



Chronicles & Capers

June 2023 Newsletter, Issue #94

BC Retired Principals' & Vice-Principals' Association

BCRPVPA NEWS

In This Issue

2023-2024 EXECUTIVE MEETINGS

All Meetings Begin At 10:00/am

THURSDAY, SEPTEMBER 14, 2023

WEDNESDAY, NOVEMBER 22, 2023

TUESDAY, FEBRUARY 27, 2024

THURSDAY, APRIL 25, 2024

2023-2024 GENERAL MEETINGS & AGM

All Meetings begin at 10:00/am

THURSDAY, OCTOBER 26, 2023

TUESDAY, JANUARY 23, 2024

THURSDAY, MARCH 28, 2024

WEDNESDAY, MAY 22, 2024 (AGM)

- a) 2023-2024 Executive & General Meetings +AGM
- b) President's Letter
- c) Past President's Report
- d) 2023 - 2024 BCRPVPA Executive
- e) Roles of Past Executive Members
- f) Updating Contact Info
- g) Scholarship Report
- h) Speakers' Presentation
- i) Chapter Council Report
- j) BCRPVPA Benefit
- k) Spotlight on Celina Mau
- l) Spotlight on Paul Taylor
- m) Seniors' Health
- n) CUSO International
- o) Roots of Empathy
- p) Exercising during Retirement
- q) Inviting New Retirees to join BCRPVPA

The BCRPVPA Executive wishes the best of health & happiness to all our Members, during the wonderful months of Summer.

President's Letter

Hello Everyone,

I am penning my final letter to you since I am going to be “Past President” next year. Being part of this association is a highlight and a way to keep a finger on the pulse of Education. As I mentioned in my recent “Greetings” at Chapter Council Meeting, Education is a difficult sphere to give up.

I recently read what I considered a good guide for deciding who is worthy of a place in your life (and for voting) – “Some people enter a room and say, “Here I am!” while some people enter a room and say, “There you are!”.”

I love reading and losing myself in someone else’s world. When asked to join Book Clubs I respond the I am already in one of two people – me and the author. During lockdown I read over 150 books – fiction and non-fiction. Yes, I write down every title and its author with a comment.

Isn’t it amazing how much we tend to overlook those years in our “collective memory”?

Thanks to Zoom. I have been able to “attend” the Hay on Wye Book Festival in Wales and The Edinburgh Book Festival in Scotland. I am “attending” again this year. When more than one author mentions someone as his or her “influence” I read that person’s work. I am seldom disappointed.

I wish to thank all the others on the Executive who have been so helpful over the years and who are definitely



“*There you are!*” people.

And I would like to say a BIG THANK YOU to our many members for allowing us to respond to some of your needs.

Enjoy this Newsletter! Cheers, Christine (Johnson)

2022 – 2023 EXECUTIVE

President:

Christine Johnson

Past President:

Ted St. Pierre

Treasurer:

Lanny Young

Vice President &

Secretary: Vacant

Benefits/Affinity/Pension:

Marsha Arnold

Newsletter Editor:

Ted St. Pierre

Membership:

Deborah Luporini

Newsletter mail out:

Christine Johnson

Scholarships:

Jeff Larcombe, Christine Johnson, Paul Taylor, Yolande Martinello

Speakers:

Christine Johnson

Technology & Website:

Ted St. Pierre

June 2023

Newsletter Editor:

Ted St. Pierre

Articles for next year's first newsletter are due Thursday, November 2.

Articles are sent to:

info@bcrvpa.ca

PAST PRESIDENT'S REPORT, Ted St. Pierre

Thank you to the 2022-2023 Executive:

We pay tribute to this year's Executive members who once again, have dedicated their time not only to individual and family matters, but keeping our Members current with valuable BCRPVPA issues.

- 1) **PRESIDENT: Christine Johnson**, after 3 years in this role, 1) has received all contacts with the info email address; 2) formed part of the Scholarship Committee; 3) edited newsletter articles; 4) took the notes of all meetings; 5) inviting the 4 guest speakers; 6) encouraging newly retired Principals & Vice-Principals at 3 Chapter Council events, to join our Association; 7) member of Website Committee; 8) distribution of all minutes of General Meetings.
- 2) **PAST PRESIDENT: Ted St. Pierre**, after 3 years in this role, 1) has worked monthly with the website designer to update the bcrpvpa.ca website; 2) editor of the newsletter Chronicles & Capers; 3) coordinator of Website Committee; 4) attendance at the Principals' & Vice-Principals' Chapter Council.
- 3) **TREASURER: Lanny Young**, after 7 years in this role, has had associations with the BCPVPA Accountant & Assistant to provide very detailed monthly financial updates at the Executive & General Meetings. This ensured all submitted receipts were paid.

MEMBERS-AT-LARGE:

- **Jeff Larcombe** has spent many years 1) as coordinator of the Scholarship Committee. 2) Receiving all student applications; 3) Coordinating meetings to choose successful student applications; 4) Complimenting successful applicants; 5) Thanking all unsuccessful students for their interest in the BCRPVPA Scholarship program; 6) Lastly, member of the Website Committee.
- **Marsha Arnold** has been the strong liaison with 1) the Benefits, Affinity & Pensions that are available to all BCRPVPA Members; 2) author of the Yammer Updates from all Network at BCRPVPA Members; 3) member of Website Committee; 4) has sent out all Member Updates and Newsletters.
- **Deborah Luporini** has taken on the role of Membership which involves 1) contact with BCPVPA Member personnel; 2) updating contact information of our members; 3) welcoming new members to the Association.
- **Paul Taylor** has spent several years as a very active member of the Scholarship Committee and member of the Website Committee.

- **Yolande Martinello and Ian Kent** joined the Executive this year and have been instrumental as members of the Scholarship Committee.

WELCOME THE 2023-2024 EXECUTIVE July 2023-June 2024

WELCOME TO THE 2023-2024 EXECUTIVE (July 1, 2023-June 30, 2024):

Please find below the results of the newly elected BCRPVPA Executive held at the May 17th AGM for the July 1-2023 to June 30-2024 Fiscal Year.

The election was conducted according to the BCRPVPA format as indicated on the bcrpvpa.ca website, under the caption CONSTITUTION, Article 9.

2023-2024 Executive Elections at the AGM: as per Constitution

Named Positions:

The positions of President, Vice President, and Past President, are traditionally held for 2 years. However, because circumstances can change, this is not in our constitution and so these positions must be declared open each year.

The following BCRPVPA Officers for 2023-2024 are:

<u>President:</u>	Ted St. Pierre
<u>Past President:</u>	Christine Johnson
<u>Vice-President:</u>	Marsha Arnold
<u>Treasurer:</u>	Lanny Young
<u>Secretary:</u>	vacant

5- 9 Members-at-Large (as volunteered)

Jeff Larcombe; Deborah Luporini; Yolande Martinello; Ian Kent

The following current Executive Member is thanked for his years of contribution to the BCRPVP Association:

**Role of Past Executive Member:
Paul Taylor**

- **Paul Taylor**

I enjoyed my three years on the executive as a member at large. In addition to the core work I did as a member of the scholarship committee, I collaborated on producing a membership survey on our association's activities and affiliations, as well as playing a minor role on the technology/website committee. It was great getting to know the other executive members and it was very convenient for me to be able to attend meetings via Zoom, as my personal schedule already had me making numerous trips a week into Vancouver which all required face to face attendance.



Many thanks to everyone who has contributed articles for our newsletters this past year. Please continue to send articles to info@bcrpvpa.ca

The next deadline for articles is **Thursday, November 2,
one week after the General Meeting, Thursday, October 26, 2023.**



Some highlights of the new website:

1) SCHOLARSHIPS:

Last year we had 50+ grade 12 students apply for our \$1000 scholarships. Applications had to be sent by mail. Starting this year, students applied directly online on the website. There was over 80 scholarship applications.

2) MEMBERSHIPS:

As well, new members to the BCRPVPA also have been applying online. There are currently a number of applications received so far. Please encourage your Principal & Vice-Principal friends who are retiring this year, to consider joining the BC Retired Principals' & Vice-Principals' Association. bcrpvpa.membership@gmail.com

Updating Your Contact Information bcrpvpa.membership@gmail.com

Updating your contact information

Anytime throughout the year, if members have moved such as home address, or changed email address, or phone number, please send an email to:

bcrpvpa.membership@gmail.com,

or a note via Canada Post to BCRPVPA c/o Membership Rep. at
200 - 525 10th Avenue Bikeway, Vancouver, BC V5Z 1K9.

Thank you for your attention to this matter.



Scholarship Report by Jeff Larcombe

BCRPVPA Scholarship/Bursary Committee Report Submitted by:- Jeff Larcombe

Over the years we have tried to direct scholarships to students who not only achieved a high academic standing, but who also demonstrated excellent service both in their school and community. Often such students also achieve very well in sports and/or music activities. The awards from the BCRPVPA are also available to students who may choose to enter the trades rather than attending university. In awarding the scholarships, the committee is also very aware of considering any students whose family is financially challenged.

In recent years we worked to increase the number of annual scholarships awarded from 4 annually to now “up to 10 scholarships”. In addition, there was full agreement a few years ago to increase the amount awarded to students from \$500 to \$1000.

The committee has been very pleased to see the number of students applying for scholarships increase year over year. Three years ago we had a record 35 applications for scholarships, but Covid-19 was a big factor in dropping that number back to 24 two years ago.

Last year we saw a healthy increase to some 55 applications while this year we received an amazing 87 student applications! One factor that may have contributed to this increase is that students were able to apply on-line for the first time!

This allowed for a more streamlined process for the selection committee. All the applications were forwarded to the committee members some two weeks or so before we met in person to complete the student selection.

Committee members were able to read all 87 applications ahead of our meeting on April 19, and we also shared with each other our top 20 to 25 individual selections before our meeting.

This new process allowed us to select the 10 successful applications who each receive \$1000 from our Association, in record time!

In addition we were able to select two very deserving students who each receive \$2000 - funded through HearingLife.

HearingLife has been providing funding to us for the past few years, and we appreciate being able to award additional scholarships to students with this funding. The awards are based on specific criteria set out by HearingLife.

Here are a couple of comments received from our recently successful applicants:-

“I was so excited to receive your email today! I have applied to several scholarships, but you are the first to send back a response that I was one of the successful candidates. I shared the news with my parents right away and they were so proud.



I really appreciate the support provided by the BCRPVPA to students, and the time the committee put in to selecting the award recipients.”

“This is amazing news! I am very thankful to have been able to share my story with the BC Retired Principals' and Vice-Principals' Association, and for your compassion through your recognition and award! My family and I are celebrating.

As I begin my final exams, starting tomorrow, your scholarship has motivated me to continue, persevere, and finish this journey to begin another. Thank you all very much for your kindness and generosity.



SCHOLARSHIPS

In addition to notifying the successful students of their awards, we feel it is also important to communicate with all unsuccessful applicants. These students will be advised of such shortly.

It has been a privilege to sit as a member of the Scholarship Committee, along with Christine Johnson, Paul Taylor, Yolande Martinello and Ian Kent. It is also very gratifying to know that our Association is supporting students in our Province

financially to further their education.

Summary of Speakers' Presentation 2022-2023 General Meetings

In 2022-2023, the speakers at General Meetings were:

(thanks to Christine Johnson)

1) Jack McNeill, the director of Human Works, an organization which focuses on meeting the mental health needs of members highlighting the needs of our working and personal lives.

You may have heard about this organization as they are under contract with BCPVPA to support our working administrators,

2) Lisa Hansen from Johnson Ltd. Lisa and her business partner, Mark, addressed the Prestige Program and any changes with particular emphasis on the Travel Insurance program. A lively Q & A session followed. Many people are interested in travel.

3) Sue Lantz from Toronto spoke to us via Zoom. Sue is an expert in the field of aging in place. The talk was called Aging Your Way and was of great interest to our membership. This presentation was not recorded. Learn more about her work and the guide (Options Open) at www.collaborativeaging.com

4) The Speaker at the May 17 AGM was Patti Lefkos, a member and author. Her first travel adventure book was Nepal, One Day at A time, written when she was 73. Her new book is Grounded by Granite and today she will address topics, including the importance of the extended family, arising from cabin-living.

Chapter Council Meeting May 5th & 6th, 2023

Chapter Council Meeting, May 5th & 6th, 2023

(Attended by Ted St. Pierre and Christine Johnson)

Friday evening

Recognition of Keven Reimer who has retired as Executive Director
Kevin was acknowledged personally for his contribution to the BCPVPA.

There was a presentation of the BC School Superintendents Association by Teresa Downs who spoke about its relationship with the BCPVPA.

Speeches by President-Elect Candidates

Speeches by Director Candidates

Saturday

- 1) Adoption of Agenda
- 2) Approval of Minutes from last meeting

Greetings from the BCRPVPA – I spoke of the difficulty of leaving the world of Education and the importance of joining our Association. I spoke too of our liaison with the BCPVPA.

President's Report

Brian Leonard's main theme was advocacy. He addressed work-place committees, work -force shortages, the role of exempt staff, and his visits to schools. He also addressed the theme of "violence in schools".

He thanked the Principals and Vice-Principals for their ongoing work.

This was followed by Staff Reports

Executive Director

Mike Roberts has been the interim ED.

He complimented the hard work of the Principals and Vice-Principals. He also spoke of the need for a province-wide contract for Principals and Vice-Principals.

Reports were given by Communications (Sandra Murphy), by Member Health & Wellbeing (Rochelle Morandi), and by Member Support Services (Carmen Eberle, Madeleine Kassis, Scott Robinson). Many workshops are being offered.

The Finances and the auditing thereof were presented as were the highlights from the report of 2022-23.

The Budget for 2023-2024 is based on the Strategic Plan and two versions were presented. Both were based on an increase in fees with one showing a lesser increase and based on two CC Meetings per year. The second showed a greater increase and was based on three CC Meetings annually. There are currently 2,675 members. The second version passed and will now go back to the Board of Directors.

Presentation by Dr. Fei Wang

Spoke about research being carried out by UBC re stress among school administrators.

Presentation by Justene Dion-Glowa

Justene is a Director with SOGI 123 (Sexual Orientation and Gender Identity). She spoke about the need for the program and ways of combatting negative prejudice.

The theme for the day was "Gratitude" and I am thankful to report that we adjourned on time.

Presented by Christine Johnson

New BCRPVPA Benefit

Sign up to get access to exclusive offers on amazing plans and the latest smartphones.



Benefits of the exclusive Bell mobility partner program

- *Up to 30% off the price off regularly priced consumer rate plans*
- *Unlimited sharable data*
- *Up to 70% off some of the latest phones*
- *20% off on top-brand tech with Bell Advantage at The Source*
- *a plan BCRPVPA members can share with up to 5 family members or friends*
- *access to Bell's 5G network*

Simply validate your membership your BCRPVPA membership card

Online: [Registration](#) | [Exclusive Partner Program](#) | [Bell Mobility](#) | [Bell Canada](#)

In the box titled "Company or association name" type "**BCRPVPA**" Please use your own email address.

Need help or more information? Call [1 833 964-4486](tel:18339644486) Monday to Friday 5am to 2:00pm PST

TRAVEL



Discover the Rivers of France and Portugal

Join us on a fabulous river cruise adventure departing on June 15th, 2024!

These two cruises link seamlessly to create this fifteen-day itinerary. Start with seven nights cruising the Douro River through Portugal and into Spain, before a flight to Lyon to join the Emerald Libertè for a second seven-night cruise

along the Rhône and Saône Rivers.

The Latest Emerald River Cruise Offer- Early Access/ Early Bird: Expires July 31st, 2023.

If you book prior to July 31st, 2023, your river cruise will include roundtrip airfare from

Vancouver. This is a significant savings!

[Discover the Rivers of France & Portugal | June 15th, 2024 – BCRPVPA \(tripmerchant.ca\)](https://www.tripmerchant.ca)

Password: BCRPVPM18

Contact Tom McLean Toll-Free: 1-800-481-9739 Email: tom@tripmerchant.com Join the newsletter with the access link BCRPVPM18 to stay up to date with many travel tours and options from groups to single adventures. [Trip Merchant - BCRPVPA](#)

Just out is an exciting tip to **Antarctica & The Falkland Islands!**

How do we fund Scholarships and how can we easily raise more money?



HearingLife | National Affiliated Partners | BCRPVPA

Save up to \$1600
on your hearing aid purchase!

BCRPVPA members & family get an **EXTRA 10% off** the final purchase price!

Love your ears

1-888-879-8329 Mention code: **ENS-1600-BCRPVPA**

About 2/3 of the annual membership fees go to funding ten \$1000 scholarships each year. We also receive participation royalties from some of our advantage partnerships. For example: Every time a BCRPVPA member, family or friend gets a free hearing test through HearingLife, BCRPVPA receives \$100. These monies go directly to funding more scholarships. This year we were happy to award an additional \$4000 in scholarship funding.

So.... please consider taking advantage of our many partnerships found at [Benefits - BCRPVPA](#) The companies listed there provide a wide range of benefits and

perks for our members. Or click on this link: <https://bit.ly/3WEvzRP>



Beautiful sunset at Sesekinika Lake, Ontario – captured by BCRPVPA's own Paul Taylor. His home base for his Northern Ontario Blues tour in August 2022 and 2023.



There are many ways to enjoy fitness such as easy walking, cycling, jogging, or aqua fitness, in BC.

Get to Know Your Amazing BCRPVPA Members Spotlight on Celina Mau



Growing up in a Chinese immigrant family in the early 1970's in Vancouver and learning Canada's two official languages and cultures on Canadian soil were the most pronounced changes in my teenage years.

While the rest of my Canadian friends were out partying, I was home studying, working part-time on weekends and summer holidays in VPL (Vancouver Public Library) and putting myself through UBC for my two degrees (B. Ed + M. Ed (Education Administration)). Luckily, all the hard work and perseverance paid off. The two people

who impacted me the most were my parents for they gave up a comfortable life in Hong Kong so that my brother and I could have a better education filled with great work opportunities in Canada. It was my mom who encouraged me to learn French and not Chinese (Mandarin) at UBC. Her rationale was that if we immigrants were to make Canada our home, then we needed to embrace Canada's unique culture and its two official languages.

Little did I know that these acquired skills along with my life's learning journey over the years made me who I am today. As the saying goes, "Mom is always right!" Mom and Dad, THANK YOU for your undying support and believing in me! Mom, it is now time for my brother and I to reciprocate our love and appreciation by taking care of you! (N.B. Sadly, Dad passed away prior to our retirement).

Describe your involvement in education in three sentences.

Giving my 'all' with a passion and dedication to whichever school I worked in had been my motto and leadership philosophy. As one of my teacher colleagues once commented, ". . . Celina performed at her best when faced with a multitude of challenges." and upon much reflection, I had to agree that she was right as I thrived on overcoming difficult situations. I saw them as learning opportunities to 'hone in my skills'. Hence, I would persevere until a positive outcome was reached, as long as all parties involved were 'aboard' the same train with me. As a mentor-leader, I always accept 'people for who they are' and would seek to see the best in them as this would provide me with opportunities to nurture and guide them to excel within their capacity.

Describe yourself in three to five words.

- Visionary, Tenacity, Honesty, Respectful, and Perceptive

What two things are you passionate about?

- Wellbeing of my family and always love a good laugh!

What 'drives you up the wall'?

- Lack of professionalism and integrity

Tell us about the dreams you have or want to achieve.

- Once my home and family responsibilities are back on track and the world has learned to co-exist with Covid, I would love to travel to different countries and continents, sampling local eateries, learning about their culture, and in short, enjoying life's little pleasures.
- If not travelling, then I would like to spend fun times with dear friends and family for a round of golf, going for walks and enjoying lunch with a glass of wine, etc.
- *Can you not guess by now what I love most?* TRAVEL. PEOPLE and FOOD!

What goal do you hope to reach in the next 12 months?

It is my brother's and my wish to host a big birthday celebration for our mom who will turn 91 next April (2024). We weren't able to celebrate Mom's 90th with her friends and relatives as they were still not comfortable in big gatherings. This was compounded by our uncle (mom's brother) who was hospitalized from a major health setback. So . . . 🙌 for 2024!



Getting to Know Our Members: If you are willing to put your name forward for this spotlight newsletter feature, email us at info@bcrpvpa.ca as we'd love to connect with you!

Getting to Know Our Amazing BCRPVPA Paul Taylor



Here's Paul Taylor on the right with **Lee Holmes and the Beautitones** at the Head Bones Gallery, Vernon May 2023. Check out Lee Holmes recent CD to hear Paul.

<https://leeholmes.hearnow.com/donthesitate?fbclid=IwAR0z1uaG1q2MQ1nAcEiHptMkh7lcyAGH9NocUMLWTugEDu1R21hQ19bNxQI>

Canada Day Kitsilano Showboat with South Van Big Band.



Paul also will be playing with the **South Van Big Band**, an exciting and busy big band which has the following dates:

July 1 Saturday Kitsilano Showboat - around 6:30 pm

July 19 Wed Trout Lake – 6:30 pm start

July 26 Wed Darts Hill Park Surrey - around 6 pm start

Sept 24 Jazz Vespers North Shore

The Canadian Coalition for Seniors' Mental Health



The [Canadian Coalition for Seniors' Mental Health](#) (CCSMH) is a national organization dedicated to promoting better mental health outcomes among older adults across Canada.

We're reaching out to ask for your support to bring attention to our Older Adult Mental Health Awareness campaign that will launch during National Seniors' Week (June 5-9, 2023).

Celebrating National Seniors' Week

The [Canadian Coalition for Seniors' Mental Health](#) (CCSMH) is delighted to highlight the resilience of Canadian Seniors during National Seniors' Week June 5-9, 2023.

Follow CCSMH on social media to learn about new no-cost tools and resources, and to celebrate older adults ***Flourishing in All Seasons of Life.***

- Facebook <https://www.facebook.com/ccsmh/>
- Twitter <https://twitter.com/ccsmh>
- LinkedIn <https://ca.linkedin.com/company/ccsmh>
- Vimeo <https://vimeo.com/ccsmh>

Celebrating National Seniors' Week

Tending your mental health is similar to gardening. Sometimes conditions are nearly perfect for steady growth and flowering. Other times conditions can be challenging, with little water, too much shade, or scorching heat. But there's always something you can do to improve mental health and to *Flourish in All Seasons of Life*.

The [Canadian Coalition for Seniors' Mental Health](#) celebrates highlight the resilience of Canadian older adults, and providing no-cost tools and resources to help older adults improve their wellbeing.

Find out more at CCSMH.ca or on our social channels:

- Facebook <https://www.facebook.com/ccsmh/>
- Twitter <https://twitter.com/ccsmh>
- LinkedIn <https://ca.linkedin.com/company/ccsmh>
- Vimeo <https://vimeo.com/ccsmh>

Please let me know if you have any questions about the newsletter messages and images, or about the [many resources](#) CCSMH has to share with older adults, care partners, and the health care teams involved in mental health care.

Kind regards,
Carolyn Brandly

Carolyn Brandly (she/her) MA-L
Knowledge Broker
Canadian Coalition for Seniors' Mental Health (CCSMH)
www.ccsmh.ca
@CCSMH ([Facebook](#), [Twitter](#), [LinkedIn](#))

CCSMH strives every day to promote seniors' mental health by connecting people, ideas and resources. If you would like to support our work, please visit: www.ccsmh.ca/donate.

I acknowledge, with gratitude and respect, the ɫə́kwəŋən, Songhees, Esquimalt and W̱SÁNEĆ peoples on whose traditional territories I live and work, and their relationships with this land and waters, its laws, and their languages that continue to this day.

Cuso International

About Cuso International:



Cuso International is an international cooperation and development organization that works to create economic and social opportunities for marginalized groups. Together with our partners, we are focused on efforts to advance gender equality and social inclusion, improve economic resilience, and deliver progress on climate action. We believe that by sharing skills, we can build better futures. Founded in 1961, Cuso International works in Africa, Latin America and the Caribbean, and Canada.

Have a great week,

Lorraine Monteiro

Recruitment Coordinator | Coordinatrice de Recrutement

Tel: 613-829-7445 x 248 | 1-888-434-2876 x 248

[Volunteer Opportunities](#) | [Opportunit s de coop rants-volontaires](#)
cusointernational.org

You can strengthen gender equality and social inclusion, improve economic resilience, and advance climate action for people around the world by [donating](#) today.

[Faites un don](#)   Cuso International pour accro tre l' galit  des genres et l'inclusion sociale, am liorer la r silience  conomique et promouvoir l'action climatique aux quatre coins du monde.

Roots of Empathy

Roots of Empathy is pleased to invite you to attend our biennial Research Symposium, "Empathy Towards a More Caring World" on June 20th at the Globe and Mail Centre in Toronto from 12.30 pm to 4.00 pm or via Live Stream from 1 pm to 3 pm EDT. Registration is available online at

<https://rootsofempathy.org/2023-symposium/>.

This is our 10th symposium, where we traditionally invite educators, medical and health practitioners and researchers, academics, parents, school and community partners, funders, and the general public to hear experts discuss a wide range of topics of interest to the broader society.

Our mission at Roots of Empathy is to build caring, peaceful and civil societies through the development of empathy in children and adults. We are an international award-winning children’s charity founded in Canada in 1996 by Mary Gordon.

The theme of our 2023 Research Symposium, “Empathy Towards a More Caring World” resonates today because without an empathic citizenry, you cannot have a caring society. A caring society aspires to leave no one out. When our societies are more empathic, they are more caring, resulting in less aggression, improved mental health, and more equality — whether we are in the classroom or the boardroom. Although humankind might be able to solve global issues, such as climate change, homelessness and hunger, we won’t have the motivation to do so if we don’t care about one another.

Our impressive Research Symposium speakers include:

- Dr. James Orbinski, the Inaugural Director of York U's Dahdaleh Institute for Global Health Research, medical doctor, humanitarian practitioner, and best-selling author.
- Dr. Thupten Jinpa, the founder of the Compassion Institute, professor at the Faculty of Religious Studies at McGill University, and Chairman of the Mind and Life Institute.
- Dr. Dawn Lavell-Harvard, Ph.D., is a proud member of the Wiikwemkoong First Nation, on Manitoulin Island, the first Aboriginal Trudeau Scholar and a former President of the Ontario Native Women's Association. She is currently the Director for First Peoples House of Learning at Trent University.
- Mary Gordon, is the Founder and President of Roots of Empathy. She is recognized internationally as an award-winning social entrepreneur, educator, best-selling author, child advocate and parenting expert who has created programs informed by the power of empathy.

We would be honoured to have you join us.

Mary Gordon C.M., O.N.L., O.ON., LL.D., D.Litt.
Founder/President,
Roots of Empathy



416-414-4516 | mgordon@rootsofempathy.org | www.rootsofempathy.org

What is Roots of Empathy? Learn [Here](#)

Join us in “Changing the World, Child by Child” – [DONATE](#)





An excellent way to keep a daily exercise workout in retirement.

CONTACT INFORMATION:

**Please continue to update changes
in email and mailing addresses by contacting:**

bcrpvpa.membership@gmail.com or info@bcrpvpa.ca

WEBSITE: <https://www.bcrpvpa.ca>

Next General Meeting:

Thursday, October 26, 2023 @ BCPVPA Office

Articles for First Newsletter of 2023-2024 Fiscal Year:

November 2, 2023 Articles are sent to: info@bcrpvpa.ca

Members who are retiring from BCPVPA as of July 2023



BCRPVPA waives the \$20/annual membership fee to applicants who are retiring from BCPVPA. Afterwards, the membership fee will be collected annually from Teachers' Pension Plan automatically.

Do you know administrator friends who are retiring in June?

Please invite them to join BCRPVPA.CA on the website.