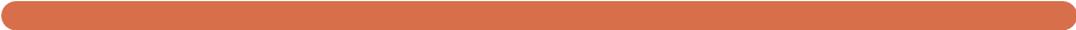


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## **PRESIDENT’S MESSAGE (Oct. 2018) by Ted St. Pierre (aka Ted’s Talk)**



### **THE BCRPVPA EXECUTIVE:**

It is a pleasure to introduce this year’s dedicated Executive. Some Committees require members to attend extra meetings in addition to the regular 8 Executive & General Meetings.

### **Executive Members 2018-2019:**

President: Ted St. Pierre | Vice-President: Christine Johnson | Treasurer: Lanny Young | Secretary: Celina Mau | Past President: Eileen Phillips | Communications/Technology: Graham Mulligan / Jeff Larcombe | Scholarships: Allan Buggie / Jeff Larcombe / Christine Johnson | Benefits / Affinity / Pensions: Gerald Soon | Pensions: Gerry Tiede | Membership & Sunshine: Bonnie Deren | Archives: Vivian Rygnestad

### **Welcome To Our Newly Retired Principals & Vice-Principals:**

We are privileged to welcome new members who have dedicated their lives to promoting educational opportunities to our BC students. Retirement from education does not mean we retire from family expectations. Do enjoy your new role as a grandparent babysitter!

### **BC PRINCIPALS & VICE-PRINCIPALS’ ASSOCIATION:**

We have a very close partnership with the BCPVPA, such as support with our Association’s financials; the membership list of 731 to date; scholarships of \$1,000 awarded to 5 BC students; the Mentorship program of 44 members, & the province-wide Chapter Council.

### **BC RETIRED TEACHERS’ ASSOCIATION:**

The BC RPVPA & the RTA work hand-in-hand

with affinity benefits; pension updates; the Medoc insurance & Prestige coverage. Please see the General Meeting Minutes October 23rd, for the report which outlines the numerous benefits offered to BCRPVPA Members.

### **THE MENTORSHIP PROGRAM:**

Now in its second year, the Mentorship Program developed with the BC PVPA & RPVPA. The goal is to have retired Principals become mentors for newly appointed Principals & Vice-Principals throughout BC. There are 44 total participants this year, of which 22 are Mentors, & 22 are Mentees. The program resulted in very positive feedback after its first year.

### **THE [BCRPVPA WEBSITE](#):**

Please refer to our website for further information about affinity, insurances, pensions, scholarships, & reports from committees, under the section “Meetings”.

The BC Retired Principals & Vice-Principals’ Forward-Thinking Executive wishes all BCRPVPA Members a super year of health & cheerfulness.

Ted St. Pierre, BCRPVPA President 2018-2019



## 2018 BCRPVPA Scholarship Winners

### Caelan Richard Atamanchuk

Caelan Richard Atamanchuk was an outstanding student and athlete, and contributed significantly to his community. He achieved a 4.0 GPA, a 95% average and the Top Academic, Student Top All Around Student and Top Academic Athlete awards at Norkam Senior Secondary School. Caelan was a part of Student Voice, Norkam Alumni Fund, Model United Nation and Chair of the Grad Committee.

Outside of school, Caelan played soccer and was often named team captain, because of his leadership and mentorship skills. He also coached younger aged teams with the Kamloops Youth Soccer Association.

During the summer of 2017, Caelan volunteered with the four Paws Food Bank Emergency Shelter for pets when wild fires spread across the Okanagan. He volunteered hundreds of hours that summer assisting the community during a stressful situation.

Caelan is currently pursuing a Bachelor of Science in Physics at the University of British Columbia, Okanagan campus. He hopes to earn a Doctorate Degree in Physics.

Congratulations Caelan on receiving the BCPVPA Scholarship and all the best in your future endeavors!

### Emily Lam

In 2015 Emily founded the Miracle Movement which has raised thousands of dollars for Children's Hospital. She has also played an integral part in Project Pulse as part of the founding team. This Project connects students with professionals in the healthcare industry. She has been involved in so many areas which help others that she was acknowledged at WE Day in 2017 for her "efforts as a passionate community leader and changemaker." At the school level she was chosen to be the leader of Best Buddies, the school's largest student-run leadership club. The list goes on and at university she has accepted a leadership position in UNICEF SFU, the largest humanitarian club on campus. She plans to volunteer for the Kids' Help Line when she turns nineteen.

All this from someone raised in a single parent household. After reading Emily's Scholarship Application the Committee was awed and humbled. She is a very deserving young lady

At high school she managed to keep a straight 'A' average and graduated with 132 credits of study. In the words of her Vice-Principal, "I am deeply moved and inspired by her strength of character and I have no reservations in supporting Emily as she endeavours to advance her education, access new opportunities, and accomplish such things that will enrich the lives of so many."





### Jensen Keltie

Hailing from Bowser, BC, Jensen's career goal is to become a Marine Biologist, thereby participating in research and conservation to learn about and protect the world's oceans. To this end, she volunteered for four years at the Deep Bay Marine Centre. Her goal aside, Jensen volunteered extensively at the school and community levels. She competed in the Model United Nations; was an active member of Student Government; a band member; and a participant in school athletics. Her Vice-Principal refers to her as "one of the best people I know" with "a commitment to task and an excellence uncommon in many people her age" and as "a true Renaissance person". A Community Organization seconds these opinions and talks of her dedication and maturity. In addition she has volunteered as a teen mentor for Big Brothers Big Sisters and at the MARS Screech Owl Project. While volunteering so much of her time, Jensen maintained an 'A' average.

With someone like Jensen whose contributions at the school and community levels have been invaluable, we look forward to her contributions in the future as she begins her studies at Dalhousie University in NS' one of the only schools in Canada to offer a program in Marine Biology.



### Kurtis James Li

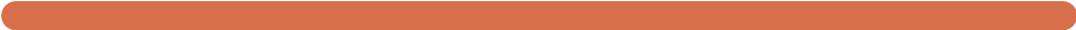
Kurtis James Li was an outstanding student, musician, athlete and leader from Burnaby South Secondary School. He achieved a 4.0 GPA and received the Top English Language Art's Award, the Top French Language Award, the Top Jazz Band Award and Outstanding Academic Achievement Award in addition to the Male Athlete of the Year Award. Notably, Kurtis worked with other students to create an educational mobile application for the BC Ministry of Education. He presented the application at the Innovation Partnership Forum (2015) and the Ignite Innovation BC Conference (2016).

Kurtis' references have praised him for being a well-rounded student and leader. They highlighted his work coaching soccer and swimming teams at Burnaby South and in his community, and volunteering as a first-aid attendant and IT support worker.

Kurtis is currently pursuing a Bachelor of Applied Science Degree in Mechanical Engineering at the University of British Columbia.

Congratulations Kurtis on receiving the BCPVPA Scholarship and all the best in your future endeavors!





Sarah Alisha Kedves

Sarah Alisha Kedves was a leader, excellent student and high performance athlete. She took a very demanding course load at South Island District Education & Canadian Sport School, including three Camosun College courses, and achieved a 4.0 GPA and 97% average. In addition to her academic excellence, Sarah has excelled in athletics; she competed in figure skating at the national level, and track and field at the international level.

Sarah has also significantly contributed to her community. She volunteered hundreds of hours to the BC Special Olympics, Skate Canada, the International Coaching School, and coaching at the local skating club and track and field meets. In a very stressful athletic environment, Sarah has consistently been able to find a balance for excellence in academics, athletics and service for others in the community.

Sarah is currently pursuing a Bachelor of Science in Kinesiology at the University of Victoria.

Congratulations Sarah on receiving the BCPVPA Scholarship and all the best in your future endeavors!





## Have you read “The Gentle Art of Swedish Death Cleaning” by Margareta Magnusson?

I must say that the title intrigued me. I had heard something about this when I was listening to CBC one day and put the title on one of my “must read” lists.

So, what is “döstädning” or Death Cleaning? It sounded rather solemn, but it is anything but! When I finished reading this book, it became clear to me that it offered some good suggestions.

If you have ever experienced having to deal with the effects of a loved one after they have passed away, then you will be familiar with the huge task of sorting and making decisions about their belongings. In Swedish it is a term that means removing unnecessary things to make your home orderly and nice when you think your time here on earth is coming closer to an end for you.

Magnusson, who wrote this book in 2018, is between 80 and 100 years old. She has death cleaned for a number of people and wrote, “I will be damned if someone else has to death clean for me.”

Magnusson suggests starting with an attic, or basement, or with the cupboards by your front door. Front door? She writes that these areas are the places where people put things “temporarily.” Temporarily. Yes... like temporarily forever!

### ADVICE

The author suggests that you DO NOT begin with photographs or letters, because you will get bogged down in going through memories.

You could start with your clothes closet... she suggests you empty your closet, and as you do so, make two piles: Pile One: Keep. Or... Pile Two: Get rid of. Then, deal with Pile One: Remove clothes that need adjustments or cleaning. Pile Two: give away or throw away.

Then, look at Pile one again. If something doesn't fit, it gets moved to Pile 2.

### UNWANTED THINGS

Magnusson wrote that in our lifetime, we receive many items as gifts that perhaps we honestly didn't like, but to save feelings of others, we have put aside somewhere in our homes until the giver is due to visit. She recommends appreciating the gift when it is given, and the thought, but if you really don't like something, get rid of it!

### THE “THROW AWAY” BOX

There may be some special items that have some meaning. Personal items or things that bring back special memories only for you, can be placed in a small shoe box, labelled “Throw Away.” Your family may choose to follow that direction or may pause and examine and enjoy what you felt was special. However, they can in clear conscience, follow your directions and indeed throw it away, without looking at it.

### DEATH CLEANING IS AS MUCH (OR MORE) FOR YOU AS FOR THE PEOPLE WHO COME AFTER

Magnusson writes that Death Cleaning actually is something you do for YOU. For your own pleasure. It is an opportunity to reflect and enjoy. And, if you come across things that you don't remember why you kept it, it is easier for you to part with it.

### PHOTOGRAPHS

Magnusson went through old photographs. If she didn't remember the people in the photo, out it went. She suggests scanning photos, organizing them, and then exporting them onto USB memory sticks to give to family members

### LETTERS

Going through old correspondence brought Magnusson to happy times and sad times, sometimes even depressing feelings. She views it as an opportunity to see the whole picture of your story and your life.

As she focused on her cleaning, she would often ask herself, “Will anyone I know be happier if I save this?” That key question would then make it easier to shred



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the item or discard it if the answer is “No.” But before it is discarded, she has had a moment to think about it, and know that it has been part of her story and her life.

I would recommend borrowing the book from your local library, and fully reading the book.

Magnusson, Margareta. *The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter*. Scribner, 2018. ISBN 978-1-5011-7324-0



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*Gerald Soon*

## Let's Go Hiking

(Or Snowshoeing, or Running, or Canoeing, or ... whatever gets us going)

This year the Fall hiking season has been spectacular. The prolonged good weather on the West Coast has been kind to hikers. Everywhere I have been I have seen smiles on faces and heard laughter and people having good fun. This is one of the great joys of being retired, being with like-minded friends and making new friends while out enjoying the natural world.

I hike with a local White Rock City sponsored program that is open to anyone. They have several levels of hiking from gentle walks that last only a few hours to more vigorous outings that can take you up mountains and into the back country. I also joined BCRPVPA Vice-President Christine Johnson in another group this year called the White Rock Hiking Club which is a members-only group.

You can find hiking groups everywhere in our province but it isn't just about hiking. There are running groups, snowshoeing groups, naturalist groups, Here is a list of just some of them: [Out There Outdoor Clubs and Associations](#)

Getting out in nature is one of the most healthy things you can do. You don't need a lot of expensive gear and you can do it anywhere and practically any time, although in the prophetic lyrics of Sam Roberts 'Canadian Dream' just remember “everything moves real slow when its 40 below”.

The David Suzuki Foundation's [One Nature Challenge](#) is one way to start. Their goal is simple: “to reconnect human beings with nature for the sake of their health and mental well-being”.

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*Graham Mulligan*



## Affinity Travel Update

Affinity Travel Update  
By Gerald Soon

The travel benefit and website has changed to better meet the needs of our members.

Trip Merchant has negotiated special membership savings directly with travel suppliers. Members can save as much as 30% on travel experiences. The offers available on this site are extended to your friends and family.

The new URL for the website is: <https://bcrpvpa.trip-merchant.ca/>

The site is now password protected. Once you enter the password, it also can be saved so you always have access to the site, designed by Trip Merchant. Our logo is at the top left of the page.

The password that you must enter: BCRPVPM18

Explore the site! You will see a number of headers: Member benefits, Deals, Travel Styles, Destinations, Travel Tips & News, and Newsletter Sign Up. To the far right is a “search” function.

If you have previously signed up for the travel newsletter, you need to do nothing, it will automatically come to you twice a month. If you have not yet signed up, do so directly on the site. You will then be notified of group departures, new deals, live online travel presentations, and last - minute offers.

Travel styles include ocean cruises, river cruises, guided tours, adventure and active travel, African Safaris, Rail journeys, Solo travel, Long Stay Vacations, and more.

Solo travelers will be pleased to know that there is no single supplement for single travel!

At present there are 120 travel products available to our members. If you travel using one of these products through the website you are eligible for the Loyalty program. 2% Cash rewards for each trip you take go is put into a Loyalty account. The money accumulates and can be applied to a future trip that you take. You decide when you want to use the Loyalty funds! Hotels offered have member benefits attached as well.

To make a booking request, click on the travel product you are interested in, and a summary of the product you are interested in opens. If you are interested in a quote based on your departure dates and air gateway, you can call the number if provided or simply click on “request a quote.” Please note that the offers on the site can only be accessed through the site and the supplier partners featured, otherwise the savings and loyalty travel dollars will not apply.

Explore the website and see what savings you might benefit from for being a member of the BCRPVPA!

The BCRPVPA is pleased that our Affinity Travel Benefit has improved! Happy travelling!

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Gerald Soon



### Sites I Follow - a Yammer Group

*This is a personally curated list of websites that I occasionally look at for information that interests me. I don't read everything published on every site. Who has the time to do that? I do, however, find these sites help me understand more about our ever changing world. I update this Group regularly on Yammer.*

- Graham Mulligan

You can join Yammer by request. Only BCRPVPA members can join. Click [HERE](#) to request access to our Yammer network.

Below are some of the Groups you will find when you join Yammer.

- Book Club
- Gardening with Jeff
- PENSIONS - BILL C-27 Information
- AFFINITY BENEFITS
- Insurance Issues
- BCRPVPA Presentations
- Travel
- Pensions
- Mentorship Program

Don't see all the Groups?  
click on the 'gear' icon and then 'Groups'

Control what you see:

ACCESS OPTIONS  
Subscribe to this group by email

Why not create your own group and share what you are reading or doing with colleagues online?

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Graham Mulligan

## First: Join Yammer

(Send an email to [info@bcrpvpa.ca](mailto:info@bcrpvpa.ca) to request your membership)

## How to set up a Group on Yammer

### Create a new Group

The link below will take you to the page where you can set up a Group. It can be public or private and you decide who can join if it is private.  
REMEMBER you need to be a Yammer member first.

<https://www.yammer.com/bcrpvpamembers/#/groups>



## Executive at work





## Making the Indispensable Binder



[Link to the YouTube video here](#)

If you are sick, your partner is sick, or there has been a death – you need this binder to make sure things run smoothly.

The binder...a handy reference for you, your friends, your property, travel, medications, finances, will, and much more. And the best part is—it's not hard to do! You will be able to construct your own binder, or buy one at the session.

If your life goes ON FIRE, your binder is invaluable. Leave with a list of all the contents needed for your binder. Once you have built it, you will be astonished at how often you refer to it.

You've been meaning to get organized. Now's the time.

from Diana Cruchley's website



## 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

Program/Speakers

Executive

Scholarships

Christine Johnson (ex officio)

Jeff Larcombe

Allan Buggie

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. 23, 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.