to:

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

or PAY ONLINE WITH Eventbrite LINK -

<https://www.eventbrite.ca/e/cycling-without-age-tickets-1983503102173?aff=oddtcreator>

Guest speaker, **JAKE WINN**,
Executive Director, (BELOW)
Cycling without Age - Vancouver branch



What is the impact of feeling the wind in your hair?
Come listen to Jake's talk and PowerPoint presentation on Riding with the Vancouver branch of Cycling without Age.



CYCLING
WITHOUT AGE
VANCOUVER



TO ENCOURAGE PARTICIPATION at this event, all attendees who come by bicycle - or equivalent mode of non-car transportation - will receive a SPECIAL GIFT!



• **ADVANCE NOTICE:** Paid parking at Langara Golf Clubhouse starts February 16, 2026. However, free parking is available for clubhouse patrons with up to 3 hours, while on site, with kiosk registration. Perhaps on March 3 we will be considered Patron.



SOCIAL CONNECTEDNESS WORKSHOP-

TUESDAY February 24

Afternoon: 1:30 pm-2:30 pm.

This workshop takes place at the Killarney Community Centre 6260 Killarney Street. Led by Barb Mikulec, VP COSCO, this workshop explores how loneliness and isolation can affect your health. The social determinants of health and well-being are discussed. This helps one to determine the level of connectedness one needs and how to achieve it.

REGISTER: Free COSCO workshop; No registration needed. Just show up!



This workshop has been developed by the Seniors Health & Wellness Institute, in association with the COSCO-BC, the Council of Senior Citizens' Organizations of B.C.

REGISTRATION required for ICBC Workshop: Sign up at the website listed: seniorshelpingseniors.ca/events/sotr2026 OR

Google search: stay on the road ICBC workshop
This workshop is a joint presentation of the Seniors' Health & Wellness Institute (COSCO) and the Insurance Corporation of British Columbia.

STAY on the ROAD - ONLINE Wed FEB 25 - REGISTER NOW!

Free workshop- for senior drivers

Wednesday FEB. 25 from 10 am to noon PST (Pacific/Vancouver Time) Online via Zoom

WHY ATTEND? Are you nearing 80 or 85 years & the government requirements about driver assessments? Come and attend our virtual workshop!

This practical guide for senior drivers will help you learn more about driver assessment. It will be of particular interest to "octogenarian" drivers (nearing the age of 80 or 85). But drivers of any age are welcome to attend and everyone will find the workshop helpful.

QUIZ - What is Road Safety BC's Medical Assessment? ICBC's ERA = Enhanced Road Assessment. These assessments determine whether people can continue to drive.

REGISTRATION required to get the ZOOM link.

VRTA EVENTS & PHOTOS

DECEMBER HOLIDAY LUNCH

Over 46 people attended this popular event, with speakers Irene Lanzinger and Al Cornes sharing their knowledge and experience. M/C Richard Dobson kept us laughing with his poem and witticisms. Many photographs of this event were provided in the JANUARY 2026 - VRTA TAB NOTES, an online version only, available to those who have given us your email address. Next page...



Visual Story: December 11 VRTA Luncheon

A Celebration of Connection, Gratitude, and Joy



SYLVIA HELMER WINS LEADERSHIP AWARD

Longtime VRTA member, Sylvia Helmer (photo right), has won an award for her hours of service and skill, enabling the Seniors Health and Wellness Institute (SHWI) to provide over 45 different types of workshops across the province of BC. These workshops are so popular one has to request them months ahead of time to ensure success.

Sylvia calls herself: Zoom Host, Presenter, Mentor, Workshop Report Coordinator and Statistician for the Seniors' Health and Wellness Institute Society. Seek more info here and sign up to be trained to become a presenter yourself!
<https://SeniorsHelpingSeniors.ca>



WORKSHOP ON BCRTA BENEFIT PLAN OPTIONS

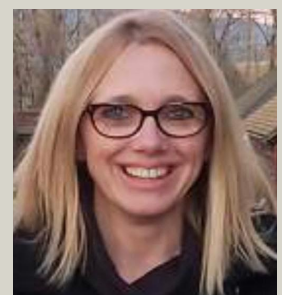
SPEAKER : LISA HANSEN, new Executive Director of BCRTA
MONDAY MARCH 30 at 10 AM

TOPIC: WHICH BENEFIT PLAN IS BEST FOR YOU?

On January 1, 2026, the BCRTA launched the Dogwood Benefits Plan, run independently from the BCRTA but reporting regularly to the Board. Find out what benefits it can offer you!

LOCATION: St. Thomas Church - Grand Hall-St Thomas Anglican Church. 2444 E 41st Avenue
The meeting will take place in the Lower Hall, accessible through the

-lower level back door of St. Thomas church, pictured right bottom. There is also elevator access to the Hall, using the ramp and through the main church at street level.



LISA HANSEN, new Executive Director of BCRTA

Editorial

WARM GREETINGS! Happy Spring!

Such a blessing to enter a new season by celebrating two wonderful precious days, Valentine's Day and Family Day! On behalf of VRTA community, I wish you a belated Happy Valentine's Day and a joyful Family Day.

February reminds us that even in the heart of winter, warmth lives in our relationships—with family, friends, and the communities we cherish. Whether through a phone call, a shared laugh, or time spent together, these simple moments strengthen the bonds that matter most.

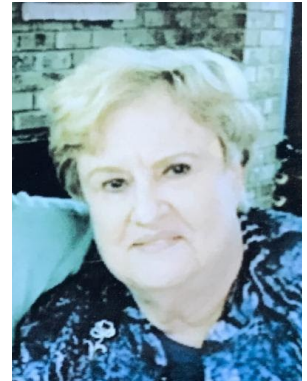
May this season bring more connection, kindness, and many more meaningful moments to you and your loved ones.



Please write to us! We love hearing from you.
Thank you,

-Masseh
editortabloid@gmail.com

CONDOLENCES TO SURVIVING FAMILY & FRIENDS



**ELLEN
(MERLE)
BENNETT**

(Feb. 25, 1937- Jan 2, 2026)

Laurel McTiernan, daughter of Merle Bennett, notified us of the death of her mother in January. Denis Ottewell noted her extensive service on the executive: 24 years from 1996 to 2018 as a member at large including rising to position of First VP, 2008 - 2010, then President 2010-2012, Past President 2012-2013. Merle became best friends with Diane Smith, following her into leadership within the VRTA. Merle loved square dancing, traveling and with Diane, helped organize the Enjoy Cruise Tours for Vancouverites. Diane writes: "*Meryl and I shared a room on these tours as well as at the AGMs. I have memories of Meryl sitting up late listening to audio tapes on her bible and keeping me awake...then I remember Meryl nodding off the next day! I dearly miss her friendship as well as her organizational skills. We will always remember her contributions to our group.*" The VRTA executive send our condolences to her surviving family, especially her daughter Laurel McTiernan.

For more details see the Obituary: <https://simplycremations.com/obituaries/ellen-merle-bennett/>

HAS YOUR POSTAL OR EMAIL ADDRESS CHANGED?

Laurie Boyd of the BCRTA prefers that you contact her 604 871-2260 directly or using the ONLINE Form. <https://bcrt.ca/update-member-info/>
Please NOTIFY VRTA membership:

THEME & DEADLINE for the NEXT ISSUE - Friday March 10 2025

What is your favourite travel destination and why?

Write up please, 100
words would be much appreciated.

REGISTRATION FOR TUESDAY MARCH 3 –11:00 AM - SPRING LUNCH

LANGARA GOLF CLUBHOUSE [6706 Alberta Street \(x West 49th Ave.\)](https://www.langara.ca/locations/6706-Alberta-Street)

Name (s) : _____

Ph: _____ Email: _____

Ticket \$40

Cheque payable to: **Vancouver Branch - BCRTA**
Or Pay ONLINE- details on page 2

PLEASE REGISTER with Dave: vrtatreas@gmail.com OR

Phone: 604 327-7734 by Thur FEB 26

Live Stage Offerings

Feb to May 2026



JOKES

-from the Internet

Prepared by Winola
Chu



The Arts Club winter offerings include the classic murder mystery Dial M For Murder from Feb.5th to March 8th at the Stanley BFL Canada Stage. Starting March 12 th to April 5 th on the Granville Island Stage FRANK-LINLAND. This is a “nimble period-comedy” about a Founding Father, Floundering Dad. For more details, check artsclub.com or phone 604-687-1644.

Gateway Theatre in Richmond presents **Where Have All The Buffalo Gone?** From Feb.26th to Feb. 21st in Studio B. Visit gatewaytheatre.com or phone 604-270-1812.

For the many Feb to May offerings at the Vancouver East Cultural Centre Go to thecultch.com/shows or phone 604-251-1363.

Metro Theatre Vancouver news Visit metrotheatre.com or phone 604-266-7791.

Studio58 Langara Events - Visit studio58.com or phone 604-323-5227.

HEART STRINGS - A LOVE STORY

FEATURING VIOLINIST SOPHIE ARMSTRONG |

MARCH 18, WEDNESDAY 2026 | 7:00 PM

YORK THEATRE

An award winning performer, Sophie Armstrong has performed in over 40 cities around the globe and together with special guest pianist Graham Vink and Heart Strings, she will take you on a captivating journey.

The concert will feature tributes to legendary artists and some of the most iconic music of all time, including unforgettable pieces from Hollywood films, classic James Bond themes, and works by John Williams. The program will also include music by Celine Dion, Whitney Houston, Vivaldi, Bach, Disney classics, and more. Visit: Heart Strings - The Cultch

United Players of Vancouver - Visit unitedplayers.com or phone 604-323-5227.

For a guide to more Vancouver Spring Arts events, checkout THE VANCITY LOOKOUT. The Spring newsletter is arts-heavy, including a review of a popular, monthly, comedy show and their own spring arts guide. Go to Vancity Lookout hello@mail.vancitylookout.com for more news and show events.

Updated article originally submitted by Ora Fraser, expanded by Editors.

1. Why are flowers so popular?
2. Does February like March?
3. What goes up when the rain comes down?
4. How do you kiss in Spring?
5. What does every new year have in store for us?
6. Why don't eggs tell jokes at New Year's parties?
7. What does a caterpillar do on January 1 st?
8. What did the little champagne bottle call his father?
9. Where can you go to practice math on New Year's Eve?
10. What's the one group that hates New Year's Day?
11. What do farmers give their wives at midnight on New Year's Eve?
12. What is a New Year's Day resolution?

Answers:

1. They have a lot of buds.
2. No, but April May.
3. Umbrellas
4. With tulips!
5. Another 365 days!
6. They would crack each other up.
7. Turns over a new leaf.
8. Pop
9. Times Square!
10. The New Year's Eve clean-up crew.
11. Hogs and Kisses!
12. Something that goes in one year and out the other.

VRTA EXECUTIVE 2025-26

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
Secretary - Laura Rudland

Membership—Bernard & Vreni
Morel mofam604@outlook.com;
Assistant Membership Laura
Rudland

Members at Large (10)
Winola Chu, Athena Kilindris,
Brenda Mackenzie, Barb Mikulec,
Ali Pollard, Les Rowe,
George Rudolph,
Diane Smith, Norma Westrom,

Editor: Masseh Rostaqi
masseh.abdullah@gmail.com OR
Editortabloid@gmail.com

Volunteers
Ora Fraser, Lois Paterson, Rich-
ard Dopson

WEBSITE: www.vrta.ca

LEADERS for Activities

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

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

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

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

VRTA LUNCHEON CALENDAR

Tue Mar 3 -Spring Lunch-
LANGARA CLUBHOUSE Restaurant,
6706 ALBERTA STREET

Thurs June 18 (TBC) AGM and
June Luncheon at Vancouver Roy-
al Yacht Club

Mon Mar 30 -Lisa Hansen Work-
shop: *Comparing the New DOG-
WOOD Benefit plans with Green-
shield plans*

Thu Mar 26 possibly -Workshop:
Baking Greek Bread - limited en-
rollment - Date still to be deter-

ANNOUNCEMENTS



BCRTA

-Plans are underway for an all-
member Superzone webinar in
late Spring, 2026

COSCO Monthly meetings Sec-
ond Friday of each month - 10
am to Noon - In-person or hybrid
at the Steelworkers Building on
3920 Norland Street, Burnaby.
We are looking for another
member to send to the meeting;
VRTA sends three delegates. For
more info contact Ros Kellett
and check out:

<https://coscobc.org/>

**STAY ON THE ROAD - Free
Workshop** Wed Feb 25 - 10 am
to Noon - ONLINE - Presented by
ICBC & COSCO -For those drivers
approaching age 80 or 85 yr in
BC. For info and to register go to:
[seniorshelpingseniors.ca/events/
sotr2025](http://seniorshelpingseniors.ca/events/sotr2025)

The Vancouver Tabloid
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Do we have your correct contact information?

Have you changed your phone num-
ber or email address or postal ad-
dress recently?

If so, please CONTACT these TWO
KEY PEOPLE:

1. BCRTA Membership coordinator:
Laurie Boyd at 604 871-2260 direct-
ly or using the ONLINE

Form. [https://bcrtca.ca/update-
member-info/](https://bcrtca.ca/update-member-info/)

2. VRTA Membership chairs: **Bernard and Vreni Morel** (photo above) at
mofam604@outlook.com as soon as possible.

