
Chronicles & Capers

May 2024 Newsletter, Issue #97

BC Retired Principals' & Vice-Principals' Association



BCRPVPA News

The Executive wishes BCRPVPA Members a super Spring season!

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Annual General Meeting:

Wednesday, May 22, 2024

10:00 am; 9:30 ZOOM contact

Address found on page 12

Attending in person? Please

RSVP to:

info@bcrpvpa.ca

2023 – 2024 BCRPVPA EXECUTIVE

President: Ted St. Pierre

Past President: Christine Johnson

Vice President: Marsha Arnold

Treasurer: Lanny Young

Secretary: Ian Kent

MEMBERS-at-LARGE:

Membership: Deborah Loporini

Communications: Marsha Arnold

Scholarships: Jeff Larcombe,

Christine Johnson, Ian Kent, Yolande Martinello

Website Updates: Marsha Arnold, Ted St. Pierre

Benefits/Affinity + Pension: Marsha Arnold

Newsletter Editor: Ted St. Pierre

Sunshine: Bonnie Deren

Members-at-Large: Sher Baerg, Elaine Thompson

Please consider joining the BCRPVPA Executive 2024-2025.

It is an exciting retirement contribution.

President Ted's News, May 2024



Challenging Times with Wildfires, Inflation.

The introduction of Spring weather encourages everyone to get outside. What a great opportunity to get exercise by walking, cycling, even running a bit.

However, we all know it's best not to do hard exercise outside if smoke infested. Much has passed since the last newsletter.

- 1) The bcrpvpa.ca website: Our new website easily enables many applications for new BCRPVPA Members (56 in 13 months) and currently, Grade 12 Scholarships.
- 2) **The Scholarship Committee Members:** (Jeff, Christine, Yolande, Ian) have been busy going through the many grade 12 Scholarship applications. Thirteen grade 12 graduates were successful in being awarded \$1,000 towards their continued educational goals.

3) BCRPVPA & BCPVPA Relations:

We've been meeting with BCPVPA & BCRPVPA Executive Members Deborah Luporini, Marsha Arnold, & Ted St. Pierre, with contributions from Christine Johnson.

The main goal is to “continue positive relations with both Associations.”

Negotiations are continuing & BCRPVPA Members will be kept up to date with results in the coming months.

4) 2024-2025 Executive:

Here's a wonderful opportunity to contribute to the success of the BC Retired Principals' & Vice-Principals' Association.

It's a great way to meet wonderful other volunteers even if the 'pay' is a bit low. Looking to volunteer? Contact info@bcrpvpa.ca

PAST PRESIDENT'S REPORT, by Christine Johnson

May 2024

Election of 2024-25 Members of the Executive

Members of the BCRPVPA are warmly invited to join the Executive.

You are free to apply for any position.

The Executive works co-operatively in awarding scholarships, writing the Newsletter, providing retired members with important educational and community updates, working on finances, benefits and affinity opportunities, travel and health insurance, finding speakers and the Taking Minutes. Other duties arise as serving the needs of our members is our prime concern.

Look online for more information about our Association on our website

[Home - BCRPVPA](#) or email us at info@bcrpvpa.ca.

BCRPVPA & BCPVPA RELATIONS FAVORABLE

BCRPVPA News Update (thanks to Marsha Arnold)

President Ted St. Pierre, Deborah Luporini and Marsha Arnold from your Executive, met with the BCPVPA managing director Magdalena Kassis and President Brian Leonard, on May 6th 2024, to acquaint them with the much needed institutional knowledge that was unfortunately not passed on when most of the BCPVPA staff retired.

This had led to much confusion in BCPVPA attempts to untangle the various roles and procedures related to our alumni organization. The board's mandate had been to cut operational costs and streamline services throughout the organization.

This second meeting went well and the BCPVPA staff and board now have a greater understanding of our history, structure, and function, as well as the essential financial services needed for both of our organizations to thrive.

Moving forward, we believe that a documented mutual understanding will be forthcoming. We'd like to sincerely thank the six past BCRPVPA presidents for their efforts to document our history over the last 38 years.

BCRPVPA had been very instrumental in acquiring the very building BCPVPA now occupies. We'd also like to recognize our very supportive members who lobbied on our behalf.

Getting to Know Our Amazing BCRPVPA Members!

Spotlight on Elaine Thompson



I have appreciated being able to attend online meetings. It allows me to remain connected with amazing people. As far as I know I am the only registered Principal with the BCRPVPA in the Bulkley Valley.

I remain President of the local BVRTA. I have been in that position since it began.

I continue writing articles for different magazines and or newspapers that involve retirees. I am also on the local Healthy Community Committee working to support all, another valuable avenue of understanding and awareness of the positive as well as the needs that make life better for many.

My life is busy on the home front as I am confident many other retirees are. That is rewarding when we see great progress. By Elaine Thompson



belairdirect Insurance offers 50 - \$1000 Scholarships for children and grandchildren of BCRPVPA and BCRTA members.

Opens May 15th and closes July 31st for applications. Check out

www.belairdirect.com/en/scholarship or call Universities Canada toll free [1 844 567-1237](tel:18445671237) for more information. No policy is required to apply.

Health Update

What Happens to Your Body When You Eat Peanut Butter Regularly?

Peanut butter is a popular spread because it's delicious—but it offers potential health benefits, too. One study showed that eating peanuts every day can lower the overall risk of death by up to 21%—and reduces the occurrence of [heart disease](#) by 38%.



EatingWell: <https://apple.news/AKMhbKInJSM6MgkwAZVMcA>

Osteoporosis Screening

Osteoporosis Canada recommends everyone over age 65 have routine bone density tests. Start routine testing earlier if you are at increased risk for broken bones.

[Search Health Topics | HealthLink BC](#)

Use the FRAX tool to predict your risk of having a fracture related to osteoporosis. The FRAX tool can help predict your risk of having a fracture related to osteoporosis in the next 10 years. Convert lbs to kg to compute. Go to the website www.sheffield.ac.uk/FRAX/tool.aspx?country=19 and fill out the questionnaire.

Affinity and Benefits Perks — [Benefits Archive - BCRPVA](#)



Perkopolis is delighted to announce a new partnership with Shell! [Shell Offer - EN](#)

At Perkopolis, we are committed to providing our members with exclusive perks and this partnership with Shell will bring even more value to our members.

If you are not yet signed up, get your onetime code at info@bcrpvpa.ca



offers services that assist and support people through personalized and comprehensive wellness initiatives. Their team of professionals specifically assist people in the education sector while working and through retirement changes.

Their Early Intervention Program (EIP) helps members gain greater clarity and control of your transition process into retirement. [Early Intervention Program - BCRPVPA](#) BCRPVPA members are able to access counselling and other referral services either through online discussion sessions or in person, all at affordable rates.

An advertisement for HearingLife. At the top left, it says "HearingLife" with a blue dot icon. To the right, it says "Trusted Partner of" with a small owl icon and "BCRPVPA". The main text reads "Keep hearing & being you" in a mix of white and blue fonts. Below this, a woman with grey hair, wearing a black turtleneck, a pearl necklace, and large black headphones, is smiling and holding a black microphone. A blue circular callout on the right says "Don't let hearing loss change you". At the bottom, a blue banner contains the text: "Complete a FREE hearing test and collect 100 AIR MILES® Reward Miles™", "Call 1-888-284-1020 to book your appointment today!", and "Mention code: ENS-FHT-BCRPVPA".

<https://bit.ly/4awevTK> for free hearing tests & 10% discounts for family and friends, too!

Hearinglife contributes more than \$3000 to our scholarship funding.



So many places to go and see! Check out our featured trip.

[Click Here to Watch Recorded Antarctica Presentation](#) by Tom Mclean



Below is the link to the Feb 2025 and 2026 trips
<https://bcrpvpa.tripmerchant.ca/tour-item/antarctic-circle-expedition-february-11th-2025/> Password: **BCRPVPA18**
<https://bcrpvpa.tripmerchant.ca/tour-item/antarctic-circle-expedition-february-18th-2026/>

Password: **BCRPVPA18**

Our next planned BCRPVPA group trip is the Antarctica cruise with an optional exploration of Patagonia in 2026. Friends and family welcome.

Pass on the information as anyone can take part! Additional early booking discounts available up to \$1000 per person. If looking to connect with another person so you don't have to pay the single supplement fee, we can make that happen, too.

So whether you are thinking of heading out in February 2025 or in 2026, you can call for assistance at 1-800-481-9739 ext. 506, register for 2025 or 2026 on the links above or email Tom at tom@tripmerchant.com for more info.

So many ways that Trip Merchant can help you plan whether it's in a group, a couple, or solo. There are great discounts and reward dollars for BCRPVPA members, too.

Sign up for their newsletter - [BCRPVPA – Travel \(tripmerchant.ca\)](#)

Tell us about your travels

We are all keen to hear about your travelling adventures. If you would like to jot something down (doesn't have to be extensive) or want to forward a photo or two, please email to info@bcrpvpa.ca

Bonnie Deren (Surrey SD) is seen here at Antelope Canyon. Bonnie tells us that Arizona, Utah, and Nevada were awesome states to visit!



Maintaining your Teaching Certificate

To maintain your teaching certificate for 2024/25, your **annual practice fee of \$95 is due by May 31, 2024.**

What do I need to know?

Enter gov.bc.ca/information-for-teachers into your web browser and select “maintain your teaching certificate”. You’ll find links to information about how to maintain your certification, including paying the annual fee. If you are employed by a school board or independent school authority, your employer will deduct the fee from your earnings and remit it for you. However, there are circumstances where you may need to pay your fee directly to the Ministry of Education and Childcare. e.g. no longer working for an employer or retired. Or call

Victoria: [250 387-6121](tel:2503876121)

Vancouver: [604 660-2421](tel:6046602421) Elsewhere in B.C. Toll Free: [1 800 663-7867](tel:18006637867)

What if I no longer want to maintain my teaching certificate?

Complete a Notice of Relinquishment and submit it to the Ministry by June 30, 2024. If your fee is payroll-deducted by your employer, to qualify for a refund, be sure to request the refund in writing and submit a Notice of Relinquishment by June 30th. Find out more about ending your certification at www2.gov.bc.ca/gov/content/education-training/k-12/teach/maintain/ending-certification.



V O L U N T E E R
all that's missing is U!

Volunteers' Opportunities:

Please contact our email info@bcrpvpa.ca if you can volunteer as a Member of the Executive.

We can succeed as BCRPVPA. We're a hard-working Team.



Reduce Your Risk of Skin Cancer: 5 Sun Safety Tips

May is Skin Cancer Awareness Month in Canada, and it's a great time to remind everyone, especially older adults, about the importance of [sun](#) safety. Did you know that over half of all skin cancer cases are diagnosed in people over 65? The good news is that you can significantly reduce your risk with a few simple steps.

There are a couple of reasons why older adults face a higher risk of skin cancer. Firstly, many have had more years of sun exposure throughout their lives. This sun damage accumulates over time, increasing skin cancer risk. Secondly, age-related changes in the skin, like thinning and a weakened immune system, can also play a role.

Sun Safety Tips for Older Adults:

- **Seek shade, especially during peak sun hours (11 am to 3 pm).** Plan your outdoor activities for earlier mornings or evenings when the sun's rays are less intense. Try to avoid sun exposure in the middle of the day.
- **Cover up!** Wear sun-protective clothing with a tight weave, like long-sleeved shirts, pants, and wide-brimmed hats. Look for clothes that have an Ultraviolet Protection Factor (UPF) rating.
- **Sunscreen every day, rain or shine!** Use a water-resistant, broad-spectrum sunscreen with SPF 30 or higher and apply generously to all exposed skin. Don't forget your ears, neck, and the tops of your feet. Reapply every two hours or more often if swimming or sweating.
- **Know your skin!** Regularly examine your skin for changes in moles, birthmarks, or unusual growths. The ABCDE rule can be a helpful guide for **A**symmetry, **B**order irregularity, **C**olour variation, **D**iameter greater than 6 millimetres, and **E**volving size or shape. If you notice any changes, see your doctor right away.
- **Be careful when near water and sand.** The sun's rays reflect and can be harmful.

Our Adventures to Egypt and Jordan - November 2023

Contributed by blogger Janice Johnson

Nov 6th was another early day, but what a day it was! This is the day we visited the pyramids of Giza. Seeing them in person is a totally different experience from seeing them in pictures. They are huge! No wonder there are so many questions as to how they were built.

But seeing them from the outside was not enough. There was an inside to be explored.



Five of us braved the climb into King Khufu's pyramid -- the Great Pyramid of Giza. It is the only pyramid where the tomb is above ground as all the rest are under the pyramids. The passage into the pyramid is narrow. Two people can pass but it is close. The first bit is a gradual incline and then we go up! This included stairs and short ladders, and finally, just before reaching the tomb enclosure, the ceiling drops and we had to squat to get through. Then we were there.



The chamber is quite small with the sarcophagus dominating the room. There are no decorations on the walls, but the ceiling is made of three huge marble slabs stretching across it. Our visit was brief as there was not a lot to see and it was hot and close in the space. Then it was the decline to get back out. We found that climbing out backwards made the descent much easier. This was a very hot, stuffy expedition, but well worth the effort.



From there we made our way to another memorable adventure. There were camels waiting to take us to our open-air lunch spot. So much fun! In order to get on them, the camels sat down, and we stepped into a stirrup swinging our legs across the camel's back. Then, as the camel stood up, we had to lean backwards holding fast to the pommel and then lean forwards to help with the standing momentum. The camels walk with quite a swaying, rocking motion that was easy to relax into. I loved every second of the experience.



Best thing -- we didn't have to worry about anything as our camel guides were very experienced in making this a safe yet thrilling 30-minute ride. What a morning! Read more about our Trip Merchant adventure: <https://bcrpvpa.ca/trip-blog/adventures-to-egypt/>

CONTACT INFORMATION:

Please continue to update changes in email and mailing addresses

by contacting: info@bcrpvpa.ca

No phone number available currently

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

Upcoming Hybrid Annual General Meeting:

Wednesday, May 22, 2024, 10 :00 am ZOOM Contact 9:45 am

11:00 am Speaker: Legal aspects of Wills and Estates

Join Zoom Meeting early to test audio & microphone

<https://us06web.zoom.us/j/83174656934?pwd=tdeSaySZ4azuSzyTb2vZXIKAY7PLKz.>

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Meeting ID: 831 7465 6934

Passcode: 268385

BCPVPA Boardroom, 525 West 10th Ave., Vancouver

Broadway Canada Line Station