



PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER #10 – November 2017

PRESIDENT'S GREETING from Cathy Van Herwaarden:

We're certainly having a gorgeous fall with wonderful warm sunshine highlighting our beautifully coloured trees. I just learned that cold nights and bright sunny days produce brilliant red in leaves. Did you know that those lovely colours have been there all along and were just hidden by the green? As trees break down the chlorophyll, the other pigments are seen. Enjoy Mother Nature's GRAND show! <http://earthsky.org/earth/why-do-tree-leaves-turn-red-in-fall>

BCTF NEWS RELEASE – October 5, 2017 <http://bctf.ca/>

GOVERNMENT HOSTS CELEBRATION OF BC TEACHERS ON WORLD TEACHERS' DAY



For the first time in many years, the BC government officially proclaimed today, October 5, World Teachers' Day and hosted a celebration at the Legislature to honour the contributions made by teachers across the province.

Premier John Horgan paid tribute to many teachers who helped him along his journey, and vowed to support public education. "We are

going to make sure that teachers in BC have the resources and tools they need to give children the education they deserve," he told a crowd of teachers, trustees, parents, and a 60-member student choir from South Park Elementary School.

Education Minister Rob Fleming said that the government "is focused on investing in British Columbia's education system and developing new relationships with our education partners that are built on trust and respect."

BCTF President Glen Hansman noted that UNESCO and Education International are highlighting the importance of teachers' professional autonomy and freedom to choose appropriate methods, as well as ensuring the right to teach in safe and inclusive schools.

"On behalf of the BCTF, I would like to acknowledge and pay respect to the dedicated, passionate, creative, and continuously learning teachers who live and work in all regions of this province—including all the new members of the profession joining us this year," Hansman said.

BCRTA News – New, Improved WEBSITE: <http://bcрта.ca/>

BCRTA Communications Committee Report

By Bob Taverner, Communications Committee Chairperson, Nanaimo, BC

Communications Committee members were pleased to see that most of their recommendations for change were adopted by the Board. As a result, the makeup of the Communications Committee will be very different for 2017-2018. It will consist of ten members: a chairperson and three subcommittees (each with three members).

1. **PostScript** subcommittee, which will consist of the PostScript editor and two BCRTA members chosen for their ability to offer helpful advice and assistance to the editor. If you believe yourself capable of filling one of these roles, because of your experience putting together newsletters, magazines, journals, etc., why not fill out a Committee Application form—one is included in the current, summer issue of PostScript—showing your interest in being on the Communications Committee.
2. A second subcommittee will be for the **Liaison Priorities** newsletter, and it too will consist of an editor and two assistants. Interested in being one of those assistants? Fill in the application form.
3. The third subcommittee will consist of an **I.T. coordinator** and two assistants. If you've had experience working on websites, are comfortable using two or more types of social media, and would like to assist our I.T. coordinator, fill in the form. We have an expert website consultant working for us over the next few months. Working with him could prove to be very informative, possibly even exciting, as we finally get the BCRTA website transformed into a professionally constructed access point for our members.

Note that the Board has now done away with the rule saying that members must be on two committees. Now you only need to be on one.

June 20th was our last committee meeting of the 2016-2017 year, so I'd like to take this opportunity to thank all of our hard-working committee members for their interest and hard work: Sterling Campbell, Don Caskey, Charan Gill, Ken Kuhn, Annette O'Connor and Floyd Smith.



Teachers' Pension Plan	Canada Pension Plan
November 29	November 28
December 21	December 20
January 30	January 27
February 27	February 24
March 30	March 29
April 27	April 26
May 30	May 29
June 29	June 28



ISOBEL MACKENZIE - BC SENIORS' ADVOCATE: "Every Voice Counts"



BC Seniors' Advocate: Isobel MacKenzie

The Office of the Seniors Advocate has a statutory obligation to monitor services to seniors and to report to the public on issues of concern. These duties combined to produce the decision that my office would undertake a survey of all residents in all publicly funded care facilities, to ask their opinion about how well we are doing in meeting their needs and we would also ask the opinion of their family members. In a number of different ways, the message that prevails is "more staff", "more freedom" and "engage with me." There is a proverb: not to know is bad, not to want to know is worse. The support for this survey from so many, tells us that we want to know; now we need to learn from the results and develop a plan for improvement.

RESIDENTIAL CARE SURVEY PROVINCIAL RESULTS - September 2017

About Residential Care in BC

- There are almost 28,000 seniors in British Columbia who live in licensed residential care. This is approximately 4% of the seniors' population.
- Residential care is defined as a setting where three or more unrelated individuals live in an environment that is regulated through the Community Care and Assisted Living Act or the Hospital Act and enforced through the medical health officers of each health authority.
- Residential care provides 24-hour professional supervision and care in a secure environment for people who have complex care needs and who can no longer safely live on their own.
- People eligible for long-term care include those with severe behavioral problems, those who are cognitively impaired, physically dependent, or have multiple disabilities and require professional nursing care.
- Individuals in residential care live in private or shared rooms.
- They receive meals, assistance with medication, and personal assistance with daily activities including bathing and dressing, as well as social and recreational activities.
- British Columbia provides subsidized, licensed residential care services through both facilities owned and operated by health authorities, and facilities owned and operated by either a not for-profit society or a private company who have a contract with the health authority for the delivery of residential care services to health authority referred residents.

- One-third of B.C.'s facilities are owned and operated by the health authorities, while the other two-thirds are owned and operated, either by not-for-profit societies or private companies.
- The amount the resident pays, and the regulations governing their care and safety, is the same regardless of ownership or subsidy.
- In addition to publicly subsidized residential care, there are facilities that offer some or all of their beds on a completely private (non-subsidized) basis, where the resident pays the full costs, which can be over \$10,000 per month in some facilities but generally ranges from \$6,500-\$8,500 per month. There are approximately 4,000 of these private beds in British Columbia.

Who is living in Residential Care?

The average age of a resident in B.C.'s residential care facilities is 85, and over one-third are 90 or older. There is a wide range of abilities and disabilities amongst the long term care population. Some residents may be completely capable physically and require no assistance for any activities but they suffer memory loss (cognitive impairment) that impacts their ability to live independently while other residents may have full cognitive function but rendered a quadriplegic from stroke or accident and are fully dependent on staff for all activities.

Accessing Residential Care

All British Columbians are entitled to access subsidized licensed residential care based on a standardized assessment that determines their level of care need. Provincial guidelines take into account the person's care needs, to what extent these needs are currently being met, and whether the person is able to remain in their current living arrangement with available supports. Often, a move to residential care is precipitated by a sudden decline in functional ability or a change in a person's support network—such as the death of a spouse—that makes living at home no longer sustainable.

Paying for Residential Care

Licensed residential care is provided to all qualified British Columbians, regardless of their ability to pay. The cost to residents for care is 80% of their after-tax income, up to a maximum of \$3,240 per month. Notwithstanding the 80% rule, all residents are guaranteed to be left with a minimum of \$325 per month. Currently, 34% of residents pay \$1,200 or less, and over 50% pay \$1,600 or less. Just 13% of residents pay the maximum rate. The health authority funds the difference between what the resident is paying and the actual cost, which varies depending on the size and location of the facility; but on average, is estimated to be \$6,400 per month for the total cost, of which the government subsidizes around \$4,900, on average. Regardless of whether a resident is placed in a private room or is required to share with one or up to three other people, the rate they pay is the same. Currently in BC, 75% of care beds are in single occupancy rooms.

RECOMMENDATIONS:

1. Increase staffing levels in care facilities.
2. Increase flexibility around when and how care, services and activities are delivered.
3. Increase activities for weekends and evenings and create more meaningful experiences overall.
4. Provide better physician care either through GPs and/or explore further increasing the role of nurse practitioners to improve care.
5. Examine opportunities to improve the meal time experience.
6. Provide on-going education for all care staff on the importance of resident emotional well-being and focus on developing staff skills in supporting this important aspect of care.
7. Health Authorities to require facilities to administer the Quality of Life Survey for Long Term Care Facilities and the Family Survey for Long Term Care in two years and publish the results.
8. Foster greater engagement with family members in two key areas: promotion of family councils and hand washing for visitors.



For the full report with more details:

<https://www.seniorsadvocatebc.ca/app/uploads/sites/4/2017/09/Provincial-Results-Final-HQ.pdf>



Add your voice! Demand a Plan – Canada Needs a National Seniors' Strategy
<http://www.demandaplan.ca/>

Family Caregivers: <http://www.familycaregiversbc.ca/>

Caregiver Distress on the rise:
<https://globalnews.ca/news/3707943/caregiver-distress-on-the-rise-seniors-advocate/amp/>

RECOMMENDATIONS FOR ACTION: **Aging Well**

1. Combat stereotypes of seniors and aging in our culture and inform people about the diversity there is among seniors.
2. Recognize the potential for isolation and loneliness for seniors who live alone and provide interventions that reduce isolation.
3. Provide more support to informal caregivers (e.g. respite and day care) and consult with them about their needs. Pay attention to "sandwich generation" carers who are looking after multiple generations at the same time.
4. Provide adequate and flexible in-home care services in the community (including some non-personal care supports such as housecleaning) so that seniors can "age in place" in their later years.
5. Address issues in residential care, including staff shortages, lack of privacy and overmedication. Make the maintenance of "quality of life" the main goal of care and accommodation in the last few years of life.
6. Address the problem of affordability and access to oral health, eye care and nutritious foods for low-income seniors.
7. Recognize and support the (unpaid) care that grandparents provide to children.
8. Communicate appropriately with seniors. Engage and listen to seniors of all ages. Provide information in-person and by phone in addition to electronic communication.
9. Support intergenerational policies, programs and practices based on "village" planning, not silos between age groups. Reach out and collaborate with younger generations, mentor and role model, and build advocacy and capacity together.
10. Support research and programs that use technology to enhance the health and well-being of older adults and enable them to continue to live independently.
11. Support story-telling with seniors (in all forms) that break down stereotypes, record lived history, demonstrate the resilience of seniors and share wisdom, and experience across generations.
12. Support a new more flexible life course paradigm that:
 - allows people to go in and out of learning, work, caregiving and leisure at different times throughout the life course
 - embraces a human rights approach that focuses on reducing inequities, particularly among our most vulnerable seniors
 - an intergenerational community of caring that encourages boys and men to take on key roles and responsibilities, and that provides policies and programs that support parents and family caregivers.
13. Acknowledge and celebrate seniors' contributions in informal caregiving, voluntarism, and activism.



"We need to consider older peoples' expectations of what life will look at in the last two years. It is naive to think that everyone shares our opinion. Infirmary comes upon us slowly."

- Isobel Mackenzie,
BC Seniors Advocate
and conference presenter

MISH-MASH of MEDICAL NEWS:



Fruit that treats cancer:

https://healthandlovepage.com/fruit-that-treat-cancer/?c=hlp_video

Help Prevent Kidney Stones:

https://www.medicalnewstoday.com/articles/319537.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Probiotics May Help To Prevent And Treat Colon Cancer:

https://www.medicalnewstoday.com/articles/319401.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Magnesium and Dementia Risk:

https://www.medicalnewstoday.com/articles/319481.php?utm_source=fb_mnt_chatbot&utm_medium=fb_messenger&utm_campaign=NONHCP_20170921

5 Ways to Quit Smoking:

https://www.medicalnewstoday.com/articles/319460.php?utm_source=fb_mnt_chatbot&utm_medium=fb_messenger&utm_campaign=NONHCP_20170918

Ten Hidden Healing Powers of Lemons:

<https://healthandlovepage.com/10-hidden-healing-powers-of-the-lemons/>

Yawning: Why we do it and what it means

https://www.medicalnewstoday.com/articles/318414.php?utm_campaign=trueAnthem%253A+Trending+Content&utm_content=5969f80904d3013f88ce6843&utm_medium=trueAnthem&utm_source=facebook

Secrets To A Long and Healthy Life

http://news.nationalgeographic.com/2015/04/150412-longevity-health-blue-zones-obesity-diet-ngbooktalk/?utm_source=Facebook&utm_medium=Social&utm_content=link_fb20170603news-resurfbluezonebooktalk3&utm_campaign=Content&sf84561988=1

Watching Hockey Stresses Your Heart

<https://www.sciencedaily.com/releases/2017/10/171005102717.htm>

Smell Test for Dementia

https://www.medicalnewstoday.com/articles/319589.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Health Canada Bans Oil used for Trans Fat

http://www.huffingtonpost.ca/2017/09/16/health-canada-bans-partially-hydrogenated-oil-the-main-source-of-trans-fats_a_23211614/?utm_campaign=canada_newsletter


How to Fix Chronic Back Pain:

<https://www.lifetimedaily.com/leading-back-pain-expert-reveals-fix-back-pain/#.WdvoyLrjbyQ.facebook>

Benefits of Crying:

https://www.medicalnewstoday.com/articles/319631.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Oceanside Community Safety



**Volunteer
Bénévole**

MAK Packs
(Medical Alert Kits)

The Community Safety Offices are pleased to offer MAK packs to the public free of charge. These Kits are a way to store up to date medical information in case of emergency. The kit contains a pill-vial with a scroll inside that is used to list all current medications and medical concerns. The kit is left in the fridge and a corresponding sticker is left on the fridge door to alert Emergency Personnel that the information is available. You never know when an emergency will occur or you will not be in a position to tell First Responders what is wrong. Therefore, these kits are a big help to those responding to a medical emergency, especially when every second counts.

For more information, or to receive a free kit, please visit your local Community Safety Office.

Qualicum Beach Office
104 – 660 Primrose St.
250.752.2949

Parksville Office
100 Jensen Ave. East
250.954.2223

<http://www.oceansidecsv.org/>

Community Safety Programs:

- Keeping in Touch
- Block Watch
- Bicycle Registration
- Child ID Kits
- Senior ID Kits
- Car Seat Checks
- MAK Packs
- Speed Watch
- Community Watch

Maybe become a community safety volunteer?

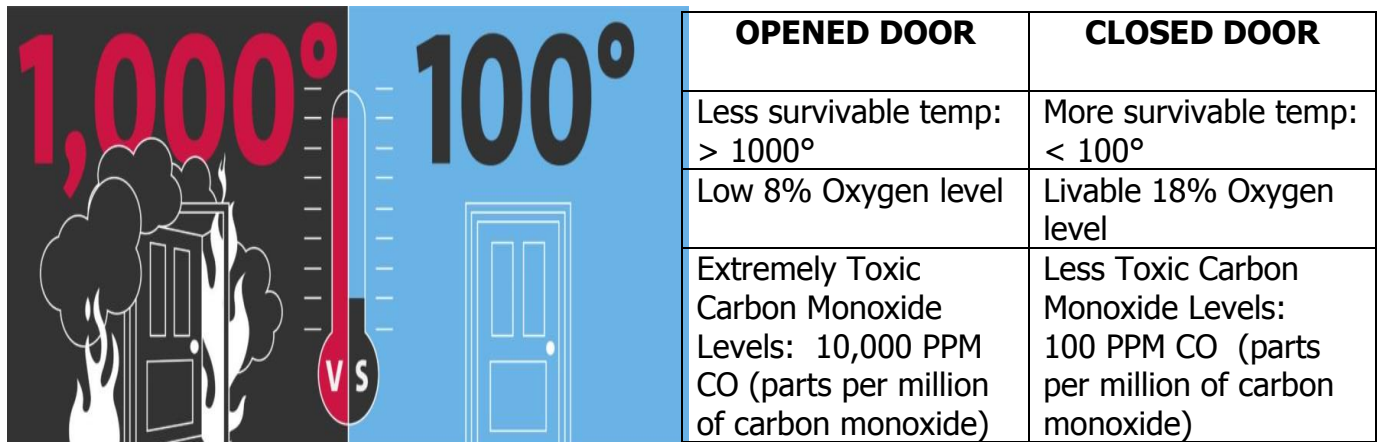
<http://www.oceansidecsv.org/content/volunteer>

SLEEP WITH YOUR BEDROOM DOOR CLOSED:

<https://ulfirefightersafety.org/research-projects/close-your-door.html>

<http://abcnews.go.com/US/closing-bedroom-door-night-save-life-fire/story?id=50573063>

In tests, a closed door made a potentially life-saving difference in a fire.



MAKE A 900 DEGREE DIFFERENCE

During a fire, a closed door can mean the difference between **1,000 degrees** and **100 degrees**.

CL**ISE**
BEFORE YOU DOZE

BC Hydro powersmart

Small Changes Can Make a Big Difference

https://www.bchydro.com/powersmart/smartchoices.html?WT.mc_id=F18_fall_facebook_image#

Fix that leaky faucet – save up to \$33/year

Fixing a hot water leak is simple enough to do yourself and can save you money.

Manage your thermostat – save up to \$72/year

Lowering your thermostat by 5°C could save you 10% on your bill.

Be efficient with refrigeration – save up to \$25/year

Keeping your fridge at 2 to 3°C and freezer at -18°C can improve their efficiency.

Winter Home Heating Tips

- Baseboard heating
- Setting your thermostat
- Draft-proofing
- Using a space heater

<https://www.bchydro.com/powersmart/residential/savings-and-rebates/efficient-heating-.html#baseboard>



Join BC Hydro's "Team Power Smart" – earn \$50 reward

<https://www.bchydro.com/powersmart/residential/team-power-smart.html>

The best way to start saving on your electricity costs is to get smart with how you use electricity. Make these 21 no-cost changes in your home and you could save \$500 or more a year, depending on a number of factors including the size of your home.

1. Turn off unnecessary lights - Save \$12

Two 100-watt incandescent bulbs switched off for an average of two hours per day could save you \$12 over a year.



2. Use natural light - Save \$9

A single south-facing window can illuminate 20 to 100 times its area. Turning off one 60-watt bulb for four hours a day is a \$9 saving over a year.

3. Use Task Lighting – Save \$6

Turn off ceiling lights and use table lamps, track lighting and under-counter lights in work and hobby areas as well as in kitchens.

4. Take shorter showers – Save \$30

Hot water is expensive. If two people in your home cut their shower time by a minute each, you could save \$30 over a year.



5. Turn water off when shaving, washing hands, brushing teeth - Save \$21

Reduce your hot water usage by 5% to save about \$21.



6. Fix that leaky faucet - Save \$33

Fixing a hot water leak in your faucet can save up to \$33 per year in energy costs.

7. Unplug unused electronics - Save \$50

Standby power can account for 10% of an average household's annual electricity use. Unplug unused electronics and save \$50 a year.

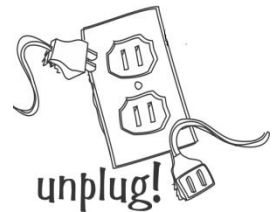


8. Ditch the desktop computer - Save \$11

If you're still using that old desktop, recycle it and switch to your laptop. If you use your laptop two hours per day, you'll save \$11 over a year.

9. Not recording? Unplug the PVR - Save \$4

Turn off your PVR when you're on vacation or away for the weekend. Do that for a combined two months a year and you'll save about \$4.



10. Recycle or donate that old TV - Save \$8

Recycle or donate your old TV. Even if you're just using it an hour a day, that 42-inch LCD is costing you eight bucks a year.

11. Manage your thermostat - Save \$72

If you have electric heat, lower your thermostat by two degrees to save 5% on your heating bill. Lowering it five degrees could save 10%.



12. Be strategic with window coverings - Save \$45

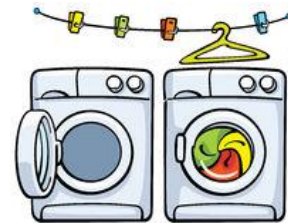
Promote airflow through your home and block the afternoon sun. You could save you up to \$10 (2 fans) or \$45 (1 window unit AC) during the summer.

13. Reduce heat in the kitchen - Save \$5

Avoid using the oven in summer - try salads, smoothies or barbecue. You'll reduce the heat in your home and save on your home cooling costs.

14. Run full loads - Save \$30

Cut one load of wash per week, even if you're already using cold water only, and you could save \$30 a year on your laundry costs.



15. Wash laundry in cold - Save \$27

By switching from hot to cold water for an average of three loads per week, you could save up to \$27 per year on your energy bill.

16. Hang-dry your laundry - Save \$47

If you do eight loads of laundry a week and use your clothesline for 50% of those clothes, you could save \$47 a year.



17. Toss a towel in the dryer - Save \$27

A dry towel added to your dryer load can significantly reduce drying times. If you're doing seven loads a week this could save you \$27 a year.



18. Be efficient with refrigeration – Save \$25

Keep your fridge and freezer at their ideal temperature. For your fridge this is between 2°C and 3°C and your freezer should be at -18°C.

19. Unplug your second fridge - Save \$90

Unplug that second fridge and save up to \$90 a year. Freeze plastic jugs of water and use them in a cooler when you need them.

20. Skip the heat-dry setting for the dishwasher – Save \$37

That heat-dry setting is expensive. De-select it and, based on one load of dishes a day, save up to \$37 for the year.



21. Use the microwave, crock pot or toaster oven - Save \$20

A microwave takes 15 minutes to do the same job as 1 hour in an oven. Use a microwave instead of your oven 4 times a week and save \$20/year.

BC HYDRO – TOOLS AND CALCULATORS

<https://www.bchydro.com/powersmart/residential/tools-and-calculators.html>

Track your Electricity Use, Calculate Your Costs, Find Efficient Appliances/Electronics

Spot the Retired Teachers in the News...

**VIEWS
IN THE NEWS**
We asked: **What do you think is the scariest Halloween monster?**



I think sociopaths or serial killers are the scariest monsters for Halloween.

ELAINE YOUNG
Parksville



RANDOM ACTS OF KINDNESS

Share an act of kindness Nov. 3

The Parksville-Qualicum Community Foundation wants residents to share random acts of kindness, and for those on the receiving end to pay them forward.

The foundation has designated Friday, Nov. 3, as Random Act of Kindness Day in the community, a day to recognize kindness and humanity across the region.

"We live in an amazing community where so much kindness happens every day. Let's take a moment to not only recognize when someone does something nice for us, but to also do something nice in return," says Wendy Carmichael, co-presi-

dent of the Parksville-Qualicum Community Foundation.

The foundation is encouraging schools, business, families and all others to participate by performing kind acts in the community for the simple pleasure of doing them. This is the third year the foundation has celebrated Random Acts of Kindness Day in the community.

There are many different types of action that people can use as their kind act — buy someone a coffee, congratulate someone on a job well done, even something as simple as holding open a door for someone with their hands full — each act provides residents with an opportunity

to connect with a member of the community, the foundation says.

Small "pay it forward" cards have been printed to encourage the cardholder to perform a simple act of kindness for someone — a neighbour, a friend, a co-worker, or someone they don't even know — and hand the card over to that person to encourage them to do the same.

Random Act of Kindness cards are available at Island Exposures Gallery in Parksville and at Brent Johnson CPA office, on Beach Avenue in Qualicum Beach.

— NEWS Staff/PQCF release

<https://www.parksvillequalicumfoundation.com/>

Parksville Qualicum Beach News

Thursday, October 12, 2017 A21

Shoeboxes ready for pick up

ADAM KVETON
adam.kveton@pqbnews.com

If you're looking to do some good for a child in need this holiday season, Operation Christmas Child has boxes to fill.

The annual project, run through Christian relief and development organization Samaritan's Purse, ships shoeboxes full of toys, school supplies and hygiene items to children in need around the world.

But first, the boxes have to be filled.

Local volunteers have teamed up with several retail locations in the Parksville Qualicum Beach area, including the Fields store, as well as most of the churches in the area to provide shoeboxes. They are currently available for pick-up, though people interested in participating may use their own shoe-



ADAM KVETON PHOTO

Fields employees and Operation Christmas Child volunteers stand outside the store, which is one of the places where shoeboxes can be picked up to be filled for children in need this holiday season.

boxes, said Anna Cook, logistics coordinator.

Items that can be packed into shoe-

boxes include candles, glue sticks, markers, sewing kits, toys (though not war-related or frightening), crayons and more. Items that shouldn't be packed include things such as candy, furs, food, glow sticks, sea shells, toothpaste and decks of cards.

The boxes get shipped to children in war-torn and struggling communities such as Haiti, Costa Rica, El Salvador, Gambia, Sierra Leone, the Ukraine.

The filled shoeboxes must be brought to the local collection centre at Parksville Fellowship Baptist Church at 550 Pym St. in Parksville between Nov. 13-18, between 9 a.m. and 3:30 p.m., or Nov. 18 from 10 a.m. to 3 p.m.

For more information, contact the local collection team at 250-927-0116 or go to www.samaritanspurse.ca.

For more info about Shoe Boxes: <https://www.samaritanspurse.ca/>

Letter from The Order of the Eastern Star

Dear Members and Friends:

Once again, I wish to thank everyone who so willingly saved, collected, trimmed, sorted and delivered cancelled stamps to help....



STAMP OUT CANCER!!!

Without your continued help and support, we could not keep up our good works. A special thanks to the many businesses and organizations that help with our project.

The funds derived from the sale of the cancelled stamps for the twelve month period ending April 30th, 2017, enable the Foster Secretary Association, Order of the Eastern Star to donate....

\$3312.20 to our Cancer Projects

This money is to be used either for research or cancer dressings; wherever it is needed. The need for dressings is still great so please help by telling your friends about this worthwhile cause!

Monies allocated to the Dressing Station Fund provide materials to the various dressing stations throughout the province. These stations are manned by volunteer, Order of the Eastern Star members and many types of dressings are made and are supplied to any cancer patient at no charge, on a doctor's note.

I would like to let our helpers know that we still have a market for POST CARDS. These can be used or unused and I would appreciate receiving any that you may have, so PLEASE DO NOT cut the stamps off these cards.

Sincerely,
Mrs. Gladys Pierce (2)
General Stamp Convener

FOSTER SECRETARY ASSOCIATION
ORDER OF THE EASTER STAR
5925 Dunbar St., Vancouver, BC, V6N 1W8

In Parksville, members of the Order of the Eastern Star meet weekly or bi-weekly to make dressings for cancer patients.

The Order of the Eastern Star is a Masonic appendant body open to both **men** and women. It was established in 1850 by lawyer and educator **Rob Morris**, a noted Freemason, but was only adopted and approved as an appendant body of the Masonic Fraternity in 1873.

From 1954 to 2016, The Order of the Eastern Star has raised \$457,025.51

Save Your Postage Stamps!

Did you know that "The Order of the Eastern Star" sells used postage stamps and makes personalized bandages for local cancer patients? As you get "real" mail, cut off the stamps, but leave some of the envelope around each stamp. When you have a collection, let me know and I will arrange pick-up or drop off: cathyvanh@gmail.com



Recycle stamps!



PQRTA EXECUTIVE needs YOU!!!

We need a SECRETARY and an HISTORIAN, PLEASE!!!

Question of the Month:

With the change to the Society Act, are you willing to pledge an individual donation to the two scholarship plans that PQRTA has supported in the past? If so, then how much?



Thank you to the **60 members** that replied to this question. As of October 25th, we received pledges for the following:

\$1485.00 towards post-secondary education for a School District 69 student to pursue a teaching career



\$1125.00 to CHES (Canadian Harambee Education Society) for a Kenyan student to attend high school

Now that we know that we have your support for these scholarships, we will set up a separate bank account for these funds. Stay tuned for more detailed information to come!!!

CANADIAN HARAMBEE EDUCATION SOCIETY

* Harambee is Swahili for "Pull Together"

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



June 28, 2017

Dear CHES Sponsor,

I recently returned from officially opening our new CHES office in Kakamega (Kenya). While I was there, I took the opportunity to visit all the schools that we currently use for our CHES girls. Consequently, I had the opportunity to meet the CHES Students at St. Anne's Musoli Girls Secondary School where your student is in attendance.

Although, I did not have the opportunity to talk to each girl individually, as time was limited and we were there to go over such things as study habits, leadership, the value of working as a group when studying, and such related topics, I wanted you to know that I was delighted to meet all the CHES girls.

Overall, the girls are trying very hard and their marks reflect their effort. They are eager to learn and will not let you down by getting low marks. The girls sincerely thank you for the opportunity you have given them by providing for their education.

Here is some information about the school that you may be interested in. This very large school is one that is undergoing considerable growth. Its facilities are well kept. A change in administration occurred very recently and this can sometime affect the educational opportunities in a school. We hope that the excellence that had been shown here in the past will continue. The girls were very focused on doing well in their studies. However, they were encouraged to pursue more leadership opportunities as few of the CHES girls were currently doing so.

One thing that all the girls asked is, "Could you please ask my sponsor to write to me? I would like to know about them about their life in Canada." If you could take the time to write your student a short note (even send her a postcard of the area where you live), it would be so meaningful to her. Here's her address:



Mercyline Kirikita, Form 2
St. Anne's Musoli Girls High School
P.O. Box 756
Kakamega 50100
Kenya

Please see the next page for some photos.

Sincerely, Joy Ruffeski, Ed.D.
Executive Director, CHES
ruffeski@telus.net

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.

Photos from St. Anne's Musoli Girls' High School in Kakamega, Kenya.



The school year is from the first of January to the end of November.



The school day runs from 6:30am to 6:00pm with holidays on Sundays.

Mercyline speaks 3 languages: Luhya (her mother tongue), Kiswahili, and English.

Mercyline is the youngest of five children.

Mercyline wishes to become a doctor to treat people and make their health better. Then, she will sponsor someone else in need.



Here's a letter from our CHES student going to high school in Kenya.

5TH JULY 2017. ST ANNE'S MUSOLI GIRLS,
P.O BOX 756-50100,
KAKAMEGA.

Dear Parksville/Qualicum,

How are you my sponsors? I hope you are fine there in Canada. I in Kenya feel so grateful for the role you play in my education. You have really given me enough support to this far. I greatly appreciate and wish that God grant you blessings.

I would like to thank you for your letter I received in April 2017. In your letter you asked the meaning of the column BST on our report cards. It means Business studies. It is one of the applied subjects. It is easy to score a good grade in it if you thoroughly revise.

I am very sorry because in the term two end term exams, I have not done to my best, but I promise to improve next time. We have recently chosen subjects. I know the subjects will be a booster to me. I choose agriculture and Physics.

The term two has not been "good" to me because I had a severe toothache that forced me to shed it. Now I am well and ready to continue working so hard that I may brighten my future.

I know it doesn't matter how I look like or where I come from but I always remember that my dreams are considered. I promise to rest after I've found what I want in life. I am glad for your sponsorship.

We as CHES girls we value ourselves as lucky people and we believe, we shall make it. No matter what comes around, we shall still conquer it.

I wish you well. Greet your friends. God bless you!

Yours friendly,
Mercyline Kirikita.

PQRTA PROGRAM: Wednesday, October 11, 2017

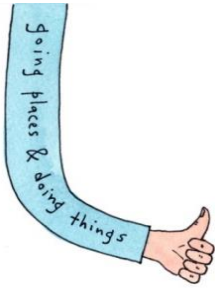
PARADISE MINI-GOLF – It was a really big “shoe”!!!



THANKS TO PARADISE MINI-GOLF!!!

We played for **FREE** (in the rain)!!!

<http://paradisefunpark.net/>



GOINGS AND DOINGS:

Parksville Qualicum Retired Teachers are busy in the business of retirement!!! What are you up to? Please let me know for the next newsletter: cathyvanh@gmail.com

Betty Anne Hamilton:

I am in Ontario attending a High school reunion in Weston: catching up with exchange teaching friends, cousins & others, family history, farm archive - stone house preservation, etc. My little rental car has over 5000 km. so far. I need another 3 weeks!!

The cousin that I visited first had her hip replacement date moved forward, so their 4 daughters (who consider me an aunt) & I are spending the weekend at a family cottage near the hospital. Great way to end a holiday!

Claire Hynes:

I went to New York City with my daughter to celebrate her 40th birthday. This was the first time in New York for either of us. We were constantly amazed at how close together those skyscrapers were! We did a lot of the "usual" things: Times Square (several times!), Empire State Building, 9/11 Memorial, Central Park, Rockefeller Centre "Top of the Rock", St. Patrick's Cathedral, Coney Island and yes, we went on the Staten Island ferry and viewed the Statue of Liberty from there. We also saw two pricey musicals, but I gather the prices were just typical for Broadway performances! But the tour we found quite "moving" was the Tenement Museum. The guides share the stories of several families who actually lived there, one from 1870 and the other from 1935, when the building was "condemned". There was nothing wrong with it but the landlord couldn't afford the fire upgrades so the city boarded it up, so when it was "discovered" in 1988 it was just how it had been left 50 years before. Fascinating, we thought!

Jean Pennington:

We really enjoyed our Hawaiian cruise.

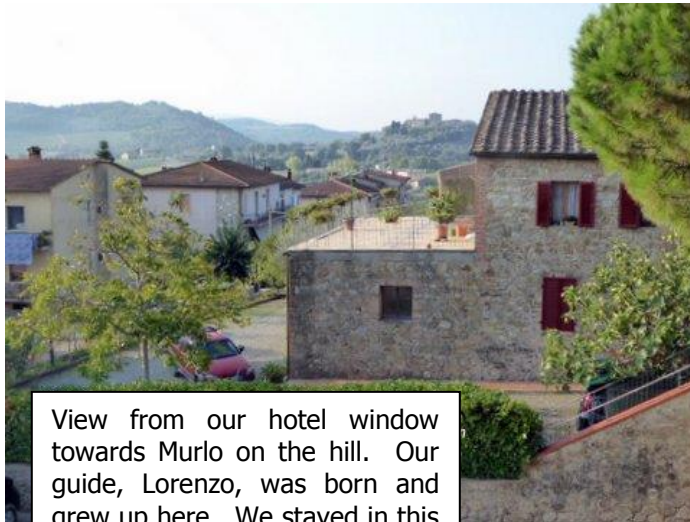
Gerry Galey

We have hiked with "Walkers World" before, to **Provence, France** in 2012, but this **Tuscany, Italy** hike was even better--for these reasons:

- The weather was perfect (no rain & temps about 21C daily)
- The group was small (only 13, nearly all Canadian). You learned a lot about each other--and had to get along! The Chianti helped (included with dinner).
- Truly excellent guiding (2 local people who were exceptionally well informed. It felt like being in a university class, but on the move, on foot!
- Despite the first-day or so physical 'adjustments' (Joan's mildly twisted knee and my calves needing tuning) we came home in better shape than when we left.

There are too many pics to include, so I've tried to focus on the 'walking' part of our time in this delightful part of Italy. There are so many more photos to share (4 days in Florence & another 4 in Venice); but enough is enough...unless you ask for more. If you are interested in doing such an excursion I'd be happy to share info re costs, arrangements, etc. Suffice to say that a degree of physical well-being is a requisite, but all of our hiking group were in their 60's/70's. Seniors don't have to just take cruises! 'Nuff said!





View from our hotel window towards Murlo on the hill. Our guide, Lorenzo, was born and grew up here. We stayed in this hotel every night and were bussed to and from our hike venues.

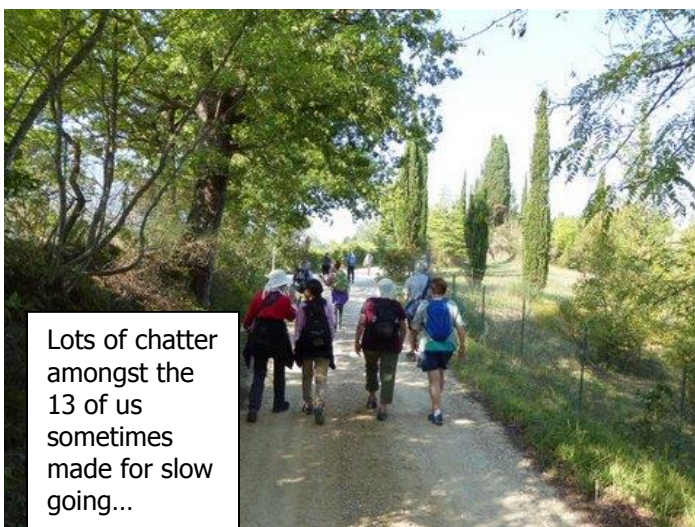
We drank a lot of wine in Tuscany, encouraged in large part by our guide and what we saw in the countryside about us.



Sometimes, we had to walk through sleepy villages...a movie set?



An ancient abbey near SanGimignano on the distant hilltop. Our hike was part of the Via Grancigena, the pilgrims' path leading to Rome in the 1200's. We made frequent stops for 10+ minute lectures on what we were seeing and history of the area. Truly, university level lecture on foot.



Lots of chatter amongst the 13 of us sometimes made for slow going...

About Teachers' Travel:

The Company began in 1970 in Toronto, Canada when a group of former teachers started a travel agency. At first, they organized trips for Canadian teachers; but over the years they expanded, so now their customers come from many professions and countries. They offer a wide variety of escorted tours and special interest holidays including many walking holidays.

<http://www.teacherstravel.com/>

Why I Like Retirement! (from Gerry Galey)

Question: How many days in a week?

Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime?

Answer: Two hours after he falls asleep on the couch.

Question: How many retirees to change a light bulb?

Answer: Only one, but it might take all day

Question: What's the biggest gripe of retirees?

Answer: There is not enough time to get everything done.

Question: Why don't retirees mind being called Seniors?

Answer: The term comes with a 10% discount.

Question: Among retirees, what is considered formal attire?

Answer: Tied shoes.

Question: Why do retirees count pennies?

Answer: They are the only ones who have the time.

Question: What is the common term for someone who enjoys work and refuses to retire?

Answer: NUTS!



Question: Why are retirees so slow to clean out the basement, attic or garage?

Answer: They know that as soon as they do, one of their adult kids will want to store stuff there.

Question: What do retirees call a long lunch?

Answer: Normal.

Question : What is the best way to describe retirement?

Answer: The never ending Coffee Break.

Question: What's the biggest advantage of going back to school as a retiree?

Answer: If you cut classes, no one calls your parents.

Question: Why does a retiree often say he doesn't miss work, but misses the people he used to work with?

Answer: He is too polite to tell the whole truth.

And, my very favorite....

QUESTION: What do you do all week?

Answer:



THIS WAY UP

HISTORIC PEAKS AND VALLEYS IN THE JOURNEY

By Mike Crisologo

Bottom row: Maurice Ruddick; Marshall McLuhan; Emma Albani; Neil Young; Christopher Plummer; Alice Munro



July 1, 1867 Canada enters Confederation, and Sir John A. Macdonald, 52, becomes our first prime minister. Hockey, beer and Tim Hortons coffee to follow.

1879 Three years after missing a train, Sandford Fleming, 52, proposes his idea for standard time zones, leading to worldwide standard time. Though some still refuse to employ Fleming's standard time, including India, China and the guy who said he'd be over to install your cable between nine and five today.

1880 Quebec's Marie-Louise Meilleur, is born and lives to become Canada's oldest person ever at 117. She was born when Macdonald was PM and died when Mulroney held office, and she had 12 kids, 85 grandchildren, 80 great-grandchildren, 57 great-great-grandchildren and four great-great-great-grandchildren.

1901 Before Céline sang for *Titanic*, Emma honoured the grandmother of Europe Emma Albani, 54, Canadian soprano and our nation's first international singing star, performs solo at the funeral of England's Queen Victoria.

1908 Robert Stanley Weir, 52, adapts the English version of "O Canada" to a less literal French translation, which we still use today. The original French translation of "God keep our land, glorious and free ... from those dull Anglos and their watered-down maple syrup" didn't really resonate outside of Quebec.

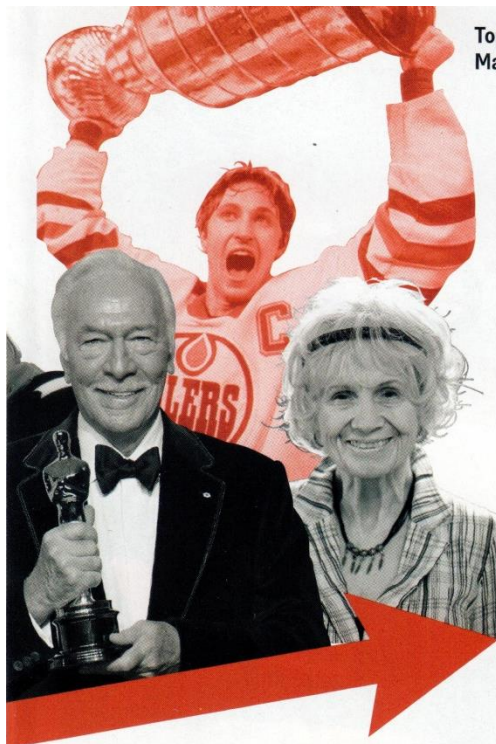
1913 Edward P. Sullivan, 59, co-directs Canada's first feature movie *Evangeline*. Which, subsequently, leads to Canada's first feature movie trailer that gives away the whole plot and ruins the entire film for you.

1927 The Canadian government introduces the old-age pension,

(AND DOWN)

1873 Sometimes you ride the gravy train and sometimes you end up underneath it. Sir John A. Macdonald, 58, resigns as prime minister following the Pacific Scandal, in which his government accepted bribes in return for rewarding a nationwide railway contract.

1921 William Lyon Mackenzie King, 47, begins his first of three terms as prime minister during which time he consults the dead for advice, from his mother to Leonardo da Vinci. Though he never, ever revealed state secrets to them. That would be crazy.



Top row: Sir John A. Macdonald; Gordie Howe; William Lyon Mackenzie King; Oscar Peterson; Roberta Bondar; Wayne Gretzky

1958 Talk about playing a tough room Miner Maurice Ruddick, 46, is voted Canada's Citizen of the Year after performing morale-boosting songs for his fellow miners while they're trapped together down a 4,000-foot mine for nine days during the Springhill mining disaster.

1964 Marshall McLuhan, 53, publishes his seminal *Understanding Media*, coining the term "The medium is the message" Of course, in 2017 the medium is social media, and the message is "Everyone needs to see a photo of my pet/dinner/grandchild/sweaty gym body!"

1966 University of Guelph scientist Gary Johnston, 51, develops the popular Yukon Gold potato Rival potato growers claimed he had a *chip* on his shoulder, but he dismissed those small *fries* with a simple motto: "This spud ain't no dud."

1974 How many ivories does a guy have to tickle to get a Grammy around here? After more than 30 years of playing professionally, Montreal-born jazz legend Oscar Peterson, 50, wins his first Grammy Award.

1979-1980 From the Great Gordie to Grandpa Gordie Gordie Howe, recently a new grandfather, finishes the 1980 NHL season at age 52 as both the oldest player in league history and the only person to play in five different decades.

1992 & 2012 Space Ages Roberta Bondar, 47, becomes Canada's first female astronaut and the first neurologist in space. Two decades later, Chris Hadfield, 53, becomes the first Canadian commander of the International Space Station.

2012 "Finally," Plummer cried, "something for people to fixate on other than *The Sound of Music*!" Christopher Plummer, 82, becomes the oldest Oscar winner ever, winning Best Supporting Actor for a role in a movie that wasn't *The Sound of Music*. He remains the oldest winner in any acting category in Oscar in history.

2013 An un-Believable feat Leonard Cohen, 78, caps an unprecedented career renaissance by topping Justin Bieber for Juno Artist of the Year honours, sending Beliebers into a pre-teen tizzy while becoming the oldest person to win the award. He breaks his own record in 2017, when he wins the award posthumously.

2013 Her work isn't nearly as easy to sing as 2016 winner Bob Dylan's, but it's still a great honour Alice Munro, 82, becomes the first Canadian to win the Nobel Prize for Literature.

2017 Because who wouldn't want to hear a harmonica so clear it sounds like someone is playing it right next to your ear? Right? Canuck rock legend Neil Young, 71, follows his Pono high-quality digital music player with an announcement of Xstream, a digital streaming service offering the highest-quality digital audio.

maxing out at \$20 a month Back then, however, "old age" was 39 and \$20 bought you all the cream of wheat you could eat, plus a ticket to the latest talkie, so it was actually a pretty good deal.

1945 Winnipeg gave us James Bond and the technology to text naughty photos to each other? Cheeky! Winnipeg-born Sir William Stephenson, 48, whose heroic Second World War spy actions purportedly inspired Sir Ian Fleming's 007, also invented a system for transmitting photos wirelessly.

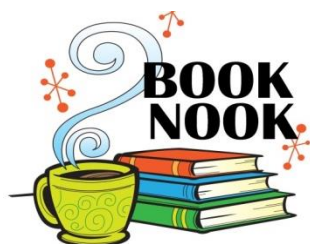
1947 Meanwhile, in Nova Scotia ... Walter Callow, 51, a blind, quadriplegic and bedridden First World War veteran, develops the first ever accessibility bus for people in wheelchairs while also advocating for people with accessibility needs.

1940 He really painted himself into a corner Manitoba-native Norman Breakey, 49, invents the paint roller but, with no money to mass-produce it, an American patents it first and reaps the financial reward.

1983 Proof that it's hard to think on your feet when you're caught on your back After being caught in Edmonton with a prostitute, married Alberta solicitor general Graham Harle, 51, claims he was conducting a "one-man investigation" into the city's prostitution issues.

1988 Even one of William Lyon Mackenzie King's ghosts could have told you this was a bad idea Edmonton Oilers owner Peter Pocklington, 47, trades Wayne Gretzky to the Los Angeles Kings, sparking government protest and effigies of Pocklington burned in the streets.

EDWARD GOOCH/GETTY IMAGES (MACDONALD); DENIS BRODEUR/NHLI VIA GETTY IMAGES (HOWE); HULTON-DEUTSCH COLLECTION/CORBIS CORBIS VIA GETTY IMAGES (KING); DAVID REDFERN/REDFERNS VIA GETTY IMAGES (PETERSON); NASA/INTERIM ARCHIVES/GETTY IMAGES (BONDAR); BRUCE BENNETT STUDIOS/GETTY IMAGES (GRETZKY)



GOOD READS OR A FAVOURITE AUTHOR?

CBC Books: 150 books to read for Canada 150

Full details: <http://www.cbc.ca/books/the-great-canadian-reading-list-150-books-to-read-for-canada-150-1.4212815>

1. Indian Horse – Richard Wagamese
2. A Great Reckoning – Louise Penney
3. Firewater – Harold R. Johnson
4. Do Not Say We Have Nothing – Madeleine Thien
5. My Best Stories – Alica Munro
6. Susceptible – Genevieve Castree
7. The Game – Ken Dryden
8. Who Has Seen the Wind – W.O. Mitchell
9. Whydah Falls – George Elliott Clarke
10. Obasan – Joy Kogawa
11. Station Eleven – Emily St. John Mandel
12. The Inconvenient Indian – Thomas King
13. Mabel Murple – Sheree Fitch
14. The Disappeared – Kim Echlin
15. River Thieves – Michael Crummey
16. The Right to be Cold – Sheila Watt-Cloutier
17. Montreal's Irish Mafia – D'Arcy O'Connor
18. Medicine Walk – Richard Wagamese
19. Town is by the Sea – Joanne Schwartz
20. Love You Forever – Robert Munsch
21. Fifth Business – Robertson Davies
22. Dry Lips Oughta Move to Kapuskasing – Tomson Highway
23. Unless – Carol Shields
24. No Is Not Enough – Naomi Klein
25. From the Fifteenth District – Mavis Gallant
26. David and Goliath – Malcolm Gladwell
27. Essex County – Jeff Lemire
28. Crow Lake – Mary Lawson
29. Cockroach - Rawi Hage
30. Calling Down the Sky – Rosanna Deerchild
31. The Woefield Poultry Collective – Susan Juby
32. Alias Grace – Margaret Atwood
33. Saints and Misfits – S.K. Ali
34. A Fine Balance – Rohinton Mistry
35. 419 – Will Ferguson
36. Celia's Song – Lee Maracle
37. One Hour in Paris – Karyn Freedman
38. In the Realm of Hungry Ghosts – Gabor Mate
39. Birdie – Tracey Lindberg
40. Ru – Kim Thuy
41. Roughing it in the Bush – Susanna Moodie



42. Never Cry Wolf – Farley Mowat
43. In the Skin of a Lion – Michael Ondaatje
44. Bloodletting and Miraculous Cures – Vincent Lam
45. Half-Breed – Maria Campbell
46. Anne of Green Gables – L.M. Montgomery
47. Company Town – Madeline Ashby
48. New Tab – Guillaume Morissette
49. The Illegal – Lawrence Hill
50. North End Love Songs – Katherine Vermette
51. Clara Callan – Richard B. Wright
52. Islands of Decolonial Love – Leanne Betasamosake
53. The Stone Angel – Margaret Laurence
54. Saints of Big Harbour – Lynn Coady
55. Take Us to Your Chief – Drew Hayden Taylor
56. A Tale for the Time Being – Ruth Ozeki
57. Cool Water – Dianne Warren
58. This is Happy – Camilla Gibb
59. The Hockey Sweater – Roch Carrier
60. Jillian Jiggs – Phoebe Gilman
61. They Left Us Everything – Plum Johnson
62. The Reason You Walk – Wab Kinew
63. The Sisters Brothers – Patrick deWitt
64. The Diviners – Margaret Laurence
65. #IndianLovePoems – Tenille Campbell
66. The Breadwinner – Deborah Ellis
67. Half-Blood Blues – Esi Edugyan
68. And the Birds Rained Down – Jocelyne Saucier (translated by Rhonda Mullins)
69. The Darkhouse – Barbara Radecki
70. Baseball Life Advice – Stacey May Fowles
71. The Collected Poems of Patrick Lane
72. Fall on Your Knees – Ann-Marie MacDonald
73. A Fair Country – John Ralston Saul
74. Etta and Otto and Russell and James – Emma Hooper
75. When the World Was New – George Blondin
76. Monkey Beach – Eden Robinson
77. Canoe Country – Roy MacGregor
78. Alligator Pie – Dennis Lee
79. The Break – Katherine Vermette
80. The Just City – Jo Walton
81. Not Wanted on the Voyage – Timothy Findley
82. Lightfinder – Aaron Paquette
83. Two Solitudes – Hugh MacLennan
84. Sunshine Sketches of a Little Town – Stephen Leacock
85. Kamouraska – Anne Hébert
86. The Book of Negroes – Lawrence Hill
87. A Disappearance in Damascus – Deborah Campbell
88. We All Fall Down – Eric Walters
89. And Home Was Kariakoo – M.G. Vassanji
90. The Last Crossing – Guy Vanderhaeghe
91. The Handmaid's Tale – Margaret Atwood



92. Lullabies for Little Criminals – Heather O’Neill
93. Slash – Jeannette Armstrong
94. We’re All in This Together – Amy Jones
95. Home Sweet Home – Mordecai Richler
96. A Complicated Kindness – Miriam Toews
97. I Want to Go Home – Gordon Korman
98. The Perfection of the Morning – Sharon Butala
99. Naked with Summer in Your Mouth – Al Purdy
100. Nikolski – Nicolas Dickner (translated by Lazer Lederhendler)
101. The Shoe Boy – Duncan McCue
102. Next Year, For Sure – Zoey Leigh Peterson
103. Testifyin’ – Djanet Sears
104. The Best Laid Plans – Retty Fallis
105. Anil’s Ghost – Michael Ondaatje
106. Everything Beautiful is Not Ruined – Danielle Young-Ullman
107. No Great Mischief – Alistair MacLeod
108. The Edible Woman – Margaret Atwood
109. Jake and the Kid – W.O. Mitchell
110. The Orenda – Joseph Boyden
111. All My Punt Sorrows – Miriam Toews
112. The Stone Carvers – Jane Urquhart
113. Such a Long Journey – Rohinton Mistry
114. Secret Path – Gord Downie and Jeff Lemire
115. Indian Fall – D’arcy Jenish
116. The Birth House – Ami McKay
117. Manitowapow: Aboriginal Writings from the Land of Water
118. We’ll All be Burnt in Our Beds Some Night – Joel Thomas Hynes
119. February – Lisa Moore
120. The Stone Diaries – Carol Shields
121. milk and honey – Rupi Kaur
122. Fifteen Dogs – Andre Alexis
123. Shake Hands with the Devil – Romeo Dallaire
124. Annabel – Kathleen Winter
125. Jacob Two-Two Meets the Hooded Fang – Mordecai Richler
126. Skim – Mariko and Jillian Tamaki
127. The Hero’s Walk – Anita Rau
128. The Fire Dwellers – Margaret Laurence
129. Something Fierce – Carmen Aguirre
130. We Sang You Home – Richard Van Camp
131. The Darkest Dark – Chris Hadfield
132. Where I Belong – Alan Doyle
133. The Cure For Death By Lightning – Gail Anderson-Dargatz
134. King Leary – Paul Quarrington
135. Hana’s Suitcase – Karen Levine
136. The Paper Bag Princess – Robert Munsch
137. The Colony of Unrequited Dreams – Wayne Johnston
138. Rockbound – Frank Parker Day
139. Island – Alistair MacLeod
140. Sing a Song of Mother Goose – Barbara Reid
141. Fatty Legs – Christy Jordan-Fenton and Margaret Pokiak-Fenton

CANADA
150



142. Generation X – Douglas Coupland
143. The Wonder – Emma Donoghue
144. Outliers – Malcolm Gladwell
145. Next Episode – Hubert Aquin (translated by Sheila Fischman)
146. Life of Pi – Yann Martel
147. Stepping Stones – Margriet Ruurs
148. I Am Not a Number – Jenny Kay Dupuis and Kathy Kacer
149. Kiss of the Fur Queen – Tomson Highway
150. Klondike – Pierre Berton



EXECUTIVE 2017/2018 – **calling for volunteers!!!**

We are still searching two volunteers to serve on this year's Executive

Secretary:

- a) keep minutes of Executive Committee and General Meetings of the branch, and present such minutes to a subsequent meeting for adoption;
- b) keep a current version of the branch's Bylaws and Policies & Procedures for perusal by any member; and
- c) send or cause to be sent to the BCRTA, each July, a report on the branch's activities over the past year, along with a list of the upcoming year's Executive Committee members' names and addresses



Historian:

- a) update the manager of PQRTA website with items for posting: photographs, short descriptions, facts/figures re significant events, names of elected officers, records of campaigns, monthly newsletters, etc.
- b) store archived materials (eg. photo albums, old meeting minutes for the past seven years)

BC Retired Teacher Association Membership Committee:

The BCRTA Board endorsed **FREE membership** for any eligible new comers to the BCRTA and its branches extending to the end of the next membership year, July 31, 2018.



Join BCRTA - Free 1st year = **\$50 value!!!**

Ask your friends and any others that you know are retired teachers
From here, there, or anywhere!!! **Get them to contact BCRTA!**

Email: laurie@bcrt.ca or **Toll Free: 1-877-683-2243**

BCRTA Membership Application Brochure:

http://bcrt.ca/images/BCRTA-Application_Brochure_Only_2017.pdf

BCRTA Membership Application Form:

http://bcrt.ca/images/BCRTA_Membership_DOWNLOAD_to_Print_2017.pdf



WELCOME

NEW MEMBERS

Bob Rennie

I just retired and I am presently living in Delta, but my wife and I are planning to move to Royston in the new year where we are in the preparation stages of building a new house. Once settled, I would like to join a hiking and paddling club during the warmer weather and do some cross country skiing in the winter. I also am into golf, tennis, and ice hockey, so am looking forward to being more physically active now that I am not working. In addition, I am working at mastering some of my classical guitar tunes and would like to join a chamber choir and perhaps play the trombone in a community band. So, as you can see, I have lots of interests, and relish the opportunity to be part of the community, and making new friends with like-minded people. I look forward to meeting many members of your association when I move to your lovely area!

Eileen Edwards (Ezme)

My husband, George, and I moved to Qualicum from Vancouver on July 1, 2017, the day after we both retired -- me from teaching and he from IT at ICBC. We lived in a tiny Kitsilano condo for the last seven years -- the upside being we travelled a fair bit (France, Greece, Mexico, the UK, Palm Springs, etc.) and, in the end, we were able to sell it for enough money to buy a nice new house in a new area of Qualicum Beach. We are truly blessed and grateful!

It is so much fun to explore and discover the Island and we are very much enjoying meeting our neighbours. We are both active and enjoy going to a gym, using the pool, cycling, and walking the many trails from our new home to the village. I do a couple of fitness classes, yoga, kayaking, and golf whenever I can find anyone willing to tolerate my pathetic putting.

Twenty years of teaching -- in Korea and then Vancouver, both elementary and secondary, was both rewarding and exhausting. I learned so much! Since we live so close to the elementary school, I have entertained notions of subbing at an elementary level in Qualicum. It seems unlikely however, as I am far too busy indulging in all the pleasures of sleeping through the night, sitting in the sunshine, walking at the beach, etcetera.

My pet rocks are loyal companions and expect nothing of me. I am deeply grateful for their constancy. I look forward to doing some gardening, some writing, and connecting with people who have an off-beat sense of humour. Once I get myself grounded in this new reality, I hope to be an active participant in social activities that are fun and that contribute something to the community. Or, are outrageously funny just for the fun of it!

Maureen LaFleche

I graduated with a Bsc and BEd from Lakehead University in Thunder Bay. I worked in the field of forestry for several years and then returned to school to get a Diploma in Deaf Education from UBC. Upon completion of this diploma in 1998, I took a teaching job as a Teacher of the Deaf and Hard-of-Hearing in Port Alberni where I worked for 3 years. Then, I moved to SD 69 Parksville/Qualicum SD and worked as a Teacher of the Deaf and Hard of Hearing and a low incidence support teacher for 17 years. I was hired by Special Education Technology -- BC (SET BC) as an Assistive Technology Consultant from 2008 -- 2015. I returned to SD 69 in September 2015 until June 2017 as an Educational Technology - Teaching and Learning Support Teacher.

I am passionate about educational and assistive technology, gardening, renovating, travelling and hiking. My retirement plans include travelling, taking some drawing and water colour classes and guitar lessons.



Have you moved or changed your contact information?
Remember to let us know!
Communication Chair: **Val Dyer**
tvdyer@shaw.ca or **250.752.8824**

Do you know of a PQRTA member who needs some sunshine in their life, due to illness or a loss in their family? Please, let us know!

Sunshine Chair: **Colleen Craig**
cocraig@shaw.ca or **250.752.3762**



November Events - Parksville and Qualicum Beach Area

<http://www.visitparksvillequalicumbeach.com/events-2017-11/>

What's On Digest – Events in Parksville Qualicum Beach & Area

<http://parksvillequalicum.whatsondigest.com/next-month>

Eyes on BC – Life on the West Edge

<http://www.eyesonbc.com/>

Vancouver Island Free Daily News:

<http://live.vancouverislandfreedaily.com/>



UPCOMING EVENTS and REMINDERS:

For Programs, Contact Chair Suzanne Rush: suzanne.c.rush@gmail.com or 250.468.5445

November 3rd – Random Act of Kindness Day

November 11th – Remembrance Day

November 13th to 18th – Shoeboxes to Baptist Church

November 14th 2:00 – Bomé Cheese Shop & Café - Talk with Treats – please pre-order!

Nov.25 to Dec.10 – Qualicum Beach Red Dress Project (Missing/Murdered Aboriginal Women)

December 12th – Seasonal Lunch – Fairwinds Restaurant

PQRTA EXECUTIVE (2017/2018) and CONTACTS:

President – Cathy Van Herwaarden

Vice-President – Elaine Young

Past-President – Kay Howard

Treasurer – Ellen Coates

Secretary – VACANT – **We NEED you!!!**

Programs – Suzanne Rush

Membership – Diane Williams

Heritage – Sharon Cox-Gustavson

Communication – Val Dyer

Phoning Contacts – Jan Graham and Nancy Whelan

Social Concerns Contact – Barb Brett

Historian – Vacant, but thanks to Jim Swanson for updating our website:

<http://pqрта.blogspot.ca/> or <http://bcrta.ca/branches/>

