



PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION

NEWSLETTER – FALL 2016

PRESIDENT'S MESSAGE from Cathy Van Herwaarden:

Hello to my colleagues in retirement! Whether it's your first year in retirement or your umpteenth year, I'm sure that you love it and can't believe that you ever found time to teach!!! It's taken me five years; but I feel that I'm in full stride retirement, now. Since, I've sold my consignment shop (Threads and Treasures in Qualicum Beach); I even have time to create a newsletter. Hope you like it!!!

Your PQRTA Executive for 2016/2017 from left to right:



Ellen Coates (Treasurer)
Kay Howard (Past-President)
Marg Hoverman (Secretary)
Cathy Van Herwaarden (President)
Laurel Johannson (Membership)
Elaine Young (Program)
Colleen Craig (Sunshine)
Sharon Cox-Gustavson (Heritage)
Lucinda Hendren (Vice-President)
Missing: Val Dyer (Communication)

See this photo and more on the PQRTA Blog that is linked to BCRTA website:

<http://bcrt.ca/bcrt-branches/107-parksville-qualicum>

Thanks to Jim Swanson for updating this site.

"To Hell with the Bell" – Tuesday, Sept. 6th

We had 45 people attend Quality Bayside Resort's delicious breakfast buffet that included a mimosa for our toast and congratulations to our brand new retirees!!!

Left to right:

- Don Standing
- Laurie Mitchell
- David Osborn
- Diane Williams

Missing:

- Heather Dobinson
- Margo Hodgson
- Bob Adamson



We were very pleased with the Bayside's food and service, not to mention the amazing ocean view! So, we booked this venue for 10:00am on **Tuesday, Sept. 5, 2017**. Save the date!!!

WELCOME NEW MEMBERS:

- Paul Anders – Qualicum School District
- Marjorie Buckham – Central Okanagan School District
- Kathryn Collins - Qualicum School District
- Heather Dobinson - Qualicum School District
- Linda Greig - Qualicum School District
- John Kurulak - Qualicum School District
- Suzanne Rush – North Van School District
- Jeffrey Temple - Qualicum School District



http://images.clipartpanda.com/kindergarten-clipart-welcome_c.gif

Do you know of any retired teachers that are not paid-up members? Maybe they're from our local district, or maybe they've moved from elsewhere in BC or other provinces. If so, please pass along the word that we are a great association to join with lots of benefits! Our local branch receives a "bonus" for each new member and there is a perpetual trophy and prize for top growth in membership. Pass the word, as the more the merrier!!!



GOLDEN STAR AWARDS:

Did you know that BCRTA gives five awards of \$1500 to schools that are involved in working with seniors? Did you know that your PQRTA President received one of these rewards in her teaching career? Yes, me!!! This past year, only four awards were given, as others did not meet the criteria. Are you aware of a teacher that needs to know about this? Spread the word!!! For more information: http://bcrt.ca/images/Final_BCRTA_Golden_Stars_Awards_Application_Revised_June_20_2016_.pdf

SPOT THE SENIOR in the NEWS:



I Spy... a PQRTA life member.
Can you???

(Eva Hilborn standing
in the middle.)



BLANKETING HISTORY: More than 40 participants turned out to enact an indigenous rights blanket exercise Saturday at The Church of the Ascension in Parkville. The exercise, hosted by the multi-denominational Kairos church collective, grew out of the truth and reconciliation process as a tool to share the historic and contemporary relationship between indigenous and non-indigenous people in Canada.

PQB NEWS: Film Maker brings Parksville Qualicum History to Life:



Cliff Craven of Target Multi-Media (left) and Blain Sepos of the Parksville Qualicum Beach Tourism Association show off an interactive historic tour panel at the Rod & Gun Bar and Grill in Parksville. The site is one of 10 on an historic tour of the mid-Island.

Image Credit: J.R. Rardon Photo

For the full story: <http://www.pqbnews.com/business/388960201.html>

Take the tour of the ten historic sites: <http://www.visitparksvillequalicumbeach.com/historic-tour>

BOTTOMS UP! CHEERS!



Water has unexpected benefits

By David Porteous

Have you or have any of your friends or relatives ever said.....

"I don't want to drink anything before going to bed because I will have to get up during the night!!"

Gravity holds water in the lower part of your body when you are standing.

When you lie down and the lower body is level with the kidneys, the kidneys will then want to remove water.

Well, you may want to reconsider and have that drink before bedtime.

I was told by a Cardiac Doctor if you drink one glass of water before going to bed it could help avoid a

stroke or heart attack!

We all need water to flush the toxins from our systems but I didn't know there is a correct time to drink water.

I recently read an article in a medical journal which described how drinking water at the proper times can maximize the effectiveness and benefits to the body.

The examples given were:

- two glasses of water after waking up in the morning helps activate internal organs,
- one glass of water 30 minutes before a meal helps digestion,
- one glass of water before taking a bath helps lower blood pressure,

and

- one glass of water before going to bed may help avoid strokes or heart attacks.

If the only downfall drinking before going to bed is, "having to get up during the night" it's obviously a small price to pay. Remember, ask your doctor about ways to improve your personal health. It may help you live longer!

David J.A. Porteous is an Elder Planning Counselor (EPC) and President of Working Enterprises Consulting & Benefits Services Ltd.

He is a charter member of the Canadian Initiative for Elder Planning Studies.

Dave's Corner: Advocate, Autumn 2016

Advocate: Official news magazine of the BC Federation of Retired Union Members (BC FORUM)

CHES SPONSORSHIP UPDATE - Contributed by Don & Wendy Reimer

The Canadian Harambee Educational Society (CHES) sponsors 300+ girls in Kenya and another 300+ in Tanzania. Each girl is supported by individuals or groups, such as ours, to the tune of \$600 per year. The Kenyan CHES office, called CHES House, is located in the 'town' of Kakamega (serving well over a million people!) The 10 or so boarding schools that the girls attend are spread around Kakamega County, within 1 -2 hours' drive.

Last November, our RTA chapter finished its sponsorship of **Hellen Makokha**. We saw her through her secondary school program at Imbale Secondary, near Kakamega in the Western Highlands of Kenya. On her final report card, Hellen was ranked 1st in her form of 59 students, with a mean grade average of B-. Her mark in English was C+ and Math was a D. Imbale is a rather impoverished school, one which Don and I were familiar with in 2011, just before Hellen's time there. Their principal died while Hellen was there, very unfortunately, as he was a bright, enlightened young man. However, with a B- Hellen could get into a post-secondary program, if she had funding. (CHES does not fund post-secondary.) Even if she doesn't go further, her 4 years of secondary school will make a huge difference to her chances in life.



Our new student, **Mercyline Kirikita**, has sent her autobiography and her first letter to us. CHES encourages us to write to her at school. (The girls do not have email). If you do choose to write to Mercyline remember that snail mail is not always reliable. Sending gifts is not recommended, nor are pretty Canadian stamps! It is best to ask the postal clerk to run your letter through the post office machine postage stamper.

If Mercyline wishes to respond to you she can deliver her letter to CHES House on her next visit there to discuss her marks and progress. CHES sends letters home with returning agents and then mails them to sponsors here in Canada. Mercyline's position was 7 out of 238 girls in her form and her Mean Grade was an A- at the end of Term 1. Musoli is a strong school, and she is a strong student: A in English and A- in Math! She turned 14 on July 27 and speaks Luhya (her mother tongue), Kiswahili and English. Her English is really very good and it should be easier to communicate with her than our last student. Mercy wants to be a doctor, seems quite sincere and practical.



Postal Address:

Mercyline Kirikita, Form 1,
St. Anne's Musoli Girls High School,
P.O. Box 756,
Kakamega 50100
Kenya

A few of the terms used in her letter:

Mocks – practice exams, usually from previous years

Ranking – The Kenyan school system runs on fierce competition to be ranked in the top of your form. CHES insists the girls stay in the top 3rd of their form, with a minimum of C+ Mean Grade* to keep their scholarships. (*This may have altered a bit since 2011).

Temporary house – iron roof, pole walls, smeared cow dung walls and floors (to prevent jiggers from coming up from under the house) Jiggers or chigoe fleas are parasitic insects which burrow into the feet.

Ugali – corn flour porridge, filling, but not much nutrition

School year – January to November

School day – 6:30 a.m. (sunrise) to 6 p.m. (half an hour before dark)

Chores – at home a girl has a lot of household chores, therefore boarding school is essential for her to have time to study (“revise”)

MERCYLINE’S LETTER:

April 12, 2016

Dear Parksville Qualicum RTA,

I am glad to say thank-you for the scholarship that you offered to me. The sponsorship has affected my life positively. It has really made me hopeful for a bright future. I appreciate because I know the sponsorship will make me achieve my goals that I have got in my life. In school, the environment is favourable with me. I have never felt sick since I entered school. The environment is also supportive to studies. Now it is just my turn to work hard and be smart in academics and also have discipline and I promise to do so.

I would like to achieve my goals and also make my dream come true by becoming a doctor. When I get employment, I will make sure I sponsor someone else who is in need. I will at least take some children to school and pay their fees.

At home the weather is always cloudy and rainy. We receive rainfall at most times. By now the planting has already been done. We plant crops such as maize, cassava, potatoes and vegetables. At home during supper we mostly eat ugali and vegetables and take porridge in the morning.

I like playing legball with my former classmates who joined other schools. We also exchange information from our teachers.

Yours sincerely,
Mercyline Kirikita

MERCYLINE KIRIKITA: My Autobiography

I was born on 27th July in Kakamega County at a village called Eshibina in Butere District. I am from a family whereby our house is temporary meaning that it is not made of bricks or cement. Our house is iron roofed and the floor is smeared by the cowdung. Cowdung are waste materials from a cow. We smear the floor to make it presentable.

We cook our food by use of firewood. We get our fuel by collecting from bushes. I normally collect the firewood almost per day. I also cut some firewood and keep for use during the school days and also when I'm busy.

We mostly eat ugali during supper time. Ugali is stirred flour. We get our water from a flowing river. We carry the water on our heads back home. It is quite a long distance from our home to the river.

While at home, I normally clean our house and even the compound. I wash utensils and clothes. I fetch water. I cook and also fetch firewood. I like helping my father and my brothers to finish some duties.

We were born five children ie two girls and three boys. Our first born is a girl. She did her form four exams last year and by now she is at home. Our second born is a boy who also finished his form four last year. He is twenty one yeared boy. Our third born is a boy. He is seventeen years old. He is in form three. The fourth born is sixteen years old. He also finished his class eight exams last year. I am the last born. I am fourteen yeared girl.

At home we use two languages. We mostly use Kiswahili but sometimes use mother tongue. I learned at Shinamwenyuli Primary school. I liked mathematics and Kiswahili. While at school, I participated in games. I was also a musician. We were sixty students in our stream. In total we were one hundred and twelve candidates. We shared desks. We sat three per desk.

Our school year begins at January the first week and end at November the last week. We get our holidays on Sundays. Our classes started at 6:30 a.m. and ended at 6:00 p.m.

We ate lunch at school. We ate Githeri. Githeri is mixed maize and beans.

I thank you for granting me a scholarship. I will continue to work hard to achieve my goals. I would like to be a doctor to treat people and make their health better.

How is the weather in Canada? What do you like eating? How do you spend your day?



FUN FACTS: Tanzania is an East African country known for its vast wilderness areas. They include the plains of Serengeti National Park, a safari mecca populated by the "big five" game (elephant, lion, leopard, buffalo, rhino), Kilimanjaro National Park, home to Africa's highest mountain. Offshore lie the tropical islands of Zanzibar, with Arabic influences, and Mafia, with a marine park home to whale sharks and coral reefs.

Capital: Dodoma

Currency: Tanzanian shilling

Population: 49.25 million (2013) World Bank

Official languages: Swahili, English

From BC Teachers' Federation: <https://bctf.ca/>

Government promoting two-tiered education system and segregation of children with special needs instead of support for all students

A recent funding announcement from government granting private schools \$1 million for specialized programs for children with special needs only serves to promote a harmful two-tiered and exclusive vision for education in British Columbia.

BCTF renews call for new leadership at children's Ministry after new report on violence against children in care

The BC Teachers' Federation is renewing its call for the resignation of Stephanie Cadieux, Minister of Children and Family Development, following a devastating report from BC's Representative for Children and Youth about children in government care facing sexualized violence. The BCTF first demanded Minister Cadieux's resignation in March 2016 following the death of Patricia Evoy, an Aboriginal youth who had recently aged out of care.

BCTF report to MLAs calls for significant boost

Once again the BC Teachers' Federation is urging provincial legislators to follow through on their own previous recommendations to increase public education funding.

With a \$1.9 billion surplus, it's time to re-invest in BC's public schools

The BC government announced a projected provincial budget surplus of over \$1.9 billion even as school districts around the province are considering more school closures and deeper cutbacks. BCTF President Glen Hansman reacted to the news by calling on the government to make an immediate and substantial re-investment in BC's public education system.

BCTF releases list of best kids' books as selected by BC teachers

As part of the BC Teachers' Federation's 100th anniversary, the BCTF encouraged members to recommend their favourite kids' books to celebrate literacy and lifelong learning. The result is a list of 100 books each for elementary and secondary students with an accompanying online resource and poster set to promote the books and the love of reading.

Ministry of Education posts important curriculum updates

Teachers can now read updated proposals for the revised grades **10-12 curriculum** as well as the finalized versions of the **K-9 curriculum** on the **Ministry of Education** website. The government has also posted **instructional samples** created by teachers from across the province.

FOR IMMEDIATE RELEASE

September 7, 2016

BCTF releases list of best kids' books as selected by BC teachers

As part of the BC Teachers' Federation's 100th anniversary, the BCTF encouraged members to recommend their favourite kids' books to celebrate literacy and lifelong learning. We asked teachers: "What are the books you believe every student should read before graduating?" The result is a list of 100 books each for elementary and secondary students with an accompanying online resource and poster set to promote the books and the love of reading.

"The BCTF received thousands of submissions from teachers throughout the province to make these best books lists," said BCTF President Glen Hansman. "Some teachers told us they chose books that inspire, books that resonate with their students, and books that stand the test of time. Other submissions were made based on the outstanding quality of writing or the compelling stories told. The list is by no means exhaustive or scientific, but it reflects the enthusiasm and passion teachers have for literacy and reading."

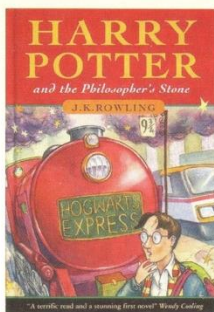
To celebrate the release of the 100 Best Books lists, the BCTF has created a new web page called [BCTF.ca/100bestbooks](https://bctf.ca/100bestbooks), and sent posters to every public school, public library, and independent book store in BC. The web page has links to every book to help readers access descriptions and the publishers' information. The release of the lists also coincides this week with International Literacy Day, which is September 8, 2016.

"I encourage all teachers and others who love a great read to explore these best book lists," said Hansman. "There is some excellent diversity represented and it shows how rich the genres of children's and young adult literature are. Thank you too all the authors out there creating such wonderful stories!"

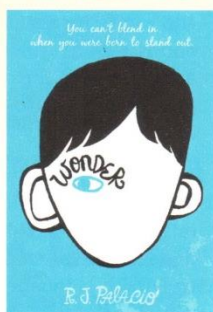
For more information, contact Rich Overgaard, BCTF media relations officer, at 604-871-1881 (office) or 604-340-1959 (cell).

Need a book for a Christmas present??? For a full listing, see next two pages:

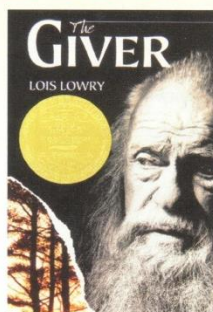
100 BEST BOOKS for BC students



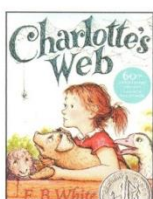
1 Harry Potter Series
by J.K. Rowling



2 Wonder
by R.J. Palacio



3 The Giver
by Lois Lowry



4 Charlotte's Web
by E.B. White



5 Le Petit Prince/ The Little Prince
by Antoine de Saint-Exupéry

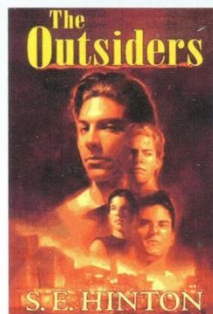
6. *Holes* by Louis Sachar
7. *Hatchet* by Gary Paulsen
8. *Where the Wild Things Are* by Maurice Sendak
9. *Matilda* by Roald Dahl
10. *Oh, the Places You'll Go!* by Dr. Seuss
11. *The Paper Bag Princess* by Robert Munsch
12. *The Outsiders* by S.E. Hinton
13. *Silverwing* by Kenneth Oppel
14. *The Hobbit* by J.R.R. Tolkien
15. *Love That Dog* by Sharon Creech

16. *The Breadwinner* by Deborah Ellis
17. *Anne of Green Gables* by L.M. Montgomery
18. *Fatty Legs* by Christy Jordan-Fenton, Margaret Pokiak-Fenton
19. *The Tale of Despereaux* by Kate DiCamillo
20. *Where the Sidewalk Ends* by Shel Silverstein
21. *The BFG* by Roald Dahl
22. *Love You Forever* by Robert Munsch
23. *Bridge to Terabithia* by Katherine Paterson
24. *Gros Bobo* by Jeremy Tankard
25. *A Long Walk to Water* by Linda Sue Park
26. *And Tango Makes Three* by Justin Richardson, Peter Parnell
27. *Chicka Chicka Boom Boom* by Bill Martin Jr., John Archambault
28. *Number the Stars* by Lois Lowry
29. *The Cat in the Hat* by Dr. Seuss
30. *Are You There God? It's Me, Margaret* by Judy Blume
31. *Don't Let the Pigeon Drive the Bus!* by Mo Willems
32. *Ish* by Peter H. Reynolds
33. *Because of Mr. Turtur* by Rob Buyea
34. *A Wrinkle in Time* by Madeleine L'Engle
35. *Shin-chi's Canoe* by Nicola I. Campbell
36. *Shi-shi-etko* by Nicola I. Campbell
37. *Scaredy Squirrel* by Mélanie Watt
38. *The Lorax* by Dr. Seuss
39. *The True Story of the Three Little Pigs!* by Jon Scieszka
40. *The Hunger Games* by Suzanne Collins
41. *Where the Red Fern Grows* by Wilson Rawls
42. *Amulet Series* by Kazu Kibuishi
43. *A Series of Unfortunate Events* by Lemony Snicket
44. *Bud, Not Buddy* by Christopher Paul Curtis
45. *Click, Clack, Moo: Cows That Type* by Doreen Cronin
46. *Because of Winn-Dixie* by Kate DiCamillo
47. *How the Grinch Stole Christmas!* by Dr. Seuss
48. *I Am Malala/Moi, Malala* by Malala Yousafzai, Christina Lamb
49. *Il n'y a pas de pays sans grand-père* by Roch Carrier
50. *Iqbal* by Francesco D'Adamo
51. *No David* by David Shannon
52. *Mrs. Frisby and the Rats of NIMH* by Robert C. O'Brien
53. *Goodnight Moon* by Margaret Wise Brown
54. *Little Bear's Vision Quest* by Diane Silver
55. *The Stranger* by Chris Van Allsburg
56. *The Day the Crayons Quit* by Drew Daywalt
57. *The Boxcar Children* by Gertrude Chandler Warner
58. *The Mouse and the Motorcycle* by Beverly Cleary
59. *Walking Home* by Eric Walters
60. *The Story of Ferdinand* by Munro Leaf
61. *Diary of a Wimpy Kid* by Jeff Kinney
62. *Rosie Revere, Engineer* by Andrea Beaty
63. *Something from Nothing* by Phoebe Gilman
64. *The Eternal Spring of Mr. Ito* by Sheila Garrigue
65. *The Giving Tree* by Shel Silverstein
66. *The Miraculous Journey of Edward Tulane* by Kate DiCamillo

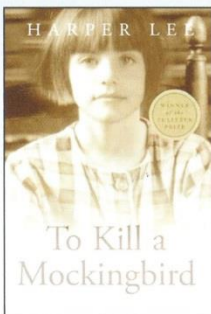
67. *Where the Mountain Meets the Moon* by Grace Lin
68. *Yetsa's Sweater* by Sylvia Olsen
69. *The Lightning Thief* by Rick Riordan
70. *Tales from Gold Mountain* by Paul Yee
71. *Sadako and the Thousand Paper Cranes* by Eleanor Coerr
72. *Owls in the Family* by Farley Mowat
73. *Miss Rumphius* by Barbara Cooney
74. *The Sky is Falling* by Kit Pearson
75. *Je ne lirai pas ce livre!* by Joy Ang, Cece Meng
76. *We Are in a Book!* by Mo Willems
77. *Underground to Canada* by Barbara Smucker
78. *Brown Bear, Brown Bear, What Do You See?* by Bill Martin Jr., Eric Carle
79. *Chrysanthemum* by Kevin Henkes
80. *The One and Only Ivan* by Katherine Applegate
81. *Airborn* by Kenneth Oppel
82. *Coraline* by Neil Gaiman
83. *The Velveteen Rabbit* by Margery Williams
84. *The Magic Beads* by Susin Nielsen-Fernlund
85. *Stormbreaker* by Anthony Horowitz
86. *My Name is Seepeetza* by Shirley Sterling
87. *Le gros monstre qui aimait trop lire* by Lili Chartrand
88. *James and the Giant Peach* by Roald Dahl
89. *Jacob Two-Two Series* by Mordecai Richler
90. *Knuffle Bunny* by Mo Willems
91. *Frog and Toad Are Friends* by Arnold Lobel
92. *I Have to Go!* by Robert Munsch
93. *Fly Away Home* by Eve Bunting
94. *17 Things I'm Not Allowed to Do Anymore* by Jenny Offill
95. *From Anna* by Jean Little
96. *The Three Questions* by Jon J. Muth
97. *The Wump World* by Bill Peet
98. *The Dot* by Peter H. Reynolds
99. *Half Brother* by Kenneth Oppel
100. *Sammy Squirrel & Rodney Raccoon: A Stanley Park Tale* by Duane Lawrence



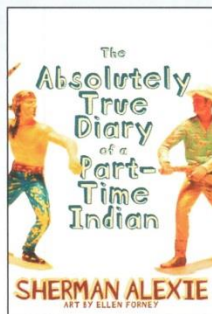
As chosen by BC TEACHERS



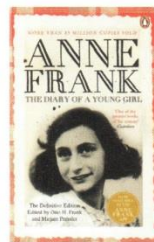
1 The Outsiders
by S.E. Hinton



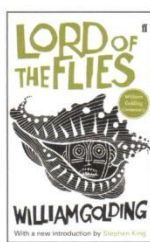
2 To Kill a Mockingbird
by Harper Lee



3 The Absolutely True Diary of a Part-Time Indian
by Sherman Alexie



4 The Diary of a Young Girl
by Anne Frank



5 Lord of the Flies
by William Golding

6. **The Book Thief** by Markus Zusak
7. **Oryx and Crake** by Margaret Atwood
8. **Life of Pi** by Yann Martel
9. **Animal Farm** by George Orwell
10. **The Boy in the Striped Pajamas** by John Boyne
11. **The Hunger Games** by Suzanne Collins
12. **The Book of Negroes** by Lawrence Hill
13. **Anne of Green Gables** by L.M. Montgomery
14. **Pride and Prejudice** by Jane Austen
15. **Catcher in the Rye** by J.D. Salinger
16. **Le Petit Prince/ The Little Prince** by Antoine de Saint-Exupéry
17. **Monkey Beach** by Eden Robinson
18. **1984** by George Orwell
19. **The Giver** by Lois Lowry
20. **Three Day Road** by Joseph Boyden
21. **Tomorrow, When the War Began** by John Marsden
22. **A Separate Peace** by John Knowles
23. **Ender's Game** by Orson Scott Card
24. **Teen Angst? Naah...** by Ned Vizzini
25. **The Grapes of Wrath** by John Steinbeck
26. **Kite Runner** by Khaled Hosseini
27. **Fahrenheit 451** by Ray Bradbury
28. **Room** by Emma Donoghue
29. **Harry Potter Series** by J.K. Rowling
30. **Between a Rock and a Hard Place** by Aron Ralston
31. **Alive** by Piers Paul Read
32. **The Fault in Our Stars** by John Green
33. **A Midsummer Night's Dream** by William Shakespeare
34. **The Crucible** by Arthur Miller
35. **The Red Badge of Courage** by Stephen Crane
36. **I Am Malala/Moi, Malala** by Malala Yousafzai, Christina Lamb
37. **Lives of Girls and Women** by Alice Munro
38. **Alice, I Think** by Susan Juby
39. **A Short History of Progress** by Ronald Wright

40. **The Secret Life of Bees** by Sue Monk Kidd
41. **The Hobbit** by J.R.R. Tolkien
42. **Winger** by Jerry Spinelli
43. **The Story of My Life** by Helen Keller
44. **A Tree Grows in Brooklyn** by Betty Smith
45. **A Walk to Remember** by Nicholas Sparks
46. **Les Fleurs du Mal** by Charles Baudelaire
47. **Summer of my German Soldier** by Bette Greene
48. **Slaughter-House-Five** by Kurt Vonnegut
49. **The Handmaid's Tale** by Margaret Atwood
50. **Indian Horse** by Richard Wagamese
51. **Night** by Elie Wiesel
52. **Throwaway Daughter** by Ting-Xing Ye
53. **A Wrinkle in Time** by Madeleine L'Engle
54. **His Dark Materials Trilogy** by Philip Pullman
55. **Into Thin Air** by Jon Krakauer
56. **Shattered** by Eric Walters
57. **Speak** by Laurie Halse Anderson
58. **The Diviners** by Margaret Laurence
59. **Maus** by Art Spiegelman
60. **The Call of the Wild** by Jack London
61. **Brown Girl Dreaming** by Jacqueline Woodson
62. **Divergent** by Veronica Roth
63. **Somewhere Out There** by Amy Hatvany
64. **The Bone Collector's Son** by Paul Yee
65. **Geography Club** by Brent Hartinger
66. **Of Mice and Men** by John Steinbeck
67. **Othello** by William Shakespeare
68. **Crank** by Ellen Hopkins
69. **The Help** by Kathryn Stockett
70. **Romeo and Juliet** by William Shakespeare
71. **The Tempest** by William Shakespeare
72. **Dragonwings** by Laurence Yep
73. **Eleanor & Park** by Rainbow Rowell
74. **Dracula** by Bram Stoker
75. **Under the Bridge: The True Story of the Murder of Reena Virk** by Rebecca Godfrey
76. **Water for Elephants** by Sara Gruen
77. **Child of Dandelions** by Shenaaz Nanji
78. **The Watsons Go to Birmingham—1963** by Christopher Paul Curtis
79. **The Perks of Being a Wallflower** by Stephen Chbosky
80. **The Chrysalids** by John Wyndham
81. **Unwind** by Neal Shusterman
82. **War and Peace** by Leo Tolstoy
83. **Milk and Honey** by Rupi Kaur
84. **Not for Sale** by David Batstone
85. **The Scarlet Letter** by Nathaniel Hawthorne
86. **We Are the Ants** by Shaun David Hutchinson
87. **The Inconvenient Indian** by Thomas King
88. **Bonheur d'occasion/ The Tin Flute** by Gabrielle Roy
89. **One Hundred Years of Solitude** by Gabriel García Márquez
90. **All Quiet on the Western Front** by Erich Maria Remarque
91. **All the Light We Cannot See** by Anthony Doerr
92. **Chasing Freedom** by Gloria Ann Wesley
93. **Gutsy Girls: Young Women Who Dare** by Tina Schwager, Michele Schuerger
94. **Friday Night Lights** by H.G. Bissinger
95. **The Glass Castle** by Jeannette Walls
96. **Gorillas in the Mist** by Dian Fossey
97. **Beloved** by Toni Morrison
98. **I Know Why the Caged Bird Sings** by Maya Angelou
99. **My Sister Lives on the Mantelpiece** by Annabel Pitcher
100. **State of Wonder** by Ann Patchett



BCTF100
Celebrating a century



EXPANDED CANADA PENSION PLAN FOR WORKING CANADIANS:

(as per Email sent on October 1st)

From Gerry Tiede – 2nd Vice President for BCRTA

Speak out on improving the Canada Pension Plan

In June, all of the provincial finance ministers signed an agreement in principle for enhancing the Canada Pension Plan to benefit workers across the country. However, the BC government refused to approve the major changes by the July 15, 2016, deadline. Instead, Premier Christy Clark has opted to launch public consultations. The BCTF wrote Premier Clark to encourage her to support the CPP enhancements, but we need your help in advocating for a stronger CPP. If BC does not sign off on the major changes, it could jeopardize the entire deal for all Canadians.

Plan for Expanded CPP (from Canadian Labour Congress)

We are calling on the federal and provincial governments to work together to implement a universal expansion of the Canada Pension Plan to benefit all working Canadians.

We are asking the federal and provincial governments to double Canada Pension Plan (CPP) benefits. This plan would raise the current benefit to 50 percent of an individual's updated career average earnings (from the current 25 percent). Expressed in 2016 dollars, this would raise the maximum monthly CPP retirement benefit from \$1,092.50 to \$2,185.

In order to fund the additional benefit, CPP contributions on pensionable earnings (in 2016, annual employment earnings between \$3,500 and \$54,900) would increase equally for employees and employers (by 2.45 percent each). The total combined employee and employer contribution would ultimately be 14.8 percent. Our plan proposes to phase in this contribution increase in equal increments over a period of seven years.

This plan does not change any earnings limits or exclusions, but instead doubles existing CPP retirement benefits. It benefits the two-thirds of income earners in Canada who earn up to the year's maximum pensionable earnings (\$53,900 in 2016), but will also lift the CPP benefits of middle-income earners with incomes above that amount.

The CPP Advantage:

<https://www.abetterplanforall.ca/the-cpp-advantage/>

Why expand the CPP:

<https://www.abetterplanforall.ca/what-is-expansion/>

Canadian Labour Congress - "A Better Plan for All"

<http://canadianlabour.ca/news/news-archive/canadian-unions-launch-new-cpp-campaign-%E2%80%9C-better-plan-all%E2%80%9D>

Canada Pension Plan Enhancements - BC Government:

<http://engage.gov.bc.ca/canadapensionplan/>

Proposed CPP Enhancements:

<http://engage.gov.bc.ca/canadapensionplan/general-information/>

Monday, June 20, 2016 - Provincial Financial Ministers sign agreement
<http://canadianlabour.ca/news/news-archive/canadian-unions-celebrate-announcement-universal-cpp-expansion>

However, the BC government refused to approve the major changes by the July 15, 2016, deadline. Instead, Premier Christy Clark has opted to launch public consultations.

We need to SPEAK OUT for the benefit of Canadian workers!!!

SIGN THE PETITION:

<https://www.abetterplanforall.ca/sign-the-petition/>

Or, Email your comments to CitizenEngagement@gov.bc.ca Pass the word!!!

BC RETIRED TEACHERS' ASSOCIATION CONFERENCE and AGM: Sept. 22, 23, and 24

Ellen Coates (treasurer) and I attended this event in Richmond. It was exhilarating to be in a room with so many retired teachers from around our province and to listen to so many interesting speakers. For more information, please see separate report on the following topics:

- 1. Geriatrics in Canada: Promoting Health and Wellness through Geriatric Medicine Research** by Dr. Paula A. Rochon, MD, MPH, FRCPC Professor, Department of Medicine, University of Toronto and Chair in Geriatric Medicine, University of Toronto
- 2. Modernizing the Canada Health Act (and why we need to do way, way better)** by Dr. Colleen Flood: Health Law, Policy and Ethics (University of Ottawa)
- 3. Pensions and Benefits** by Gerry Tiede (2nd Vice President for BCRTA)
Our pension investment is in good hands and doing very well. We are set for life!
- 4. Legal Issues by Margaret H. Mason** (lawyer with Bull Housser)
Due to Income Tax law, there is change coming with how the finances are done for BCRTA and our local branches. Stay tuned for new ways of paying for social events.

**COUNCIL OF SENIOR CITIZENS' ORGANIZATION of BC (COSTCO) CONFERENCE
Sheraton Vancouver Airport Hotel, Richmond, BC – Sept. 25 and 26, 2016**

While in Richmond, I attended this event, as well. It was humbling to be gathered together with so many vital seniors and passionate, knowledgeable speakers.

COSCO is a democratic, non-partisan umbrella organization representing 100,000 seniors with 85 affiliated organizations (BCRTA is affiliated). It was founded 66 years ago by retired railroad workers to provide an effective voice for BC seniors. COSCO is recognized as a leader for social change affecting seniors and believes in seniors helping seniors. The purpose of COSCO is "to assemble, coordinate and advance proposals and resolutions related to the health, social and economic well-being of elder citizens in the province". COSCO is a member of National Pensioners' Foundation which advocates for seniors at the national level. For more information: <http://www.coscobc.org/> and <http://www.nationalpensionersfederation.ca/>

Two interesting snippets from the COSCO conference:

- Richmond seniors live longer to average age of 85 (national average is 81 years)
- Since 2007, 35% increase in myopia (screen sightedness)

For more information about the COSCO conference, please see separate report on the following topics/speakers:

1. **Daryl Plecas:** Parliamentary Secretary to the Minister of Health for Seniors
2. **Isobel Mackenzie:** Office of the Seniors Advocate – Towards Aging Well in BC
3. **Brian Dodd:** New Westminster Senior Services Society - Seniors and Homelessness
4. **Matthew Boyd:** BC Transit – Rural Transportation
5. **Jo Ann Woodhall:** TransLink – Transportation Demand Management Officer
6. **John Stark:** Social Planner for New Westminster – Planning for an aging population
7. **Chris Chan:** TransLink – Seniors and Newcomers
8. **Sam McLeod:** Superintendent of Motor Vehicles – Life After Driving
9. **Peggy Edwards:** Health Promotion Consultant – Voice of Advocacy
10. **Dr. Andrew Wister:** Gerontology Research Centre at Simon Fraser University (SFU) – Tensions between aging population and health care system reform (The future is fuzzy!)
11. **Selina Robinson:** MLA, Opposition Spokesperson for Seniors
12. **Marcy Cohen:** Policy Analyst – Care and Support of Seniors (home care, caregivers, and residential support) – Community Health Innovation
13. **Andrea Sara:** SFU Gerontology Graduate Student
14. **David Kaufman:** SFU Age-Well Centre of Excellence – Technology for Aging Well
15. **Jo Ann Lauber:** Health Care Activist – National Seniors health strategy
16. **Carolyn Unsworth** – Health Employees Union (HEU) rep. – Care and Support of Seniors

Here's some website links that may be of interest:

Government of Canada – Information for Seniors

<http://www.seniors.gc.ca/eng/sb/ie/bc.shtml>

Public Health Agency of Canada – About Seniors' Health Issues

<http://www.phac-aspc.gc.ca/seniors-aines/faq/gen/gen-eng.php>

Senior Health – Successful Aging

http://www.medicinenet.com/senior_health/page3.htm

Senior Health – Most Common Issues of Aging

<https://www.agingcare.com/articles/common-issues-of-aging-102224.htm>

Aging Care – Age Related Health Conditions

<https://www.agingcare.com/senior-health>

BC FORUM (Federation of Retired Union Members)

<http://www.bcforum.ca/>



FIGHTING FOR PENSIONS

Your help needed to improve the Canada Pension Plan

BC government appears to be backing away from signing agreement to enhance the CPP

By Diane Wood
President, BC FORUM

I HAVE RECENTLY emailed every BC FORUM member for whom we have an email address, asking them to please take action and to ask their friends to do likewise.

If you're not yet a member, or if you didn't receive the email for some other reason, then I urge you to join us in taking action on this important issue.

The BC Government appears to be backing away from its support for the federal-provincial agreement to make modest improvements to the Canada Pension Plan (CPP).

This would destroy the entire deal. The CPP enhancement may not help us all but it will sure help our younger colleagues, our kids, grandkids, nieces and nephews.

It requires your attention very soon.

Note that 80 percent of the cost of the increased benefit is paid for by investment income. This will save money in the long run because it will decrease the need for the Guaranteed Income Supplement which is paid from current operating funds.

The provincial governments, with the exception of Manitoba and Quebec, have agreed to enhance Canada Pension Plan benefits.

BC's participation is essential to make sure the agreement meets the population requirements for amending the CPP.

Websites for more info:

engage.gov.bc.ca/canadapensionplan/
engage.gov.bc.ca/canadapensionplan/for-employees/
engage.gov.bc.ca/canadapensionplan/for-employers/

Email address for your response:

citizenengagement@gov.bc.ca

BC has now slowed down the actual signing of the detailed agreement. The government signed the agreement in principle, but are now holding a "public engagement."

This will give organizations that oppose the CPP enhancement a stage for their self-serving propaganda (CFIB, Fraser Institute, Canadian Taxpayers Federation, etc).

The labour movement and ordinary workers who will benefit from this increase in pension at retirement must also become engaged and let the BC Government know that they support this retirement security enhancement.

The BC Government websites listed above have material that is basically supportive of the CPP enhancement. These websites and email addresses are very hard to find on the government's website.

However, anyone can take a quick look and write an email to support the enhancement. The more citizens who write in, the greater the impact.

My fear is that the BC Government may be yielding to pressure from these organizations to back away from the agreement, which would then terminate the whole deal.

The government will hear from those organizations opposed to the

enhancements very soon and may then shut down the website, so the sooner you can respond the better.

Individual emails are just as effective as long submissions.

Please respond soon. And please share this email with your friends, family, members, colleagues and co-workers.

A simple email is all that is required to counteract the comments and attacks by those above organizations.

CLC pledges continued push for improvements

THE CANADIAN Labour Congress has welcomed an agreement-in-principle by finance ministers but will continue to push improvements to the Canada Pension Plan.

Signed by all provinces except Manitoba and Quebec, the proposed phased-in expansion of the CPP will provide a maximum one-third increase in annual benefits to Canadians when they retire.

CLC president Hassan Yussuff said the changes are a "success" because they expand the pension plan, but the increase isn't enough.

"We will continue to push," said Yussuff, calling for improvements that would allow Canadians workers to "live a decent life" at retirement.

National Pharmacare is long overdue

BC FORUM and allies in the labour movement and seniors groups are hopeful that the decades-long push for a national Pharmacare program may finally be nearing a successful conclusion.

"The devil is in the details as to what form it will take, but I truly believe it's going to happen," says Diane Wood, President of BC FORUM.

Wood, Lorraine Logan, President of the Council of Senior Citizens Organizations of BC (COSCO), and BC FORUM board member Barb Mikulec recently met with Don Davies, NDP MP and Co-Chair of the House of Commons Standing Committee on Health to emphasize the immediate need for action on Pharmacare.

BC FORUM has been monitoring the committee's deliberations, as well as other political developments.

"Support for Pharmacare is growing significantly," said Wood.

"Nine in ten Canadians support a national program. More and more provinces are coming on board, as are health care professionals. The Canadian Medical Association called for national Pharmacare at its AGM last year. Nurses have fought for it for years and years. The labour movement is solidly in support. Large corporations and the BC Chamber of Commerce now say yes. And the last federal Liberal convention did likewise," said Wood.

"With so many influential groups and decision-makers catching up with public opinion on this urgent issue, I'm optimistic that Pharmacare will finally happen."



Diane Wood, President of BC FORUM, Lorraine Logan, President of COSCO, and Barb Mikulec, BC FORUM board member, presented the compelling case for a national Pharmacare program during a recent meeting with Don Davies, Co-Chair of the House of Commons Standing Committee on Health.

Quick facts about the need for national Pharmacare

THE CASE for Pharmacare is currently being studied by the House of Commons Standing Committee on health. Pharmacare is also a key component of negotiations towards a new federal-provincial Health Accord. The evidence in favour of a national Pharmacare program is overwhelming:

- Canada is the only country in the world that has excluded prescription drugs from its public health care system. Universal public drug coverage is the rule among OECD nations.
- Canada has the second lowest percentage of the people covered by a public drug insurance plan in all OECD countries, after the US.
- We have the second highest expenditure per capita on pharmaceuticals.
- Prescription drug costs are growing faster in Canada than any other developed nation, including the US.
- If Canada paid the same official price for prescriptions as the OECD median, Canadians would save about 25 percent on patented drugs.

Prescription drugs are an essential part of quality public health care – and patients who can't afford to fill prescriptions frequently end up making hospital visits that could have been avoided.

MSP fees must be eliminated

Replacing regressive Medical Services Plan premiums with fair taxes would mean savings for most

THE MAJORITY of British Columbians would come out ahead under a plan to scrap MSP and replace the \$2.5 billion in public revenues it currently brings in with fair taxes scaled to income.

Iglika Ivanova, a Senior Economist with Canadian Centre for Policy Alternatives, crunched the numbers on two options for getting rid of the unpopular head tax.

One calls for small increases to existing provincial income tax rates, along with new brackets at the top end of the income ladder. The second option combines small income tax increases with a new business tax, roughly in proportion to the share of MSP currently paid by individuals and employers.

Most households would see net savings under both scenarios, but Ivanova recommends moving ahead with the combined personal and business tax option.

Under this plan:

- A family of four with household income of \$60,000 would save \$1,725 each year.
- A family of four with income of \$90,000 would save \$1,450.
- An individual with income of \$80,000 would save \$263.
- Families currently receiving MSP premium assistance would see modest savings or be unaffected by the change (since they already pay reduced MSP or no MSP).
- Only the top 6% of families would pay more in net taxes.

All businesses would pay a per-

centage of gross wages and salaries, with lower rates for smaller businesses.

The rate would depend on how the tax is structured but should be set to raise about \$1.1 billion in 2017, or 40 percent of total MSP revenues. This is the approximate share currently contributed by those employers who cover MSP for their employees.

"Businesses already pay a significant portion of MSP," says Ivanova.

"Our plan would share costs more fairly, resulting in net savings for the 'good' employers who now cover MSP for their staff and forcing those who are currently free riding to pay their share."

"MSP is an unfair and unnecessary tax," says Ivanova. "A two-parent family with \$40,000 income currently pays \$1,800 per year – the same as a family making \$400,000. The amount is inconsequential for well-off families but takes a significant bite out of the family budget for those with modest resources."

"BC is the only province left in Canada to charge a head tax like MSP," says Ivanova. "It's time to eliminate MSP and replace it with fair taxes."



Iglika Ivanova

New address? New e-mail address?

Please send your new address and e-mail address to BC FORUM. You can mail in the form on page 15, or you can reach us by telephone or e-mail: 1.800.896.5678 (toll free), 604.688.4565, bcforum@bcfed.ca



Please check the expiry date on your label. Is your membership due for renewal?

Seniors Advocate Survey on Home Support Echoes BCGEU Members' Experience

<http://bcgeu.ca/seniors-advocate-survey-home-support-echoes-bcgeu-members-experience>

SEPTEMBER 19, 2016

On Monday September 19, B.C.'s Office of the Seniors Advocate (OSA) published the *Home Support Survey*, detailing the results of a large survey on home support. Many of the results reinforce what B.C. Government and Service Employees' Union (BCGEU) Community Health Workers (CHWs) have been saying. The care our members give their clients is excellent, but there is room for improvement in the structure of the system.

The survey, conducted in the fall of 2015, is the first survey of its magnitude in Canada. It provides a snapshot of clients and family caregivers who were receiving home support services at that time. In general, clients and family caregivers are happy with the support they receive, but are looking for more help.

"BCGEU Community Health Workers (CHW) have been bringing attention to many of the issues raised in the survey for some time," says Carla Dempsey, Vice President of Community Health Services for the BCGEU. "They love their work, but the lack of funding means they are restricted in what they can do."

Basic needs are mostly taken care of, but clients would like more assistance, such as light housekeeping. "A clean house is part of the continuum of care," explains Dempsey. "If your environment is not clean, your health outcomes will be worse. Our CHWs are trained to look for subtle signs of change in their clients' health, and this can be done while assisting the client in their less acute needs."

In addition, clients and their families noted that Community Health Worker turnover and training could be improved, findings the BCGEU supports. "Recruitment and retention is an issue in the sector," according to Dempsey. "Our members need stable, fulfilling jobs, and these recommendations support that."

The *Home Support Survey* from the OSA takes a first step toward a complete understanding of home support services in B.C., and moves us along the road to improvements to the sector.

The BC Government and Service Employees' Union represents thousands of health care assistants in home support and residential care throughout the province.

To read the complete report, please go to the following:

<https://www.seniorsadvocatebc.ca/osa-reports/listening-to-your-voice-home-support-survey-results-released/>

For more information: Carol Wood, Communications, 604-612-4333, carol.wood@bcgeu.ca

PETITION: Fund Public Home Support Now!

Home support is the most cost-efficient way to take care of seniors and people with physical disabilities. It allows them to live longer, healthier and happier lives. Community health workers are trained professionals, but funding cuts have made it hard for them to do their jobs. This doesn't make sense. It's time to tell Premier Christy Clark and Health Minister Terry Lake that seniors deserve better.

SIGN HERE: <http://www.seniorsdeservebetter.ca/>

IT'S TIME FOR BC TO SCRAP MSP PREMIUMS:

BC is the only province in Canada that still charges a flat rate health tax. In this system, families who make \$30,000 annually pay the same rate as families who make over a million dollars annually. Critics, including the BC Health Coalition, have long argued against the injustice, complexity and bureaucracy added by this additional tax collection system.

If the government hears from enough people who want to see MSP fees eliminated, they'll have to bring B.C. in line with the rest of the country or suffer the consequences at the ballot box next year. Send your message to the BC Government now, and help end B.C.'s most regressive tax

Use the form letter provided to send a message directly to Premier Clark, Health Minister Lake and Finance Minister de Jong right now asking them to scrap the unfair MSP premiums and integrate health care fees into our income tax system.

<http://www.bchealthcoalition.ca/what-you-can-do/scrap-msp-premiums>

BC NEEDS PUBLIC SOLUTIONS TO WAIT TIMES:

B.C.'s wait times for some surgeries are among the longest in the country. In recent years, they've gotten longer. There are proven public system solutions that would dramatically shorten wait lists for everyone, but we would need the B.C. Government to make reducing wait times a higher priority in the upcoming months.

Richmond Hospital cut wait times for hip and knee replacements from 20 months to 5 months by using two operating rooms and having surgical teams move between them. All hospitals in BC could use this model, but we are going to need provincial leadership to make it happen.

18% of operating rooms in BC's public hospitals are not regularly staffed, and none have extended hours. The BC government themselves have said we need to use our operating rooms to full capacity - show them there's public appetite for these kinds of solutions.

Send a letter to the BC Government now, using the form provided:

<http://www.bchealthcoalition.ca/what-you-can-do/public-solutions-wait-times>



Cathy Van says, "I am not a political activist, really; but I do get riled up when there is unfairness! Join me in getting our voices heard!"

UPCOMING EVENTS:



October 24, 2016 – DEAR – Drop Everything and Read

Find out what your local neighbourhood school is doing for this event!

October 26, 2016 - 1:00pm – Glass Blowing Demonstration by Robert Held

Contact PQRTA Program Chair Elaine Young: reyis3@shaw.ca or 250.586.8112

November 4, 2016 – PQRTA Executive Meeting (1:30pm at Cathy Van's house)

November 30, 2016 at 1:00pm – Tour of Munchkinland and WOW Bus

Contact PQRTA Program Chair Elaine Young: reyis3@shaw.ca or 250.586.8112

December 14, 2016 – Winter Seasonal (Christmas) Luncheon – Fairwinds Restaurant

Contact PQRTA Program Chair Elaine Young: reyis3@shaw.ca or 250.586.8112

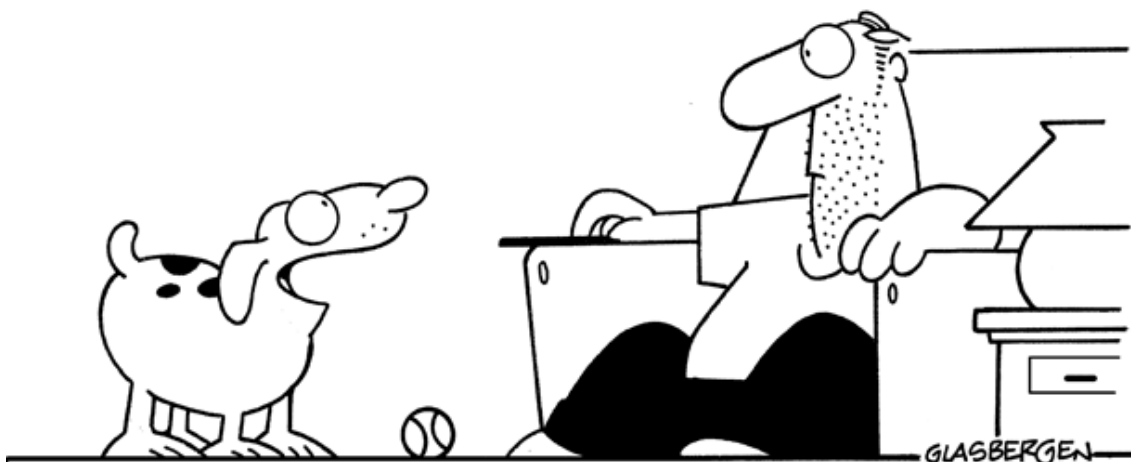
Parksville and Qualicum Beach Events:

<http://www.visitparksvillequalicumbeach.com/events>

<http://parksvillequalicum.whatsondigest.com/>

<http://www.harbourliving.ca/this-week.php>

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“Now that you’re retired, you can finally do fun stuff you never had time for! Tip over the trash, chew on the sofa, bark at squirrels...”