



BCRPVPA

BC Retired Principals' & Vice-Principals' Association

BCRPVPA MEMBERS' NEWS

JANUARY / 2020

Updates from BCRPVPA President Ted St. Pierre

The BCRPVPA Executive wishes our members a super 2020 of health & rest. The first 2 weeks in January usually put to test a few changes we might have entertained for this year. That might be health, exercise, sleeping routines, or simply remembering the names of relatives.

It's helpful to have a supportive family member or friend who will be there to encourage us. This goes a longer way than going at it alone.

FINDING TIME TO KEEP A LEVEL OF FITNESS:

Lots of adults have great intentions when it comes to working out.

PARTICIPACTION Canada found that over three quarter of adults are sedentary about 8 hours a day. Ouch!

Canada **PARTICIPACTION** found the following in its first report card on adult fitness:

- Canada Fitness Report Card found that adults get a B+ for Intention to get fit.
- Daily Movement such as walking, and Canadians score a C.
- Modest / Rigorous Exercise and there we score an F.

Suggestion from **PARTICIPACTION** Canada:

Set basic goals such as walking. Many malls open several hours before stores open which are a welcome area to walk kilometers without snow, rain, & wind.

It's currently snowing in BC, which is a welcome time for snow shoeing, skiing, cross-country skiing, & skating at a local arena.

SOURCE: **Better With Age (Move More Today For A Healthier Tomorrow)**
by Canada **PARTICIPACTION** 2019

General Meeting Wednesday, January 22, 2020

We have an exciting General Meeting planned with a dynamic Guest Speaker.

LOCATION: BCPVPA Boardroom, #200 - 525 10th Ave. West, Vancouver

- 8:45/am Meet & Greet with the usual thoughtful snacks from Lanny.
- 9:00-10:00/am General Meeting (yes, just one hour).
- 10:15-1:00/pm Guest Speaker Graham Best "Retaining the Power of Memory for Active Seniors". That's us.
- 1:00/pm Light Lunch in Boardroom.

UPCOMING GENERAL MEETINGS:

1. WEDNESDAY, JANUARY 22, 2020 @ 8:45/am
2. TUESDAY, MARCH 31, 2020 @ 9:45/am
3. AGM WEDNESDAY, MAY 13, 2020 @ 9:45/am

The Annual General Meeting invites members to join the Executive on one of several committees. These committees meet a minimum 4 times at Executive meetings, as well as at 4 General meetings. It's a very dedicated Executive working for the benefits of our 750+ members. For further information about Committee positions, please contact our email address info@bcprvpa.ca

We'll be happy to elaborate on your interest.

BC Pensions Corporation

BC PENSIONS' CORPORATION (BCPC):

BC Pensions has informed our Association that 2020 is the last year it will be sending by mail its newsletter in January and July.

Starting in 2021, BC Pensions will be communicating digitally, namely by email.

More information should be forthcoming in this month's newsletter from BCPC.

Opportunities (Mentor Program & Principal Position)



OBJECTIVE

The BC Principals' & Vice-Principals' Association is in its 3rd year of the Mentorship Program. Retired School Principals are very much in need as Mentors.



WHAT IS INVOLVED?

The aim is to cultivate a network of support & partnership engaging retired Principals as Mentors with newly appointed colleagues in districts different to their own.

First Meetings are held at the BCPVPA Office late October



APPLICATION:

Please use the link below which has the application form for Mentors. The link also has much more information about the success of this program.

<https://bcpvpa.bc.ca/mentorship/>

This will take you to the Mentor Application which can then be emailed to Kevin Reimer at the BCPVPA Office.



GUIDING PRINCIPLES

Members from the first year expressed how supportive Mentors were to their initial time as an administrator.

This is a voluntary program. Participation is encouraged, not mandatory.

Principal Position – James Cameron Elementary

Commencement Date: Sept. 2020 or if possible, the last month of June 2020 for transitioning. Completed application packages should be submitted electronically to: jcsofficeadmin@jcs.bc.ca attention Board of Director's Fraser Valley Society for Children with Learning Disabilities.

Contact # info@bcrpvpa.ca

Thank you for keeping contact information (email & address) current.