



## PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER #4 – FEBRUARY 2017

### **PRESIDENT'S MESSAGE** from Cathy Van Herwaarden:

My husband, Allan, and I came home from Cuba to warmer temperatures and green grass, instead of the ice and snow that we left. Trees were budding and robins were here! Now, we're back into a deepfreeze and there's almost a foot of snow on the ground!!! WHAT???

Here's some Cuba pics to warm you up!



Best Pina Colada!!!



Enjoying sugar cane!



Fortress Cabana



Rooftop bar – Allan had to fix doorknob!



1954 Ford Victoria – Taxi Ride

As you can see, I like pink!!! When I asked our taxi driver (Darien) about the number of cars that are painted pink in Cuba, he replied, "Pink attracts the ladies and the ladies are the boss". Now, that's a smart man! Ha! Ha!

**SOCIAL CONCERNS:** Thanks so much to Barb Brett for volunteering to be our Social Concerns contact with BCRTA. Here are the highlights from the report:

- If you have suggestions for how the BCRTA could better promote social concerns (physical, social and emotional well-being; pharmaceutical concerns etc.), contact Lynne Rodier ([rodierlynn@gmail.com](mailto:rodierlynn@gmail.com))
- Only 63% of Canadians have a workplace pension plan. BCRTA is the only group in Canada with a joint trusteeship pension plan. Bill C-27, paving the way for Target Pension Plans for federal employees, has had first reading in the House of Commons. Gerry Tiede will have an article in upcoming Postscript outlining the concern.
- Also, the next issue of our Postscript magazine will contain BCRTA Seniors' Issues for the 2017 Election
- As well, the next issue of Postscript: a description of Dawson Creek's successful "Meals for You" program for seniors. Contact Margaret Sutton: [margls@shaw.ca](mailto:margls@shaw.ca) for info.
- Heritage: grant application forms available on the BCRTA website
- Advocacy: requesting MSP cover cost of the shingles vaccination
- A motion was passed to provide \$5,000.00 from contingency to the Oral History Project that involves creating videos of key BCTF people who led teaching struggles towards collective bargaining.
- The Social Concerns committee has been working to support "A Declaration Concerning A National Health Care Strategy for Seniors": <http://bcрта.ca/316-health-declaration>  
ACER/CART past president (JoAnn Lauber) reported that there is some concern about side deals provinces and territories are making with the federal government on funds which are available for mental health and home care. Nova Scotia, Newfoundland & Labrador, New Brunswick, Nunavut, Yukon, Northwest Territories, and Saskatchewan have completed negotiations with the federal government. There is a real concern about how the side-deals will affect the Accord when not all provinces are on-side.

**PETITION: ELIMINATE UNFAIR MSP FEES**

Did you know that BC is the only province in Canada that still charges a flat rate health tax? Many people can't afford to pay these fees. Right now, is an important time to let politicians know about the impacts these fees have on people.

If the political parties hear from enough people who want to see MSP fees eliminated, they'll know they have to bring BC in line with the rest of the country or suffer the consequences in May's election. Here's the petition:

**To the Leaders of all Provincial parties:**

When I vote for in May I'll be looking for candidates who are committed to eliminating unfair MSP premiums and advancing a clear plan to integrate these fees into British Columbia's regular income tax system. Please bring B.C. in line with the rest of the country by scrapping these premiums. I value our public health care system and want to see it funded fairly. Pledge to vote for candidates who will eliminate MSP fees and will take other measures to make BC public health care work better, by signing below.

[http://www.votepublichealthbc.ca/end\\_msp\\_fees](http://www.votepublichealthbc.ca/end_msp_fees)

## **PETITION: Rescind the "Safe Third Country Agreement"**

After just a few days in office, President Trump is already beginning to implement his racist, anti-immigrant agenda. He's about to launch a major effort to hunt down and deport millions of undocumented people and asylum seekers in the US. Many went to the US to escape violence, and they could be persecuted or killed if they're sent back to their countries of origin.

Shockingly, if an asylum seeker currently in the US showed up at the Canadian border trying to escape deportation to an unsafe country -- Canada would turn them away. Canada doesn't accept any asylum seekers who come to Canada via the US, because of an outdated law called the "Safe Third Country Agreement". This law prevents most people fleeing violence or persecution from seeking refuge in Canada, if they land in the US -- deemed a "safe country" under the law.

However, remaining in Trump's America is unsafe -- particularly for poor and racialized people. For many people, deportation may also be a death sentence. The "Safe Third Country Agreement" is the reason refugees put their lives at risk trying to cross the US-Canada border secretly rather than going through official channels. Some people have lost fingers and toes to frostbite - just narrowly escaping death - by making this trek across the border in sub-zero winter temperatures.

We demand that Trudeau repeal the "Safe Third Country" agreement, in order to allow people fleeing violence and deportation in the US to seek safety and protection in Canada. Trump's deportations could start any minute -- and with real people's lives on the line, the stakes couldn't be higher. It's our ethical responsibility to act, and it cannot wait.

Sign the petition now to request that Trudeau rescind the exclusionary "Safe Third Country" agreement.

**To: Prime Minister Justin Trudeau and Minister of Immigration, Refugees and Citizenship Ahmed Hussen**

We are calling on Prime Minister Trudeau and Minister Hussen to immediately rescind the "Safe Third Country Agreement", and that immediate steps be taken to allow special consideration of humanitarian and compassionate reasons for entry to Canada as enabled by the Immigration and Refugee Protection Act.

Trump's deportations could start any minute -- and with real people's lives on the line, the stakes couldn't be higher. It's our ethical responsibility to act, and it cannot wait. Don't turn away asylum seekers fleeing violence and deportation from Trump's America.

<https://you.leadnow.ca/petitions/tell-trudeau-welcome-those-fleeing-violence-and-deportation-under-trump>

## **ISLAMAPHOBIA: 20 Things Non-Muslims Can Do to Combat Islamophobia**

*By Nakita Valerio: an academic, activist and writer in the community who is currently pursuing graduate studies in History and Islamic-Jewish Studies at the University of Alberta.*  
*drawingboarddesign on October 17, 2016*

As a non-Muslim ally, you might be watching the current state of affairs with regards to how Muslims are treated in the West, in Western political rhetoric and while being massacred in their homelands, and you just might be wondering what you can do about it. It is entirely understandable that you might feel overwhelmed by the deluge of hatred being lobbed at Muslims these days and you might not even look to yourself as the source of the antidote to this hatred, but you are.

Here is a list of 20 things that you can easily do to combat Islamophobia starting right now. You might look at some of these items and think you lack the capability, but you don't have to do all 20 at once. Combatting Islamophobia is an ongoing and never-ending process. Islamophobia has been an issue since the time of Prophet Muhammad (peace and blessings be upon him) and it periodically rises and falls depending on a lot of converging factors. We happen to be at a time when Islamophobia is at a fever pitch, mainly because of geo-political problems and hideous orange Cheeto-puffs who think they can say whatever they want as a US president.

### ***Self***

- 1. Call it what it is. And know where it comes from.** Islamophobia is real. It affects Muslims every single day. There are a lot of definitions for it, but mainly it is "an unfounded hostility towards Muslims and therefore fear or dislike of all or most Muslims". Islamophobia dominates in white, Western culture.
- 2. Look inward at your implicit bias.** Implicit Islamophobia is a type of prejudice that results from subtle cognitive processes which operate at a level below that of conscious awareness.
- 3. Do a de-bias cleanse periodically.**
- 4. Educate our children.** Prejudice starts young and begins with the messages we are taught in adolescence. Educating your children includes teaching them about Islam and Muslims directly, visiting a mosque as a family, getting to know your Muslim neighbours, attending Ramadan fast-breaking meals (iftar) and more.
- 5. Visit a mosque and speak to people there.** Don't be shy! Mosques are typically inviting places – albeit they can be a bit dis-organized. Recognize that most Muslims are forbidden from proselytizing and trying to convert people so you don't have to worry about any uncomfortable conversations or ulterior motives in people being excited that you have appeared. Introduce yourself to people inside, let them know why you are there, maybe watch a prayer in action. You will be shocked at the response when people thank you for taking the time to learn about Islam and Muslims. In Arabic, "mosque" means a place to gather together to submit oneself. Often mosques are community centers which house language classes, knowledge courses, counselling services and much more. You are more than welcome to join in the community activities provided therein.

- 6. Join an interfaith coalition.** There are a great many of them and they are always looking for more participants. If you do not belong to an identifiable religious group or you consider yourself an atheist, fear not. You are still welcome. Approach organizers and find out how you can contribute to the conversation and, most importantly, learn from members of other faith groups. You can take that knowledge back to your family and your communities as well.
- 7. Become friends with Muslims.** This is easier than people realize. First of all, you might already be friends with a Muslim and not even realize it. Not everyone is “visibly” Muslim as the media would have us believe. Second of all, visiting mosques and joining interfaith coalitions is a sure-fire way to meet them. The next step is initiating friendship – not so that you can have your token Muslim friend that you reference every time someone mentions anything about Islam or says something Islamophobic, but simply to branch out, know someone from a community and way of life different than yours.
- 8. Visit a Muslim country.** Who doesn’t love traveling?! Of course, you want to pick one of the few that is not on fire right now, but visiting a Muslim country is one of the quickest ways to learn a whole lot about Islam and Muslims and to see that they are just living their lives like the rest of the world. Speaking in generalizations, you are bound to get some delicious food and incredible hospitality along the way. Plus, hearing the call-to-prayer five times a day is beautiful and a totally unique experience. Morocco, Egypt, Indonesia and many others are on the list of those filled with wanderlust, so be sure to get them on your list too!

## ***Preventative***

- 9. Interrupt Islamophobia every single time you encounter it.** Every time you hear someone uttering falsehoods about Muslims, or generalizing about Islam: speak up. Every time you are watching a film or television show with others and Muslims are depicted in a harmful light: speak up. It doesn’t require explanation. It doesn’t require follow-up. A simple “That kind of harmful stereotyping is unacceptable here” will do. It takes practice to be assertive but once people realize that being prejudiced around you is not allowed, they might think twice about doing it altogether.
- 10. Start a conversation circle in your community.** Do you know people who are scared of Muslims or hate them? Why not take a tiny bit of initiative and start a discussion group? There are surely organizations in your community that would be willing to join forces and support such an initiative, but really it doesn’t take much more than getting some people around a table to have a conversation. The power of this kind of initiative is in its simplicity. Making safe space for people to be real about their concerns and simultaneously un-learn harmful behaviours is a crucial way forward.
- 11. Meet with local Muslim leaders to find out what they need.** Yes, you can do this all on your own. It will likely help you to understand how interrupting Islamophobia can best be done and how to initiate conversation circles to exact actual change. By backing those actions up with knowledge of what marginalized people need from their mouths directly is extremely powerful.

- 12. Spread the word on social media.** Don't be afraid to share positive stories about Muslims on your social media accounts, even if you don't have a single Muslim friend or ally on your page to back you up. You do not have a single need to respond to haters, so let them fill the comments sections how they want – for every ten haters your posts attract, there are likely double that amount of sensible people, watching in the shadows, learning from the information you put out there and changing their world views as a result.
- 13. Talk with family and friends.** Painful conversations need to be had around familial prejudices that you will no longer stand for. Be direct and unemotional letting your family members and friends know that you will not stand for Islamophobia in your midst. Or ask them to explain their Islamophobic jokes because you don't understand why they are funny. Be compassionate and patient. With time, love and kindness will conquer anyone – it is just a matter of being consistent with your message. Interrupt prejudice every time it arises and don't be afraid of being the only person standing for compassion and justice in a room full of your peers.
- 14. If you're a business owner, hire Muslims.**
- 15. If you're a journalist, share good news about Muslims.**
- 16. Don't be afraid to plan ways to educate others about Islam.** Do you belong to a church group or youth organization? Do you sit on the board of a community league? Why not take your social position within specific organizations as an opportunity to advocate for some knowledge about Islam to be disseminated. This could mean bringing in a Muslim lecturer to talk about Islam generally; it could be facilitating interfaith dialogue; it could be joining forces with Muslim organizations to get advocacy work done. Whatever you decide to do, you can take seemingly small, simple opportunities to make a world of difference.

### ***Reactive***

- 17. Stay calm and step in when it is safe to do so.**

When something terrible happens to Muslims in your community or a Muslim in front of you, the first step is to remain calm. Do not panic. Someone hurling insults at a hijabi on the train might become violent, but they are less likely to do so if other people step in. You do not even need to address such a person. Simply sit down next to the Muslim person and engage them in conversation as though you have known them your entire life. They know why you are helping them and they appreciate it. Stay with them until their attacker stops and leaves.

If a Muslim is being physically attacked, start hollering and get others to do so too. Get someone to call 911 immediately. Get someone else to take pictures of the attacker. Get the group to lay into them to stop violence against their victim. If you are alone and witness an attack, stepping in while screaming and swinging will usually send someone running. Being witnessed has the power to send an attacker running alone.

- 18. File a report.** This is crucial for agencies that are trying to track data on Islamophobic incidences.

**19. Contact the police.** Although many agencies will forward some incidents to police for charges to be laid or further investigation, you can always take it upon yourself to also file a police report of a specific incident you witnessed or came upon. Anti-Muslim graffiti, hate flyers and other such issues qualify as Hate Crimes under the Canadian criminal code (not “free speech” here!) and should be prosecuted as such.

**20. Thank other allies and join forces in denouncing hatred.** Solidarity against hatred is the way of the future and allies are a crucial part of dismantling the systems which allow for it to continue.

For a longer read with more details on each of these 20 points:

<https://thedrawingboardcanada.com/2016/10/17/long-read-20-things-non-muslims-can-do-to-combat-islamophobia-right-now/>



**1 Engage conversation.**  
Go to them, sit beside them and say hello. Try to appear calm, collected and welcoming. **IGNORE THE ATTACKER.**



**2 Pick a random subject and start discussing it.**  
It can be anything: a movie you liked, the weather, saying you like something they wear and asking where they got it...



**3 Keep building the safe space.**  
Keep eye contact with them and don't acknowledge the attacker's presence: the absence of response from you two will push them to leave the area shortly.



**4 Continue the conversation until the attacker leaves & escort them to a safe place if necessary.**  
Bring them to a neutral area where they can recollect themselves; respect their wishes if they tell you they're ok and just want to go.



This method also works for other “types” of harassment of a lone person in a public space, too!!!

However, Muslims have been very specific targets and we need to raise awareness on what to do when such things happen before our eyes!

1) Do not, in any way, interact with the attacker. You must absolutely ignore them and focus entirely on the person being attacked!

2) Please make sure to always respect the wishes of the person you're helping: whether they want you to leave quickly afterwards, or not! If you're in a hurry escort them to a place where someone else can take over: call one of their friends, or one of yours, or if they want to, the police. It all depends on how they feel!

Hopefully, this will help people to overcome bystander syndrome!!

## **BCRTA: President – Patricia Clough**

In her president's report, Patricia Clough noted that the media is very interested in the retired teachers' response to the Supreme Court decision with respect to the 2002 contract stripping. Patricia's letter to the editor was printed in the major newspapers (Sun, Province & Victoria Times) and many local papers.

Also, Patricia was interviewed on skype by Global TV. In her interview, Patricia reminded the media that local unions and school boards will have to negotiate how the lost positions and services will be restored to the public education system.

Patricia noted that she didn't expect that many retired teachers will to go back to work with the forecasted teacher shortage. (I expect that this is true for our branch!).

Letter to Editor (regarding Supreme Court Decision - 2002 Contract Stripping)  
from Patricia Clough – BCRTA President

It is encouraging to learn that the meetings between the BCTF and its employers, BCPSEA, are off to a positive start. (BC Teachers, Employers Laud Positive Start to Negotiations) The recent decision of the Supreme Court of Canada that prompted these negotiations was very welcome news to thousands of retired public school teachers. Those who retired between 2001 and 2016 are keenly aware of the unlawful deprivations visited upon public schools by the illegal stripping of collective agreement provisions by BC Liberal governments led by both Gordon Campbell and Christy Clark. For the past 15 years, public school teachers have worked tirelessly to hold those governments to account while all the time giving the best support possible to thousands of students under extremely difficult circumstances. Kudos to all public school teachers, retired and active, for their determination and resilience. We look forward to the restoration of hard won provisions along with a return to legitimate negotiations.

### **CANADA IS 150 YEARS OLD – ParticipACTION 150 Play List**

The ParticipACTION 150 Play List was created by people from across Canada and it includes 150 physical activities that make us uniquely Canadian. The Play List is a challenge to Canadians to see how many different activities they can complete in 2017.

Get moving for your chance to win great prizes in the weekly, monthly and grand-prize draws. You could win activity trackers, trips for two to Canada's most beautiful destinations, or a Chevrolet vehicle of your choice! The more activities you complete, the more entries you earn! Every activity you track online earns you a contest entry, so get active! The more activities you check off, the better your chances of winning!

- Every 150 Play List activity you check off is another chance to win.
- Have fun and try as many activities as you can - on your own or with friends.
- Each completed activity earns an entry in our weekly, monthly, and grand prize draws.
- Plus, there are tons of digital badges to collect and share along the way!

<https://www.participaction.com/en-ca/programs/participaction-150-play-list?q=var/www/html/www.participaction.com/en-ca/programs/participaction-150-play-list#>



# ISLAND SPORTS FROM A-Z

## Alpine Skiing

Mt. Washington Ski Club <http://www.mtwashingtonskiclub.com/>

## Archery

Alberni Bowman <http://www.alberni.ca/alberni-bowman-archery-club>  
Arrowsmith Archers <http://www.pqfg.org/ranges/archery/>  
Courtenay Fish & Game <http://courtenayfishandgame.org/>  
Cowichan Bowman <http://cowichanbowmen.com/>  
Nanaimo Fish & Game <http://nanaimofishandgameclub.com/>

## Badminton

Badminton Nanaimo <http://www.badmintonnanaimo.com/>  
Campbell River Badminton <http://crbadminton.ca/>  
VIU Marauders <http://mariners.viu.ca/teams/badminton/>

## Basketball

Nash Youth Comox Valley <http://www.basketball.bc.ca/snyb-home>  
Nash Youth Nanaimo <http://www.basketball.bc.ca/snyb-home>  
VI Basketball Association <https://goo.gl/8YB4xd>  
VIU Marauders (M) <http://mariners.viu.ca/teams/basketball/mens/>  
VIU Marauders (F) <http://mariners.viu.ca/teams/basketball/womens/>

## Blind Sports

BC Blind Sports Association <http://bcblindsports.bc.ca/>

## Bowling

Codes Lanes - Courtenay <http://www.codescountrylanes.com/>  
Duncan Lanes - Duncan <https://duncanlanes.com/>  
Brechtin Lanes - Nanaimo <https://brechtinlanes.ca/>  
Splitsville - Nanaimo <http://www.splitsville.ca/locations/nanaimo-bowling/>  
Sunset Lanes - Parksville <http://sunsetlanes.ca/>  
Rainbow Lanes - Port Alberni [http://all-opening-hours.ca/0671211/Rainbow\\_Lanes](http://all-opening-hours.ca/0671211/Rainbow_Lanes)

## Canoe / Kayaking

Comox Valley Paddlers <http://comoxvalleypaddlers.ca/>  
Nanaimo Canoe Kayak Club <http://www.nckc.ca/>

## Cross Country Skiing

Strathcona Nordic Ski Club <https://strathconanordics.com/>

## Cycling

Arrowsmith Bike Club <http://arrowsmithmtbclub.com/>  
Comox Valley Bike Club <http://comoxvalleycycleclub.ca/>  
Campbell River City Cycle <http://www.rivercitycycle.ca/>  
Mid Island Velo Association <http://bikeracing.ca/>  
Nanaimo BMX Association <https://www.bmxcanada.org/tracks/1483>  
Port Alberni Cycling Club <http://www.portalbernicyclingclub.canic.ws/>

## Disabled Skiing

Disabled Skiers BC <https://goo.gl/7V2Yj7>

## Diving

BC Diving <http://www.bcdiving.ca/>

## Figure Skating

Campbell River Skating Club <http://campbellriverskatingclub.com/>  
Cowichan Lake & District <http://cldsinfo.wixsite.com/home>  
Comox Valley Skating Club <http://comoxvalleyskatingclub.ca/>  
Duncan Skating Club <http://www.duncanskatingclub.com/>  
Fuller Lake Skating Club <http://fullerlakeskatingclub.org/>  
Mt Arrowsmith Skating Club <http://www.mtarrowsmithsc.com/wp/>  
Nanaimo Skating Club <http://www.nanaimoskatingclub.com/>  
Parksville Sandy Shores Club <http://sandyshores.ca/>

## Floorball

BC Floorball Association <http://www.bcfloorball.com/>

## Golf

BC Golf Association <http://britishcolumbiagolf.org/>

## Gymnastics

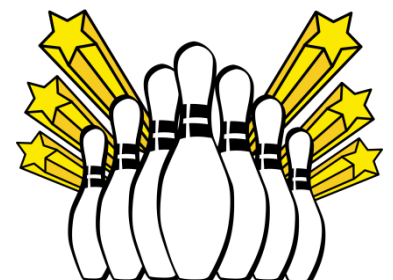
Gymnastics BC [http://www.gymbc.org/home?NSWAT\\_url=home](http://www.gymbc.org/home?NSWAT_url=home)

## Hockey

BC Amateur Hockey <http://bchockey.net/>

## Judo

Judo BC <http://www.judobc.ca/>



## Vancouver Island University: Elder College

The Elder College Programming Committee needs your help to find and bring forward the names of instructors who feel they would be able to instruct a small group (5-7 people) or large group (25 people+) on topics related to the following categories:

- \* Art
- \* Science and Technology
- \* History
- \* Social (Politics, First Nations, Current Events)
- \* Health and Diet

Some experience in instructing is generally helpful, but to be successful the person mostly has to be knowledgeable and passionate about their subject and have some understanding of the adult learning environment. Or, do you have an idea for a course that you would like to teach? Send an email to [ken.brown@shaw.ca](mailto:ken.brown@shaw.ca) with your ideas or questions.

## PQRTA - PAST EVENTS: R. Elaine Young (Program Chair)

**Tues. January 24, 2017** – 1:00 to 2:30pm – Rotary Hall in Qualicum Beach

Exploring Education in Kenya: A presentation of the Canadian Harambee Educational Society

Many thanks to Don and Wendy Reimer for this engaging presentation.

All seemed to go very well and the hall was a good venue. There were about twenty people there (including some non-members). Folks seemed to be really listening to the speakers and the presentation was very interesting with some good questions.

Anyone interested in joining me in a group sponsorship of a CHES student??? Let me know! Thanks again to Jan Graham, Sally Hemingson, Elisabeth Pos and Lorna Calder for this inspiration.

## FAMILY DAY – Mon. Feb. 13, 2017

**5<sup>th</sup> Annual Coombs Fair Family Day Celebration** - All activities are FREE!!!

Free hotdogs, popcorn, coffee or tea, while supplies last from 1:00 to 4:00pm at Coombs Fairgrounds (1014 Ford Road, Coombs, BC) Includes: Heritage demonstrations, displays, crafts and games, Children's Garden Railway, Rabbit Treasure Hunt, butter churning, 4-H Demonstrations, Family Photo Booth, and more!

Event sponsored by Coombs Fair and the Arrowsmith Agricultural Association.

### Qualicum Beach Family Day

8:30 to 11:30am – Shriners' pancake breakfast – Civic Centre

10:00 to 12:00 Free swim at Ravensong Pool – 737 Jones St.

11:00 – Parade musters near Qualicum Beach Fire Hall

11:30 – Parade judging takes place

12:00 – Parade starts and travels up Second Avenue to Civic Centre

1:00 to 4:00 - Civic Centre Fields feature musical entertainment and tons of activities including pony rides, bouncy slides and castles, climbing wall, balloons, crafts, games, dancing, non-profit booths, and much more. Best of all, activities are FREE with food and snacks available for purchase.



**Oceanside Place Arena:** Free Family Skate from 1:00pm to 5:00pm

## Pink Shirt Day – Wed. Feb. 22, 2017

Join the movement against bullying – wear pink!!!  
<http://pinkshirtday.ca/>

This year's campaign encourages everyone to "Make Nice". We all have the capacity to be kind and compassionate. No matter our differences, being nice is always a worthwhile choice.



## COLDEST NIGHT OF THE YEAR: Saturday, Feb. 25<sup>th</sup> – Parksville

### Canada's (unofficial) Walk for Homelessness!

The Coldest Night of the Year (CNOY) is a super-fun, family-friendly walking fundraiser that raises money for the hungry, homeless and hurting in 100+ communities across Canada.

The walk provides each participant the opportunity to:



- **walk** 2, 5, or 10km
- **fundraise** for Island Crisis Care Society
- **feel** a hint of the challenge faced by those experiencing homelessness

Since 2011, the Coldest Night of the Year has raised over \$12 million working with our select charity partners. Each Coldest Night of the Year location is operated by a local, community-based registered Canadian charity working in agreement with the Coldest Night of the Year.

In Parksville, funds are raised for Island Crisis Care Society (ICCS) who has been serving Oceanside for 13 years with Hirst House. Three years ago ICCS joined with the Oceanside Task Force on Homelessness to apply for funding to start a Housing First program. The first year ICCS received money and since then the money from the CNOY walk has supported this important program which houses and supports many clients.

Donate to "Cathy's Crazies" or join my team! I'm only walking 2km, but you can do more!

<https://secure.e2rm.com/registrator/TeamFundraisingPage.aspx?teamID=737076>

If you prefer to send along a cheque, please contact me:  
Email: [cathyvanh@gmail.com](mailto:cathyvanh@gmail.com) Phone: 250.248.0412

For more information, see the newspaper article on the next page that includes two local "crazy" PQRTA teachers: Betty Ann Acres and me!



NEWS FILE PHOTO

**BIRDS OF A FEATHER:** From left, Betty Ann Acres, Cathy Van Herwaarden and Tricia Plunkett flocked to the Coldest Night of the Year walk through the streets of Parksville last year.

## COLDEST NIGHT OF THE YEAR

# Registration open

Island Crisis Care Society is encouraging Parksville Qualicum Beach residents to bundle up and raise cold, hard cash for The Coldest Night of the Year walk, family-friendly winter fundraising event for the homeless, hungry and hurting.

The walk takes place on the evening of Feb. 25. Residents are encouraged to start or join a team at [www.coldestnightoftheyear.org](http://www.coldestnightoftheyear.org)

By walking together in the chill of the night, participants will better understand the experience of being on the streets during a cold Canadian winter, while raising funds to aid the work of Island Crisis Care Society in providing much-needed support to community members.

The walk begins and ends at Knox United Church (345 Pym St., Parksville), where walkers will

register, turn in the results of their fundraising efforts, and return at the end of the evening for a warm celebration meal. Donning iconic yellow toques, participants will walk a 2-km, 5-km or 10-km route, and will warm up with toasty drinks at rest stops along the way.

This is Island Crisis Care Society's third year taking part in the Coldest Night of the Year in Parksville, and they're aiming to raise \$40,000 for their work with the homeless in Parksville Qualicum Beach.

Island Crisis Care Society has been serving Parksville for 13 years, and the funds raised in the Coldest Night of the Year will provide support for those experiencing homelessness and supporting those it has been able to house through rent subsidies.

— Submitted by Island Crisis Care Society

## SPOT THE RETIRED TEACHER IN THE NEWS:



Way to go, Judy! Keep on fighting to protect our coast!

## PROPERTY TAX EVALUATION:

Search your property value and compare to others in your area. Add your address to search and see your neighbourhood, at the following:

<https://evaluatebc.bcassessment.ca/>

## TEACHER PENSION PAYMENTS 2017:

February 27  
March 30  
April 27  
May 30

June 29  
July 28  
August 30  
September 28

October 30  
November 29  
December 21



### Golden Star Awards

Five \$1,500 Awards  
for programs K to Grade 12  
Plus one \$1,500 award  
Sponsored by the  
Legion Foundation  
(BC/Yukon Command)

### Celebrating programs that feature the interaction of seniors and students

Awards will be given to current public school programs that

- feature the interaction of seniors and students
- require students to think and work creatively
- access and use the community as an information source
- require students to work cooperatively with each other and outside sources
- use a variety of media to record and display results.

**Submission deadline: April 15**

**Submission guidelines and more information:**

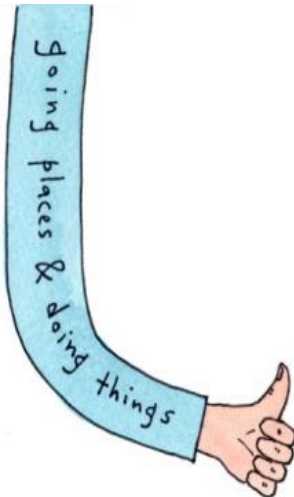
Web: [www.bcrta.ca](http://www.bcrta.ca)

Phone: 1-877-683-2243 or (604) 871-2260

Email: [laurie@bcrta.com](mailto:laurie@bcrta.com) or [kristi@bcrta.com](mailto:kristi@bcrta.com)

If you know of a PQRTA member who needs some sunshine in their life, due to illness or a loss in their family, please contact:

Colleen Craig: [cocraig@shaw.ca](mailto:cocraig@shaw.ca) or 250.752.3762



### GOINGS AND DOINGS:

Val Dyer has been snowshoeing.  
Cathy Van has been to Cuba, as you know!  
Elaine Young is off to Mexico to build some classrooms with Rotary.

**What are you up to???**

Please let me know for our next newsletter!

[cathyvanh@gmail.com](mailto:cathyvanh@gmail.com)



- ❖ Patricia Lamb
- ❖ Julie Trueman

## UPCOMING EVENTS:

Contact PQRTA Program Chair Elaine Young:  
[reyis3@shaw.ca](mailto:reyis3@shaw.ca) or 250.586.8112



**Thurs. February 9, 2017** - 1:00 to 3:00 PM Friendship Get Together

**Mon. February 13, 2017** – Family Day – 1:00 to 4:00 – Coombs Fairgrounds

**Tues. February 14, 2017** – Happy Valentine’s Day! Remember your loved ones!!!

**Wed. February 22, 2017** – Pink Shirt Day in support of Anti-Bullying

**Sat. February 25, 2017** – Coldest Night of the Year – walk to support Island Crisis Care

**Thurs. March 9, 2017** – Deep Bay Marine Station – 11:30 Tour and/or 12:30pm High Tea

**Fri. March 31, 2017** – Submit final medical claims to Pacific Blue Cross

### **Sat. April 1, 2017 – Change from Pacific Blue Cross to Green Shield Canada**

Members who receive Pacific Blue Cross benefits from the Teachers’ Pension Plan should have received a letter telling them about a change in the insurance carrier to Green Shield Canada.

Please direct your calls and questions to the following:  
Teachers’ Pension Plan, Client Services, BC Pension Corporation  
Toll Free: 1.800.665.6770 or Email: [TPP@pensionsbc.ca](mailto:TPP@pensionsbc.ca)  
Learn more about the new carrier: <http://www.greenshield.ca/en-ca>



## PQRTA EXECUTIVE:

**President** – Cathy Van Herwaarden

**Vice-President** – Lucinda Hendren

**Past-President** – Kay Howard

**Treasurer** – Ellen Coates

**Secretary** – Marg Hoverman

**Program** – Elaine Young

**Communication** – Val Dyer

**Membership** – Laurel Johannson

**Heritage** – Sharon Cox-Gustavson

**Social Concerns** – Barb Brett

**Historian** – Vacant, but thanks to Jim Swanson for updating our website, at the following:

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

