



# VANCOUVER TABLOID

*Vancouver Retired Teachers' Association's Newsletter*

www.vrta.ca

November 2025 Newsletter

## Happy holidays!

*President's Greetings November 2025*

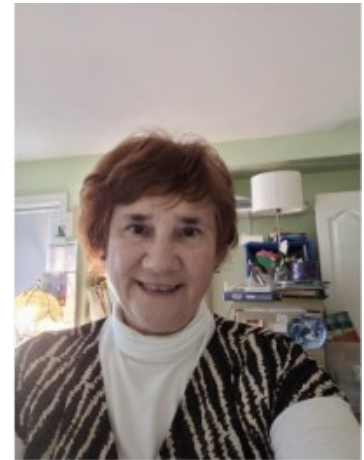
### **RESPONSES TO THE CALL TO ACTION!**

Members did indeed respond to last issue's CALL to ACTION. This issue of the TABLOID illustrates the many events we have been attending. Inside this issue you will see reports on the recent 3 big conferences: BCRTA, COSCO and NPF. Almost too much! These organizations, fortunately, all have robust websites with Event sections where you can go explore each of their conferences and dive into the inspiring topics that were discussed and developed. It was enriching to meet politicians, officials and volunteers in both commercial and nonprofit organizations and hear their concerns and intelligent proposals on how to move forward on the biggest issues facing many seniors: housing

affordability and availability; transportation needs, health care, human rights as an Elder. Take time to see the photos below and become inspired by checking out those websites as to how much work is going on locally, provincially and beyond to improve the lot of seniors.

I hope to see you at our Christmas/Holiday lunch on Thursday December 11. Join us for the merriment and food. And have sober thoughts as we reflect and learn more from UBC Governor Irene Lanzinger of the plight of the modern university student. Donate generously to the Friends of the VRTA education charity if you can. And to all members, including those members who live far away

from Vancouver city, find some time to relax yourself this holiday season. May you find Peace, Joy and Comfort for yourself and your family at this time of the year.  
Happy new year!



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

### **INSIDE THIS ISSUE:**

#### **UPCOMING EVENTS:**

December Lunch  
Workshop: Advance Care Directive  
Workshop: Stay on the Road  
ONLINE

#### **RECENT VRTA EVENTS:**

September Lunch  
Conferences: BCRTA; COSCO;NPF  
Workshop: Artificial Intelligence  
Executive meeting /Field Trip:  
Forest Bathing

#### **OTHER NEWS:**

**CONDOLENCES**  
**EDITORIAL**  
**JOKES and WITTICISMS**  
**LIVE STAGE OFFERINGS**  
**VRTA Contact List**  
**ANNOUNCEMENTS**  
**VRTA Calendar**  
**MEMBERSHIP Contact INFO**  
**BCRTA Contact List**

**COME TO OUR CHRISTMAS LUNCHEON**  
**DECEMBER LUNCHEON**  
**Thursday, Dec. 11**

*Merry Christmas*

## Promoting The Interests & Welfare Of Our Members

REGISTER TO COME TO OUR CHRISTMAS LUNCHEON

### DECEMBER LUNCHEON

Thursday, December 11—11 AM

FRASERVIEW GOLF CLUBHOUSE [7700 VIVIAN DRIVE, Vancouver](#)



DECEMBER  
LUNCHEON

THURSDAY,  
DEC. 11

The fun begins at 11 AM

**Where:** FRASERVIEW  
GOLF CLUBHOUSE, 7700  
VIVIAN DRIVE  
(Off Elliott Street in south-east  
Vancouver)

**MENU** - \*Turkey with all the  
trimmings and dessert  
\*Vegetarian option available -  
please notify us ahead of time,  
when you register

This is our annual Fundraising  
lunch for the educational schol-  
arship fund, **FRIENDS OF THE  
VRTA**.

Pay Minimum of \$50 and get a  
tax receipt.

Come for fun, entertainment &  
games - singalong, choir &  
speaker. Door prize included.

#### REGISTER NOW

**PLEASE REGISTER** with  
Dave: [vrtatreas@gmail.com](mailto:vrtatreas@gmail.com) OR  
Phone: 604 327-7734  
by Mon. Dec. 8

**PAY by DONATING WITH A  
CHEQUE or ONLINE.**

**TO PAY by cheque**, make it  
out to:

**Vancity/RR Smith Foundation**  
MEMO - **Friends of VRTA**  
**MAIL to:** Treasurer, Dave Ellis,

### GUEST SPEAKER, IRENE LANZINGER



#### IRENE LANZINGER

( shown above) will give a  
brief update on the  
challenges facing students at  
UBC these days and the cost  
of getting an education. Irene  
was the former President of  
the Vancouver Secondary  
Teachers Association VSTA  
and then President of the  
BCTF.

In her role as Chief Negotia-  
tor at the BCTF she success-  
fully bargained to improve  
teachers' salaries and work-  
ing conditions across the  
province and produce labour  
peace at that time. She also  
served as President of the  
BC Federation of Labour.  
Currently she is a member of  
the UBC Board of Governors.



VANCOUVER TABLOID

Vancouver Retired Teachers' Association's Newsletter

or **PAY by DONATING ONLINE**  
as described below:

Go to Vancity Foundation:  
[vancitycommunityfoundation.ca](http://vancitycommunityfoundation.ca)  
Click "Funds" at the top of home  
page,  
Type R.R. Smith in the "Search"  
area,  
Click "R.R. Smith Community  
Fund" then Click "Give to this  
Fund" and  
Fill in details. Designate the  
funds by typing **Friends of  
VRTA** in "Leave a comment"  
space. *Donations get a*

#### NEW START TIME



#### ADVANCE CARE DIRECTIVE WORK- SHOP -

**TUESDAY November 18**

**1 pm - 3 pm.**

At Kerrisdale  
Community Centre,  
5851 West Boulevard.

Gain an overview on how to  
prepare for ongoing and end  
of life care and what is in-  
volved.

**SPEAKER** :Barb Mikulec,  
the facilitator:  
[mikulec@telus.net](mailto:mikulec@telus.net).



## STAY on the ROAD - ONLINE WORKSHOP *Free workshop- for senior drivers*

**Wednesday Nov. 19** from 10 am to noon PST (Pacific/Vancouver Time) Online via Zoom

**ARE YOU NEARING 80/ 85 YEARS ?** The government requires you to be assessed if you continue to drive. Sign up for this virtual workshop! This practical guide will help you learn more about driver assessment. It will be of interest to "octogenarian" drivers but drivers of any age are welcome to register and attend.

**QUIZ** -What is RoadSafetyBC'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.**

### HOW TO REGISTER:



**REGISTRATION required:** Sign up at the website listed: [seniorshelpingseniors.ca/events/sotr2025](http://seniorshelpingseniors.ca/events/sotr2025) 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.

## COSCO Conference 75th Anniversary

- Five VRTA members attended Saturday Oct 4 to Sunday October 5 at Sheraton Vancouver Airport Hotel. There were inspiring speakers, lively discussions and a packed agenda to keep the brain swirling and learning! KEY Speakers included: **Susie Chant**, MLA and BC Parliamentary Secretary for Seniors' Services and Long-Term Care **Dan Levitt**, the BC Seniors Advocate **Eric Doherty**, Transportation Planning Consultant

The **videos** from the conference-themed **Human Rights and Ageing: Strategies for an Equitable Future**-are available for viewing. The 16 videos include captions. Go to <https://coscobc.org/events/>

## VRTA EVENTS & PHOTOS



Over 40 people attended the **SEPTEMBER 15 LUNCH**, were served delicious food and listened to **Andrea Krombein**, seniors outreach coordinator from Marpole Oakridge Family Place. Andrea was delighted with the outreach the lunch participants engaged in - a positive way to prevent getting lonely as we age, often missing newly departed family members and friends. Each attendee got a FREE Life Kit (see photo left as Andrea holds up her Life Kit), a package of critical information forms to fill out and then attach to one's fridge.

**Photo above right:** The crowd settle down after lunch to listen to presenter Andrea, standing far down the aisle, yet aided by using a microphone.

**2nd Photo above right:** Lunch participants enjoy filling out a brief name quiz to get attendees on their feet and meeting new people.

**Photo bottom right:** This centenarian plus three, Margery Kellett, has "done it all" and just enjoys being amongst such lively company.





# BCRTA CONFERENCE AND AGM - 2025

## The BCRTA British Columbia Retired Teachers' Association

held their Conference and AGM Thursday evening September 25 to noon Saturday Sept 27 at the Hilton Airport Hotel in Richmond. Seven members from the VRTA attended and had an interesting time: Karin Bernauer, Dave Ellis, Ros Kellett, Les Rowe, Brenda MacKenzie, Barb Mikulec, and Edie Wood. Full details of the POSTSCRIPT AWARDS and the SPEAKERS' presentations are now available to see on this part of BCRTA website: <https://bcрта.ca/conference2025/>



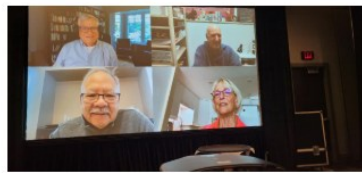
## NATIONAL PENSIONERS' FEDERATION NPF



Three members of the VRTA attended this convention Sunday Oct. 5 to Tuesday Oct. 7 at the Airport Executive Hotel in Richmond. This was a smaller gathering than the COSCO one but still rich with speakers, discussion, networking and the consideration of serious resolutions to prod the federal government to act. See photo above of all the delegates. <https://nationalpensionersfederation.ca/convention/>



Thursday evening included Advantage partners' vendor displays and the opportunity to dance with these two folk dance leaders. And we did!



After listening to three great speakers during the day, delegates relaxed Friday night at a group banquet. BCRTA executive director, Tim Anderson, (top left in photo above) entertained us with stories of the three winners of the POSTSCRIPT AWARDS 2024-5.

## WORKSHOP ON ARTIFICIAL INTELLIGENCE

An impressive group of seniors, 44 of us, showed up early Monday morning, October 20, to hear Linda Fawcus (Photo left bottom) address this topic. Linda, founder of GLUU society, emphasized how "dangerous" generative A.I. can be, with few guardrails to prevent vulnerable youth and elders falling for fake emotions spoken by a machine. She urged us to press governments at all levels to regulate artificial intelligence now. The meeting took place through the lower level back door of St. Thomas church, pictured left bottom. For more info, check out <https://bcрта.ca/ai-and-you-postscript-extra/> Also, see her TED talk.



Saturday morning was all business, starting with the R.R. Smith AGM. Barb Mikulec, President, (Above photo) chaired the meeting, supported by BCRTA President Caroline Malm seated behind her (Above right side).



The BCRTA AGM followed the R.R. Smith Foundation AGM. New Executive co-director, Lisa Hansen, (above) addressed the delegates during one of the sessions.

## WORKSHOP ON ARTIFICIAL INTELLIGENCE







### The EXECUTIVE AT THE OCTOBER 9 MEETING

The group met on the second floor of the BCTF building to plan events and make improvements over how we manage various issues and concerns. The meeting lasted an extra 15 minutes due to an unexpected Earthquake drill!



ABOVE There is always items to be discussed in detail before the executive makes its decision.



ABOVE: Being "forever a school teacher", executive members took the earthquake drill seriously and sheltered undercover while one of us counted out 2 minutes! Fortunately, there were no shock waves.

### FOREST BATHING experience - Thursday November 6



Ten of us showed up in the pouring rain to experience all the sensations walking and interacting with the trees and shrubs did to our bodies, minds and spirits.

ABOVE - The group relaxes after snacking on Douglas fir needles' tea and oatmeal bars.

BELOW - Lori Bartley, VPB leader, in dark jacket facing camera, gives introductory talk.





### WARM GREETINGS!

As we enjoy the colourful fall season, something profound struck me while I was looking at an oak tree in the Burnaby Library Park. The tree looked magnificent in its autumn attire—yellow, orange, red, and even a few

green leaves. As I reflected on the ups and downs of life, that tree quietly reminded me that life remains beautiful, even in its “fall.” Back to business—while I hope you continue to enjoy the season whenever you step outside—the Communication Committee held a meeting on November 10. Rosalind opened the meeting by checking in on everyone, a gesture I truly admire. We discussed the VRTA logo as part of our work on developing the Facebook page. We also explored

options for a more user-friendly website content management system. Both topics remain open for further discussion and decision-making. I will end this note by wishing you all a Merry Christmas, and happy holidays.

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

*-Masseh*  
editortabloid@gmail.com

## CONDOLENCES TO

### SURVIVING FAMILY &

**FRANK SMITH, husband to DIANE SMITH.** We send our condolences to Diane Smith, VRTA executive member, of many years. Frank Smith was an outstanding UBC Football Coach, was inducted into BC Sports Hall of fame and died October 6, 2025.

**RUTH DESHAIES,** (See photo BELOW) VRTA executive member over a number of years, taught at Graham Bruce Elementary School and died August 28, 2025. We send our condolences to her surviving family.



### 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://bcrtc.ca/update-member-info/> Please NOTIFY VRTA membership: [mofam604@outlook.com](mailto:mofam604@outlook.com).

**THEME & DEADLINE for the NEXT ISSUE - Friday Dec 28 2025**

**What made your holiday season more joyful?**

Write up please, 100 words would be much appreciated.

### REGISTRATION FOR THURS. DEC 11 –11:00 AM -AGM & LUNCH

FRASERVIEW GOLF CLUBHOUSE, 7700 VIVIAN DRIVE  
(Off Elliott Street in south-east Vancouver)

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

Ph: \_\_\_\_\_ Email: \_\_\_\_\_

Enclose cheque for \_\_\_ attendee(s) @ minimum \$50

Cheque payable to: **Vancity/RRSmith Memo: Friends of VRTA Or Pay ONLINE- details on page 2**

*Those wishing vegetarian entrée/special diet, check here \_\_\_\_\_*

**See Page 2 for where to send. Register by Mon. Dec 8. TO AVOID DISAPPOINTMENT**



# Live Stage Offerings

August to Nov 2025



## JOKES

-from the Internet

Prepared by Winola  
Chu



This year the Arts Club presents the Broadway musical Disney's Frozen at the Stanley Theatre from October 30th, 2025 to January 4th, 2026. Showstopping favourites include "Let it Go", "For the First time in Forever" and "Do You Want to Build a Snowman?" Times vary according to dates so be sure to book your selected time carefully. At the Granville Island Stage an adaptation of Louisa May Alcott's Little Women is the offering from Nov.27th, 2025 to January 4th, 2026. Other holiday Arts Club presentations include A Wonderheads Christmas Carol at the Olympic Village Stage from November 26th to December 14th, 2025 and The Gingerbread Men: Yet Another Holiday Concert from December 17th to December 21st. Check arts [club.com](http://club.com) or phone 604-687-1644.

At Metro Theatre, Vancouver holiday offerings include Miss Bennet: Christmas At Pemberley from November 7th to November 29th, 2025 and the pantomime Jack And The Beanstalk from December 12th, 2025 to January 4th, 2026. Contact metro [theatre.com](http://theatre.com) or phone 604-266-7191.

Gateway Theatre in Richmond is offering the musical Annie on December 11th, 2025 to January 3rd, 2026. It is recommended for ages five and up and runs for 2 hours and 10 minutes plus a 20 minute inter-

mission. Email [boxoffice@gatewaytheatre.com](mailto:boxoffice@gatewaytheatre.com) or phone 604-270-1812.

The Deep Cove Stage Society in North Vancouver is offering It's A Wonderful Life: A Live Radio Christmas Show. The show is made like a 1940's live radio broadcast about the story of George Bailey on Christmas Eve. Shows run daily from December 17th to December 21st and again from December 26th to December 28th. Admission for Seniors and students is twenty-two dollars. For more information email Deep Cove Stage Society.

The Cultch's East Van Panto this year is West Van Story. It runs from November 19th, 2025 to January 4th, 2026 at the York Theatre. For more information on the plot and to purchase tickets visit [thecultch.com/shows](http://thecultch.com/shows) or phone 604-251-1363.

Vagabond Players at the Bernie Legge Theatre in New Westminister presents The Maltese Reindeer. It's Christmas Eve and Detective Frosty T. Snowman and his assistant Jackie Frost investigate the disappearance of Rudolph the Red Nosed Reindeer. It runs from November 27th to December 14th, 2025. For ticket information email:

[reservations@vagabondplayers.ca](mailto:reservations@vagabondplayers.ca) or phone 604-521-0412 and a volunteer will call back.

**-Submitted by Ora Fraser**

1. What is the weather report every Christmas Eve?
2. Why was the little boy so cold on Christmas morning?
3. What do you call an old snowman?
4. What is the best breakfast cereal to eat in the winter?
5. Where do snowmen love to dance?
6. Why did Mrs. Claus tell Santa to bring an umbrella?
7. What did the tree say after a long winter?
8. How do a snowman get to work?
9. What do you call a snowman with a six-pack?
10. Why don't you see penguins in Britain?
11. What did one snowflake say to the other?
12. What do you call a skeleton that goes out in the snow?
13. What does a Starbucks employee's job title change to in winter?

Answers:

1. There's a 100% chance of rain, dear!
2. Because it was December—brrr!
3. A puddle..
4. Frosted Flakes!
5. At a snowball.
6. Because of the rain, dear!
7. "What a re-leaf!"
8. By. Icicle!
9. An abdominal snowman!
10. Because they are afraid of Wales.
11. "You're one of a kind"
12. A num—skull!
13. A brrr—ista!

## 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** - **VACANT**

**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, Laura Rudland

**Editor:** Maseh Rostaqi  
maseh.abdullah@gmail.com OR  
Editortabloid@gmail.com

**Volunteers**  
Ora Fraser, Lois Paterson, Richard Dopson  
**WEBSITE: [www.vrta.ca](http://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 CALENDAR

**Nov 18 Tues - 1 PM - Advance Care Work Shop**  
-Kerrisdale Com. Centre

**Dec 5 Friday - Poinsettia Deliveries** to 85 years and over -  
Contac info: Edie Wood

**Dec 11 Thur—Winter Luncheon** -  
Fraserview Golf Clubhouse Restaurant

**Jan 7 Tue - Exec Mtg –**  
BCRTA Ofc (TBC = To be confirmed)

## ANNOUNCEMENTS



### BCRTA

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

**COSCO Monthly meetings** Second 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 Nov 19 - 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](https://seniorshelpingseniors.ca/events/sotr2025)

**The Vancouver Tabloid**  
A publication of the Vancouver Branch of the British Columbia Retired Teachers' Association  
#100, 550 West 6th Ave, Vancouver, BC, V5Z 4P2  
**Exec. Directors** Tim Anderson (tim@bcrtca.ca); Lisa Hansen (lisa@bcrtca.ca)  
**Office Administrator** Kristi Josephson (kristi@bcrtca.ca)  
**Membership Administrative** Laurie Boyd (laurie@bcrtca.ca)  
**Media Assistant** Julian Carrier (julian@bcrtca.ca)  
**Front Desk Administrator Receptionist** Alycia Porges (alycia@bcrtca.ca)  
**General Office** office@bcrtca.ca  
**WEBSITE: [www.bcrtca.ca](http://www.bcrtca.ca)**

## Do we have your correct contact information?

Have you changed your phone number or email address or postal 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 above) at mofam604@outlook.com as soon as possible.

