

BCRPVPA GENERAL MEETING MINUTES (VIRTUAL)

Date: TUESDAY, MARCH 30, 2021

- APPROVED -

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

2020-21 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 and Newsletter: Ted St. Pierre | Communications: Celina
Mau | Speakers: Eileen Phillips |Survey and Looking Forward: Joy Ruffeski | Looking Forward:
Vivian Rygnestad

1. Welcome, Call to Order – at 10:02 a.m. on Zoom Christine J
 - Quorum achieved with 20 members in attendance
 - All 12 Executives were present
 - An additional 8 general members were Sandra Kinnon, Elaine McVie, Wayne Spencer, Paul Taylor, Elaine Thompson, Yushy Wallace, Alex Watson, and Ed Wiens
 - (Point of Information) Gerald clarified the Zoom meeting expectations about attached reports and verbal reports on new information.

2. Adoption of Agenda Committee
 - [Moved] Ted St. Pierre
 - [Second] Allan Buggie
 - [Unanimous] All

3. Adoption of General Meeting Minutes, Thursday, January 20, 2021 Committee
 - Minutes were approved as read and recorded.
 - [Moved] Joy Ruffeski
 - [Second] Eileen Phillips
 - [Unanimous] All

4. REPORTS

- President's Report Christine J.
 - i. Attached report accepted as presented
 - ii. (Point of Information) BCRPVPA President has set up a meeting for next week, with her counterpart at BCRTA.

- Vice-President's Report Gerald S.
 - i. Attached report accepted as presented
 - ii. (Point of Inquiry) Question arising from Chapter Council Meeting about the Adjustment of 'Association Dues' because active members were no longer meeting 'in person', and the answer was that the topic was not brought up. Comment about administration unionization was addressed.

- Treasurer's Report Lanny Y.
 - i. Treasurer Report comprised of Financial Statement, Statement of Operations (unaudited), and Fund Balances from the period as of January 31, 2021 was presented.
 - ii. Report accepted as presented

- Past President's Report (Technology & Newsletter) Ted S.
 - i. Attached report accepted as presented
 - ii. (Points of Information)
 1. April Newsletter Article submission due April 7.
 2. Thank you to three members who have already expressed interests to put their names forward as next year's executive. Executive slate recruitment for next year is still open. If interested, please send in name and contact to info@bcrvpa.ca.
 3. Website update is an ongoing 'work in progress'.
 4. Mentorship recruitment continues, as there have been more mentees than mentors.
 - iii. (Point of Inquiry)
 1. What is the start date of the yearly Mentorship program? Yearly, it begins around October with mentorship training throughout the year. The discussion topics between mentees and mentors centered on adult relationships, handling difficult conversations, mental health, and trustworthiness of sensitive topics, etc.
 2. Would long time retirees benefit from mentoring new mentees? Answer: Our mentors' experiences felt that, though our members have retired long time ago, the acquired skills would still be very relevant and beneficial for today's mentees.

- Memberships & Sunshine Bonnie D.
 - i. Attached report accepted as presented

 - Communication Updates Celina M.
 - i. Attached report accepted as presented

 - Scholarships Jeff L.
 - i. Attached report accepted as presented
 - ii. The focus now would be getting the scholarship advertisement out to the appropriate educational institutions.

 - Pension, Benefits & Affinity Marsha A.
 - i. Attached report accepted as presented
 - ii. (Point of Personal Privilege) With special thanks to Marsha for the creation of the Special Bulletin. More bulletins to come.
 - iii. (Point of Information) Encouragement of general members to join Yammer so that our general members could receive updates regularly. For example, information of Pharma Care was very helpful to those in need of such information.

 - Speakers & Topics Eileen P.
 - i. Attached report accepted as presented
 - ii. (Point of Information) The May AGM speaker program could be on ‘Wills’ as indicated by members in our recent Survey. Currently, our Association would be looking for a speaker for the topic.

 - Survey & Looking Forward Joy R. & Vivian R.
 - i. Attached report accepted as presented
 - ii. (Point of Information) It would be a ‘work in progress’ with the hope of meeting the needs of our general members in the best possible way.
5. Any New Business
- (Points of Information)
 - i. President has been having ongoing dialogues with BCRTA Executives.
 - ii. At our May AGM, the association will be electing new executives for next year, so please consider joining our executive.
 - iii. After the pandemic, all Annual/General Meetings will continue via Zoom as well as meet ‘in person’.
 - iv. Please submit Newsletter Article to info@bcrvpa.ca by April 7.
6. Adjournment at 10:27 a.m. Committee

Break for 20 minutes. Return at 10:55 a.m.

7. 11.00 – 12.00 – Guest Speaker, **Nikki Domanski, a clinical pharmacist and lecturer who works at the UBC Pharmacists Clinic.** – introduced by Eileen Phillips
 - (Points of Information)
 - i. **Topic:** Where Patients Meet Expert Care: Who? What? Where? When? Why?
 - ii. Please watch her presentation via the Zoom link listed below.
8. Zoom Link to this General Meeting and Speaker Presentation, no passcode required!
https://us02web.zoom.us/rec/share/0_sBue60kvIkrLDAZEXzaV2MH5Fomq1-EGT6xfr1L0UrSjBEoUlwyTtfAZ6wqpA.NoPm7lx_zJkNAkdA?startTime=1617122014000
9. Light Lunch Self

ATTACHMENT OF REPORTS

President's Report, General Meeting, Tuesday, March 30, 2021

Points to be included in Retirement Seminars sent to relevant members of BCPVPA
So that those about to retire are given as much info as possible.

Gerald and I attended the virtual Chapter Council Meeting on February 19 where I was able to address the audience about our association.

Joy, Vivian, and I met on Zoom to discuss the follow-up steps re the Looking Forward Plan and these will be considered at the next Executive Meeting.

I have made inroads into liaising with the BCRTA through its President, Grace Wilson.

Although the offices of the BCPVPA remain closed we are maintaining our positive relationship by email and Canada Post.

During Covid 19, Talk, Third Age Learning at Kwantlen, is a good resource. All sessions are held via your computer. A good online free Webinar on May 6th from 11.00am -12.30pm is entitled Should we lower (or raise) the voting age and/or restrict older people? Visit the site to learn more.

Vice President's Report submitted by Gerald Soon

I was able to attend virtually part of the BCPVPA Chapter Council representing our association along with Christine Johnson on Friday February 19. My report is mainly a summary of the meeting.

The meeting opened with a greeting from Dr. Santa Ono, President of UBC who spoke about empathy with school administrators. When the Pandemic took hold, UBC went from a community of 60,000 students and 16,000 faculty and staff on campus daily, to an online community, the population decreased to fewer than 4,000 people on campus.

Dr. Ono spoke of Servant Leadership, focusing on growth and the well-being of others. Leading by serving rather than by power. Compassion and empathy were stressed, with good leaders ensuring no one is left feeling dehumanized. Leaders support teams, listen, build community, reflect, and build on their mistakes.

He reminded everyone to focus on Dr. Bonny Henry's words, "Be Kind, Be Calm, Be Safe."

Darren Danyluk, President of the BCPVPA, then invited Christine to give words of welcome from our association. Christine spoke of the BCRPVPA, explaining who we are, that we appreciate all the support we get from the BCPVPA, our scholarship/bursary program, and what we are endeavouring to do this year. She also invited active administrators to consider joining us upon their retirement.

The BCPVPA President then gave his report. He showed a map of BC School Districts, each listing the number of exposures of Covid in each school district, with the number of days involved. 59% of principals have been involved in schools with exposures.

He spoke of his involvement with the Ministry outlining what administrators must deal with in this environment. He has taken Dr. Reka Gustafson, Deputy Provincial Health officer for BC to a school to see what safety protocols are in place, and how administrators do daily assessments of the situations in their schools, so she could see what is done.

Darren then spoke of the Antiracism initiative taken in SD 42 (Maple Ridge). He has been invited to join monthly meetings in the district on an antiracism focus group. He also mentioned his involvement with negotiations for the working administrators, representing them as the President.

Kevin Reimer, Executive Director then gave his report. His report included the following points:

- Rochelle Morandini is now full time Director, Member Health and Well Being
- He mentioned SD 5 whose administrators are attempting to unionize. It is not what the BCPVPA is recommending for chapters.
- The History project. He mentioned how the BCRPVPA came to the BCPVPA with the proposal to capture the history of our associations. He noted that many administrators were not aware of how the association came about. He spoke of Richard Williams, former BCRPVPA Communications staff member, and his work being finalized "In their own words" and gave two quotes from two of our founders:

Dean Paravantes – BCPVPA President 1988

“We were stripped of all our rights. All of our responsibilities were there but we had no tenure, we had no kind of contract protections, we had no negotiating power, we had basically been born again, bare-naked... set adrift as individuals.”

Nick Parker-Jervis – BCPVPA First Vice-President, 1991

“It has become clear that Bills 19 and 20, while increasing the workload and responsibilities for principals and vice-principals, have also significantly increased principals and vice-principals’ vulnerability to unfair, capricious or arbitrary actions from their employers. “We would like to see changes to the School Act or Regulations which would guarantee fair treatment and due process for our members.””

Kevin then spoke about a BCPVPA Pilot Project called Weltel. It is a text-based program that bi-weekly sends a question via text, “How are you?” People must pause, take a check about themselves and then text back their response. Based on the response someone at the other end of the text responds, sends resources, or even has someone call. The BCPVPA is thinking of a pilot project for 100 members during the first week of March, lasting for 3 - 4 months.

Sandra Murphy, Director of Communications spoke of the new BCPVPA website, where there is a Member Portal. It has the capability of being interactive for members:

My Profile:

- who you are, what you do in your job, courses you have taken, your work history, any other info you wish to include

Contacts

- Who the people are at BCP and their roles

Core Resources

- this may be public or private or a combination

Calendar/Registration

- clickable calendar with key events, registration links

Elections

- capable of running elections through this

Surveys

- capability of surveying membership on a variety of topics

Groups

- committee, chapter council, Board
- Minutes, agendas

The BCPVPA is working on a weekly newsletter that will be posted on website as well.

BCPVPA MEMBER SUPPORT

A Teacher Pension Plan update was given, which applies to those still working. Administrators who have gone on leave have had the opportunity to “buy back” time from their leave. This usually happened as their leave ended. Now people on leave can choose to “pay back” over the course of their time away, monthly.

Don Boyd spoke of LTD – noted the premium increase by 10% . there has been a marked increase in the number of people going on long term disability. 33% to 39% to 47% are for mental health disorders.

Rochelle Morandini spoke of TLD. 74 cases currently – 5 new applications in January approved.

Jessica Antosz and Liz Bell spoke of Professional Development opportunities for members.

It was a privilege for me to virtually “attend” chapter council as a representative of BCRPVPA, and for a little while, feel “back in the saddle” in the milieu!

After lunch there was a Game Show hosted by Michael Cavers.

Then there were table breakouts to discuss September 2021 back-to-school planning.

The afternoon speaker was Jason Burnstick, a member of the Cree Nation, from Winnipeg.

He is a Restorative Justice Worker (and a Musician).

Key phrases included: “It’s not about you, it’s about the people you work for,”

“Your own feelings have to be put aside.”

“You don’t know the other person’s story.”

He spoke very favourably about the courses, which he took at the Justice Institute.

PAST PRESIDENT’S REPORT

GENERAL MEETING, TUESDAY, MARCH 30th, 2021

1) 2021-2022 EXECUTIVE

The February newsletter invited retired BCRPVPA Members to consider joining next year’s Executive. BCRPVPA Members are asked to email info@bcrpvpa.ca for further information.

New Executive Members are invited to become familiar with some of the following Members-at-Large positions:

Membership & Sunshine; Program Topics & Speakers; Scholarships; Pension / Benefits / Affinity; Communications / Technology / Website; Social/Refreshments; Looking Forward; Communications' Committee.

2) NEWSLETTER APRIL 7th, 2021

Many thanks for all the newsletter articles submitted for the February newsletter.

A number of comments by the Executive & other BCRPVPA Members, expressed appreciation for all the information found in the articles.

- Please consider submitting an article of interest to our BCRPVPA Members.
Submission Deadline: the Easter weekend, Monday, April 5th, 2021.
- Articles can be sent to info@bcrpvpa.ca

3) TECHNOLOGY

The website bcrpvpa.ca is up to date with a few minor changes under consideration.

4) MENTORSHIP PROGRAM, SEPTEMBER 2021

The BCPVPA Mentorship Program will begin its 5th year this September. Interested retired Principals are invited to check our website bcrpvpa.ca for more information under the title MENTORSHIP.

There currently are many Mentees awaiting to be partnered with Mentors.

Ted St. Pierre, Past President

Membership & Sunshine by Bonnie Deren

We currently have 758 members.

Three emails bounced back from the distribution of our last newsletter. Members are reminded to notify us at info@bcrpvpa.ca if their email, mailing address or phone number should change.

Gift/Gift Card

Kevin Reimer	Get well soon
Kim Maxwell	Retirement /Appreciation

Cards were sent to:

Kevin Reimer (speedy recovery)
Kim Maxwell (retirement /appreciation)
Lanny Young (take care)

Vivian Rygnestad ((take care)
June Harrison in hospice care (thinking of you)

Cards are sent on request (info@bcrvpa.ca)

Presently working on revisions to:

- membership application
- welcome letter
- appreciation/gift guidelines

Communication Updates by Celina Mau

Members' Update

1. March 6, 2021 Members' Update
 - a. Emailed to 738 members on March 6, 2021, with one bounced email!
 - b. Content: GM date & time + Speaker's Program, Census Canada 2021 recruitment
2. March 25, 2021 Members' Update
 - a. To email to 738 members on March 25, 2021
 - b. Content: GM Agenda with Reports & Zoom Link

New! Special Bulletin: Affinity, Benefits & Pension

March 17, 2021 Special Bulletin #1

- a. Emailed to 738 members on March 17, 2021, and no bounced email!!!
- b. Content: Time sensitive updates pertaining to Affinity, Benefits and/or Pension
- c. Thank you to Marsha for her willingness to create this new Special Bulletin!
- d. Special Bulletin already uploaded to our website.

February 2021 Newsletter

1. Many thanks to Bonnie for updating our membership contacts prior to our February newsletter. Many hours were spent over the phone!
2. February 2021 Newsletter was published and distributed to our members
 - a. Many thanks to Ted for taking on as our Newsletter Editor for the year.
 - b. As reported by Bonnie, emailed to 735 members on February 6, 2021 with 3 bounced emails. Yahoo!
 - c. Based on statistics provided by Bonnie, 20 copies (15 mail outs + 2 Archives + 3 Extras) were requested to print. Extras would be left in BCRPVPA cupboard once able to do so. BCPVPA printed 30 copies.
 - d. Newsletter was printed again by BCRPVPA staff, Sharon North. With great appreciation to Kevin Reimer at BCPVPA for this arrangement.
 - e. Canada Post mail outs to 15 members were done during the week of February 10. Thank you to Vivian and Eileen for pitching in to help!

- f. Newsletter was uploaded to Yammer on February 10, 2021, under the icon "BCRPVPA Newsletter" and it will be uploaded to our website.

General communication/queries by members were sent to info@bcrpvpa.ca and/or to President Christine to respond. If needs be, the questions will be re-directed to an executive member in charge of the portfolio.

NEW BCRPVPA Communication Email Account! It is our hope that we have an email account to devote to BCRPVPA business, hence the creation of this new FREE account. As it is a new account, it needs to meet Google's threshold, so our account is in a 'trial' period. This means that our account is capped at sending a maximum of 500 recipients per day, including 'cc' and 'bcc'. So, we will be toggling between our current and new accounts until such time we are able to move all BCRPVPA business into the new account. Thank you for your patience as we work through this transition 'trial' period.

Scholarship Report Submitted: March 12, 2021

I revised an "Ad" to use in informing Grade 12 students of our scholarships available for this year.

This has been forwarded to Emily Rogness at the BCPVPA as well as Dave Mackenzie of the BCSCA.

Both Emily and Dave have assured me that they will be including the Ad in more than one of their mail outs to their members.

Dave sent a copy back to me that he had revised with graphics - very eye-catching!

Cheers, Jeff

Affinity and Benefits Report – March 2021

Submitted by Marsha Arnold

TPP Pensions:

Our pension plan continues to be secure and enviably well managed. BC pension plans have often been referred to as "gold-plated" from many other Canadian organizations.

BC Investment Management Corporation (BCI) manages the funds of many BC plans, including the Teachers' Pension Plan. Their nimble investment and corporate strategies have demonstrated the corporation's ability to weather our current financial challenges. Planning is long term by thinking years ahead and staying well diversified. This clear intention has enabled BCI to maintain sufficient liquidity and to continue to pay our pensions, regardless of the many ups and downs of the markets.

About two years ago, BCI started planning for an inevitable downturn, moving investments to ensure the funds' stability. Investments in theatres, shopping malls, hotels, etc. were liquidated, raising cash to take advantage of future investment opportunities and to ensure funds are available for pension commitments without having to sell investments at a loss. These actions have provided BCI with stability throughout the volatile stock market rise and fall, while also providing protection from the businesses who were adversely affected by Covid-19.

In addition to the contingency funds already built in for unknown volatility, BCI also moved all personnel out of their offices to work from home by March 2020. The corporation's careful preparations allowed this significant undertaking to be successful.

Rest assured the Teachers' Pension Plan is healthy and sustainable. Their long-term view ensures the security of the basic lifetime pension for every member, from long-time retirees to newly contributing active members.

Information available at: [Home - Teachers - Teachers \(pensionsbc.ca\)](https://pensionsbc.ca) or by calling 1 866 876-8877. To access your account, use the personal pension ID number found on any document received from TPP. If you have not yet received your T4 slip, please contact them.

Communications with members:

Yammer discussions continue re Green Shield/Johnson's dental and extended health concerns. Being a relatively small public service group, our fees and coverage are not as good as when our employer was paying part of the premiums. Several positive reactions to the Tax Tip post with 72 views. Several members review Yammer postings depending on topic but would like to encourage members to join by contacting info@bcrpvpa.ca. It is a closed BCRPVPA discussion forum. Six emails re code to join Perkopolis, two regarding Vaccine links, 4 re bulletin issues and one related to Pharmacare drug formulary exceptions. Joining Fair Pharmacare is always a good option as one cannot predict your health or when specific drug costs may become excessive.

As a result of the survey discussions, we will now be sending out an Affinity and Benefits Bulletin when applicable. It is separately posted under the Newsletter portion of our webpage.

Affinity and Benefit News



New Park 'N Fly is now not only available through our Endless Savings app but is now on our website. Vancouver Valet Daily rate: \$19.99 Weekly \$82.99. Reserve your parking online if you wish. Use **Discount Code 1114792** at all locations across Canada. The links below are dedicated specifically to BCRPVPA. Simply click on the link below (with discount code already embedded) which will direct you to the site. Enter your city, travel dates and click on the lone Valet Vancouver option or if in Toronto Self-park or Valet options.

<http://parknfly.ca/content/en/partner-promotions.aspx?referralID=16818&coupon=1114792>

Rewards program: <https://www.parknfly.ca/rewards-registration/?referralid=16818&coupon=1114792>

BCAA Park'NFly savings is 20% & 3% in BCAA dollars so this is comparable.

New SimplyConnect is a cell phone provider that is designed with retirees in mind. Our BCRPVPA benefit plan will offer 10% off Talk & Text and 15% off Smartphone plans.

<https://www.simplyconnect.ca/> Contract in process and details should be out soon.

Reduced Costs on Purchasing a Vehicle

Carter Auto Group sources vehicles (any make or model including electric) to offer them at attractive prices (by representing thousands of buyers through an association with numerous professional groups). There are not restrictions on financing or trade ins. Just determine exactly the make and model you want, and Lynden will find it for you at fleet prices.

Contact account manager Lynden Best at lynden.best@carterauto.com or 604 292-2107 or toll free 1.877-311-2266. Many members have been extremely satisfied with the savings and service.

Presently HearingLife is offering BCRPVPA members a 30-day trial on hearing aids and as always offers free hearing tests. Watch for updates on website as offers continually change.



Not only does HearingLife provide us with \$2500 in scholarship funding, but we also receive 5% on quarterly sales as part of our partnership agreement.

Hearing loss affects 1 in 5 adults and 47% of Canadians over the age of 60 which can cause a significant impact on daily activities and even more so, during these unsettled times. Research also shows significant connections between hearing loss and other serious health problems like social withdrawal and isolation, depression, cognitive decline, and mental fatigue. It is important to get your hearing checked.



There's a new **trip contest** to Columbia! Sign Up for Trip Merchant's twice monthly newsletter at [BCRPVPA – Travel \(tripmerchant.ca\)](http://BCRPVPA-Travel(tripmerchant.ca) You can be notified of group departures, new deals, live online travel presentations, last minute offers and other travel news to keep you up to date! , so that you can be notified of group departures, new deals, live online travel presentations, last minute offers and other travel news to keep you up to date!

BCRPVPA password: **BCRPVPATM18 (case sensitive)**

Note: If you choose to use Tom Mclean from Trip Merchant as your travel agent to book a Collette trip you can get BCRPVPA discounts and loyalty rewards with both companies plus the additional travel services that both provide.



I encourage members to check out our other partnership savings on [Membership Benefits – BCRPVPA](#)

Report: Speakers and Presentations

Submitted by Eileen Phillips

GENERAL MEETING: MARCH 30, 2021

Many of our members indicated via the fall 2020 survey that they would appreciate hearing from professionals in the health field - especially those who could talk about aging. One of the topics raised concerned knowing the risks of taking multiple medications. (e.g., How do we know if the benefits of taking this medication are worth the possible risks or side effects? How can we find out if one type of medication impacts the effectiveness of another? How important is it to follow the instructions exactly e.g. Take with food. Avoid direct sunlight.)

We are pleased that Nikki Domanski, a clinical pharmacist and lecturer who works at the UBC Pharmacists Clinic, will be the featured speaker at our General Meeting today. Nikki will be introducing the UBC Pharmacists Clinic, discussing the services that are offered, providing a few examples of the types of patients they see and explaining how patients can book a 1-on-1 appointment (phone, internet, face-to-face) with a pharmacist. There will be a Q&A following her presentation. Members will be asked to keep their questions general, avoiding specifics that would be better asked during a 1:1 session. We look forward to seeing you, via ZOOM, on March 30. The speaker session will begin at 11:00 a.m. Regarding the Q&A, remember to 'unmute' yourself if you are asking a question.

For additional information about this free service, please visit the website:

<https://pharmsci.ubc.ca/pharmacists-clinic>

Looking Forward Report

Using the survey results from both the membership and executive questionnaires, the Moving Forward committee has made suggestions to the BCRPVPA executive for some operational improvements. As our membership has grown substantially in recent years, it was necessary to look at how better to communicate and serve our membership. Although changes will not involve the constitution, some differences to the bylaws may be presented to the membership at general meetings in the coming year for approval.

Prior to COVID, the executive was comprised of only those who lived in the Lower Mainland and attended meetings at the BCPVPA offices. The executive has been meeting effectively via Zoom for a year and plans to continue doing so even when we can actually meet face-to-face. This change will enable retirees from wherever they reside to serve on the executive. Members at large will take on a variety of responsibilities as needed to keep the BCRPVPA functioning well. Communications via email, Yammer, special bulletins, along with the quarterly newsletter have already increased in order that members are better informed.

Thank you for your input and support! The BCRPVPA is moving forward and changing with the times.

Joy Ruffeski & Vivian Rygnestad