

Chronicles & Capers

Issue 75 • June 2018

In this issue:

- President's message p 2-3
- Mentorship 2018 p 4
- Create Better Photos p 5
- New Zealand pp 6-7
- Notice of Motion p 8

- Arros I Peix p 9
- Castellers p 10
- Sants p 11
- Jeff's Garden p 12
- Yammer On p 13
- Executive Committee p14





CHRONICLES & CAPERS

BC Retired Principals' &
Vice-Principals' Association

Issue 75 • June 2018

Dear BCRPVPA Members by Eileen Phillips



It has been a pleasure to serve as your president for the past year, indeed for the past 2 years. We have such a team-oriented executive that the work of the president is well-supported and often shared. If you go to the

website, you will see reports given by executive members to the AGM. This report is also included there, with some minor changes. Following is a summative report of the 2017 - 2018 year.

Membership:

- We started with 712 members at our October 2017 meeting and grew to 725 just prior to the May meeting. We are staying ahead of attrition.
- Attendance at General Meetings: 22 attendees @ March, 2018; 24 attendees @ January, 2018; 25 attendees @ October, 2017; 20 attendees @ May AGM, 2017.
- Gifts to Members 1 bottle of wine - name drawn at each meeting; 2 Chapter's gift cards at each meeting - random number generator. Everyone loves a good surprise.
- Many of our members, due to travel costs and distance, health, and other commitments cannot attend our meetings and they appreciate all the ways we try to include them.

Budget: The diminished cost of printing and posting newsletters has allowed us to fund more scholarships and technological improvements that better meet the needs of most of our members. For next year we are presenting a balanced budget.

Scholarships: We awarded 4 scholarships of \$1000 each to BC students attending accredited post-secondary institutions in BC and look forward next year to awarding up to 5 scholarships of \$1000 each to students attending accredited post-secondary institutions in Canada. These are offered to all students who completed secondary school in BC either in June or in the previous June - allowances are made for those taking a gap year.

Book Sale: The sale held at BCPVPA Short Course in July 2017 raised about \$700. Another sale is planned for July 5, 2018. This is a service to our members and to recently appointed administrators. Retired members can be assured that their treasured leadership and education books are going to appreciative recipients. And, our scholarship fund is also benefitting. It is not too late to drop book donations off at the BCPVPA offices. Donations are accepted during May and June.

Speakers and Programs: This year we have been able to film our presentations and offer all or part of them to our members. In October Gerry Tiede spoke to us about Bill C-27; in January we heard from Ryan McElroy of Travel Agency Tribes speaking about our new affinity partnership with them; in March Lisa Hansen and Mark presented a talk about our Health and Travel insurance programs and options; and in May, at the AGM, we have Dennis Ducklow doing a workshop on Travel Photography. Informal presentations at many of

our meetings have been given by Laurie Martin on the various cheeses she has brought for our snacks.

Affinity: We have maintained Perkopolis, Rental Cars, New Car Purchasing, Johnson Insurance Plans, and added Travel Tribes and CPEAC Cellular Program.

Pensions: - as reported, we have a healthy pension plan and are most grateful for the work done by others to ensure this continues.

Communication and Technology: The number of members signing up for Yammer has increased - this is by invitation and we hope to increase our use of Yammer as our main informal communications tool. Newsletter articles are uploaded as they are submitted and compiled into Newsletter format following each General Meeting; Newsletters are mailed to each of our members and are also available on our website. They are still mailed-out to 44 members who cannot easily access them using on-line platforms; our website is constantly changing - volunteer opportunities are posted, articles are posted, and, because we now have filming equipment, videos are posted from our meetings.

Liaison with BCPVPA: The president and vice-president are welcomed observers at Chapter Council meetings in November, February and May; the BCPVPA weekly news bulletin announces our scholarships and the book sale; the Pilot Mentorship project has had a successful first year - all applicants were matched with our members and each partnership has grown close and has learned much from each other. I have learned that the mentorship program has been extended for next year. Please consider applying to be a mentor. Your experience is valued by the mentees, many of whom are in rural districts unable to provide mentorship to their newest administrators. Application forms are available on our website bcrpvpa.ca

I offer my thanks to the executive and general membership: I have appreciated working with those who chose to serve and put their name forward for election. This year, as in the past, the executive has worked as a team. Members fill in for each other when needed. We share the load and share in the FUN of keeping the BCRPVPA a growing and vital association. I also offer my thanks to the general membership for the encouraging and supportive comments that I have received. This is a great association and I am a better leader now because of my experience as president. Learning is forever and I urge any of you with the time, interest and the energy to get involved in our association.



Book Sale

The BCRPVPA used BOOK SALE will be held all day on July 5, 2018 at the AMS NEST at UBC, 6133 University Blvd - 2nd Floor, follow the signs to BCPVPA Short Course.

Donations are being accepted at the BCPVPA office during May and June. Please send or deliver donations of used, but loved, education/leadership books to #200 - 525 West 10th Ave, Vancouver, BC V5Z 1K9

Proceeds from the sale support our Scholarship Fund.

Mentorship of New Principals and Vice-Principals: Sharing Wisdom through Sharing Stories of Experience

Have you considered becoming a mentor for new BC Principals or Vice-Principals?

The New BCPVPA Mentorship Program:

The BCPVPA launched a provincial mentorship program in 2017 matching volunteer retired principals/vice-principals with newly appointed colleagues across the province, recognizing the unique responsibilities and challenges encountered in transitioning into administrative leadership. The program matches mentors with new colleagues in districts different to their own. We are seeking new mentors for the upcoming school year to meet the growing request for mentorship support.

What's Involved With The New Program:

The first year of the project received rave reviews from both participating mentors and mentees. *"This is exactly what I was looking for as an educational pursuit since retirement," said one mentor. "I was awakened to the whole process of mentorship and its positive implications to sustain principal leadership."*

The volunteer commitment is for an hour a week of coaching conversation with your mentee, plus follow up emails and texts. The program includes mentor/coach training for new mentors in Nanaimo on Oct.18 and 19 as part of the Connecting Leaders Conference (required), plus invitational webinars and mentor support workshops in February and May. An honorarium and a copy of the text **"When Mentoring Meets Coaching"** is provided in appreciation of your commitment.

Mentors Don't Need To Be Newly Retired:

Whether you are newly retired or have been retired for several years, please consider this worthy opportunity to strengthen the leadership capacity of beginning BC leaders, learn about working in different districts, and develop your own coaching/mentoring skills. As one mentee states, *"taking the time to reflect on goals, strategies, next steps with an interested conversation partner has helped me to gain more objectivity regarding my job and my learning. The mentors' role is supportive but also geared to expanding my own perspective so there is room for growth. And since my mentor is not connected to the district, there is more buy-in to the perspective that this is a friendly conversation rather than an evaluative one."*

Mentoring is a reciprocal process that enriches the learning of all --- mentors, mentees, teachers and students.

If interested, please link <https://bcpvpa.bc.ca/mentorship/> to the mentor application and submit to the BCPVPA by August 31st.

Create Better Travel Photos



A presentation for the BCRPVPA
May 3, 2018

Traveling - it leaves you speechless, then turns you into a storyteller.

1. Plan ahead with a shot list
Resource: *My Shot Lists for Travel*, available at App Store (IOS only, free)

2. Include the human element in your scenes.
Allow others to travel vicariously.

3. Be a Reader of the Light
Light is harsh or soft, warm or cool. Avoid harsh light.

4. Think in themes
Focus your attention and narrow the field with a theme. Because you can't get it all.

5. Watch your backgrounds
The background should always support your subject.

6. Be a People Person
 - a. Catch the locals in action

 - b. Engage with the locals

7. Include details

8. Always have your camera, always have it ready.

Dennis Ducklow
www.doubleexposure.ca

New Zealand – a Heaven for Geothermal Lovers!



Most people when they think of travelling head off to Europe or perhaps parts of Asia as they wish to experience a different culture or seek out their family's roots. However, if you love to travel, a hidden treasure to explore is New Zealand. I've had the pleasure of visiting and driving around both the north and south islands of this country. Although you can take commercial bus tours, I highly recommend you rent a car instead and mosey around at your own speed. Your BC driver's license is completely legal there. Driving is safe – yes, you will be driving on the left side of the road with a vehicle whose steering wheel is on the right side; but the only problem I found doing so was consistently turning on the wipers instead of the turn signal as these are reversed on the steering column.



The north island is a geological paradise, especially if you want to see a wide variety of geothermal features. I recommend starting in Wellington and spending a few days there – however, driving around that city is definitely not something I recommend! Such sights as the National Museum (Te Papa), the 360 degree views from the top of Mount Victoria, the cable car, botanic gardens, and Zealandia Wildlife Sanctuary can easily fill several days and all are easily accessible by foot, transit, free buses, or the cable car. A stroll along Oriental Bay or on Cuba Street offers an amazing gastronomical opportunity. If you'd rather take a hike and get away from tourists, the Polhill Reserve up to the wind turbine area offers an even more spectacular view than that from Mount Victoria.



Leaving Wellington and travelling northwards, a pleasant stop for the night is in Levin where there are a myriad of B & Bs. Waking in the morning to the sounds of birds and Kiwi hospitality at a B & B or small boutique hotel/motel is something you definitely want to experience. Lovely little villages with wonderful coffee shops allow you to get out and stretch your legs as you drive up Hwy 1. The landscape is varied and suddenly one is surrounded by sheep farms. I'm certain there must be over 10,000 sheep for every person living in NZ. After a couple of hours drive, the travel is reminiscent of going to the interior of BC from the coast on steep winding roads. Cresting the last hill the landscape suddenly changes to scrub brush and semi-desert.



Lake Taupo has several geothermal areas to explore: each of them unique. The Craters of the Moon site has many smaller craters and vents emitting steam. Staying on the raised boardwalk is mandatory as the ground is fragile and quite unstable. The Wairakei Natural Thermal Valley is a short quiet 30-minute hike in a natural setting along a ravine. The Wairakei Terraces with its geyser is enjoyable to visit and taking a dip in the three different thermal pools provides a luxurious experience.

Although not a tourist destination, driving up to the viewpoint overlooking the gigantic Geothermal Borefield is fascinating as the steam in that area is collected and turned into electricity. Visiting the Aratiatia Rapids when the spillway from Lake Aratiatia is opened and hiking up to the farthest viewpoint is a must as seeing each of the cavernous pools fill up in sequence and then form mini waterfalls as they overflow is spectacular. Huka Falls, one of the most visited natural attractions in NZ with 220,000 litres/sec flowing through the very narrow channel, is a photographer's paradise.



As a change of pace around the Lake Taupo area, going off on a small sailing ship to see the Maori rock carvings is both relaxing and refreshing. If you even wish to swim in the lake, you can do so off the boat – but be forewarned, the water is frigid!

Driving up to Rotorua, going off the beaten path into Orakei Korako on Lake Ohakuri and the Waikato River, is a must. This geothermal site with stark white silica terraces is awe inspiring to walk over on the slightly raised boardwalk as the earth below is bubbling away. Small geysers, boiling hot pools, mud pools and fantastically coloured algae add to the magical landscape. The thermal Tuatapu Cave at this site is only one of two known caves in the world located in a geothermal field.

The Buried Village, an archaeological site, is just an easy 20 minute drive south of Rotorua. The village of Te Wairoa was buried in the middle of the night in 2 metres of boiling hot mud, rocks, and ash on June 10, 1886 when Mount Tarawra erupted and 150 people were killed.



Wai-OpTapu, on SH5, south of Rotorua is considered to be the island's most colourful and diverse geothermal attraction as it is one of the most extensive geothermal systems in New Zealand. When visiting, be prepared to walk for 1 ½ hours on the different trails as each area you'll visit is unique. At 10:15 a.m. each day the Lady Knox Geyser erupts and although it is located in a separate area of the reserve from the visitor centre, being there at least 45 minutes before the eruption will allow for good viewing. The mud pools

are a bubbling delight with continuous shoots of mud erupting – sometimes a half-metre or more in height.

Near Rotorua, there are numerous cultural experiences but the largest and best known is Te Puia with the Pohutu Geyser, NZ Maori Arts and Crafts Institute, kiwi house, and cultural show. You can even enjoy a banquet of authentic Maori cuisine prepared in the traditional Hangi style if you've booked ahead. Just a few minutes' walk from the city centre in Rotorua are such areas as Kuirau Park and Kerosene Creek, popular foot baths and bathing areas for the locals.

Although not a direct route from Rotorua to Auckland, no visit to the North Island would be complete without going to the Waitomo Glowworm caves located near

the west coast just off SH3. As well as taking the three-tour package (a must as each cave is unique), there are also numerous half-hour walks in the area.

The north island of New Zealand between Wellington and Auckland is well worth exploring. The above suggestions are just a few of the relaxing yet unique experiences I had as I drove through the area. With the Canadian dollar basically at par with that of the New Zealand dollar, and excellent flights from Vancouver direct to Auckland for around \$1200 on Air New Zealand, it is can be a fairly inexpensive but memorable holiday. I'm looking forward to returning to New Zealand again next spring and exploring more of this interesting paradise.

Joy Rufeski

Notice of Motion

Prestige Health Plan Associate Membership:

By-Law re Associate Membership will be voted upon at the October 2018 General Meeting.

1.3 Associate Member: Any person who is not eligible for Active membership may apply to the Executive Committee for Associate membership and on acceptance and on payment of annual membership dues, shall become an Associate member of the Association entitled to all benefits but without voting rights. a) Upon the death of that Active or Honourary Life Member, the spouse shall be eligible to apply for Associate membership.

Arros I Peix

When I posted a picture from Barcelona some friends responded and one suggested a restaurant near the Picasso Museum. We were planning a visit to the museum and decided that a nice lunch following would be good. We found the restaurant easily and entered. You are met at the entrance by a fish market table of fresh ingredients from the sea. We selected our meal ingredients (see below) and were seated just in front of the pass. The pass is where the food comes out of the kitchen, which was clearly visible to us so we enjoyed seeing the wonderful variety of dishes coming out.

The menu is very wide ranging in price so it is possible to have a paella, for example, at a price that won't discourage you. We opted for a whole fish, turbot, with a starter of octopus. Now don't get squirmy if you haven't eaten either of these. They were spectacular. I like to dabble in the kitchen and I am definitely going to try to replicate both of these. We enjoyed a glass of white wine with our meal and an espresso afterwards.

Price - 83€ (\$130 CAD)

These are good prices especially when you consider the 'tourist men' will be 40€ with drinks.

Octopus and riced potatoes
garlic and butter and salt
broiled octopus with salt and butter

Turbot
baked then grilled
butter, garlic and saffron and chilli

Veg julienne
- pan fried (steamed then fried?)
courgette, carrot, fennel, red peppers
salt and oil



Graham Mulligan

We need your stories and photos for the next newsletter!

Newsletter submission deadlines:
One week following General Meetings and AGM

send to: info@bcrypva

Wed. Oct. 24, 2018

Thurs. Jan. 17, 2019

Tue. March. 19, 2019

AGM

Tue. May 7, 2019

Castellers (tower builders)

We couldn't get into our AirB&B apartment yet so we decided to go to the square for a drink and tapas while we waited. The square was the Plaça de la Vila de Gràcia, sometimes called the 'heart' of Gràcia. I booked the apartment near the square for our three-night layover in Barcelona, knowing that we would enjoy this less touristy area while renewing our love of this great Mediterranean city.

Approaching the Plaça we could hear shouts and music. Our pace quickened. We knew immediately that the 'Castellers' (tower builders) were performing. It was Whit Monday (Pentecost), a holiday still kept in Barcelona, but not the rest of Spain. Crowds of onlookers and supporters filled the square. We lodged ourselves against a wall where we could watch the proceedings and soon the Blue Team began forming a base. Camera ready. The band played. Anticipation intensified.

I documented the tower builders, the Blue Team then the Red Team, men only, then mixed gender teams. Tower after tower reaching high above the crowd with the final climber, a youngster, attaining the summit and waving to the crowd and immediately sliding down the backs of the tower builders to safety on the ground.

A man beside me spoke quietly in English. 'Do you know the origin of the towers?'; he asked. They were from a distant past, he said, when pirates threatened or Moors from the South threatened. Townsfolk lived inside walled villages and used the human tower to look out for danger. They even spied on neighbouring towns that could be threats.

The last tower came down and we found a table at one of the many terraces and ordered our tapas of pedrones, olives and tomaquet.

Graham Mulligan

<https://youtu.be/AVIETyau-wk>

<https://en.wikipedia.org/wiki/Castell>



Sants



The Sants neighbourhood in Barcelona was originally a crossroads village where travellers, merchants and locals came from the south or from the west on their way to Barcelona. When the industrial revolution arrived late to Spain this area became the location of the big, new factory enterprises and masses of workers.

[Culinary Backstreets](#) has created a powerful food and history walk through the neighbourhood. Paula, our guide, met us at the Sants metro station and after a brief history introduction we set off for our first stop, a coffee and some local cheeses, sausages and tomaquet.

We continued on, stopping for a variety of tastings, always in small portions as we would be eating a lot. You need to pace yourself on these tours.

The Sants area is known for its strong working class ethic expressed in the cooperative movement. We viewed a new housing complex being constructed and financed by the community without government or private funding. Another cooperative project is located on the grounds of the textile empire built up by the industrialist Batlló in the early 20th century. The grounds are vast with a number of massive brick buildings covering hectares. They had stood empty and unused for years, but following the end of the Dictatorship the heirs of the industrialist tried to reassert control of the abandoned site. The community reacted with hostility because during the Franco dictatorship one of the Batlló family had been given special favour to exploit the local community and he had a series of Doric columns erected in front of the main building. This was perceived as a display of Fascist power (in the manner of Albert Speers, Hitler's architect of the Third Reich). The columns still stand as a reminder of Fascist oppression but the site has seen a flowering of workshops and crafts employing locals since 2011.



Incidentally, for the art-minded tourist the famed architect, Antonio Gaudi, built a grand city-centre home for Batlló, which is now a great tourist attraction.

Paula then took us to a typical but increasingly rare, neighbourhood bodega for a drink of vermouth (vermut). Hand painted tiles still adorn the walls and old men sip whiskey or beer. We savoured the dark vermouth with a classic spritzer of carbonated water, used to stretch the drink as long as possible.



Near the end of the tour we stopped at another typical bodega for a traditional Catalan lunch of scrambled eggs and truffles followed by a dish of beans and squid. Both dishes were made with precise fidelity to tradition supervised by the eighty four year old proprietor. Both were delicious.

This is a great tour that will take you away from the glitzy and crowded locations that cater to the crowd. It will broaden your understanding of the city and its people.

Graham Mulligan



Jeff and Mary are avid gardeners, and love to grow their vegetables organically. They are already eating several of the vegetables they are growing.

Mary also cans several of their vegetables and their pickled beets are delicious in salads.

Healthy eating is the order of the day here in Squamish, and **Jeff** grows sufficient onions, potatoes, squash, carrots and beets to keep in cold storage for several months.

Jeff has offered to do a presentation at our May 2019 general meeting on growing vegetables, demonstrating how to prepare a moss hanging basket or talking about flowers.



Yammer On

Some members have wondered how to get an account on Yammer. It is a two-step process. First, you need to email info@bcrpvpa and ask to join Yammer. Only members of BCRPVPA can get an account so you need to join up if you haven't already. Once your membership is confirmed, the second step will occur. You will receive an invitation to join Yammer. At that point you can use your email address and create your own password.

Once you are On Yammer you need to 'join' any Groups that might interest you. Everyone is automatically in All Network, but don't post everything there. It gets cluttered. You can also create your own group and invite others.

Groups that already exist:



Here is a recent sample entry:

Volunteer / Job Opportunities

I am looking for retired school principals in Prince George, who might be interested in small-scale paid consulting work.

Please pass on my request to anyone who may be interested.

Thanks,

Garnet Fraser

garnetfraser@shaw.ca

(250-961-6215)

2018-19 Executive Committee

President

Ted St. Pierre

Vice-President

Christine Johnson

Past President

Eileen Phillips

Secretary

Celina Mau

Treasurer/Social

Lanny Young

Members-at-Large

Membership/Sunshine

Bonnie Deren

Vivian Rygnestad

Scholarships

Christine Johnson (ex officio)

Jeff Larcombe

Allan Buggie

Program/Speakers

Executive

Communications/Technology

Graham Mulligan [email](#)

Jeff Larcombe

Benefits/Affinity/Pensions

Gerald Soon

Observers at BCPVPA Chapter Council

Christine Johnson

Ted St. Pierre

Pensions

Gerry Tiede

Refreshments for Meetings

Lanny Young

Archives

Vivian Rygnestad

General Meetings

Wed. Oct. 24, 2018

Thurs. Jan. 17, 2019

Tue. March. 19, 2019

AGM

Tue. May 7, 2019

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.