

# The Golden Gang Gazette

## Vancouver Municipal & Regional Retiree's Association

545 West 10th Avenue

Vol. 1 Issue 4

Vancouver BC V5Z 1K9

Sept. 2024

### Canadian Dental Care Plan

The Federal Government has released information about the eligibility for coverage under this dental plan. The eligibility criteria has been refined since the original release of information. Some of you may have already discovered you are eligible for this plan if you made the decision not to enroll in the plan offered through Blue Cross, when you first retired. If you are receiving a Municipal pension and did not opt for the dental plan offered when you first retired, you may be eligible for this plan. **Important not to cancel any current dental plan as doing so will make you ineligible for the Federal plan.**

To obtain coverage submit an application and await approval before seeking dental care. More good news related to this plan is that many more dentists are now accepting patients under this coverage.

**MPP Annual General Meeting** will be held October 17<sup>th</sup> from noon to 1pm and again it will be held online. It's unfortunate that the organization continues to hold their AGM online as I think a process for allowing folks to attend in person as well as online would be a better choice. Registration for the event will open in September at [mpp.pensionsbc.ca/annual-general-meeting](http://mpp.pensionsbc.ca/annual-general-meeting).

### NEW FOR THE OCTOBER MEETING – LUNCH

A decision has been made to reward attendees at our meetings by providing a light lunch. If you are planning on attending, please RSVP by e-mailing Donna Davies at [deedee4@telus.net](mailto:deedee4@telus.net). We'll need to know how many are attending to plan a menu. If this might be the first time you've attended a meeting, please feel free to join us with the proviso that you let Donna know. In addition to the light lunch we will have a draw for a \$25.00 Tim Horton's Gift Card, so please join us.

**ELECTION** - The Provincial election planning is well underway, and I am hoping that I will be able to attend any All-Candidates meetings in my area. I would encourage folks to participate in these events as they present really is a great opportunity to ask questions and hear the candidates' positions on various issues. You can register or update your information online at [electionbc.com](http://electionbc.com) or by phone at 1-888-661-8683 Monday to Friday, 8:30 am to 4:30pm. Registered voters will receive important updates from Elections B.C. after the election has been called, including information on where, when and how to vote.

### CONTEST WINNERS

Derby Draw Winner:

Jackpot Winner:

Pot of Gold Winner

Door Prize

Edie Pederson



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

### Membership Meeting

Bonsor Recreation  
Complex and via Zoom  
October 2, 2024  
11:00 a.m. - 12:30 p.m.

### Executive Meeting

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



I've been busy winterizing my yard and garden. The work never seems to end and has been complicated by the lawn mower dying. Once I buy a new one, I'll get busy with the final cuts for the year. The garden didn't produce a great crop for me and I'm wondering if I'll put one in next year.

In addition to my work with the VMRRA I am on the Provincial Executive of the Municipal Pension Retiree's Association. This group does a good deal of advocacy work on behalf of those receiving a municipal pension. I know that there are a number of folks that are members of both organizations but for those who are not I would encourage you to think about joining. You can log on the MPRA website at [mpr.ca/](http://mpr.ca/) to learn more about the organization.

**BOOK EXCHANGE** - I would encourage members to bring any gently used books to the meeting to participate in our book exchange. We haven't had one for some time and given the fall weather presents a great time to relax and curl up with a good book, it seems like an ideal time.

**NEW MEMBERS/VOLUNTEERS** We continue our ongoing efforts to recruit new members/volunteers. We are most anxious to recruit newer/younger members/volunteers to assist with production of the newsletter, assistance with Zoom meetings and recruiting and scheduling guest speakers. If you or anyone you know might be interested in helping, please let us know. There are only five meetings a year, so the workload is not onerous if shared.

As part of my work on recruiting new members I've been in touch with several folks still in the workforce. Interesting conversations ensued and one in particular was of interest to me, as I'm a knitter. [Eastvanknits@gmail.com](mailto:Eastvanknits@gmail.com) is a website created by a City employee, who hopefully will join our group upon her retirement. If you are looking for a project for the fall you might look at some of the interesting patterns available on her site, in addition to patterns she has knitted garments and novelties available for sale.



## **Speakers Corner - Grace Shyng Audiologist**

### **Subject: Healthy Hearing = Healthy Aging.**

Understanding hearing loss and best practices for managing your hearing health.

Grace Shyng is a Registered Audiologist and Hearing Instrument Practitioner in BC, and a Clinical Assistant Professor with the UBC School of Audiology and Speech Sciences. She is the co-founder and Director of Audiology at Network Hearing Health, a comprehensive audiology private practice in Port Coquitlam BC. Grace has nearly 30 years of clinical experience and has worked in many different roles, including Clinical Audiologist, Head of Audiology and Executive Director of a non-profit organization.

Her areas of interest include hearing health and aging, amplification, tinnitus management, and communication accessibility. Throughout her career, Grace has actively volunteered and served on many audiology and professional committees. Currently, she is co-chairing the Help BC Hear Better group, an initiative to create a provincial funding program for hearing health services and hearing aids in BC.

---

If you wish to join via zoom the code is below. If you need assistance logging into a zoom meeting please be in touch prior to the meeting date.

Elizabeth McGee is inviting you to a scheduled Zoom meeting.

Topic: Vancouver Municipal and Regional Retiree's Association

Time: Oct 2, 2024 11:00 AM Vancouver

Join Zoom Meeting

<https://zoom.us/j/94183411231?pwd=A87tMacR9g9RhXu8b5KQsPGUtxqeOh.1>

Meeting ID: 941 8341 1231

Passcode: 722807

---

One tap mobile

+13462487799,,94183411231#,,,,\*722807# US (Houston)

+13602095623,,94183411231#,,,,\*722807# US

---

Dial by your location

- +1 346 248 7799 US (Houston)
- +1 360 209 5623 US
- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 646 931 3860 US
- +1 669 444 9171 US
- +1 669 900 6833 US (San Jose)
- +1 689 278 1000 US
- +1 719 359 4580 US
- +1 929 205 6099 US (New York)
- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)

Meeting ID: 941 8341 1231

Passcode: 722807

Find your local number: <https://zoom.us/u/adGD4SbJo7>

---

## **AROUND TOWN**

The fall season is upon us and the opportunities to get out and socialize are numerous. Socializing is such an important part of healthy aging and the Executive of the VMRRA are encouraging all members to look for opportunities to engage with others. Socializing is good for the soul.

Book clubs at your local library are recruiting new members for the fall. Libraries are also a wonderful resource for those of you who may need help or access to computers.

### **B.C. Labour Heritage Centre**

**Treat yourself to a monthly dose of labour history.**

The B.C. Labour Heritage Centre newsletter is a free monthly look at our rich past, and what it can tell us about the BC labour movement's future. Sign up for your free monthly subscription. If anyone is interested, I would be happy to try to organize a visit and tour of the facility. Please let me know.

There are a number of Senior Centers around the lower mainland that offer a variety of interesting and affordable activities. I've listed a few below.

**South Granville Senior's Centre** 1420 West 12<sup>th</sup> Ave.

Amaryllis Singing Group Monday 11:00 a.m. – 2:00 p.m. This informal choir requires no training so if you have an interest call 604-732-0812 or e-mail at [info@southgranvilleseniors.ca](mailto:info@southgranvilleseniors.ca)

**Minoru Centre for Active Living** 7191 Granville Street Richmond

If you have never tried curling, there is an opportunity to try this sport at no cost. There are four sessions starting on Sept. 28. To register or for more information call 604-238-8450.

**Confederation Seniors Center** 585 Albert St, Burnaby

Active aging, which provides a cardio workout through dance is available on Friday mornings from 9:00 a.m. -10:00 a.m. What a great way to start your day. For more info call 604-294-1936.

### **Information Request**

In producing this newsletter, I scan for articles of interest to seniors and activities or events that they might be interested in attending. It's a somewhat time-consuming process and I would appreciate very much, if you could browse your local community center schedules and send me any information about scheduled programs or special events that would be appropriate for our newsletter.

I would also like to hear about any activities, events, or hobbies that you or someone you may know that is still in the workforce is involved in that we might want to let our members know about. Any comments or ideas about what might be included in the newsletter would be appreciated.

**2019-2020**

**Executive Board**

**Table Officers**

**President**

**Betty McGee**

**604-520-5610**

**elizabethmcgee@shaw.ca**

**Vice President**

**Vacant**

**Treasurer**

**Dianna Smith**

**604-278-3910**

**Dianna.smith@shaw.ca**

**Secretary**

**Irene McCorkindale**

**604-421-3524**

**jimandirene@telus.net**

**Members at Large**

**Social Committee**

**Donna Davies**

**604-431-5575**

**deedee4@telus.net**

**Good and Welfare**

**Pam McFadyen**

**604-431-0179**

**afpr@shaw.ca**

**Refreshment Committee**

**Vacant**

**Telephone Committee**

**Pam McFayden**

**VMRRA Representative to COSCO**

**Betty McGee**

**Speaker Booking**

**Vacant**

**Member at Large General**

**Vacant**

# Remembering

Gail McKay

January 21, 1941 – July 19, 2024

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***