



# Chronicles and Capers

## #100

## February 2025

### **PRESIDENT'S UPDATE**

This past Fall has been extremely busy for your executive as we have transitioned our Association – BCRPVPA - from a part of the BCPVPA to a separate Association with its own financial and 'naming' distinction. Officially, we are still the BC Retired Principals. & Vice-Principal's Association but now a registered society as well.

Our accounting will be done at LLC Caulder. Our accountant will be completing our quarterly reports, and they will ensure that the T4A's are provided for our scholarship and bursary winners. Our annual taxes will be filed in accordance with the Canada Revenue Agency expectations. Lanny Young, our dedicated Treasurer, has opened an online CRA account in the BCRPVPA's name and our accountant has access for filing. This separation meets the expectations of the BCPVPA and we are pleased to continue to use the Board room for our executive and general meetings.

Since Viva Engage is no longer viable, we are hoping to connect and communicate with members more frequently using a different application. Facebook was suggested as one way for retired principals to connect. The executive is looking for other suggestions for consideration. If you use a connection application in another aspect of your retired life, that you feel is effective, please let us know at [info@bcrvpa.ca](mailto:info@bcrvpa.ca)

During executive meetings there is now time allotted for members to share their thoughts and ideas. We do want to hear from you!

Food is provided and gift card prizes are awarded at our General Meetings, and we hope to see more participants on-line or in person. Consider a group gathering when tuning in our next general meeting on March 13th. Should not only be informative, but fun, too!

Looking forward to seeing you there! Deborah Luporini

Newsletter Publishers: Deborah Luporini President, Christine Johnson Past President and Marsha Arnold Vice-President, Lanny Young Treasurer, Secretary position vacant, Jessica Antosz Membership, Bonnie Deren Sunshine, Jeff Lacombe Scholarships & Bursaries, Ted St. Pierre, Sher Berg, Yolande Martinelli and Ian Kent esteemed Members-at-large

## GET TO KNOW OUR AMAZING MEMBERS



Leanna Garner was born in Quesnel, B.C., raised in the Cariboo graduating from Quesnel Secondary School in Quesnel. Her post-secondary included UBC, University of California, Berkely and San Diego State University, graduating with a Masters degree in Educational Leadership.

Leanna has been a Primary Teacher, Special Education Teacher, Special Education Director, and an Elementary Principal in Quesnel and Parksville /Qualicum Beach School Districts. At one point in her career, she immigrated to the United States and received her teaching credentials to be able to teach anywhere in the USA.

This allowed Leanna to be a TOC in Elementary and Special Education in San Francisco. She has three sons of whom she is most proud. Two live in BC and one in Charleston, South Carolina. She has two grandsons who are most successful adults and two very young grandchildren who live in Charleston, South Carolina. Every time she thinks of them, she smiles. Leanna visits them very often, delighting in their stories and achievements. Leanna is absolutely passionate about seeking new learning and living each day to the fullest. Constantly curious about everything in life and everyone and that is why she became an educator, loving every day in her career. Laughing, loving, giving and living.

### **Describe your involvement in education**

My involvement started in 1977 and morphed into many realms of education where always the focus was addressing the needs and wants of students, staff, parents and community. The BC Principals' and Vice-Principals' Association and the Network of Performance-Based Schools created pathways for ongoing growth in professional learning. I believe in continuous learning and to this day I am grateful for the opportunities I have been given in many education networks provincially and internationally.

### **5 Words that Describe Me**

Joyful. Loving. Artistic. Creative. Determined. Creativity thrives in a space without rushing to complete or perfect; it's about the process.

### **Two things I am passionate about**

Music! I love to sing. I have recorded one CD titled 'Stormy Blue'. I am now in the process of recording 5 songs which will be on Apple music and Spotify by July 2025. I am working with Vancouver Island studio musicians and recording at Summit Sound.



My second passion is Yoga. I practice my yoga daily and I am very excited about attending 2 Yoga retreats this year one in Punta Mita, Mexico in February and another in Findhorn, Scotland in the fall of 2025. Yoga has been a great way to see the world and meet new people. I see many more exciting retreats to come!

### **What drives you up the wall?**

People who look at life through a negative lens. Are you kidding me! Life is so adventurous and wonderful.

### **Dreams you have or want to achieve**

I want to travel, write and sing all at the same time.

I want to spend part of the year in a tropical paradise. I have a recurring dream. I am standing on the porch of a house which overlooks a horseshoe shaped beach. The sand is white, the water turquoise. There are children playing at the water's edge with my adult family, which I value from the bottom of my heart. I am older. I am healthy. I am in good shape. I am tanned. I look down at my knees and the skin above my knees is brown and kind of folds over the kneecap!!!! Love the aging process!

### **Goals I hope to achieve in the next year**

I love to write. I recently saw the film "Completely Unknown" and in the film, Bob Dylan was asked where the words and music come from to create the songs he wrote. His answer, "It just comes." It just comes to me, too.

I have written two children's books. One a tribute to my grandsons, at the time they were under 5 years old. The book is, 'Daryl the Dragon'.

The second book, 'The Land' is about my grade one teacher's chickens. I am most proud of this writing. Beth and her husband Brian live on 10 acres up the road on the way to Port Alberni. 'The Land' is beautifully illustrated by Crystal Burgess, the same artist who painted my CD cover of 'Stormy Blue'.

I want to live a life where laughter and love abound. Where gratitude is a daily practice and peace of mind envelops my being.

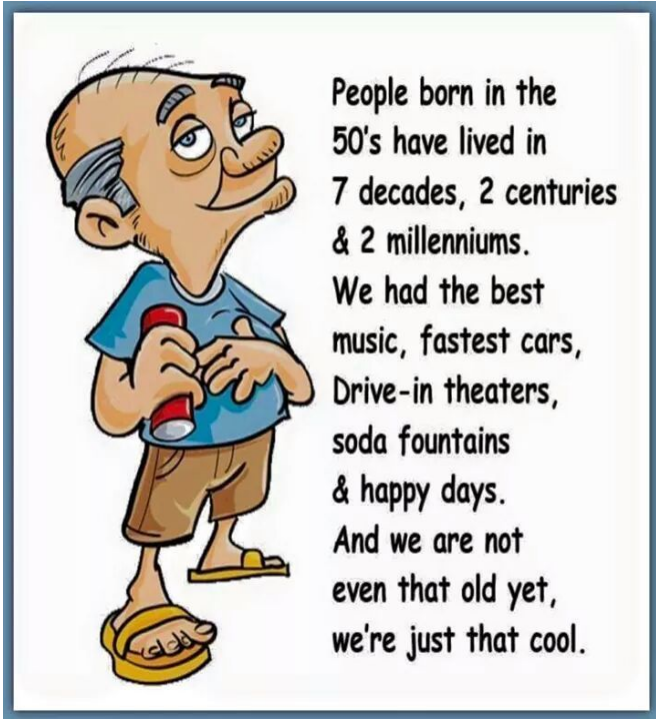
I have learned, since I have retired, that relationships bring forth the most creative outcomes as it did when I worked in education with teachers, parents and community. Oh, what we can do when we are curious and dream! Life is wonderful, so go and enjoy your retirement!

Our thanks to interviewer Jessica Antosz for sharing Leanna's story with us.

## **SENIORS' ADVOCACY**

BC Association of Community Response Networks welcomed [BC Seniors Advocate Dan Levitt](#) for January's Provincial Learning Event online webinar. Participants learned about how BC is meeting the basic needs of its older residents and the areas in which the Office of the Seniors Advocate will focus on in the coming year. **Soon to come – Free Shingles shots for seniors!** [Zoom recording](#) [Presentation Slides](#)

**Save the date!** BC CRN is excited to welcome Lisa Dawson, Vice President of Independent Long-Term Care Councils Association of BC (ILTCCABC) for February's Provincial Learning Event online webinar. Participants will learn about how ILTCCABC represents the collective voice of residents, their families and representatives. Belonging to a council enables residents and families to become involved in decisions that affect residents' care and quality of life at the local, regional and provincial levels. [Register](#) | **February 18, 2025 | 10:30 am – 12:00 pm PST**



For more info:

[Programs - BC Association of Community Response Networks](#)

CUSCO ongoing senior advocacy - [Workshop Brochures – Seniors Helping Seniors](#)

Rural seniors - [BC Rural Health Network](#) and [info@bcruralhealth.org](mailto:info@bcruralhealth.org)  
Paul Adams director

Note: Telus internet plan for \$9.95 for lower income & disabled seniors

Rogers basic data plan for \$25 for over 65

## **National Pensioners Federation – Canadian Radio-Television Telecommunications Survey**

The CRTC has invited the National Pensioners Federation (NPF), to participate in Consumer Advocacy virtual roundtable sessions. They plan to contribute valuable insights on removing barriers for seniors when dealing with their television, Internet, mobile and phone service providers, but they need to hear from seniors. Sharing real stories, experiences and solutions is paramount to help ensure the Telecoms get it right. Strict confidentiality will apply to personal information shared.

[NPF - Canadian Radio-Television Telecommunications Survey - National Pensioners Federation](#)

Call: 905-706-5806 email: [info@npfmail.ca](mailto:info@npfmail.ca)

## FINANCIAL MATTERS



### Income Tax Information

Deductions:

You **can** deduct your BC Teacher's license of \$95 if you have maintained it. Your receipt can be found at [Teaching in British Columbia - Province of British Columbia](#)

You **cannot** deduct your BCRPVPA or BCRTA membership fees as membership is not a condition of employment.

Take a look at:

[Tax Tips for the 2024 Tax Year - for Retired Educators • BC Retired Teachers' Association](#)

This comprehensive list offers suggestions around common issues and deductions beginning with the recent changes in tax law.

### TPP Annual Cost of Living Adjustment

Your monthly TPP pension payment will increase as a result of an annual cost-of-living adjustment (COLA). **This 1.6% adjustment** will be added to your 2025 pension.

COLAs are based on changes in the Canadian consumer price index (CPI) over a 12-month period and the funds available in the plan's inflation adjustment account. Read more at: [Cost-of-living adjustments - Teachers - Teachers](#)

## DON'T GET SCAMMED: PROTECT YOURSELF FROM FINANCIAL FRAUD

*Jan 14, 2025 - McMaster University*



Unfortunately, as we age, we can become targets for financial fraudsters. The good news is that you can significantly reduce your risk by being aware and taking a few precautions. This posing will arm you with the knowledge you need to stay safe and protect your hard-earned money. Common scams targeting older adults:

- The grandparent scam: A scammer poses as a distressed grandchild urgently needing money for bail, hospital bills, or car repairs. They'll plead with you not to tell their parents.
- The romance scam: Scammers create fake profiles on dating sites or social media to build relationships and then ask for money for emergencies or investments.

- The lottery scam: You receive a notification that you've won a lottery or prize but must pay a fee upfront to claim it.
- The government imposter scam: Someone claiming to be from the CRA, Service Canada, or another government agency demands immediate payment for taxes or fines.
- The tech support scam: You receive a call or pop-up message claiming your computer has a virus and must pay for remote tech support.

Ways to protect yourself:

- Never give out personal information over the phone, email, or online unless you initiate the contact.
- Be suspicious of unsolicited calls, emails, or mail.
- Don't be pressured to make quick decisions. Take your time and consult with someone you trust.
- Verify the identity of anyone who contacts you claiming to be from a government agency, bank, or other organization.
- Don't click on links or attachments in emails from unknown senders.
- Keep your computer and software up to date with security patches.
- Shred documents containing personal information before discarding them.
- Monitor your bank accounts and credit card statements regularly.

What to do if you think you have been scammed:

- Contact your bank or credit card company immediately.
- Report the scam to the Canadian Anti-Fraud Centre (CAFC) at 1-888-495-8501 or online at [antifraudcentre-centreantifraude.ca](http://antifraudcentre-centreantifraude.ca).
- Contact your local police.

Key things to remember:

- You are not alone. Many people fall victim to scams.
- Reporting scams is important, even if you don't lose money. This helps authorities track down scammers and prevent others from being victimized.
- If it sounds too good to be true, it probably is!

You can protect yourself from financial fraud by staying informed and vigilant. Read through our resources below to learn more.

Featured Resources:

[Older adults increasingly targeted by fraud and scams](#)  
[What every older Canadian should know about: Managing and protecting their assets](#)  
[Identity theft](#) or [Understand PIN protection](#)  
[Spotting fraud and scams: How to protect yourself and safeguard your finances](#)

## TRAVEL



### Walking Among Polar Bears

*Churchill Wild* is the only company with which, for several days, you experience polar bears as they wander in their natural habitat while you walk close by. Other tour companies just take you in vehicles to where a bear has been sighted, you jump out with your camera and take a few photos: it's not about understanding their way of life. The vision of *Churchill Wild* is to have individuals develop a deep connection with the northern eco-system.

When I flew into and stayed at their Seal River Heritage Lodge it was definitely an awesome experience. I never felt the least bit threatened as we followed strict rules regarding distance from the polar bears and certain behaviors to follow. There were always three guides with our group of 10 photographers to ensure the bears didn't become uncomfortable and we were safe as well. The snow was late that fall and spotting them on the coloured tundra made for great photos.

Each day we left the lodge compound and following our guides trekked to where bears had been sighted earlier. Usually this entailed walking 4 to 5 km over the rough tundra, both in the morning and again in the afternoon with the bears just 35 metres away. Evenings were filled with talks regarding everything you could possibly want to know about polar bears. We collapsed into our beds each night exhausted but hoping that we'd be woken a few hours later to see the Aurora Borealis.

There were two family groups we followed for the four days. It was amazing to watch them and our understanding and appreciation deepened. In addition, we saw Arctic hare, cross foxes, and ptarmigans. On our final day, other polar bears (males as well as two families) appeared as the weather was definitely changing. We even observed one large male swimming in the frigid waters of Hudson Bay.

If you truly want to understand and connect with such wildlife in a meaningful way, I highly recommend *Churchill Wild*. You will need to save up your money and be in good physical condition to do the twice daily treks in all kinds of weather but "wow" it is definitely worth it.

Kindly submitted by Joy Ruffeski a retired Coquitlam principal, past BCRPVPA president and ardent photographer and adventurer.



## Trip Merchant



Trip Merchant announces the launch of their new travel website platform with *Trip Merchant*, designed exclusively for *BCRPVPA* members. Sign up at [Trip Merchant - BCRPVPA](#)

Trip Merchant has secured **special membership savings**, offering up to 50% off on travel experiences. They partner with a wide range of suppliers to cater to diverse travel styles, including Ocean Cruises, River Cruises, Guided Tours, Adventure & Active Travel, African Safaris, Solo Travel, Long Stay Vacations, and others...

### **Member Benefits Include:**

- Exclusive Member Savings
- Trip Merchant Loyalty Program
- Trip Contests
- Trip Itinerary Builder (create your own trip)



- Last Minute Deals
- Online Presentations
- Exclusive Group Departures with *Trip Merchant Journeys*
- Travel Inspiration and more!

To gain free access to our new Trip Merchant site, simply follow the instructions.

**Step 1:** Click this URL - <https://tripmerchant.com/register>

**Organization Code:** Please enter this code exactly as shown **4324**

### BCRPVPA featured trip – Antarctica/ Argentina Feb 18 – March 7, 2026



[Antarctic Circle Expedition | BCRPVPA | Trip Merchant](#)

Reduced cost plus additional member savings of \$1065 USD

A committed female member is looking for a cabinmate. Interested in joining her?

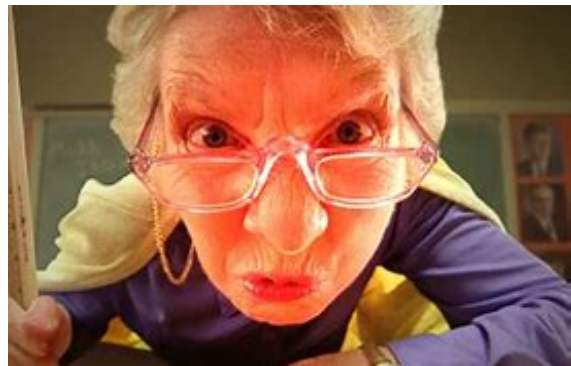
Contact [info@bcrpvpa.ca](mailto:info@bcrpvpa.ca)

## HEALTH

### Keep your Brain Sharp

Can you answer these Quiz Questions?

1. In which battle did Napoleon die?
2. Where was the Canadian Bill of Rights signed?
3. The Columbia River flows in which state?
4. What is the main reason for divorce?
5. What can you never eat for breakfast?
6. What looks like half an apple?
7. How can you lift an elephant with one hand?



8. How can you drop a raw egg onto a concrete floor without cracking it?

Here's how one intrepid student responded:

1. His last battle
2. At the bottom of the last page
3. Liquid
4. Marriage
5. Lunch and dinner
6. The other half
7. You cannot find an elephant with one hand
8. Any way you want. Concrete floors are hard to crack.



Check out these Power of Laughter videos [Videos of Th Epower of Laughter](#)

## BENEFITS

Did you know?

HearingLife, Medoc Travel Insurance and Belairdirect Home Insurance provide our scholarship/bursary fund a royalty for each BCRPVPA member's participation. So, get your free hearing test or no obligation insurance quote today!

An advertisement for HearingLife. The background shows an elderly couple walking and smiling. The woman is on the left, wearing a white top and a tan jacket. The man is on the right, wearing a green jacket and glasses. A blue ear icon is overlaid on the man's ear. In the top left corner, there is a logo for HearingLife and a 'Trusted Partner of BCRPVPA' logo. In the bottom left, there is a circular inset showing a hearing aid. In the bottom right, there is a red circular callout box with white text.

**HearingLife** | Trusted Partner of **BCRPVPA**

**Up to \$1,700 off the latest hearing aids!**

**PLUS, BCRPVPA members & family save an EXTRA 10%!**

**Call 1-888-551-4818 to book your free appointment.**

Or book using this link: <https://bit.ly/42kQ7nu>

# LIFELONG LEARNING – A STUDY THAT IS PERFECT FOR YOU, NO MATTER WHERE YOU LIVE!

(even if you live outside the lower mainland, you can be a part of the study)

## DASH STUDY

Looking for participants aged 65+

Help shape the future of aging!

### What's it about?

The main goal is to understand how day-to-day social experiences shape health in older adults

**No need to be tech savvy - we will provide all the necessary training!**

### What's involved?

- First Session: at home or SFU Harbour Campus, 2 hours.
- For 7 days at home; complete brief surveys 6x per day, wear activity monitors, and provide saliva samples.
- Final Session: at SFU harbour campus, 2 hours.

### Why participate?

- Contribute to scientific knowledge about healthy aging
- Receive a gift card or make a donation as a thank you for your time
- Play a vital role in shaping future health initiatives for older adults



Lifelong Health & Wellbeing Lab

To learn more about the project and see if you're eligible to participate, email or call:

**dash\_study@sfu.ca**

**1-672-699-0442**

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# Register Now: Community Health Courses

GENERAL HEALTH AND WELLNESS



UVIC's general [health and wellness courses](#), online or in person, are for anyone who wants to be informed on a wide array of health-related topics. Taught by experts in their fields, our instructors are professionals and passionate about sharing their knowledge and expertise. Many are just one or two sessions. [comadmin@uvic.ca](mailto:comadmin@uvic.ca) | [continuingstudies.uvic.ca/healthgeneral](http://continuingstudies.uvic.ca/healthgeneral)

From Advanced Investing for Financial Wellness, Dementia and Alzheimer's Disease, Mindfully Responding to Stress, Eating to Live Vibrantly: The Science of Longevity, The Neuroscience of Optimal Aging, Aging and Brain Health, Advance Care Planning and more! You can also register by phone 250 472-4747

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## VOLUNTEERING

**BCRPVPA is looking for support in the following areas:**

- gathering information and details for our newsletters and eblasts
- articles, photos, jokes, games, ideas, features. etc. for newsletters
- suggestions for speakers
- scholarship and bursaries
- secretary
- emailing eblasts or newsletters
- connecting with one of our benefit carriers on a regular basis

We would be very appreciative of any and all support. Completing a small task that doesn't require a significant amount of time would be very helpful.



BC Cancer has many volunteer opportunities available, including roles in the Cancer Information Centre, ambulatory care units, chemo room, refreshment cart, patient escort, pet therapy, office support, and various other positions.

If you would like to join their volunteer team, they invite you to visit the centre in your community or contact them through. [Volunteer with Us!](#)

## SCHOLARSHIP AND BURSARY WINNERS: 2023-2024

Thirteen awards were given to support post secondary education in the 2024-2025 school year. We will highlight the other seven awards in our next issue of Chronicles and Capers. Thanks to a generous donation from HearingLife and because BCRPVPA members obtained free hearing tests, we were able to award three additional scholarships or bursaries. Many thanks also to Jeff Larcombe, Christine Johnson, Yolande Martinelli and Ian Kent for their efforts towards finding the very best candidates.

**Jain Samar** hails from Surrey where he has made “an indelible impact” on his teachers, the school, and the community. Having lived in three countries before settling in Canada, Samar has seen inequality at its worst.

His advocacy within his school has spread to work carried out on behalf of females and other marginalized students. “He gives voice to the perspective and concerns of others” He has published a number of international works and was elected to the Youth Parliament in Victoria. Samar is also a member of The Canadian International Council where he brings “fresh ideas to the table”

‘His entire ethos centers around the idea that education comes from everywhere’.

He plans to pursue a career in Foreign Service and International Development with an undergraduate degree in Political Sciences.

**Luis Almhanna** graduated from Victoria. Luis presented as an exceptional student, who has achieved high academic standing while overcoming significant vision impairment challenges. Successfully balancing a heavy academic course load with paid employment is a demonstration of Luis’s motivation and exemplary time management skills.

Luis was involved in a broad spectrum of volunteer work including the Royal Canadian Sea Cadet, Belmont Secondary’s Leadership program and the Stepup Youth program. As a newcomer to Canada, this work highlights his additional selfless contribution to his community as particularly remarkable and commendable.

Luis was a well-rounded student who is passionate about science and STEM, with his sights set initially on a Bachelor of Science degree, in order to ultimately pursue a career in medicine

**Naomi Prem** hails from Maple Ridge. The belief that “each person has inherent values as an individual and is deserving of dignity and respect” has guided her in several positive directions. She has visited over fifty (50) countries, and this has enhanced her involvement with those in need,

She is a key part of the Creative Change program which takes place out of school hours. She works in the Breakfast Program, the Buddy Program, and spends time volunteering at the local Seniors’ Home where she organizes many activities. Her Community Church also benefits from her Sunday School teaching. Much of her time is spent as a volunteer at Timberline Ranch where she reaches many marginalized young people through horse riding. Naomi is a top student in the Immersion Program and within the school.

She plans to study International Studies and to eventually serve overseas in community development with a non-profit organization.

**Nayis Majumder** a Richmond graduate and was considered “an excellent leader”. He was the President of Student Council, President of The Justice Club, an Executive member of the School Newspaper Club, and of the Badminton Club.

Nayis helps to fundraise for marginalized students. He works in the Community supervising the Friday Night Youth Hangout, to which he has added a Study Space, “He has consistently been a top student because of his excellent communication skills, his reflective thinking, and growth mindset.” Nayis has said, “I will never feel fulfilled in life if I don’t create change.” Nayis plans to study Social Justice and to become a Human Rights Lawyer.

**Kate Periera** graduated from Port Moody where she has long been a top academic student, having been named as the top academic student of the school in grade 11. She finds time, however, to focus energy on environmental and philanthropic actions. As an active member of The Philanthropic Club, she “worked hard to improve the lives of people and nature in the Community. She volunteered at a Pool for people with disabilities. This and other activities show “her emphasis on compassion and empathy.”

While Kate is “excited to see what the future holds” she is planning a career in Health Care.

**Chloe Jeffrey** is from Richmond and found time from maintaining top marks to be involved in a slew of activities. The Biology Club, The Professional Club, The Press Club, Student Council, Track & Field and many years in community Ice Hockey constituted just some of her interests.

Her teachers couldn’t say enough good things about her and one talked about her “wonderful spirit” and how much she stood out in his thirty years of teaching.

Chloe’s volunteer time at a Seniors’ Centre has been very important to her and has taught her the meaning of community and empathy. Chloe plans to follow a career in Medicine.

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**BCRPVPA**

B.C. Retired Principals' & Vice-Principals' Association  
presents a....

**SCHOLARSHIP OPPORTUNITY**

***Application deadline: March 31***

- Applicants who are pursuing education in trades, technical and career fields, as well as those entering universities and colleges, are encouraged to apply
- Applicants will be judged not only on their academic achievements but their demonstrated leadership and service activities both within the school and community.
- Financial need of applicants will also be considered.
- Up to 9 scholarships, in the amount of \$1000 each
- Scholarships are offered to students who are attending an institution in CANADA

<https://bcrpvpa.ca/scholarships/>



Please pass on this open invitation for a scholarship and bursary application to anyone you know who is graduating from high school in BC and is planning on pursuing any Canadian postsecondary option.

*Correction: There are **10** scholarships/bursaries plus additional awards from HearingLife.*

**The next BCRPVPA General Meeting is on Thursday, March 13th, 2025, at 10:00 a.m. zoom or in person**

Dr. Kathy Bell will speak on the subject of Elder Wisdom, based on her dissertation and research findings at 11:00 am. The goal of the talk is to encourage attendees to reflect on and appreciate their own wisdom and to think of ways Elders' wisdom can be validated and celebrated in our culture.

Kathy asks that attendees bring with them, for sharing and discussion, an object or photo that they believe depicts wisdom.

**Prizes for on-line and in person attendees!**

**Please email any questions or personal information updates to [info@bcrpvpa.ca](mailto:info@bcrpvpa.ca)**



**Perkopolis** is thrilled to share the latest resort offerings now available with you! As we navigate the heart of winter, it's the perfect time to plan sun-filled getaways to stunning tropical destinations. Over the past few months, they've partnered with several new resorts and vacation providers, making it easier than ever for members to save.

Explore exciting travel options available on Perkopolis! [Resort Travel - Web \(EN\) - Canada](#)



Get your one time sign up code - [info@bcprvpa.ca](mailto:info@bcprvpa.ca)



You can then sign in at any time once registered.



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**Disclaimer: Offers subject to change**

Contact us or scan the QR code for details:

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-  [offer@rogersepp.ca](mailto:offer@rogersepp.ca)
-  <https://www.rogersepp.ca>

  
**SCAN ME**

Offer subject to change without notice. Taxes extra. Must be enrolled in Auto-Pay and meet all eligibility requirements to receive advertised pricing. Applicable credits are included in advertised pricing. Plans available for new activations or upgrades with device purchase or BYOD; additional fees may apply. Usage beyond included data allowances is charged at overage rates. Unlimited talk and text are available within Canada and, on the CAN/US plan, across the United States as well. Other conditions apply. See store or online for full details.