
Chronicles & Capers

November 2023 Newsletter, Issue #95

BC Retired Principals' & Vice-Principals' Association

BCRPVPA News

The Executive wishes BCRPVPA Members a super Fall & upcoming Winter season.

In This Issue

- a) President's Letter
- b) Past President's Report
- c) Newsletter Articles
- d) BCPVPA Chapter Council
- e) Student Scholarships 2024
- f) Insurances
- g) Travel
- h) Thoughts About Retirement
- i) Contact Information
- j) Corny Jokes?

2023 – 2024 BCRPVPA EXECUTIVE

President: Ted St. Pierre
Past President: Christine Johnson
Vice President: Marsha Arnold
Treasurer: Lanny Young

The following position is vacant:

- Secretary

Membership: Deborah Luporini
Communications: Marsha Arnold
Scholarships: Jeff Larcombe,
Christine Johnson, Ian Kent, Yolande
Martinello
Website Updates: Marsha Arnold,
Ted St. Pierre,
Benefits/Affinity + Pension:
Marsha Arnold
Sunshine: Bonnie Deren
November 2023 Newsletter Editor:
Ted St. Pierre
Members-at-Large: Sher Baerg and
Elaine Thompson

President's Letter, November, 2023

Happy Fall Season, Everyone

Fall makes for the perfect time to get outdoors and increase the physical activity our bodies need. With cooler temperatures, the risk of heat-related health issues is reduced.



This is the first newsletter since June. Much has passed since that newsletter.

1) 31 new members have joined BCRPVPA, and just over 90 grade 12 scholarship applications were received. The new bcrpvpa.ca website enables applications to be filled and sent in easy steps.

- 2) This summer presented challenging times for many BC citizens. Many residents contributed to the challenges, such as donations to food banks, clothing, tax-free gifts and tax-deductible charities.

All the best for a healthy, safe Fall and Winter to everyone.

Ted St. Pierre, BCRPVPA President



PAST PRESIDENT'S REPORT, by Christine Johnson

Past President Report General Meeting, Thursday October 26

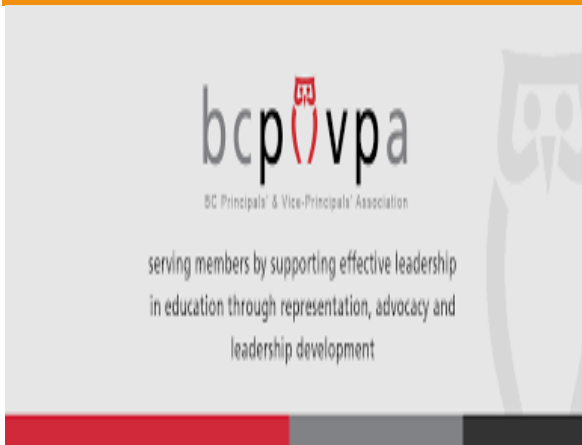
1. Because changing the information at Microsoft is very difficult, I am temporarily monitoring the info@bcrpvpa.ca site.
2. While the Speaker for this GM is taken care of, all members are at liberty to suggest Speakers for the future. Although we had lined up a Speaker re. Estate Planning, his company didn't approve his presentation to us.

3. The Treasurer at the BCPVPA is retiring and she was presented with a gift.
4. Please consider running for the Executive in a named position next year. Members-at-Large are able to join us throughout the current year.

Please continue to send newsletter articles to info@bcrvpa.ca

The next deadline for articles is :
**Wednesday, January 31, 2024, one week after
the General Meeting, Wednesday January 24th.**

BCPVPA Chapter Council, November 24-25, 2023



The November BCPVPA Chapter Council will be held later this month. BCRPVPA is fortunate in that we always have 2 members of the Executive who are invited to attend.

There will be a brief report of the Chapter Council highlights in the next newsletter.

BCRPVPA Student Scholarships 2024

Scholarships 2024

BC Grade 12 students can look at the Scholarship Applications on the bcrpvpa.ca website. The deadline for applications is the end of March, 2024.



Insurance News – hot off the press: reported by Marsha Arnold

Johnson Home Insurance is now called '**belairdirect**' as they are rebranding this with a new underwriter.

belairdirect.
home insurance

BCRPVPA members get exclusive savings on home insurance through **belairdirect!**

You need great coverage that can keep up with your schedule. Luckily, Johnson's partner, belairdirect, has got you covered.

We've teamed up with them to score special deals on insurance that's tailored just for you, as a member of BCRPVPA. belairdirect helps simplify insurance for you, to make your life easier.

You'll also enjoy enhanced home coverage plus a suite of helpful digital tools that make managing your insurance a breeze! More than just a policy.

Visit belairdirect.com/educator or call 1-833-887-4626

Use Code **BCPVPA** to get free quote (not BCRPVPA) as we are included in BCPVPA's policy.

JOHNSON



INSURANCE

• TRAVEL •

Medoc while still going by its 'familiar name' is now also known as **Johnson Insurance Travel**

BCRPVPA members have access to great travel coverage through Johnson Insurance.

All featured under one annual insurance plan, MEDOC® Travel Insurance is often less than the cost of purchasing single trip insurance. So even for those last-minute

getaways, you'll always be prepared.

Give Johnson a call at 1-866-606-3362 or visit Johnson.ca/MEDOC to get a quote and finalize your coverage. Use access code **BCPVPA** not (BCRPVPA)

TRAVEL

Still room on the **Emerald June 15th river cruise** from Portugal to France. Consider joining us!



<https://bcrpvpa.tripmerchant.ca/tour-item/discover-the-rivers-of-france-portugal-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."

humanworks is pleased to offer the Early Intervention Program (EIP) even after you retire! This support can be in person or online as needed.

The EIP offers an excellent opportunity to be proactive in managing your health-related concerns while you navigate the challenges and opportunities you face as you transition into your next chapters of your life. They will also refer to other agencies as needed.

While the programme is free for BCPVPA members there are prorated rates for BCRPVPA members.

Interested members can email humanworks directly at admin@humanworks.ca

Checkout [Benefits - BCRPVPA](#) including:

freshprep

Vancouver's homegrown meal kits delivering throughout province

I R I S

Reduction on glasses, contacts and eye care for entire family

Some thoughts about retirement: (a repeat presentation)

❖ How does retirement affect you positively?

You may be more relaxed, and your life may slow down. Loss of work-related stress may be a great relief and good for your health, but losing the daily structure and your work relationships can also be stressful and harmful to your health. In fact, retirement is ranked 10th on the list of life's most stressful events.

❖ Are retirees happy with their retirement?

Older people may enjoy a greater sense of well-being because of the availability of saved funds, and private pension benefits that provide them with income after they retire. For many retirees, pensions provide a significant percentage of income in retirement, eliminating much stress.



❖ So those retirees who take care of themselves in retirement and maintain a healthier lifestyle are generally happier than those who do not?

Happy retirees are fans of what Moss calls the “ings.” These are low-cost forms of exercise such as walking, swimming, biking, and hiking.

CONTACT INFORMATION: Please continue to update changes in email and mailing addresses by contacting: info@bcrvpa.ca

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

Upcoming General Meeting:

Wednesday, January 24, 2024, 10 :00/am Social 9:45/am

**BCPVPA Boardroom, #200 – 525 West 10th Ave., Vancouver
Broadway Canada Line Station. Zoom Link Forthcoming early January**

Remember the Reader's Digest and those corny jokes?

Submitted by Marsha Arnold

We'd love you to send us any jokes, comics or photos that make you laugh. For your troubles we'll have 3 random draws for gift cards over the next three months. Jokes will be shared in newsletters and/or on Viva Engage.

Laughter really is the best medicine and keeps us all moving forward



despite the challenges we face each day.

Send your contributions to info@bcrpvpa.ca

Dazed and Confused

A turtle is crossing the road when he's mugged by two snails. When the police show up, they ask him what happened. The shaken turtle replies, "I don't know. It all happened

so fast."

I tried to organize a hide-and-seek tournament, but it was a complete failure. Good players are so hard to find.

A Senior's Last Day at Costco

Yesterday I was at Costco buying a large bag of Purina dog chow for my loyal pet, Necco, the Wonder Dog, that weighs 101 lbs. I was in the check-out line when a woman behind me asked if I had a dog.

What did she think I had an elephant? **(the following is not an AD)**



So, because I'm retired and have little to do, on impulse I told her that no, I didn't have a dog, I was starting the Purina Diet again. I added that I probably shouldn't, because I ended up in the hospital last time, but that I'd lost 50 pounds before I awakened in an intensive care ward with tubes coming out of most of my orifices and IVs in both arms.

I told her that it was essentially a Perfect Diet and that the way that it works is, to load your jacket pockets with Purina Nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete, so it works well, and I was going to try it again (I must mention here that practically everyone in line was now enthralled with my story).

Horrified, she asked if I ended up in intensive care, because the dog food poisoned me. I told her no, I stopped to pee on a fire hydrant and a car hit me. I thought the guy behind her was going to have a heart attack he was laughing so hard.

Costco won't let me shop there anymore. Better watch what you ask retired people. They have all the time in the world to think of crazy things to say!

