

# District 42

## Mainland Matters



### **To Our RTOERO Members! A Message from President Janice Wasik and Vice-President Shannon Redmond**

Season's Greetings to all members of RTOERO District 42! Our world has changed so much since March, 2020 and it's hard to believe that 2022 will soon be upon us. The pandemic continues but we now have more knowledge and vaccinations to help as we adapt and move forward.

Your District 42 Executive team has met the unique challenges of Covid by switching to Zoom meetings, combined with lots of email communication and phone calls. The advantage is that we now have Executive members from all around the district who can participate regardless of their location. Our spring election saw an increase from 8 to a combined total of 18 Core Executive, Committee Chairs and Committee Members. (More volunteers are always welcome so please give it some thought!) We have added new committees such as Political Advocacy, Community Grants and Scholarships, Recruitment and Retirement Planning, and Travel. Existing committees have additional volunteers to help us expand our activities and involvement around the province. We have updated our constitution and are developing a District Handbook to provide guidelines for future Executives. Members of the District Executive team have represented the district at national and regional meetings, but our main focus continues to be on you, our members.

We appreciate your help in keeping the contact information of our members as updated as possible so that we can stay in touch and communicate more effectively. During the past year and a half, we initiated more frequent contact with members in the district through phone calls, special cards mailed to all members, Zoom coffee parties with participants from all over the province, plus a new and expanded format for our district newsletter.

We are grateful for your patience as we plan on your behalf and for your flexibility as plans change when necessary. Member health and safety are top priorities in all we do, and it's been a real challenge to feel connected since we had to cancel all in-person activities. This fall we attempted to resume them on a limited scale and in compliance with Covid restrictions, but we had to make the difficult decision to cancel the Granville Island outing in September because of Covid concerns.

However, we are optimistic and will continue to plan on your behalf. We look forward to new opportunities for social activities in the coming months, although we anticipate that all participants in future in-person events will have to be fully vaccinated. Our Winter Holiday Celebration is booked for December 8 (details to come). We will continue to monitor the

latest Public Health recommendations and orders and keep you updated. On behalf of your District 42 Executive team, we extend our best wishes to you

Janice



and yours for the upcoming holiday season, and we wish you all the best in the new year!

Shannon



### Travelling During Covid

By Shannon Redmond and Audrey Osborne

Even though the official federal government travel advisory is to avoid all nonessential travel outside of Canada due to the Covid-19 pandemic, some seniors have been homebound way too long and are eager to get traveling again.



With the introduction of masks, covid testing, double vaccinations and now immunization cards for travel, some RTO-ERO members are now getting excited to hit the road (or the skies) once

more. With the announcement that the US land border will open sometime next month, snowbirds and others will be heading down south mostly in November and January.

#### When and if you travel this winter, remember to:

- \*Wear a mask
- \*Practice social distancing
- \*Wash your hands often
- \*Have a pocket-sized hand sanitizer with you
- \*Have your Covid immunization record available

#### Prior to departure

- \*Complete your check-in online
- \*Self-serve baggage is recommended
- \*Temperature readings, proof of a negative Covid test and health questionnaire may be required

\*Check your airline website for travel and covid information

\*Visit <https://travel.gc.ca/travel-covid> for up-to-date Government of Canada pandemic travel info

**\*Remember things can change on a day-to-day basis so check often**

Your District 42 Health reps recently attended an RTOERO District Health representative workshop on Oct 4, 2021. We were informed that the plan changes for 2022 will be communicated in the November Communiqué newsletter coming to all members, so we will not be discussing them in this article. However, we did receive an informative FAQ document directly from RTOERO head office to answer common questions about our present 2021 extended health benefits, travel, and Covid-19.

The complete document can be found on our District 42 website and Facebook page.

\*The RTOERO Travel Plan will not pay any expenses relating to or in any way associated with a trip cancellation, trip interruption or trip delay which is related, directly or indirectly, to COVID-19. However, the plan will continue to reimburse for eligible cancellations and interruptions unrelated to COVID-19.

\*If you receive your vaccination prior to travel, coverage may be available for any reaction while travelling so long as you do not show symptoms or complications following the immunization, prior to your departure date.

\*If you do show symptoms or complications prior to the departure date, those symptoms or complications will be subject to the 90 days pre-existing medical

condition stability clause so your complications while travelling may not be covered. The cost of a COVID-19 vaccination received while travelling is not an eligible expense as it is not a result of a medical emergency. However, emergency medical coverage is available for an adverse reaction to a vaccination received outside of Canada as the complications would be a sudden and unforeseen medical emergency. Coverage is not available for the cost of a COVID-19 test as it is not a result of a medical emergency.

\*The RTOERO Travel Plan provides coverage for certain expenses incurred as a result of a medical emergency while travelling outside your province subject to the pre-existing medical condition exclusion. If your condition meets the “stable” definition of the certificate of insurance, you are covered for emergencies relating to that condition.

\*Under the RTOERO Travel Plan, you will be covered for eligible emergency medical care if you contract COVID-19 while travelling, subject to the pre-existing conditions exclusion regardless of your vaccination status.

\*If you have a medical emergency, you must call Global Excel immediately before seeking treatment. Global Excel may direct you to one of their preferred medical facilities or physicians in your area of travel.

\*RTOERO will reimburse members at 85% for Dukoral, a drinkable vaccine to protect against cholera and diarrhea caused by consuming water or food that has been contaminated by bacteria. A physician’s prescription is not required.



*If you decide to travel, have a wonderful time and stay safe.*

Shannon Redmond / Audrey Osborne  
Your District 42 Health Representatives

### **RTOERO District 42 has a Facebook Page!**

Please wave a virtual hello to Sarah Maines-Bandiera, wife of RTO member Stelvio Bandiera. Sarah has agreed to take on the portfolio for Facebook for District 42.

Sarah grew up in the US but came to Canada in 1988 with her new husband, who was a professor at UBC. She worked in the Faculty of Medicine for 28 years doing ovarian cancer research. Now retired, she loves to spend time with her dog Charlie both in Ladner and at their house on Galiano Island. She also enjoys reading, cooking, and traveling to new places.

Sarah joined Facebook in 2009 to keep up with her oldest son who was going off

to Queen's University. She was keen to keep in touch with friends and family in the US. Sarah loves to see what everyone is up to and where they have traveled.

Facebook is a great way to see what's new with RTO District 42. Sarah will keep us posted on activities that are happening and help you connect with fellow RTOERO members in your area. Why not find us on Facebook and get engaged? Search for our page on Facebook, RTOERO District 42 Mainland British Columbia, and give us a like so you will keep up to date on our activities.

### **RTOERO Member Spotlight: Shannon Redmond**

**Describe your involvement in education in three sentences.**

I was a Public Health Nurse Educator for the Bachelor of Science in Nursing (RN) program at the Langara School of Nursing in Vancouver, BC and taught several

theory courses and clinical practice for ten years. My specialty was Nursing Simulation working with computerized mannequins that enhanced the learning experience. I retired in 2015, but came out of retirement in 2020 to help with the Covid-19 Immunization program initiative for both Interior Health and Fraser Health.

**Describe yourself in three to five words.**

Energetic, health conscious, grateful and enthusiastic about retirement.

**What are you passionate about?**

I am passionate and extremely grateful to spend half my time up at my lakefront cottage at Osprey Lake, BC ( South Okanagan) and be part of such a wonderful thriving community. I am passionate about all animals, but especially dogs (I share my life with a yellow lab) and have volunteered for 20 years with BC Guide Dog Services. I am also passionate about keeping active in many different sports in all seasons (skating, downhill and cross-country skiing, snowshoeing, hiking, swimming, biking).

**What drives you “up the wall”?**

People choosing not to get vaccinated or wear a mask. We are at war with this virus and as our ancestors were in WWI and 2, we all need to be part of the war effort.

**Name two destinations you have visited or would like to visit.**

One goal is to get this pandemic under control so I, with many others can continue to travel to all the places I have yet to see such as Africa, Thailand, Cambodia, Asia, Scotland, and I would like to return to Tuscany in Italy. I love travelling because it opens my eyes to other cultures and environments, helps me understand history I have only read about, and helps me to appreciate what we have here in Canada.



## Scholarship Applications

Each year RTOERO awards twenty \$3000.00 scholarships to post-secondary students enrolled in programs that lead to careers which benefit seniors in Canada. Fields of study include, but are not limited to, health sciences, medicine, nursing, and human services. District 42

members are encouraged to share the following link with post-secondary students in their lives, including family members. Application criteria and online forms can be found at <https://rtoero.ca/giving-back/scholarships/>. **Deadline for applications is January 14, 2022.**

## Take Action Against Loneliness During the Holiday Season

By Kate Yoshitomi

With the pandemic still managing to curtail travel and social plans, many seniors have may find themselves isolated during the upcoming holiday season. Here are some ideas to help bring some holiday joy and reduce loneliness.

**Send Christmas Cards:** with so much of modern life wrapped up in technology, it's great to know that sending and receiving personal Christmas cards can bring joy to us and those we care about. Want to write more? Place a hand-written letter inside the Xmas card.

**Give to Others:** Donate to a local food-bank, volunteer at care facility, help with animals at the SPCA, work with a neighborhood church, or assist with community programs. Giving back to your community will help you to feel connected and appreciated.

**Watch a Holiday Movie:** Plan a time with friends and/or family members to watch a favorite holiday movie either virtually or in person. To make it more fun, write five questions the others will have to answer after the movie is finished.

**Exchange Recipes:** Have a favorite side dish recipe for Christmas dinner? Or perhaps a desert or cookie recipe? Exchange a recipe with a friend or family member and enjoy trying something new.

**Put Together a Christmas Hamper:** Many organizations and groups give

hampers to families in need during the holiday season. Even a small hamper can make a difference. Thinking bigger? Involve friends and family members when putting together something larger. The Salvation Army is a good contact to start with.

**Try Something Different:** Make a date to try something you don't usually do. How about a cross-country skiing lesson? Tobogganing or ice skating? A Christmas cooking lesson? A Christmas crafts fair shopping spree? Wondrium (formerly Great Courses Plus) offers online courses, some of which are Christmas themed ([https://www.wondrium.com/catalogsearch/result/?search\\_param=all&catid=&q=Christmas](https://www.wondrium.com/catalogsearch/result/?search_param=all&catid=&q=Christmas)) Check out their course on "The Surprising Origins of Christmas Traditions" or "Delicious Dishes for Every Season: Winter."

### RTOERO

#### National Bilingual Member Association of Education Retirees

Often, the question of where to go for support is very difficult to navigate. To assist members, RTOERO District 42 Political Advocacy Committee has developed a list of websites and meet-up groups that are designed to support the planning and living of a healthy lifestyle.

## Resources for Seniors

[healthyfamiliesbc@gov.bc.ca](mailto:healthyfamiliesbc@gov.bc.ca)

This is a general website for all ages with links to many articles and resources.

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors>

This is a BC government seniors' website for planning and living a healthy, active life. The website covers topics such as healthy aging in terms of health, finances, transport, and social connections.

<http://seniorsfirstbc.ca/>

This is a senior abuse information line. The website provides resources and programs to support the safety of seniors.

<https://www.healthlinkbc.ca/>

Through this website, or by dialling 811 at anytime, you can be connected to a navigator who can connect you with a qualified nurse, dietitian, exercise specialist or pharmacist, to answer questions and support your health. The website also provides significant information on a variety of topics pertinent to senior health and well-being such as healthy eating, physical activity, mental health, medical testing, and health topics. Video services are available and as well as, public health alerts.

<https://seniorsadvocate.ca/>

BC Seniors Advocate is an advocacy group that monitors services for seniors and makes recommendations to government.

Many cities have recreational centres that offer several social, cultural, and recreational programs. For example, the City of Vancouver, <https://vancouver.ca/>, has recreational programs listed as well as community centres and drop-in programs (with reduced rates, if required). There is also information related to supportive housing and outreach programs.

Meet-up Groups: these are groups found throughout the province organized by individuals with a particular interest (these are self-explanatory). These groups are usually free to join. See the list below with examples of meet-up groups in Vancouver that can be googled to join.

1. Wandering Women 50 Plus
2. Seniors' Chat
3. Vancouver Venturers (a walking group)
4. Impulsive Tourist
5. North Shore Qigong and Tai Ch
6. Vancouver International Travel Group
7. Vancouver Nature Photo Workshops
8. Sing Out Loud
9. Travel at Wholesale Price
10. Beginner Golf Meet-up
11. Small to Medium Dog Owners Meet-up
12. Coffee Clubs

## Call for submissions from our RTOERO Members!

We're excited to be in the planning stage for our spring\* issue of the RTOERO District 42 newsletter! The Newsletter Committee is looking for submissions from our membership to enrich our newsletter and engage our members.

We'd love to get a submission from you! It'd be great to see a picture and/or a paragraph (approximately 150-200 words) about:

- an experience in education you had when you were working (for example, a student you remember, a program you were involved in, an award you won, etc.)
- a travel experience you had or are planning. Include pictures if possible.
- a milestone you are working towards or have completed (for example, a skill you are learning, a personal achievement of some kind, an anniversary, etc.)
- a hobby or interest you are passionate about (for example, kayaking, bird watching, scuba diving, music, cycling, cooking, furniture making, hiking, volunteering, etc.)
- If not a written article, then how about a picture you've taken that you'd like to

share with other members? Be sure to let us know where and when it was taken.

Are you willing to be interviewed for our "Member Spotlight" section? Or do you know of an RTOERO member who might be? Please email me with this information. We're searching for our next interviewee!

Send your submission to me, Kate Yoshitomi, at [rtodistrict42@gmail.com](mailto:rtodistrict42@gmail.com) by February 1, 2022. Please add "Newsletter Submission" in the subject line. If you're submitting an article, please indicate if you're willing to include your name and email address in the submission so that members can get in touch with you if they would like more information about your topic. Pictures add great visual appeal, so send in those shots with your submission!

**Help make this "Mainland Matters" your newsletter. We look forward to hearing from our members!**

*\*Beginning in 2022, Mainland Matters will be published four times a year: March, June, September, and December!*



# Name that Line

Match each quote to the Christmas movie it comes from



- \_\_\_ 1. White Christmas
- \_\_\_ 2. It's a Wonderful Life
- \_\_\_ 3. While You Were Sleeping
- \_\_\_ 4. Holiday Inn
- \_\_\_ 5. A Christmas Story
- \_\_\_ 6. The Nutcracker & the Four Realms
- \_\_\_ 7. Elf
- \_\_\_ 8. A Charlie Brown Christmas
- \_\_\_ 9. Daddy's Home 2
- \_\_\_ 10. Home Alone
- \_\_\_ 11. The Nativity Story
- \_\_\_ 12. How the Grinch Stole Christmas
- \_\_\_ 13. Rudolph the Red-Nosed Reindeer
- \_\_\_ 14. The Santa Clause
- \_\_\_ 15. Frosty the Snowman
- \_\_\_ 16. A Christmas Carol
- \_\_\_ 17. Jingle All the Way
- \_\_\_ 18. Christmas in Connecticut
- \_\_\_ 19. The Family Man
- \_\_\_ 20. Prancer
- \_\_\_ 21. The Man Who Invented Christmas
- \_\_\_ 22. Miracle on 34th Street
- \_\_\_ 23. Santa Claus is Coming to Town
- \_\_\_ 24. The Star

- a. "You'll shoot your eye out, kid."
- b. "I have broken no vow."
- c. "The best way to spread Christmas cheer is singing loud for all to hear."
- d. "I carry a pencil. I'm a lawyer. I do that, okay?"
- e. "Keep the change, ya filthy animal."
- f. "If there's anybody I don't want advice from right now, it's Turbo Man!"
- g. "Maybe I have been spending too much time in the attic."
- h. "If something should happen to me, put on my suit; the reindeer will know what to do."
- i. "If you're gonna eat like an animal, take your food out to the barn."
- j. "Mutual, I'm sure."
- k. "How can you... look at me like you haven't seen me every day for the last 13 years?"
- l. "I tell you, Forster, my lamp's gone out. I've run out of ideas. I'm old."
- m. "I know nobody likes me. Why do we have to have a holiday season to emphasize it?"
- n. "Faith is believing in things when common sense tells you not to."
- o. "Hermey doesn't like to make toys."
- p. "God bless us, every one."
- q. "The only person that can ruin your Christmas is looking back at you from that mirror."
- r. "Now you go home and write "I am very sorry for what I did..." a hundred zillion times. And then maybe - just maybe, mind you - you'll find something in your stocking tomorrow morning."
- s. "I hate toys! And toys hate me! Either they are going or I am going and I definitely am not going!"
- t. "I said why don't you kiss her instead of talking her to death?"
- u. "John, when you're kissing me, don't talk about plumbing."
- v. "Maybe Christmas, he thought... doesn't come from a store. Maybe Christmas, perhaps... means a little bit more!"
- w. "You stay here and guard Mary. If anything happens, warn us."
- x. "You could melt her heart right down to butter, if you'd only turn on the heat."



# Name that Line

----- Answer Key -----



- I** 1. White Christmas  
**d** 2. It's a Wonderful Life  
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x. "You could melt her heart right down to butter, if you'd only turn on the heat."



**Let's celebrate!**

**RTOERO Winter Holiday Luncheon hosted by District 42**

DATE: Thursday, December 8, 2021

TIME: 11:30 AM

PLACE: Italian Cultural Centre, 3075 Slocan Street, Vancouver, BC V5M 3E4

RSVP: by November 24, 2021

District 42 will cover the cost of the buffet luncheon for you and one guest if you wish to bring one (e.g. spouse, partner, relative or friend who does not have to be an RTOERO member). Additional guests may attend at their own expense.

Complete the form below and send it to our District Treasurer by November 24 with your cheque for \$35 per person (payable to RTOERO District 42). The cheque is required to hold your spot but it will be returned to you when you arrive.

Note: Mandatory BC vaccine card (double vaccines) and proof of ID are required.

*If the Covid pandemic situation results in significant changes to health guidelines, you will be notified if this activity is cancelled or postponed.*

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***RTOERO District 42 Winter Holiday Luncheon: RSVP by November 24, 2021***

\_\_\_ *Yes, I will attend the RTOERO District 42 Winter Holiday Luncheon on Dec. 8, 2021.*

*NAME OF MEMBER:* \_\_\_\_\_

*Email address or phone number:* \_\_\_\_\_

*NAME OF GUEST (if any):* \_\_\_\_\_

Cheque enclosed (payable to RTOERO District 42 @ \$35 per person) = \$ \_\_\_\_\_

Mail form and cheque to:

Rhona Charron, RTOERO Treasurer, 4744 Garry St., Delta, BC V4K 2T3

*DIETARY NEEDS:* \_\_\_ *none*  
\_\_\_ *vegetarian*  
\_\_\_ *vegan*  
\_\_\_ *allergies (specify: \_\_\_\_\_)*  
\_\_\_ *Other (specify: \_\_\_\_\_)*

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