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CHRONICLES & CAPERS

BC Retired Principals' &
Vice-Principals' Association

Issue 72 • Summer 2017

Dear BCRPVPA Members by Eileen Phillips



President's Message August 2017 Eileen Phillips

Many of our members are currently moving from their homes, sheltering people, or worried about friends and family who are being affected by the wildfires burning throughout British Columbia. I spoke with a friend who lives close to 100 Mile and he told me tales of being on the road, with his dog and cat, wondering where to go and what to do next. Fortunately, our province seems prepared for emergencies and he soon found help - food, shelter, and attitudes of hopefulness that inspired him to face whatever is to come.

Kevin Reimer and his Mentorship Advisory Board have been working very hard to put together a package outlining the proposed Mentorship program including its purpose, expectations, application forms, and important dates. These materials will be ready soon and will be available on our website. Please keep checking if you are interested in being a mentor. I know our members have a lot to offer. And, of

course, giving of one's self also provides pleasure and learning. We see mentorship as an opportunity for both mentor and mentee to benefit mutually.

This is the final newsletter of the 2016-2017 year and I would like to show my appreciation for the executive who have worked alongside me this year. **Ted**, vice-president, has accompanied me to Chapter Council, been a member of the scholarship committee, mentored Lanny into the treasurer's role, and been a helpful sounding board; **Lanny**, social and treasurer, has provided delicious and varied refreshments for our meetings as well as learned the ropes of being treasurer; **Vivian**, past president, has offered friendship, solid advice, and guidance; **Graham**, communications, has worked tirelessly to provide our members with an excellent newsletter, notices of meetings, and has been the guiding force for our new website; **Gerald**, pensions, has provided us with up-to-date news about our pensions and benefits as well as working alongside **Roy** in developing our affinity partnerships; **Christine**

and **Jeff**, scholarship committee, have provided us with the names of scholarship recipients after reading through the applications and making the difficult final selection; **Leanna**, membership, has sleuthed out all of our members for whom we did not have accurate contact information; and **Linda**, secretary, has capably taken minutes at meetings and helped with the mail out of newsletters. Also, thanks to the BCPVPA staff who do so much for us and whose space we share for most of our meetings. Their helpfulness and support is generously given and much appreciated. And, finally, thanks to the members who have written articles for the newsletter over the year and to those who have taken the time to write about concerns as well as to share good news.

Some news about the 2017-2018 executive: both Linda Meier and Roy Sakata will be leaving the executive



due to other pressing demands. We welcome Gerry Tiede, Celina Mau and Allan Buggie who were elected as Members-at-Large at the AGM on May 3. Gerry is also an active executive member of the RTA and he will share a position with Gerald Soon.

I hope summer has been kind to you. We look forward to stories, with photos, of your travels and adventures. Also, we enjoy hearing about conferences and workshops attended, and any other self-development or hobby opportunities you have participated in. Please send your articles to Graham for the newsletter. And, visit our website for the dates of our 2017 - 2018 meetings. Why not plan one of your trips to Vancouver to include attending a General Meeting? We love to meet our members in person as well as through their written offerings.

Eileen Phillips



The BCRPVA Book Sale 2017

Eileen Phillips

Another successful book sale was held in July at the summer Short Course held at UBC. It was a fun event for book lovers and browsers. We overheard and participated in conversations about the content of the books, excitement over finding a certain book/author, recommended reading and the simple fun of getting a bargain.

Books were sold for \$5 each, with discounts for multiple purchases. Everyone went away happy though some wondered if their suitcase could carry the extra weight. It is such a good feeling for the book donors to know their books are going to appreciative new owners, a great boost for those building their professional libraries, and our scholarship fund benefits. This year the book sale cleared \$720.

Thanks to the donors - known and anonymous. Also, to the BCPVPA staff who helped us advertise (Richard), boxed the books as they arrived (Amorie), liaised with UBC staff (Kim), made announcements for us during Short Course (Jessica and Liz) and deposited our cheque (Helen). Thanks to our members who helped with packing, transporting, organizing and selling - Jeff, Lanny, Olga, Jean, Vivian and Eileen.

We already look forward to next year's sale. Why not start now to eye your books and see which ones are ready to go to a new home? We'll be collecting again in May and June of 2018. In the meantime - Happy Reading!

A COMPARISON OF MEDICAL PLANS FOR RETIRED TEACHERS

TEACHERS' PENSION PLAN – GREEN SHIELD CANADA AND JOHNSON MEDOC VS JOHNSON'S PRESTIGE PLAN – (MEDICAL PLUS TRAVEL INSURANCE)

by Gerald Soon

When the administration of the Teachers' Pension Plan extended health plan changed from Pacific Blue Cross to Green Shield Canada, members wondered whether or not this was the time to compare and contrast these two options for extended health benefit coverage and travel insurance.

Remember that individuals have other choices for insurance too. I am just comparing the coverage and costs for my wife and myself. We had decided upon retirement that our costs for coverage for medical and dental were well worth the money we were charged. Now that there was another option, it was time for us to decide whether or not to stay with what we had, or to shift. Note that what I write is what I have found, there may be other subtle changes that I have not included.

The Johnston Prestige plan sounded interesting. Most noteworthy was that there was no deductible yearly, and that any pre-existing medical conditions (which pushed me into a higher level of cost for coverage with Green Shield) were not considered. For the two of us, \$200 yearly deductibles seemed costly. (Though this deductible does not apply to insulin injector, hearing aids, and vision). It offers multiple trips of up to 62 days duration. A lifetime maximum of \$2,000,000 per person for unforeseen eligible emergency medical travel expenses is included. As is Trip cancellation/interruption of \$6,000 per trip. Drugs, diagnostic services, aids and appliances as well as emergency ground and air transportation is included, and there is a 24 hour Emergency Help Line (Sigma Assistel toll free at 1-877-775-3695)

Our Emergency Medical and Non-Medical Insurance with Medoc offered two plans – a 17 day plan and a

35 day base plan. As we often are away for more than 17 days, the 35 day option works best for us so that is what we have for our coverage. There is a maximum aggregate of \$5,000,000 per insured person, and \$8,000 of trip cancellation, interruption and delay insurance is covered per trip. There is a supplemental plan available. It includes the base of 35 days out of the country unlimited times out of province or territory plus a SINGLE trip coverage for the number of days beyond the 35 you plan on being away. Note that this is limited up to the maximum number of days allowed under your provincial Health insurance plan.

Both Green Shield Canada and Johnston Prestige have 80% co-insurance, meaning YOU pay the first 20% until \$1000 of paid claims has been reached per person per calendar year. Then, 100% co-insurance will apply. For both companies, 100% co-insurance for insulin injector, hearing aids, vision and out of province coverage is included.

While Green Shield has a \$200,000 lifetime maximum coverage per person, Johnson Prestige has \$250,000, and upon enrolment, the amount it counts begins at zero no matter what Green Shield has paid out for you previously.

Both plans cover dispensing fees to a maximum of \$10 per prescription and for BC residents, a mark up limit of 8% over the manufacturer's cost.

Vision care is the same for both options (\$300 for eye glasses or contact lenses every 2 calendar years) However, note that with Green Shield, optometric eye exams are included as part of the \$300 allowance, where Johnson Prestige adds \$100 towards an eye examination every 2 years.)

Coverage for Green Shield is for BC and out-of-province within Canada, while Johnson Prestige includes out-of-country too.

Johnson Prestige has different rates, depending upon whether or not you were born in 1939 or earlier (Plan 1), or 1939 or later (Plan 2). As well, there are two Drug options for my age group (born after 1940,) I

could choose to have Drug Option A , a maximum of \$1,500 per household, or Drug Option B, a maximum of \$3500 per household.

DENTAL PLANS

Green Shield co-insurance coverage is 70% up to \$1000 per person per calendar year on eligible basic dental services, while Johnson Prestige's Basic co-insurance coverage is 80%

Green Shield's essential Dental Plan

diagnostic and preventative services, including recall examinations and bitewing xrays, cleaning of teeth, and topical application of fluoride once every 12 months.

Basic restorative services, including tooth colored filling restorations (paid to full metal on molars)

Basic oral surgery, including simple extractions

Standard Denture services, including denture relining/ rebasing, repair or adjustments

Comprehensive oral surgery

Endodontic treatment and Periodontal treatment including root canal therapy, and periodontal scaling/ root planning.

People enrolled in the essential Dental Plan must participate for 24 months before upgrading to the Enhanced Dental Plan.

GREEN SHIELD ENHANCED DENTAL PLAN

Green Shield's Enhanced Dental plan co-insurance coverage is 70% up to \$2000 per person per calendar year on eligible Basic and Major dental expenses combined. Basic services are as above. However Major dental services include standard crowns, dentures and/or bridgework. (Replacements of each is limited to once every 5 years). Once a member upgrades to Enhanced dental they cannot downgrade to the Essential Dental Plan under any circumstance.

JOHNSON PRESTIGE DENTAL CARE PLAN

Johnson Prestige's Dental Care plan co-insurance coverage is 80% with no annyal maximum. It includes one oral exam per calendar year, 8 units of scaling and/ or root planning per year and 4 units of dental facility fees for surgical removal of teeth.

80% of Minor Restorative dental care includes endodontics / periodontics combined to a calendar year maximum of \$750. 50% of Major Restorative Dental procedures is included. However these must be pre-authorized by mail, and includes \$700 combined per calendar year for crowns, posts, inlays, and onlays. \$700 combined per calendar year for bridges, dentures, and implants.

One thing to consider with all of the above, is that with Green Shield coverage, if we want to have health and dental coverage out-of-country, we need to supplement. Currently we have Johnson Medoc, which renews each September. The medical questionnaire that is required annually was just received in our mailbox this week, and needs to be filled out and sent in by the end of August so that if one of us is eligible for lower premiums due to having no medical issues, the company can adjust the rates. If we do nothing, we will both be charged at the higher coverage rates.

I currently pay for Green Shield plus Medoc (and our provincial MSP premiums of \$150 a month). We had chosen to purchase enhanced dental, and I have pre-existing medical conditions where my wife is eligible for the Optimum rate as she is healthier than me. The total of our medical deductions, plus travel insurance for the base 35 days add up to \$286.45 a month. If we choose to switch to Johnson Prestige, with the greater allowance for medical costs at \$3,500 rather than the standard \$1500, I would compare the Green Shield/ Medoc combo of that \$286.45 a month with the Johnston Prestige's \$271 medical plus \$112 dental for \$383 a month. Whether or not we continue to have the \$150 Medical Services Premium for people of my income level will depend upon the new Provincial government.

For now, I think I am staying with what we have. This may change as our needs change. Weigh your own options well. Compare coverage and costs. Look into other options available to you, and consider what best meets your needs. It is your decision! By doing your homework it will help to clarify what is best for your own situation. Good luck!

by Gerald Soon

Join the Conversation on Yammer

In the last Newsletter we told you about the closed Network that BCRPVPA members are using to discuss a variety of issues. We are now up to 99 members on Yammer and **some of the discussions are very active and valuable to our members.**

Gerald Soon has written a piece called A COMPARISON OF MEDICAL PLANS FOR RETIRED TEACHERS. We have cross-posted this on the Insurance Issues Group and in the All Network to make it easy to locate.

The Pensions Group is another area where some good discussions have taken place. And there is always interest in the Travel Group.

The Volunteer / Job Opportunities Group has a growing number of posts. Whenever a new Volunteer or Job Opportunity comes our way it is posted on Yammer first. This is generally true for other items of interest to our members.

We don't always have to be serious either. How about a Group called Good Coffee Spots around BC? When I drive up to Prince George to visit my brother I like to stop for coffee and a bite along the route. Do you have a suggestion for me?

When you join a Group, like the ones mentioned above, you will receive an email notice whenever a new post is made. This feature can be turned off, but if the topic is one you are really interested in, leaving the feed on is useful for staying up-to-date.

Groups are an important feature on Yammer. They allow members to share and contribute directly to the association (BCRPVPA) and grow our knowledge of issues important to us. You can also create your own Group on Yammer for targeted discussion of whatever interests you. Groups can be Open to all members or Closed with membership controlled by the owner of the group. This feature has great potential. You can see all the Groups on the BCRPVPA Yammer Network and decide for yourself which ones to join.

The All Network is for everybody and is always open and on. If you have an item to post it is better to be specific to a particular group rather than putting everything into the All Network. That way you and others can more easily find the information again. Another helpful method for finding previous posts is to use the Search feature. This works best if you keep your post in the appropriate Group and even better if you Tag the post with a logical tag name (in Yammer tags are called Topics and can be added by clicking on the three dots (...)) which opens a drop-down menu that includes 'Topic'.

You will receive an invitation to join Yammer with the Newsletter email blast.

Come and Join the Conversation on Yammer



Look for these **Volunteer / Job Opportunities**

on the BCRPVPA website and Yammer



THE UNIVERSITY OF BRITISH COLUMBIA
Faculty of Education
Teacher Education Office



ONE TO ONE
A Children's Literacy Program



BCCS
British Columbia
Canadian School



Columbia Academy
VANCOUVER, CANADA



Find out more about these on
our Yammer network under
Volunteer / Job Opportunities

AGM Presentation - May 2017

ROAD SCHOLAR

Our May AGM featured presentation was given by Ursula Smelcher. Road Scholar was formerly called Elder Hostel. The presentation was well attended but if you missed it, don't worry, we have a shortened version (10 minutes) on video for you. Go to the BCRPVPA.ca website and search in the Newsletter section. You will find the link to the video there. Click on the big red slide and it will take you to the video.

This is our first go at bringing these valuable presentations to you by video. We hope you enjoy it and give us some feedback on the Yammer network (under BCRPVPA Presentations).



In the Spotlight: Bill Dolan

“I’ve got so much going on these days that I can’t keep it all on the plate. Besides the project on the attached poster, I’ve never been busier in my life! LOL!”

PEACE LIARD REGIONAL ARTS COUNCIL PRESENTS

The ALASKA HIGHWAY ROAD SHOW

CELEBRATING THE TRAIL OF '42 IN STORY, SONG, AND IMAGES

TOURING JULY 2017

- Smith, AB July 3
- Edmonton, AB July 5
- Grande Prairie, AB July 6
- Dawson Creek, BC July 7
- Fort St. John, BC July 8
- Fort Nelson, BC July 9
- Toad River, BC July 16
- Lower Post, BC July 17
- Watson Lake, YK July 17
- Tustin, YK July 18
- Whitehorse, YK July 19
- Muncho Lake, BC July 20

ALLISON TURMAN BILL DOLAN KATHY JESSUP

TOUR AND TICKET INFO: www.alaskahighwayroadshow.com

Fort Nelson on July 9, 7:30pm at Phoenix Theatre
Toad River on July 16, 6:30pm at Community Hall
Muncho Lake on July 20 Dinner show at Northern Rockies Lodge by reservation only. toll-free US/CAN 1-800-663-5269 or www.northernrockieslodge.com/roadshow

Follow the tour on Facebook at [2017AlaskaHighwayRoadshow](https://www.facebook.com/2017AlaskaHighwayRoadshow)

Logos: ALCAN, nexen, INPEX, foundation, ROSENBAUM, BPO, Central Mountain BC, etc.

When Leanna Garner sent out an email suggesting an article on Bill Dolan I didn’t know who she was talking about. She said she was going to interview him. Eileen Phillips jumped in and the four way collaborative story began to take shape. Emails went back and forth with ‘copy all’ and a story emerged. I volunteered to get a draft together and Leanna went ahead with the interview. Eileen rounded up the missing ‘back story’ about Bill’s life as an educator.

I needed to go to Mr.Google’s wonderful map collection to find out about some of the places on the tour poster. Where is Fort Nelson exactly? I had an aunt that taught school in Watson Lake, but that was long before I knew her and she had moved down to Ten Mile on the Barkerville Road by then. The North is BIG!

This is also a story of the Highway and its people. The tour was called The Alaska Highway Roadshow, celebrating The Trail of ‘42. The Alaska Highway, known as the ALCAN Highway, was constructed during WW2 and completed in 1942, all 2700 kilometres. The official start of construction took place on March 8, 1942 and the entire route was completed October 28, 1942. It was opened to the public in 1948 after the war. Interested readers can learn more at https://en.wikipedia.org/wiki/Alaska_Highway



Bill Dolan grew up in The North. He has history here.

“I grew up in Fort Nelson and took most of my schooling here. Actually, I graduated in Grande Prairie, AB, because I had to take another semester there to get my grad credits: too much playing hockey and driving truck in Grade 12 -- not to mention cruising around in my Ford Mach 1 Mustang! Fort Nelson was really booming then in the mid 70s and there were big bucks to be made, even for a teenager. School was (unfortunately) just a sideline for me in those years.”

Here's Bill on the people connection:

“Ironically, when I became the local high-school Principal many years later, that experience growing up gave me a lot of insight into how some of our northern kids viewed school ! I could always assure kids with attendance issues that I empathized -- but didn't sympathize -- with them regarding their work vs school situations. I suppose that gave me a some “street cred” in a way”

When the Tour arrived in Fort St John, Bill brought on board Fort Nelson heavy duty mechanic and lead guitarist Justin Michael Taylor to to perform with the show. “After moving to Fort Nelson as a teenager, Taylor spent a fair amount of time in the office of his high school principal, Bill Dolan.” (Alaska Highway News)

Dolan also invited Taylor to join the Alaska Highway Roadshow when it performed in Fort Nelson, saying he wanted to make sure that show was great, and needed Taylor to make that happen.

The pair play music together as much as possible, as part of the growing music scene in Fort Nelson, which comprises of country, heavy metal, and even hip hop.

Bill continues his bio:

“After graduating from U of A with a BEd in 1980, my wife Cathy (a newly minted RN) and I had been backpacking around Europe for half a year when I was contacted by SD 81, Fort Nelson, offering me a job.

No cell phones in those days, so I had to call ‘collect’ from a telephone exchange booth in Spain to accept the job offer: a class of Grade 7s. I was one of the first local students to get an Education degree and come back to teach in our community.

After teaching at the elementary level for two years, I transferred to Ft Nelson Secondary School where I spent most of my career, except for a couple of three-year stints at the District Office as District VP & District Principal over the years. I even had a half year as a fill-in elementary school Principal toward the end, which I enjoyed very much. Ours is a small district (and getting smaller all the time) with high staff turnover and many other challenges -- including recruitment and retention. Whether I was a classroom teacher, Assistant school Principal /Principal or a District Administrator, I always tried to take the approach that it didn’t really matter who did a job if it had to be done. I carried out District duties when I was a school administrator and vice versa.”



When Leanna asked him about the Tour, Bill had nothing but good memories.

“I learned a lot; the combination of the script and the songs became more polished, more professional as the tour progressed. Our performance peaked at the right time---we were well received.

Hometown shows were the best. Fort Nelson hosted two shows. The first show was at the Phoenix Theater which was recorded. Bill said he made a few mistakes, something to do with being in front of a camera! The troupe received a standing ovation!

The second show was at a 1970s FNSS school reunion; many in the audience were friends from his teenage years. Most heartwarming!!!!

Interestingly, one of the best times occurred after the tour was over. Performer Allison Tubman’s part of the presentation focuses on the impact of the highway on the lives of her mother’s family, a small band of Kaska Dena indigenous people living in the Toad River Valley.”

Allison’s parents took the troupe, Bill, his story-teller sister and Producer Kathy Jessup, and Allison on a river boat ride on the Toad River to Moose Lake.

There they met an elder who was a child when the road crews first came through surveying the highway. It was the first time he and his family had seen white or black men. That little boy, today the last elder of that band, is Walter McDonald.

Bill had the memorable experience of accompanying Allison’s father as he took Walter by riverboat to help him

catch his horses. A serendipitous ending to a fabulous musical journey!

Bill noted that at every stop when the troupe was finished, people came forward and shared their stories that connected to building of the highway.

‘The tour ended in Whitehorse— to an overflow crowd with standing room only. Two nights before at Watson Lake our audience was only 20 people. Such is the nature of the highway.’

It is always intriguing to listen to a retired principal’s story where passions and interest that were there at the onset of an educational career continue throughout and are still there into retirement. Passion, commitment and lifelong learning are all exemplified in Bill’s story!

What’s next for Bill?

The group has been asked to share their presentation at the Canadian War Museum in Ottawa in November, 2017 pending funding to get there.



Leanna Garner, Bill Dolan, Eileen Phillips, and Graham Mulligan

2017-18 Executive Committee

President
Eileen Phillips [email](#)

Vice-President
Ted St. Pierre

Past President
Vivian Rygnestad

Secretary
Celina Mau

Treasurer
Lanny Young

Members-at-Large

Membership/Sunshine
Leanna Garner

Program/Speakers
Christine Johnson

Scholarships
Ted St. Pierre (ex officio)
Allan Buggie
Jeff Larcombe

Newsletter/Technology
Graham Mulligan [email](#)

Pensions/ Affinity/Benefits
Gerald Soon & Gerry Tiede

Observers at BCPVPA
Chapter Council
Eileen Phillips
Ted St. Pierre

Refreshments for Meetings
Lanny Young

History Committee

The work of this committee is under review, headed by Vivian Rygnestad.

General Meetings

Tue. Oct. 24, 2017

Thur. Jan. 18, 2018

Tue. Mar. 13, 2018

AGM

Thur. May 3, 2018 - light lunch provided

Please mark meeting dates in your planners.

Social: 9:30 a.m.; Meeting: 9:45 a.m.;

Program/Speaker: 11:00 a.m.

No-host lunch to follow at a local restaurant. Meetings are held at the BCPVPA Office unless otherwise noted.

