

BCRPVPA GENERAL MEETING MINUTES (VIRTUAL)

Date: WEDNESDAY, JANUARY 20, 2021

Dates for 2020-2021

Executive Meetings @ 10.00.am

~~Tuesday, September 15, 2020~~
~~Tuesday, November 24, 2020~~
Thursday, February 18, 2021
Wednesday, April 21, 2021

General Meetings @ 9.45.am

~~Thursday, October 15, 2021~~
Wednesday, January 20, 2021
Tuesday, March 30, 2021
Wednesday, May 12, 2021 AGM

2020-2021 BCRPVPA EXECUTIVE & ROLES

President: Christine Johnson | Vice-President: Gerald Soon | Past President: Ted St. Pierre | Treasurer: Lanny Young | Secretary: Celina Mau | Scholarships: Jeff Larcombe, Allan Buggie, Christine Johnson, Gerald Soon | Membership & Sunshine: Bonnie Deren | Benefits: Marsha Arnold, Allan Buggie | Technology: Ted St. Pierre | Newsletter: Celina Mau | Speakers: Eileen Phillips | Survey and Looking Forward: Joy Ruffeski | Looking Forward: Vivian Rygnestad

List of non-executive members in attendance: Brian Beck, Terry Bodman, Cynthia Lindell, Judy Marshall, Joan Martins, Jan Miko, Fred Nienaber, Ragani Kapilm, Cindy Romanowski, Beverley Siggs, Doug Skinner, Alex Watson, Don Dalgaard, Susan Chow.

1. Welcome; Call to Order at 9.45 am on Zoom Committee
 - All Executives were present except for one. Regrets: Jeff Larcombe.
 - Fourteen general members participated in our Zoom meeting today.
 - Members self-introduced themselves to the group.

2. Adoption of Agenda Committee
 - [Moved] Joy Ruffeski [Seconded] Allan Buggie

3. Adoption of General Meeting Minutes, Thursday, October 15, 2020
 - Minutes were approved as read and recorded.
 - [Moved] Ted St. Pierre [Seconded] Eileen Phillips

4. REPORTS

President Report Christine J.

- Addition to the submitted report - BCRPVPA Retirement Seminar information to be updated with Kevin Reimer, BCPVPA Executive Director.
- Report accepted as read.

Vice-President Report Gerald S.

- Explanation of the surviving spouse on medical/dental coverage: Joint-Life vs. Single Life and Associate Membership would appear as an article in our upcoming Feb 2021 Newsletter.
- Attached report was presented and submitted.

Treasurer Report

Lanny Y.

- October 31, 2020 Financial Statement and Statement of Operations were presented.
- Question: How to submit receipts of expenses? Process was explained. It was mentioned that this was a topic of pertinence to the Executives only.
- Another question followed pertaining to the 'pre-approval for a certain amount on expenses'. Response from Chairperson was that this topic would be of pertinence to the Executive. [Answer was later provided below under section 7.]
- Report was presented and submitted.

Past President & Technology Updates

Ted S.

- Submission of articles for upcoming Newsletter to info@bcprvpa.ca
- Recruitment of Executive slate for next year, contact Past President tedstp@gmail.com
- Clarification on how to access 'Affinity, Benefits, Pension' section from our website – Members are to click onto this link <https://bcprvpa.ca/membership-benefits/> to gain access
- Attached report was presented and submitted.

Membership & Sunshine

Bonnie D.

- Members were reminded to update their email address or contact information by sending a message to info@bcprvpa.ca.
- Attached report was presented and submitted.

Newsletter/Communication Update

Celina M.

- Recruitment of a member to compile our newsletter four (4) times per year, please contact info@bcprvpa.ca for further information.
- Attached report was presented and submitted.

Scholarships

Jeff L.

- Allan reported on behalf of the committee. In the coming months, scholarship application advertisement will be sent to various school districts.

Pension, Benefits & Affinity

Marsha A.

- Additional information to take note of beyond the attached report:
 - BC Benefits Recovery Plan application deadline: June 30, 2021. Some of our members might qualify.

- Johnson Prestige Travel Insurance – Due to pandemic, members could stop current coverage and rejoin later, with stability clause redefined.
- Members with ideas for Benefits/Affinity, please submit requests to info@bcrvpa.ca
- **New section** on Health and Wellness now added to the report, responding to our members’ needs as per survey feedbacks.
- **(New!)** Upcoming Heart and Mind Workshops from the Dalia Lama Centre for Peace and Education has been attached to this meeting minute.
- Attached report was presented and submitted.

Speakers & Presenters/Topics

Eileen P.

- Recommendations/suggestions of presenters’/speakers’ names would be welcome by general members. Please send information to info@bcrvpa.ca.
- Today’s program on travels & travelling tips as it related to the survey feedback. With thanks and appreciation to executives members for helping with set up.
- Attached report was presented and submitted.

Survey & Looking Forward

Joy R. & Vivian R.

- General survey broad topics included communication protocols, members’ needs, association succession.
- Question to members: Committee welcomed additional input and/or ideas on how to work better together as an association.
- Attached report was presented and submitted.

5. New Business

- No new business

6. Adjournment at 10:44 a.m.

Committee

Break for 7 minutes

7. Answer to the Question of ‘pre-approval for a certain amount on expenses’ Gerald S.

- The answer “is that in our Constitution, we do not have a requirement for pre-approval on expenses.”

8. 11.00 – 12.00 – Guest Speaker, John Goranson from Collette Travel – introduced by Eileen P. and Marsha A.

- Here is the link to the taped presentation which ended at 11:45 am.
<https://us02web.zoom.us/rec/share/20kR1NbW5EXAM-RiziMfL7V5tofJDLWvONCh942vBpmGzqn0gY3FWd9cn0JUFvdS.4NVF4JDODa6xvQ3b> (Passcode: \$azw9uM9)

9. Light Lunch

Self

ATTACHMENT OF REPORTS

President's Report, General Meeting, January 20, 2021

Looking Forward has become our main aim for the next few years and our Executive has embraced this idea. Thanks to Joy Ruffeski and Vivian Rygnestad we have begun the process through a series of surveys and Joy and Vivian will lead us through a stage of self-reflection as we go through the various steps towards ensuring that our Association remains strong.

Our Executive works hard to fulfill its purposes:

1. To maintain an active affiliation with the BCPVPA;
2. To promote the interests and welfare of its members;
3. To communicate with Members regarding issues of common interest and the activities of the Association;
4. To encourage and foster liaison among Association members and Principals and Vice-Principals.

Please think seriously about joining us in the future as a member of the Executive or participating in the Mentorship Programme. If working on computer is enjoyable, consider assembling our Newsletter.

Being also a member of the BCRTA (BC Retired Teachers' Association) I attended the Christmas Get Together via Zoom but was not, unfortunately, one of the winners of a Coffee Basket.

Recently we were sorry to be informed that Kevin Reimer, Director of the BCPVPA, had suffered a minor heart attack but were pleased to hear that an Angioplasty treatment meant that he was able to go home within a few days and will make a full recovery.

Christine A. Johnson

Vice President's Report submitted by Gerald Soon

As VP since our last General Meeting. I have assisted members with issues regarding Yammer, contacted the Teachers Pension Fund for clarification of options for survivors of members, and written the following response for our newsletter:

It depends upon what you set up for your partner when you retired.

- If you had JOINT LIFE, then there is no problem. What would happen should you pass away first, is that their medical and dental coverage would end, but then restart right away when your partner gets payment in his or her own name with the TPP. There might be a 30 day gap, meaning if he or she went to the dentist they would not recognize that coverage, because the paperwork to transfer everything to his name would not have

been completed. When it DOES kick in, it would be retroactive and then they would be reimbursed.

- Where it gets tricky is IF you had single life pension coverage, meaning that for example if it was arranged that your partner would be covered for a period of time to receive pension funds, say ten years if that was the period chosen. At the end of that time, when the payments stop, so does the medical dental coverage.

At that point, the partner could join our association and the RTA association as an Associate member. Johnston Prestige now requires people in this position to have associate membership in the RTA for enrolment.

The BCPVPA has not had Chapter Council meetings in person due to the Covid-19 pandemic. Normally the President and VP would be in attendance at those.

Past President Report submitted by Ted St. Pierre

For General Meeting, Wed., Jan. 20, 2021

1) FEBRUARY NEWSLETTER

ARTICLES OF INTEREST TO BCRPVPA MEMBERS DUE TO TED JANUARY 29

- Please consider sending short articles that are helpful to our members.
- Other suggestions could be ways that are working well in dealing with isolation. This might be helpful to others who are dealing with being alone, or trying to become accustomed to restrictions, or having to deal with significant others who need our support.

2) EXECUTIVE SLATE 2021-2022

A CALL TO BCRPVPA MEMBERS TO JOIN THE EXECUTIVE

- Our Executive works hard for the benefit of all BCRPVPA Members.
- Continuity in all committees is helpful to members taking over certain positions.
- BCRPVPA members are encouraged to join the Executive, whether individuals live in the Lower Mainland or not.
- Interested members are asked to send an email at tedstp@gmail.com to request further information. I'll be pleased to get back to you.

3) BCPVPA-BCRPVPA MENTORSHIP PROGRAM

A CALL TO MEMBERS TO CONSIDER BEING A MENTOR NEXT SCHOOL YEAR

- Being a new Principal and Vice-Principal can be challenging in the best of times.
- Throw in the current pandemic, and schools are under new challenges.
- Now is a great time to consider being a Mentor to newly appointed Administrators.

- This position is not only extremely beneficial to Mentees, but satisfying to the Mentors.
- Please check the BCRPVPA website bcrpvpa.ca for further information.

4) WEBSITE UPDATES: DECEMBER 2020 LATEST UPDATE:

- Contents of the website bcrpvpa.ca are currently up to date.
- Website Analytics show the number of hits to bcrpvpa.ca during December 2020,
- Spent on average a total of 1 minute, 04 seconds per person.

Membership & Sunshine by Bonnie Deren

Membership

- We presently have 755 members.
- In order to continue receiving newsletters and meeting updates, members are reminded to notify us at info@bcrpvpa.ca if your email address should change during the year.

Sunshine

- As requested, sympathy cards have been sent to the families of past members Roland Chapman, Reni Masi, Gordon Moffat and Jim Deacon. A get well soon fruit basket was sent to Kevin Reimer (BCPVPA).

Communication & Newsletter Report for January 20, 2021 GM by Celina Mau

Members' Update

1. December 2020 Members' Update
 - a. Email to 731 members on December 15, 2020
2. January 2021 Members' Update
 - a. Email to 735 members on Thursday, January 7, 2021

Fall 2020 Newsletter

1. It was truly a collaborative effort to publish this newsletter. With great appreciation to our executive for their article contribution, proofreading the newsletter prior to publication, re-kindling our connection and relationship with BCPVPA for the printing of the newsletter, and mailing out hard print copies to members.
2. Fall 2020 Newsletter was published and distributed to our members
 - a. Email to 731 members on November 6, 2020
 - b. Canada Post mail outs to 18 members w/n a day or two by two executive members

Looking for a member to help compile our Newsletter!

The Executive Committee is appealing to our 752+ members to consider seriously putting aside a few hours per issue to help with the compilation



of our Newsletter, four (4) publications yearly.

What's in it for me? This gives you as member a great opportunity to work with our dynamic team of executives and bond together as association colleagues.

Why is the newsletter important for our association? From the recent survey results, our newsletter continues to play a pivotal role of communication to our senior members. Feedback from their families include reading aloud our newsletter to them during their regular visits, creating a dialogue of connection with our association and BCPVPA, as well as reminiscing about the happier times spent with professional colleagues and a sense of attachment to a professional organization.

Templates will be provided by our past editor, Celina Mau and she will share a few practical tips to help compile the newsletter in a time-saving manner. Guest Editor will NOT be responsible for printing nor distribution of the newsletter. If interested, please contact our BCRPVPA President, Christine Johnson at info@bcrvpa.ca.

Please consider helping your association and all the members who would benefit from such a publication! Your assistance in this very important role will help us maintain our regular publication, four (4) times a year! Merci and Thank you!

Pension, Affinity and Benefit Report – submitted by Marsha Arnold

TPP PENSION

Monthly pension checks will increase by 0.5% in January 2021 based on the cost-of-living adjustment and this increase becomes a permanent part of your guaranteed pension.

Our pension continues to be secure and sustainable even in these unpredictable times.

Information about our pension is available at: [Home - Teachers - Teachers \(pensionsbc.ca\)](http://Home - Teachers - Teachers (pensionsbc.ca)) or by calling 1 866 876-8877. To access an account, use personal pension ID number found on any document or T4A slip received from the Teacher's Pension Plan. Tax slips are available for printing in January of each year and they are mailed out in February to each member.

Ensure Partner Health and Travel Benefits upon your Death

See article written by Gerald Soon in February newsletter. Associate membership option.

BCRPVPA is pursuing updating of information given at preretirement seminars so members can make the best pension and insurance choices for themselves and their family.

BC RECOVERY TAX

Apply for the BC Recovery Benefit, a one-time, tax-free payment of up to \$1,000 for eligible families and single parents and up to \$500 for individuals. You have until June 30, 2021 to apply. Please share this information with others.

Go to <https://www2.gov.bc.ca/gov/content/economic-recovery/recovery-benefit>

Johnson Prestige Insurance (a combined venture with BCRTA and BCRPVPA)

Gerry Teide, in his role as past president of BCRTA and a BCRPVPA member thankfully in November negotiated with the Johnson group to change specific travel requirements.

- Members insured under Prestige have the option of cancelling their travel coverage and just maintaining in-province health coverage.
- If they chose to do this, they previously had to wait 24 months to add the travel to their coverage again.
- Members can now cancel the travel coverage if they won't be travelling any time soon and then add it on again at a later date when they feel safe to travel and not need to wait 24 months.
- They will have a 90-day stability clause under the travel for the first 90 days it is in effect but then it will revert to sudden and unforeseen.
- Unlike MEDOC, which has a 90-day requirement for every departure date regardless of Health Questionnaire outcome, this 90-day period would only be at the beginning of the policy when returning to the plan.

The comparison chart between costs of the Green Shield and Johnson insurance found on our website is still in effect for 2021. Check out the Johnson site at www.johnson.ca or call Lisa Hansen at 604 881-8915. Their lighthouse site at www.johnson.ca/blog has up to date practical information on travel, home, car, internet, and identity safety.

New Discount options

Just added **Callia**, a new flower delivery service, founded by Catherine from Winnipeg, Manitoba. They do hand tied bouquets with flowers that are in season and offer flowers for weddings and special occasions. Website: callia.com **Discount code BCRPVPA for 10% off.**
Icon not yet on our website.

We have also added **Fresh Prep**, a BC based food prep and delivery programme to the list of businesses on our website. 'Get quality ingredients to make world-class recipes delivered weekly to your door. First three meals are free'.

Looking for discounts on technology, books, clothing, jewelry, kitchen wear, bedding, furniture, and other services. Check out **Perkopolis** (email info@bcrpvpa.ca for your password) and the **ESM** app called Endless Savings and More found on our webpage bcrpvpa.ca

Dreaming about travel and wanting to know the most up to date information? Visit [BCRPVPA \(tripmerchant.ca\)](https://www.bcrpvpa.com) Password [BCRPVPATM18](https://www.bcrpvpa.com) or [Tour Companies, Guided Tours, Vacation Travel - Collette \(gocollette.com\)](https://www.collette.com)

Hearing Life has a 25% off discount right now for members and in the past 3 months 10 members have taken advantage of this service either for free hearing tests or hearing aids. **Iris vision** care has savings over and above the extended health benefit for you and your entire family.

Sharing other sites on Health and Wellness:

COVID-19 - British Columbia Centre for Disease Control

www.bccdc.ca/health-info/diseases-conditions/covid-19

Find **information** about **COVID-19**, how to protect yourself, your family, and your community and what to do if you suspect you have the virus. Non-medical **information** about **COVID-19** is available 7:30am-8pm, 7 days a week at 1-888-**COVID19** (1-888-268-4319).



The banner features the McMaster University logo and the text 'McMaster OPTIMAL AGING PORTAL mcmasteroptimalaging.org' on the left. On the right, a red box contains the text 'Information about healthy aging that you can trust'. Below this are four small images: a woman in a white lab coat, hands being held, a woman in a white lab coat, and hands being held.

<https://www.mcmasteroptimalaging.org>

Boomerang | Create Your Next Phase Today | Online Workshops

<https://www.goboomerang.com>

Boomerang is a social platform for Boomers looking to explore their passions, learn new skills and connect with their community through interactive skill-sharing experiences. Several free online classes.

Mental health issues related to BC's public health lockdown measures and the pandemic are especially hard for people with depression, loneliness, and other health concerns. The **Canadian Mental Health Association**, has a **24-hour helpline: 1-833- 456-4566** or **Klinik Crisis Line 1-888-322-3019 Toll Free**. Consider sharing the helpline info. It may save a life.

Heart-Mind Well-being Online Workshops | Dalai Lama Center for Peace and Education

Begin the new year with a renewed focus on Heart-Mind well-being - the balance between educating the mind and educating the heart. In our interactive Heart-Mind workshops, we share current research, scientific knowledge, best practices, and practical strategies related to the promotion of social and emotional development in children.

Register for a Virtual Workshop

Heart-Mind Well-Being Foundational Workshop
Secure and Calm Workshop

Dates + Times

January 28, 2021

10:00am – 12:00pm

February 11, 2021

10:00am – 12:00pm

February 25, 2021

10:00am – 12:00pm



<https://Dalailamacenter.org/virtal-heart-mind-well-being-foundation-workshop>

Speakers and Presenters Report for the Jan 20, 2021 General Meeting

Submitted by Eileen Phillips

Jan 20, 2021 - The topic is *The Future of Travel* and the speaker is John Goranson from Collette Travel. Thanks to Marsha for organizing this presentation and to Gerald for liaising with John to key up the presentation. John was to speak to us in October but due to an emergency he was unable to attend. However, John feels the topic of travel remains suitable despite the current restrictions and is pleased to be speaking with us today.

We asked John to address some of the issues that are affecting, and that will definitely continue to impact, the future of travel:

- How might the COVID pandemic have changed travel forever?
- How has our increased awareness of environmental issues impacted travel?
- What changes can we expect to see in place when we can next travel?
- Travel inside Canada? by motor homes? train? car? bus? plane?
- And, because River Cruises were of significant interest to our membership, as reported on our last survey, we asked him to talk about these.

We understand that travel is actively discouraged now. But, we also know that plans for major trips are often made a year or more in advance. Because of this, John's talk is not only informative but it is timely for our members. John will do a Q & A following his presentation.

Results of our Survey indicate the interests of our members to be as follows:

- Health & Wellness (89%)
- Legal (84%)
- Arts, Hobbies, Food (80%)
- Travel/Everything You Need to Know (78%)
- Volunteer Opportunities (71%)

Suggestions for Topics and Speakers:

PADS - Pacific Assistance Dogs - contact Tara communications@pads.ca
COSCO - a resource for speakers

Members are encouraged to contribute topic ideas and names of suitable speakers. We particularly enjoy it when we can spotlight a speaker who is also a member of our association.

Decisions about future presentations will be made at our February Executive Meeting.

Survey and Looking Forward Report

The Looking Forward committee's purpose is to evaluate current practices and procedures of the BCRPVPA. This will allow the Executive to make changes to meet the needs of our membership better.

A review was done in October by the membership and results presented at the last general meeting and in the November newsletter. In addition, a review of director roles, communication practices, and succession protocols was done in December by the Executive. Over the coming months, the Executive will be examining these survey results and making any necessary changes to improve its functioning.

Report submitted: January 2021

By: Vivian Rygnestad and Joy Ruffeski