

The Golden Gang Gazette

Vancouver Municipal & Regional Retiree's Association

545 West 10th Avenue

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February 2024

Chinese New Year

The date of the Chinese New Year is determined by the lunar calendar. The holiday falls on the second new moon after the winter solstice on December 21. Each year the New Year in China falls on a different date than on the Gregorian calendar. February 10 is New Year's. The dates usually range sometime between January 21 and February 20. This year it will fall on Feb. 10 and will culminate with the Lantern Festival held on Feb. 24.

Gong Xi Fa Cai (Gung Hei Fat Choy)

St. Valentines Day

Valentine Day is likely based on a legend of Saint Valentine of Terni, who was executed on Feb. 14 for officiating weddings for Roman soldiers, against the wishes of Emperor Claudius II. Some saw him as a proponent of love for his actions. Another story involves the practice of writing love letters to your valentine. It's said that St. Valentine wrote the first "valentine" greeting to a young girl he tutored and fell in love with while he was imprisoned for the crimes outlined above. According to legend he signed the card "From your Valentine".

Happy Valentines Day

COSCO Delegate Report Single

The COSCO monthly hybrid meeting was held on January 12 and included a number of excellent reports. Additionally, the guest speaker this month was the CEO of Translink, Kevin Quinn. He provided an in-depth report on how Translink is addressing issues that are of concern to seniors. Translink does ongoing determination about which, if any, bus stops are moved or eliminated. As walking longer distances may be an issue for some seniors, Kevin assured the group that access to facilities of importance to seniors would be a major consideration prior to moving or removing a stop. Removing a stop would have the potential to increase the speed at which a route could be completed. There are six washrooms that are to be installed in the next year, which will be helpful for many. At this time there has been considerable discussion about which stations to locate them at and if they would be inside or outside of the fare paid zones. Although the idea of free transit for seniors was raised the details of the potential funding shortfall that Translink will face in the coming years would make this possibility unlikely.

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CONTEST WINNERS

Derby Draw Winner:

Donna Davies

Jackpot Winner:

No winner

Pot of Gold Winner

Pam McFayden



You must be in attendance or logged into the meeting in order to win and your dues must be up to date.

**PLEASE NOTE THE
CHANGE OF DATE FOR
FEB. MEETING.**

Membership Meeting

Bonsor Recreation

Complex and via Zoom

Feb. 14, 2024

11-12:30

Executive Meeting

February 21, 2024

Please forward any agenda items to the Executive. Contact information on the back page.

Con't from page one.

Electric vehicles are actually a part of the potential funding shortfall. Translink receives a portion of the gas tax and as gas use goes down so does the amount of funding they receive.

Translink management is also looking at the issue of riders, particularly seniors having to step up onto buses. Apparently, there are steps that can be taken to make buses stop at ground level to allow for easier access for everyone and these are being looked at.

As an affiliate of COSCO we are entitled to one delegate. I have taken on that role and will be attending the A.G.M. which will be held February 9th at 10am. The organization has completed a strategic plan and the details will be available at this time. If anyone is interested in attending this meeting, please contact me. It would be helpful to have someone take over this position. This is an extraordinarily interesting group of folks who represent a number of diverse organizations and do great work on behalf of seniors. The various committees which include transportation, health, housing to name a few, are opportunities to contribute. I'm certain that anyone willing to take on this position would find it very interesting.

Peoples Law School

Once again, this organization has developed a webinar that is of importance to many seniors. You might think scams aren't likely to happen to you.

But scammers are getting more cunning all the time. They know how to gain your trust. A scammer may pretend to be someone you know in a position of authority, like the pastor at your church. Or a trusted company, like one that sold you something recently.

Their reason for contacting you may seem reasonable. The pastor has a sick friend. The company says they're following up to report a problem.

Then they ask you for something. The pastor asks you to buy a gift card for their sick friend. The company asks you to confirm some payment information. You might feel embarrassed to say no. You might worry you can't say no.

Do you have questions about scams and identity theft? What are the clues you should watch for? Are certain people more at risk than others? What options do you have if you get scammed? The best way to deal with a scam is to avoid it in the first place. The second best is knowing what to do if it happens to you.

In this webinar, to be held on January 30 at noon, we'll be joined by Aaron Guillen of the Better Business Bureau and lawyer Lauren Liang, who will answer common questions about avoiding and dealing with scams and identity theft.

You must preregister for this valuable webinar and you may do so at this link, peopleslawschool.ca

Again, our February meeting will be a hybrid meeting. If you have any issues with accessing Zoom to participate in meetings, please don't hesitate to contact me. I know that this new technology can be somewhat challenging, but it is relatively simple to download the required application into your computer. It does offer a world of webinars that may be of interest to you.

Membership Fees

Just a quick reminder that your 2024 Membership fee ten(10.00) dollars are due on January 1 of each year. If you have already submitted your dues, thank you. Otherwise, you can submit your cheque c/o Dianna Smith. Her address is on the back page.

Zoom link

For those of you who are reading this newsletter from the CUPE Local 15 website please contact an executive member for the Zoom code should you wish to attend the meeting virtually.

Electronic copy

If you are currently receiving a hard copy of this newsletter please consider switching to an e-mail version. This reduces the paper waste as well as the cost of production. Let me know via e-mail. elizabethmcgee@shaw.ca

President's Message

Our next meeting will be the Annual General Meeting, April 3. This is an especially important meeting as in addition to the election of Board members we will be discussing how to move our organization forward with the recruitment of new members and folks to sit in positions on the Executive. As many of you are aware those members who are currently serving on the Executive have been in those positions for some time and it is felt that "new blood" might be needed to reinvigorate the organization. I would like to encourage folks to think about how we might achieve this goal and bring your ideas to this meeting. On a personal note, I have been in the President's position since Addie left and while it has been a very rewarding stint, I do think that it might be time to step down. I would still be involved in terms of attending meetings, participation in the social events, and editing the Golden Gang Gazette but would be happy to turn over the other duties to someone new.



Summary:

The importance of planning ahead before you are sick has never been clearer. COVID-19 and other unexpected events in our lives have reminded us of the benefits of planning for our health in advance. Many of us don't know where to begin, while others are unaware that we can have a say in our care. Together, we will learn about the 5 steps of Advance Care Planning to allow you, and the people who matter most to you, to be able to start and continue the Advance Care Planning process. Provided insights and resources will help you better understand how to share and document your wishes for future health and personal care.

Bios:

Christine:

Christine delos Santos is a Registered Nurse who began her career caring for adults before and after their surgical experience. She also worked in the primary care setting, collaborating with Family Doctors, where she gained notable experience in Advance Care Planning as well Serious Illness Conversations. Christine's priority as an Advance Care Planning Nurse Clinician is to empower both health care providers and the public to further enhance their confidence in making health care decisions that align with their values and wishes, for themselves as well as those who matter to them.

Bryn:

Bryn Poschenrieder is a Registered Social Worker with over 20 years of experience practicing within the social service realm. After initially embarking on her career in the non-profit sector, she completed her Master's degree in Social Work and transitioned into health care. Having worked in a variety of settings including acute care, mental health, pediatrics, maternity and community health, Bryn has had the privilege of walking alongside a diverse group of individuals and families at all stages of life. In her role as an Advance Care Planning Social Worker, Bryn enjoys connecting with members of the public and other health care providers to promote the importance of having conversations about values, beliefs, and what matters most to us.

2023-2024

Executive Board

Table Officers

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VMRRA Representative to COSCO

Betty McGee

Speaker Booking

Vacant

Member at Large General

Vacant

Remembering

Opinions, viewpoints, and accuracy of facts submitted by members is the responsibility of the writer and not of the Editor, Executive, or the Membership of the VMRRA.



Dues Remittance Form

I enclose my annual dues of \$10.00 per year for _____ years and _____ as a donation.

Total enclosed \$_____.

Name _____

Address _____

City _____ Postal Code _____

Phone _____

E-Mail _____

Former Employer _____

Optional Next of Kin _____

Please mail to: Dianna Smith c/o #1012-6631 Minoru Blvd.

Richmond, B.C. V6Y 1Z1

Cheques should be made payable to VMRRA