



**BC Retired Principals' & Vice-Principals' Association
Members' Update. March 20, 2020. Spring Has Arrived.**

This Issue

Keeping Healthy

Cancellation of General Meeting Tuesday, March 31, 2020

Volunteers to join the 2020-2021 BCRPVPA Executive

BCRPVPA President Ted St. Pierre



The BCRPVPA Executive wishes health & strength to all our members. Canadians have been receiving numerous information regarding Covid-19 updates. It can become overwhelming.

Dr. Bonnie Henry, BC Provincial Health Officer, has repeated on many occasions the need to keep clean hands, keep those hands away from our face, have social distancing.

She has also encouraged British Columbians to go for a walk if residents are comfortable to do so. With the beautiful weather lately, that's what

some of us will do.

Retired individuals can still get some exercise such as walking while keeping a 2-metre social distance rule.

We remember the days of H1N1, Ebola scare, Sars, and this situation will likewise pass.

Let's stay strong, relax, call, text, or email family & friends. Canadians have been very quick to offer help to anyone who needs supplies such as groceries.

It is very important that we all keep socially as well as physically healthy.

Cancellation of General Meeting, Tuesday, March 31st, 2020

The BCRPVPA General Meeting scheduled for Tuesday, March 31st is cancelled.

This is to keep within social distance guidelines for the health of our members, and the health of staff members in the BC Principals' & Vice-Principals' Association building. General Meetings are held in the BCPVPA building located at #200 – 525 W. 10th Ave., Vancouver.

Future meetings will be based on the current virus situation at that time.

Our last General Meeting is the Annual General Meeting, scheduled for Wednesday, May 13th, 2020. Further information to be announced later.

2020-2021 BCRPVPA Executive

It might be a bit difficult to start thinking about next year's BCRPVPA Executive. We will need members who are wonderful volunteers to ensure our Association continues it's work for our 750+ members.

Many of our members live outside the Lower Mainland & cannot attend meetings. Some committees can function using the internet, such as Communications & Technology.

These are exciting roles & actually can be fun.

Our Past President, Eileen Phillips, will be happy to answer questions with respect to committees on the Executive. Eileen has graciously invited interested members to email her at ephillips555@gmail.com

Protecting Ourselves Especially In Strata Complexes, Apartments, Travel, Social Contacts



Wash our hands:
(20 seconds min.)



Cover coughs
+ sneezes



Feel sick?
Stay home



Recently returned from
overseas.
Self-isolate 14 days



Maintain social distancing
of 2-metres apart



Check in on
the elderly
+ vulnerable

Common Property

- Refrain from using shared amenities
- Use sleeves, gloves, or elbows to push buttons on doors + elevators
- For official health advisories and guidelines:
 - visit [covid-19.bccdc.ca](https://www.covid-19.bccdc.ca)

CONTACT INFORMATION (please update your contact information by
email)

WEBSITE: www.bcrpvpa.ca

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The very best to all BCRPVPA Members. Let's be strong!