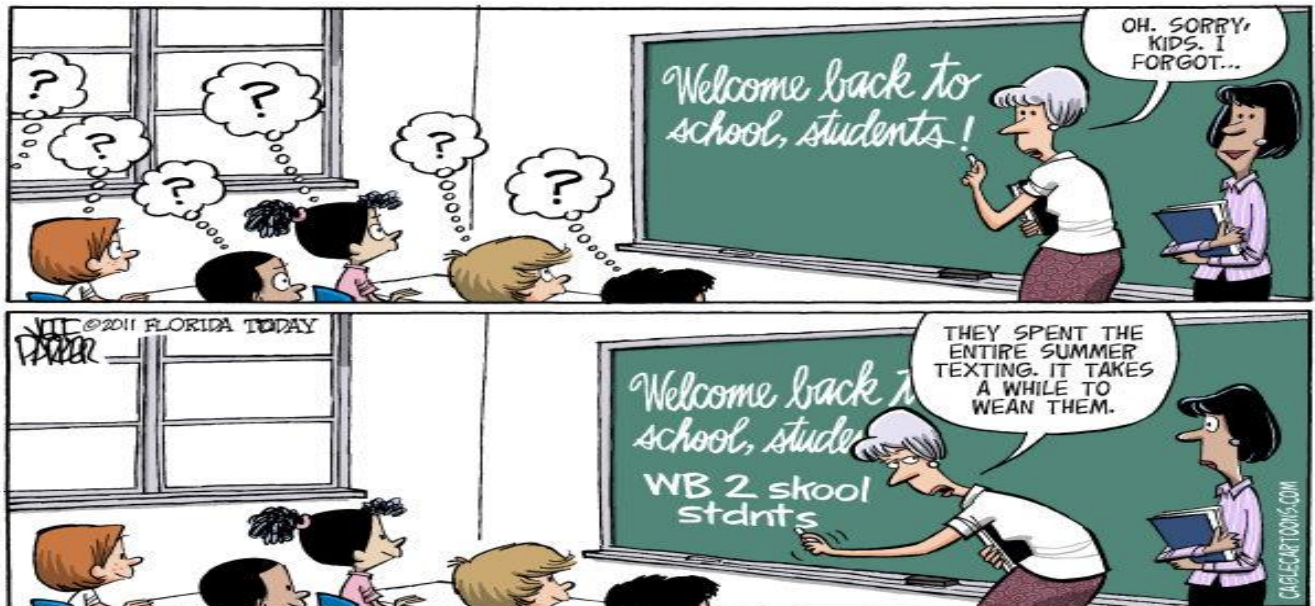




## PARKVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER #9 – September 2017

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

How about this summer??? It just goes on and on and on!!! However, hearing those early evening crickets always reminds me of going back to school. Did anyone else notice that there was always a cricket or two that would get into the school to keep you company while getting the classroom ready for the beginning of school? Probably a long, lost memory now!



### **BCTF President – Glen Hansman**

As we approach the beginning of a new school year, disturbing signs of a resurgent neo-Nazi, white supremacist movement have got teachers talking about how best to confront these toxic forces and their potential impact on our students. It's a dilemma we have faced over the decades. Here's an excerpt from an article in the April 1943 issue of the B.C. Teachers' Federation magazine:

"In a very special sense, the teachers are involved in this great conflict, for they in themselves carry the light of learning and the torch of freedom — which Nazism and Fascism seek to extinguish — for if these tyrannies succeed, education ceases and propaganda takes its place. Between these two conceptions lies the world of difference between democracy and dictatorship. There can be no meeting place or compromise between them."

From the Second World War to Charlottesville, we are reminded how critically important it is to continue educating young people to understand that "world of difference between democracy and dictatorship."

B.C. teachers have a lot of experience with anti-racist education. In 1975, Surrey teacher Lloyd Edwards brought a motion to the BCTF annual general meeting that the federation should establish an official program against racism to help teachers and students deal with racism in school and society, to detect bias in textbooks, and to make classrooms safe and respectful for all.

“Forty-two years later, a lot has changed,” Edwards said last week. “But I still believe that the only solution to racism is to start in the elementary schools and to inculcate those ideals of justice and fair play at an early age.”

One of the first projects was to create a slide show (considered high-tech for the times) on the hidden history of racism in B.C.: the potlatch ban, the Asiatic Exclusion League race riots, the Komagata Maru incident, the internment of Japanese-Canadians, the Chinese head tax, the genocide of aboriginal peoples, the denial of many peoples’ right to vote, and other instances of injustice not previously covered in the curriculum. Unfortunately, the Surrey and Langley school boards decided to ban the slide show. (Former education minister Peter Fassbender led the “Back to Basics Bunch” on the Langley board of the day and, in a bizarre foreshadowing of Donald Trump’s messaging, Surrey board chair Jock Smith also argued the slide show should be banned because it didn’t give “both sides” of the racism issue.) Predictably however, news of the banning led to widespread interest in the slide show, and the BCTF couldn’t keep up with requests for showings.

Clearly, the urgent need for anti-racism education continues. In the past year alone, we’ve seen Ku Klux Klan literature distributed in Abbotsford, Chilliwack and Mission, neo-Nazi posters and swastikas in New Westminster, anti-Chinese flyers in Richmond, and Soldiers of Odin organizing drives in several B.C. towns. An Insights West study released last spring found that an overwhelming 82 per cent of visible minorities in B.C. say they have experienced prejudice or some form of discrimination. That statistic, and the horrific murders of six worshippers at a mosque in Quebec City earlier this year, should sound alarm bells for any Canadians who may be tempted to think that such extremism only exists south of the border.

Social media knows no boundaries, and the latest wave of anti-immigrant and white nationalist sentiment easily washes up on all shores. Teachers see firsthand how vicious online commentary, often anonymous, can drive young people to despair. We ask ourselves: What are the social conditions that lead young men (and a few young women) to those dark places on the Internet where they meet and are manipulated by those who spread hatred, whether white supremacist, Islamic jihadist, or other ideologies? How can we build the necessary networks of support so that these same young people would not be vulnerable to that recruitment?

Teachers are very conscious of the impact that the current political context and the latest news are having on students — particularly those who come from cultural minorities and other historically marginalized groups. But we also know that authentic connection to others is the best inoculation against the fear and alienation that lead youth to radical groups. Teachers here in B.C. and around the world are committed to working with our national and international counterparts to push back against racism and other forms of intolerance. We can’t let the white nationalist anger that led to the murders in Quebec City become normalized. Whether it’s Islamophobia, anti-Semitism, white supremacy, misogyny, transphobia, homophobia, or xenophobia, we’ll be standing up and speaking out against hatred.

This school year, as always, we start September with high hopes for a great year and a renewed commitment to doing everything we can to meet the needs of our diverse student population. We look forward to working together with parents and other concerned citizens to advocate for a more equitable, inclusive, and caring world for all our kids.

## **BCTF Welcomes Restoration of Adult Education Funding – Aug. 8, 2017**

“The new BC NDP government's move to reverse the BC Liberals' cuts to adult education will make a real difference in the lives of many British Columbians looking to upgrade their skills and get better-paying jobs,” said BCTF President Glen Hansman.

“The cuts brought in by the BC Liberal government in 2015 had a huge impact on many adult learners and teachers,” said Hansman. “In Lower Mainland communities like Vancouver, Surrey, and Coquitlam, the cuts actually put the adult education system into crisis. The cuts were especially hurtful to people looking to complete or upgrade courses they needed for job training programs, those learning English, new immigrants, and Indigenous learners.”

“By restoring funding for tuition-free adult education, the new government is putting pathways back in place to help a lot of British Columbians break the cycle of poverty.”

Hansman also pointed out that school districts, like Vancouver, that closed facilities and cut specific programs should act quickly to reopen and restore those important spaces and classes.

“It will also be important to reach out to former staff that have been laid off or severed so that the necessary teaching positions are filled quickly.”

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

## **BC Retired Teacher Association Membership Committee**

The BCRTA Board endorsed **FREE membership** for any eligible new comers to the BCRTA and its branches to begin at any sign-up time after January 1, 2017 and extending to the end of the next membership year, July 31, 2018.

Anyone joining since January 1, 2017 is eligible to apply for a refund as part of this free membership offer.

Let's see how many **new members** we can get to **join for FREE!!!**



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

**Win 1 of 10 iPad Mini4's**

**Ask your friends** and any others that you know are retired teachers  
From here, there, or anywhere!!! Have them try it **FREE for one year!!!**  
They can always opt out, but we hope they stay with us!

**Get them to contact BCRTA!**

**Email:** [laurie@bcrt.com](mailto:laurie@bcrt.com) or **Toll Free:** 1-877-683-2243

BCRTA Membership Application Brochure:

[http://bcrt.com/images/BCRTA-Application\\_Brochure\\_Only\\_2017.pdf](http://bcrt.com/images/BCRTA-Application_Brochure_Only_2017.pdf)

BCRTA Membership Application Form:

[http://bcrt.com/images/BCRTA\\_Membership\\_DOWNLOAD\\_to\\_Print\\_2017.pdf](http://bcrt.com/images/BCRTA_Membership_DOWNLOAD_to_Print_2017.pdf)



## It turns out that traveling makes us far happier than any material wealth ever does

<https://brightside.me/inspiration-psychology/it-turns-out-that-traveling-makes-us-far-happier-than-any-material-wealth-ever-does-221755/>

Why do we head for the shops with such determination as soon as we have money in our wallets? With every new purchase we feel a little happier, but a few days later that satisfaction is often gone without a trace. We decided it was time to get to grips with this problem once and for all, and to make sense of how we can all find true happiness.

It turns out that the main impediment to happiness is adaptation. As soon as something we've bought becomes ordinary and unexciting, the level of life satisfaction we feel falls, and we're forced to search around for the next purchase. This process is repeated again and again.

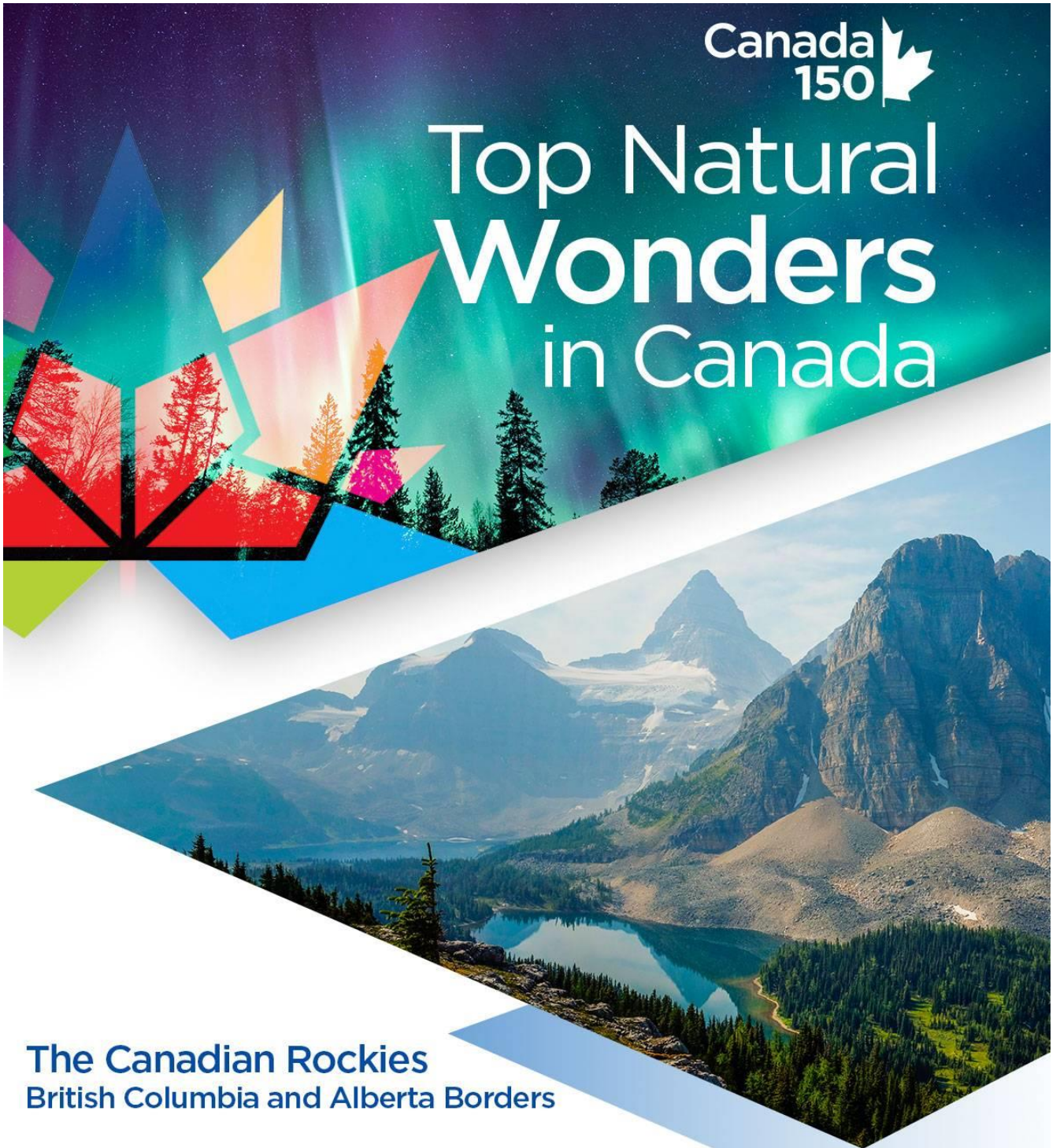
However, research carried out at Cornell University has found a way to break this damaging cycle. Psychology professor Thomas Gilovich has shown that we experience the same increase in happiness when we buy something we want and when we go traveling. But — and here's the most important point — the amount of happiness we derive from our purchase falls over time, whereas the memories of our traveling experience continue to supply us with happiness hormones for much longer.

Going to various kinds of unusual events, going on trips, learning new skills, even extreme sport — all of these are an ideal source of happiness for each and every one of us. A new device or even a new car will eventually become just another ordinary object we own, or will otherwise become old and outdated. Every new memory, on the other hand, becomes a real source of joy that stays with us for our whole lives.

**ON THE NEXT PAGES:** See some "Natural Wonder" travel ideas for Canada!

Canada  
150 

# Top Natural Wonders in Canada



## The Canadian Rockies British Columbia and Alberta Borders

A segment of the **Rocky Mountains**, the Canadian Rockies straddle the border of British Columbia and Alberta. According to the Encyclopedia Britannica, they extend southeastward for about **1,600 km** from northern B.C. and form almost half of the **1,500 km** border between the two provinces. The Rockies have about **50 peaks** that exceed **3,350 m**, with the highest peak being **Mount Robson** in B.C. (**3,954 m**). Besides vast mountain ranges, the Rockies are abundant with grassland landscapes, dense forests, clear blue waters and plenty of wildlife like bears, deer, moose and more.

## Dinosaur Provincial Park County of Newell, Alberta

Think of it as **Canada's own Jurassic Park**. Located in the badlands of southeastern Alberta just **48 km north-east of Brooks**, this **UNESCO World Heritage site is a treasure chest of fossil beds**. **Over 35 different species of dinosaur** from the Late Cretaceous Epoch (about 100 to 65 million years ago) have been found within the **75 sq. km park**, as well as fish, reptiles and amphibians, the Encyclopedia Britannica states. The landscape is dry but the never-ending view of colourful rock formations are a sight to see.

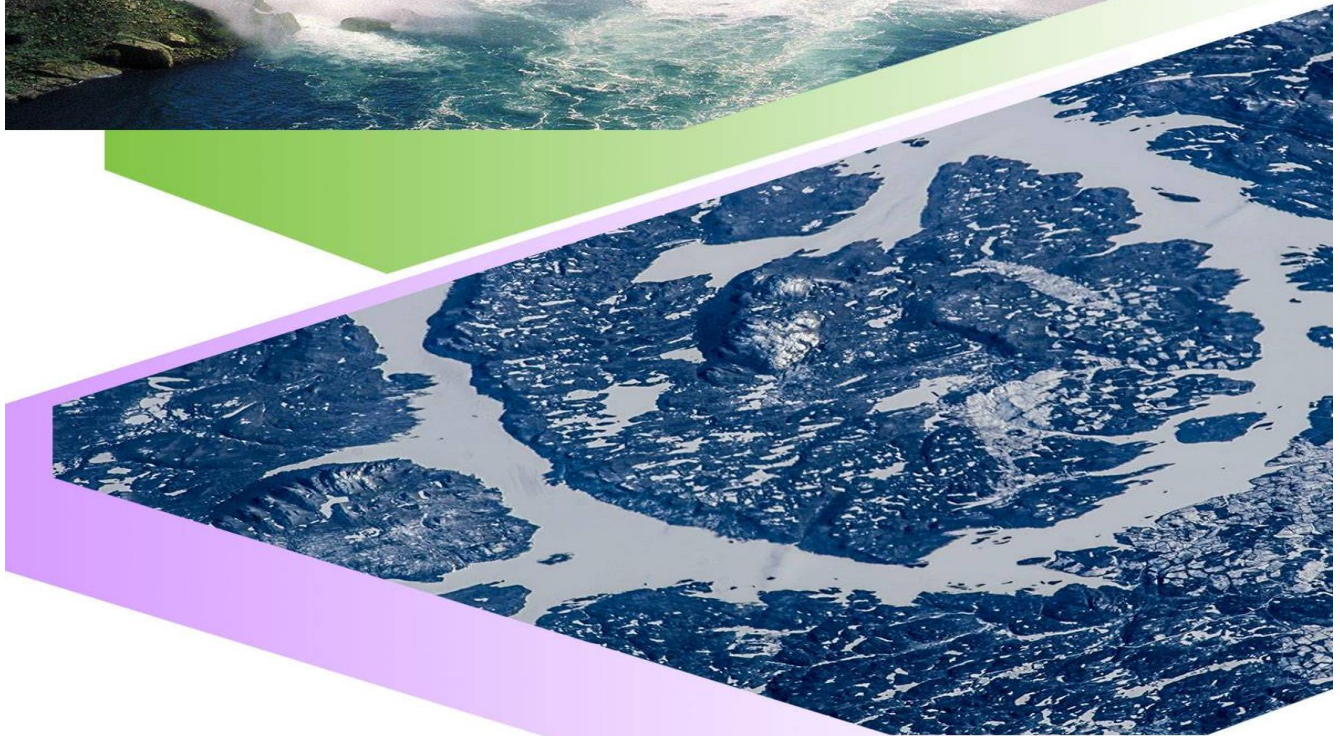
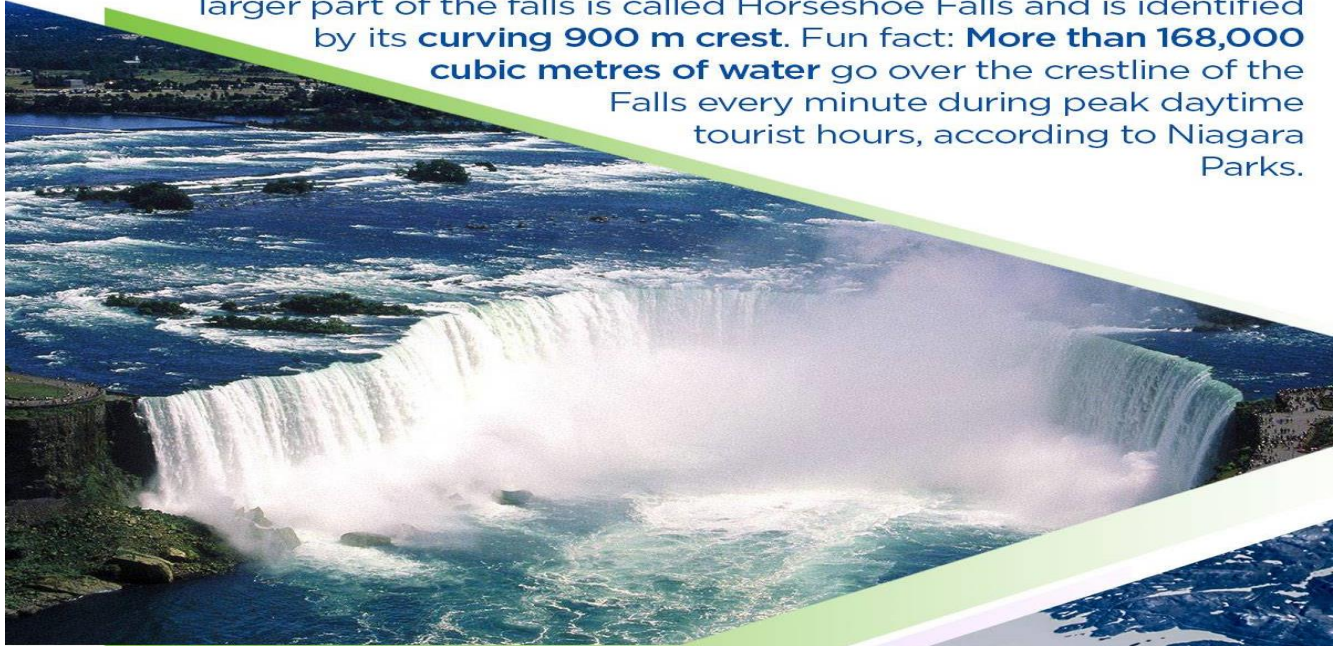


### The Crooked Bush Alticane, Saskatchewan

It may look like a set of an upcoming Tim Burton film, but it isn't. This unique grove of aspen trees is located on a private land northwest of **Hafford in the Redberry Lake Biosphere Reserve**, according to Tourism Saskatchewan. **The grove of twisted trees is three acres** and visitors can walk through the fairytale-type cluster of trees using the wooden boardwalk at any time of the year. It is not known how the trees got their contorted form, but according to one folklore it may be the work of little green men.

## Niagara Falls Niagara Falls, Ontario

Canada might be turning 150 years old, but the falls at **Niagara Falls** have the creation of our country beat by **11,850 years**, the Encyclopedia Britannica states. The water flows from **Lake Ontario to Lake Erie and then the Niagara River**. The falls themselves straddle the border of Ontario and New York State and are separated by Goat Island. The larger part of the falls is called Horseshoe Falls and is identified by its **curving 900 m crest**. Fun fact: **More than 168,000 cubic metres of water** go over the crestline of the Falls every minute during peak daytime tourist hours, according to Niagara Parks.



## Manicouagan Crater Île René-Levasseur, Québec

Considered one of the largest **well-preserved impact craters on the planet**, the **Manicouagan Crater** is **100 km across** from its original outer rim, making it big enough to see from space. The centre of the crater is also outlined by a hydroelectric reservoir lake that's **70 km in diameter**. The Encyclopedia Britannica estimates that **the crater was formed around 210 million years ago** toward the end of the Triassic Period, and may have played a role in the mass extinction of several species that existed at that time.



## Kluane National Park and Reserve Near Haines Junction, Yukon

Kluane National Park and Reserve is **home to 17 of Canada's 20 highest peaks**, the highest being **Mount Logan at 5,959 m**, according to Parks Canada. It is also where you'll find the world's **largest concentration of non-polar ice fields and glaciers** (there are over 2,000 glaciers). Keep an eye out for the wildlife, which includes grizzly and black bears, caribou, moose, Dall sheep and more, the Canadian Encyclopedia



## Nahanni National Park Reserve Fort Smith, N.W.T.

If you want to see a **waterfall drop twice the height of Niagara Falls**, you'll find it at the South Nahanni River in this UNESCO World Heritage site. With **30,000 sq. km of natural wonder**, there's no shortage of things to see in Nahanni National Park. One of its unique features is **The Cirque of the Unclimbables' granite spires that spike up from the ground in the alpine meadow**, Parks Canada reveals. It's where you'll also find wolves, grizzly bears and caribou that call the boreal forest home. Also check out the grand river canyons and cave systems.



## Ellesmere Island Nunavut

Ellesmere is the **largest island** of the Queen Elizabeth Islands in the Baffin region, **the third-largest island in Canada** and 10th-largest island in the world, according to the Encyclopedia Britannica. It is about **500 km wide and 800 km long**, and covers an area of **196,236 sq. km**. Its landscapes include ice fields, mountains and coastlines where you can view deep blue (and sometimes almost black) waters. If you want to reach the most northerly point of Canada, head up to Cape Columbia.



## Clearwater Lake National Park The Pas, Manitoba

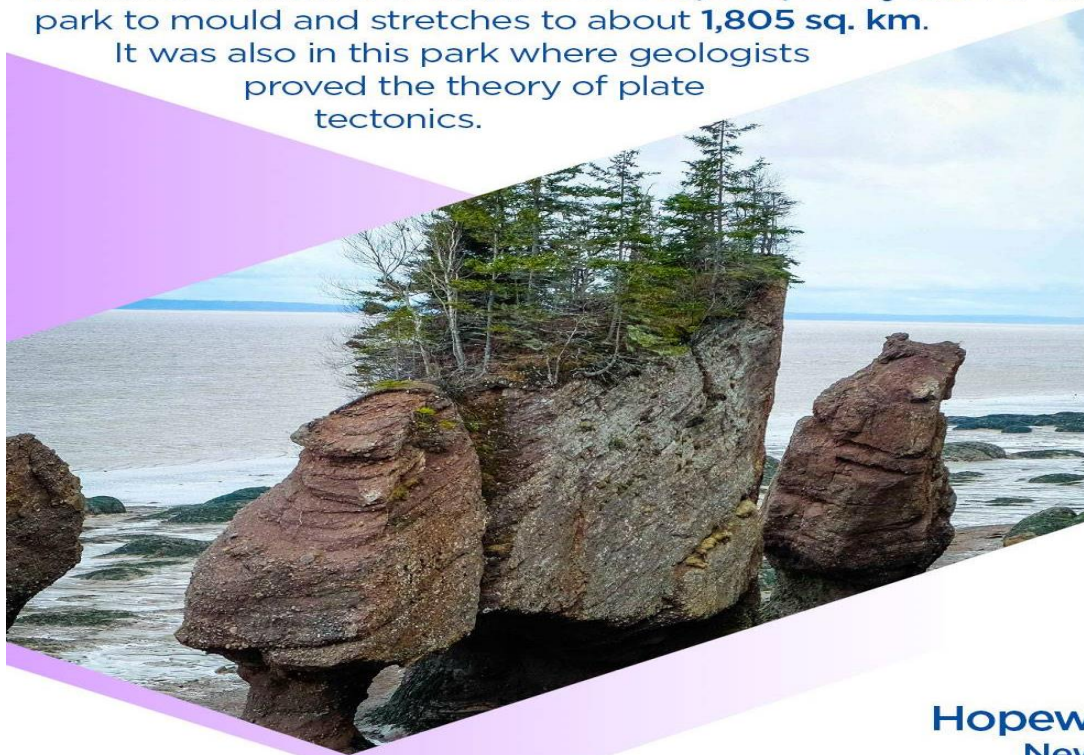
Welcome to Clearwater Lake National Park, where **the water in the lake is so clear you can see the bottom at 11 m deep**. The lake is home to several types of fish like trout, northern pike and whitefish, as well as lush coniferous forests full of wildflowers and berries. According to the Government of Manitoba website, **the park sits on 595 sq. km of land** and is mostly known for its **naturally formed deep crevices** that form when rock masses split away from shoreline cliffs, which are known by the locals as **“the caves.”** However, unlike some typical cave formations that can be explored, visitors must admire these crevices from designated viewing platforms and stairways.



## Gros Morne National Park Newfoundland & Labrador

If you find yourself in Newfoundland, look to the west coast of the island and you'll see the Gros Morne National Park. Deemed a **UNESCO World Heritage site in 1987**, the park is a rare example of the process of continental drift, UNESCO details. The area is diverse with coastal lowlands, **alpine plateau, flat-top mountains**, glacial valleys, freshwater waterfalls and lakes and more. According to the Newfoundland and Labrador tourism website, it took **485,000,000 years** for the national park to mould and stretches to about **1,805 sq. km**.

It was also in this park where geologists proved the theory of plate tectonics.



## Hopewell Rocks New Brunswick

Located along the coast of the Bay of Fundy, Hopewell Rocks is where you'll find the **highest tides in the world**, according to the Hopewell Rocks tourism website. **The sandstone formations are a result of the tide over time**. You can walk amongst them on **2 km of seabed**.

However, once the tide comes in, most of the **formations are submerged underwater**. The cliffs at Hopewell Rocks were **formed millions of years ago** and were once a huge mountain range, making them **older than the Appalachians and bigger than the Canadian Rockies**. Over time, though, they slowly eroded to the flowerpot formations you see today.

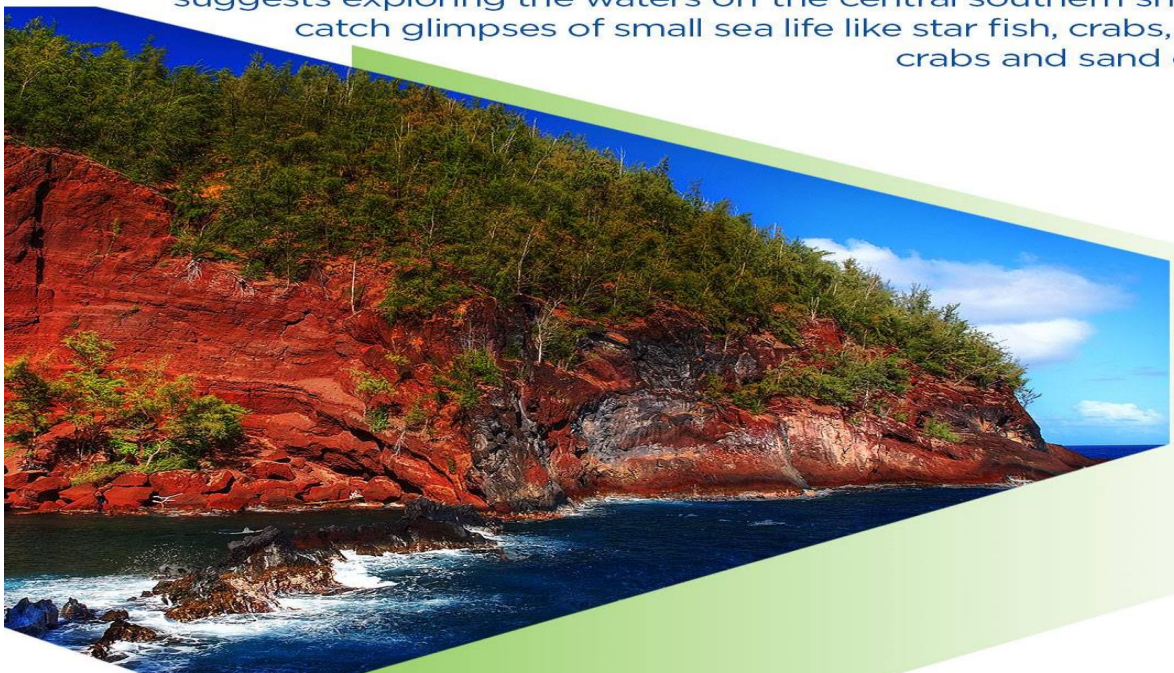


## Joggins Fossil Cliffs Nova Scotia

The **Joggins Fossil Cliffs** are a **geologist's dream destination**. Taking up **689 ha** along the coast of **Nova Scotia**, the paleontological **UNESCO World Heritage site** is abundant with fossils from the **Carboniferous Period** (354 to 290 million years ago), according to UNESCO. The area comprises of sea cliffs, low bluffs, rock platforms and beaches and is home to three ecosystems. If you look closely at the cliffs, **you can find upright fossils of trees preserved**, along with animal and other plant fossils.

## Red Sands Shore Central Coastal, P.E.I.

From the **sandy beaches to the steep cliffs, everything along the Red Sands Shore** is a **warm shade of red** thanks to the sandstone cliffs found on the island. You can't deny that the **contrast between the red sand, surrounding greenery and clear blue waters of the Atlantic Ocean** make for quite the sight to see. The province's tourism website suggests exploring the waters off the central southern shores to catch glimpses of small sea life like star fish, crabs, hermit crabs and sand dollars.



# Your daily coffee could help you live longer

[http://www.medicalnewstoday.com/articles/318324.php?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=weekly](http://www.medicalnewstoday.com/articles/318324.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly)

By [Honor Whiteman](#) - Published Tuesday 11 July 2017



Researchers say that drinking one cup of coffee per day could lower the risk of death. If you're a regular coffee drinker, a new study might brighten your day. Researchers have found that consuming the popular beverage may increase longevity, and it doesn't even need to be caffeinated.

Now, in what is being hailed as the largest study of its kind, researchers have identified a link between daily coffee intake and reduced risk of death from numerous diseases, including cancer, stroke, diabetes, and kidney disease.

Compared with subjects who never or rarely drank coffee, participants who consumed one cup per day were found to have a 12 percent lower risk of death from cancer, heart disease, stroke, diabetes, respiratory disease, and kidney disease. Mortality risk from these conditions was found to be 18 percent lower for subjects who drank three cups of coffee every day.

Whether or not the coffee was caffeinated appeared to make no difference to the results, and the findings remained after accounting for possible confounding factors including age, sex, smoking status, and alcohol intake.

While this study does not prove a causal association between daily coffee intake and a longer lifespan, the researchers believe that their findings indicate that the benefits of coffee consumption may outweigh the risks.

Coffee contains a lot of antioxidants and phenolic compounds that play an important role in cancer prevention. Although this study does not show causation or point to what chemicals in coffee may have this 'elixir effect,' it is clear that coffee can be incorporated into a healthy diet and lifestyle.

Some people worry drinking coffee can be bad for you because it might increase the risk of heart disease, stunt growth, or lead to stomach ulcers and heartburn; but research on coffee has mostly shown no harm to people's health.

We cannot say drinking coffee will prolong your life, but we see an association. If you like to drink coffee, drink up! If you're not a coffee drinker, then you need to consider if you should start.

If you're a tea person, you may wish to check your brand. See next!!!

# Most Brands of Tea Contain THESE Harmful Chemicals!

<https://www.davidwolfe.com/tea-contain-harmful-chemicals/>



Although tea is widely thought to be a healthier source of caffeine than coffee, pop or energy drinks, conventional tea brands have been shown to contain high levels of toxic substances such as fluoride and pesticides. The levels found in these products are so high that they are considered unsafe for consumption.

As with most products, all tea is not created equal. Opting to save a few dollars on cheaper tea can cost you a lot more when it comes to your health.

## **Conventional Teas May Contain Fluoride and Pesticides**

Most tea isn't washed before it is distributed into bags. If the tea was sprayed with pesticides, those pesticides will wind up directly in your cup. Many non-organic tea brands have been found to contain pesticides that are known carcinogens. Popular tea brands often get away with listing "natural flavors" as an ingredient, causing many consumers to think they are buying better, cleaner ingredients. But there is a whole list of what "natural flavors" could mean.

A study published in Food Research International found that a significant percentage of the United Kingdom population greatly exceeded the recommended dietary intake for fluoride, which can lead to detrimental health effects. It was determined that the overexposure was occurring specifically from the consumption of tea. Overexposure to fluoride can cause problems with the bones and teeth, as well as kidney problems.

## **Where Does The Fluoride Come From?**

Tea plants absorb fluoride from soil and accumulate it as they grow, so older leaves contain the most fluoride. Cheaper quality teas are often made from older tea leaves, which contain more fluoride. These teas also contain the least amount of anti-oxidants, lessening the health benefits associated with drinking tea.



## Which Brands Contain The Most Toxins?

The Canadian Broadcasting Corporation actually conducted an investigation on several popular international tea companies, including:

- Tetley
- Lipton
- Twinnings
- No Name
- Uncle Lee's Legends of China
- King Cole
- Signal



Alarmingly, the CBC found that *half* of the tea brands contained a level of toxins that exceeded the legal limit. The worst offenders were:

- **King Cole**, which contained the monocrotophos – a chemical that is currently in the process of being banned, as it causes irregular heartbeat and even coma.
- **Uncle Lee's Legends of China**, which contained more than 20 types of pesticides. One was endosulfan, which causes nervous system damage.
- **No Name**, which contained more than 10 pesticide types.

That doesn't mean the other tea brands were totally safe, however. In fact, only **Red Rose** tea was found to contain no pesticides at all. Yikes!

## How To Avoid Toxic Chemicals in Tea

You don't need to stop drinking tea altogether to keep yourself safe from harmful toxins or pesticides that may be lurking in your cup. After all, tea is the source of some amazing health benefits. So what's the solution?

- Try switching to white tea. It has the least amount of fluoride because it's made from young leaves.
- Be sure to buy loose leaf tea or brew your own tea from scratch.
- Buy organic! Choose a non-GMO certified brand of tea.
- Check the ingredient list to make sure there are no added flavors or GMO ingredients added to the tea leaves.
- Many restaurants use tea brands that are known to be full of pesticides, so be careful about ordering tea while out to eat.
- Know the correct brewing times for certain types of tea. Black or Pu-reh teas should be steeped for 3-5 minutes; white or green teas should be steeped for 2-3 minutes; Oolong teas should be steeped for 4-7 minutes; and herbal teas should be left to steep for five minutes at minimum, longer for a stronger tea.

*Here is a list of bagged tea that is safe!*



- Red Rose
- Numi Tea
- Rishi Tea
- EDEN Organic
- Organic Stash
- Choice Organic Teas
- Two Leaves
- Organic Tazo
- Organic Traditional Medicinals

Watch the video below for a breakdown of different tea brands and how they measure up in terms of health:

<https://www.youtube.com/watch?v=eCk8eFiaE98&feature=youtu.be>

## MAPLE SYRUP: The Most Canadian Scientific Discovery Ever

<http://www.cbc.ca/radio/quirks/photographing-a-black-hole-the-curse-of-the-monkey-god-and-as-canadian-as-1.4060794/the-most-canadian-scientific-discovery-ever-1.4061050>



**MAPLE SYRUP EXTRACT BOOSTS ANTIBIOTICS**

- 1** In research on **fruit flies**, scientists mixed **maple syrup extract** with an **antibiotic**.
- 2** The flies that got the mixture **fought infection** and **lived longer** than those that didn't get it.
- 3** Scientists think the **extract** permeates the **bacteria**, making an **antibiotic** more effective.
- 4** The **extract** could one day help **humans fight infections**.

[cbc.ca/quirks](http://cbc.ca/quirks)

# Chocolate May Improve Cognitive Function Within Hours, Says Review

By Honor Whiteman Published Friday 30 June 2017

[http://www.medicalnewstoday.com/articles/318211.php?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=weekly](http://www.medicalnewstoday.com/articles/318211.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly)



Need an excuse to raid that chocolate stash? A new review may provide just that.

Researchers have found that cocoa flavanols could boost cognitive function within just a few hours of consumption. Additionally, researchers found that regular, long-term intake of cocoa flavanols may protect against cognitive decline.

Flavanols are naturally occurring compounds found in various types of plants, with some of the highest levels found in the beans of the cocoa tree. Flavanols have antioxidant properties, meaning that they have the ability to reduce the effects of cell damage caused by oxidative stress.

What is more, studies have shown that flavanols can improve blood vessel function and lower blood pressure. But the benefits of flavanols do not end there. A new review suggests that cocoa flavanols could benefit cognitive functioning, too.

Previous studies have suggested a link between the intake of cocoa flavanols and better cognitive function, with dark chocolate often cited as the best source. This new review suggests that a daily intake of cocoa flavanols - for at least 5 days and up to 3 months - posed the greatest benefits for cognitive function, leading to improvements in attention, processing speed, verbal fluency, and working memory.

The research team noted that these benefits were strongest for elderly adults who already had mild cognitive decline or other memory impairments when the studies began - a finding that surprised the researchers.

The cocoa flavanols have beneficial effects for cardiovascular health and can increase cerebral blood volume in the dentate gyrus of the hippocampus. This structure is particularly affected by aging and therefore the potential source of age-related memory decline in humans.

So, regular intake of cocoa and chocolate could indeed provide beneficial effects on cognitive functioning over time. However, we should avoid eating too much chocolate, since it is high in calories and sugar. Still, the results suggest that when it comes to cognitive function, a little bit of chocolate could do wonders.



# MISH-MASH of MEDICAL NEWS:

## Six Ways Your Pet Can Boost Health And Well-Being

By [Honor Whiteman](#) Published Friday 2 June 2017

1. Lower risk of allergies
2. Reduced anxiety and stress
3. Better heart health
4. Stronger relationships and social skills
5. Improved mental health
6. Better sleep quality



More detailed information on each of these health benefits:

[http://www.medicalnewstoday.com/articles/317738.php?utm\\_campaign=trueAnthem%3A+Trending+Content&utm\\_content=5931b80a04d30173a229718a&utm\\_medium=trueAnthem&utm\\_source=facebook](http://www.medicalnewstoday.com/articles/317738.php?utm_campaign=trueAnthem%3A+Trending+Content&utm_content=5931b80a04d30173a229718a&utm_medium=trueAnthem&utm_source=facebook)

## Fever In Pregnancy Tied To Higher Risk Of Autism

Published Tuesday 13 June 2017

[http://www.medicalnewstoday.com/articles/317896.php?utm\\_campaign=trueAnthem%3A+Trending+Content&utm\\_content=59408ce904d3016411a723fe&utm\\_medium=trueAnthem&utm\\_source=facebook](http://www.medicalnewstoday.com/articles/317896.php?utm_campaign=trueAnthem%3A+Trending+Content&utm_content=59408ce904d3016411a723fe&utm_medium=trueAnthem&utm_source=facebook)

## Starving Prostate Cancer With What You Eat For Dinner

Published: Thursday 8 June 2017

[http://www.medicalnewstoday.com/releases/317817.php?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=weekly](http://www.medicalnewstoday.com/releases/317817.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly)

## Stress Relief From Laughter? It's No Joke!

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

**When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered. Here's why.**

Whether you're guffawing at a sitcom on TV or quietly giggling at a newspaper cartoon, laughing does you good. Laughter is a great form of stress relief, and that's no joke.

### **Stress relief from laughter**

A good sense of humor can't cure all ailments, but data is mounting about the positive things laughter can do.

### **Short-term benefits**

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

**Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.

**Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response, and it can increase your heart rate and blood pressure. The result? A good, relaxed feeling.

**Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

# Having Your Smartphone Nearby May Impair Cognition

*Published Saturday 1 July 2017*

[http://www.medicalnewstoday.com/articles/318166.php?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=weekly](http://www.medicalnewstoday.com/articles/318166.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly)

## **New research suggests that simply having your smartphone nearby can reduce brain power.**

Many of us are in awe of the amazing opportunities for connectivity, information, and entertainment offered by our smartphones. But are we aware of the cognitive costs that come with frequent

### **Studying smartphones and brain power**

SmartPhone users took part in two experiments designed to assess their ability to complete cognitive tasks while their smartphones were in the vicinity.

Participants were asked to complete a series of computerized tests created to test their ability to focus. Scoring highly on the tests required perfect concentration. The tests were designed to evaluate the participants' attentional resources and a person's ability to think about and solve new problems.

Overall, the experiment revealed that the sheer presence of a smartphone can affect cognitive capacity on both of these levels. Participants who had their phones in a separate room performed much better than those who had their devices on the desk, and slightly better than those whose phones were in their pocket or bag.

"Even when people are successful at maintaining sustained attention - as when avoiding the temptation to check their phones - the mere presence of these devices reduces available cognitive capacity," the authors write.



"Your conscious mind isn't thinking about your smartphone, but that process - the process of requiring yourself to not think about something - uses up some of your limited cognitive resources. It's a brain drain."

Prof. Adrian Ward

## “PERIOD OF PURPLE” CRYING CAPS – CLICK FOR BABIES:

It's time for you or someone you know, to get clicking those knitting needles!!! Or, crochet hooks get chaining!!! Create some purple caps, to help educate and/or raise awareness of the prevention of Shaken Baby Syndrome. Have caps ready by the end of September!

The 'rule' is that each cap should be at least 50% purple to support the program's linking of the colour purple to the normal period of crying in newborns.

A few days before the end of September, the collection of purple caps are delivered to the Nanaimo Health Unit near Nanaimo Regional General Hospital. All of the caps collected on the Island, stay on the Island for distribution to mothers delivering babies in the month of November, as part of the education package that they receive about Shaken Baby Syndrome.



Check out the website: <http://clickforbabies.org/partners/british-columbia.php>

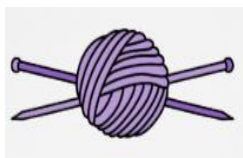
### Shaken Baby Syndrome:

[http://webcache.googleusercontent.com/search?q=cache:http://dontshake.ca/&gws\\_rd=cr&i=LzAXWbLcK4mqjwP99pewDA](http://webcache.googleusercontent.com/search?q=cache:http://dontshake.ca/&gws_rd=cr&i=LzAXWbLcK4mqjwP99pewDA)

Each and every day infants across North America are shaken and abused because the person caring for them became frustrated with their crying. Many times the abuse could have been prevented had the person caring for the infant only known that early infant crying may be normal.

“Click for Babies” is a North American initiative to help educate caregivers about normal infant crying, how to cope with crying and the dangers of reacting to crying in frustration by shaking or harming an infant.

### Knit 1



Knit or crochet a soft to the touch purple colored cap! Send your completed caps to your local jurisdiction by September 30, 2017. Caps will be distributed to families in November and December alongside the *Period of PURPLE Crying* program.

### Tell 2



Spread the word about CLICK for Babies, the *Period of PURPLE Crying* and Shaken Baby Syndrome verbally, through social media and/or by hanging up flyers around the community. Visit your local organization's social media page for local information to share.

### Give 3



Monetary donations will be used to help prevent shaken baby syndrome and improve the overall care of infants. Give a local crafter soft-to-the touch washable yarn. Or give your time and volunteer!

## Purchase



Purchase any shade of soft-to-the-touch, baby-friendly **purple** yarn from your local yarn shop or craft store! Other colors of yarn can also be used in your cap, but be sure that the cap is **at least 50% purple** in color.

## Start



Start knitting or crocheting! Infant heads come in a variety of sizes. As a general rule, caps should have a circumference of 14 inches (13 to 15 inches) and a height of 4 to 6 inches.



Parents select their favorite hat from the dozens that are on display in their birth centers. The most popular hats have common characteristics. These guidelines will increase the likelihood of YOUR hat going home with a family.

**YARN:** Hats that are either KNITTED or CROCHETED will need to be made with new, clean, SOFT-TO-THE-TOUCH and WASHABLE yarn. *"VALUE" yarns are sometimes scratchy and tend not to be selected by new parents. Test softness on your cheek if you're unsure!*

**SIZE:** Of the thousands of beautifully hand crafted *PURPLE* caps that are donated each year, many hundreds cannot be used because the size is either too big or too small. These hats will be worn by 1 or 2 day old infants. The average newborn head circumference is 14 inches (13"– 15") and hats should be approximately 4 to 6 inches high. Remember that knits will give, so a **7 inch circumference usually stretches to 14 inches**. "Try on" your finished caps using any spherical object that measures 14" around: inflated balloon, ball, bowl, jar, doll's head, stuffed animal head, etc.

**COLOR:** Hats NEED to be **50% or more** of any shade of **PURPLE** for the *Period of PURPLE Crying*.

*Please help us meet families' requests for more "BOY-FRIENDLY" hats by using yarns with darker purples, and stripes of blue, orange, or gray.*

**STYLE:** Please use EITHER: all Gender-Neutral (Unisex) styles and colors OR: an equal number of Girl-Friendly and Boy-Friendly styles and colors.

**SAFETY:** *Please help us keep babies safe from choking and strangulation risks.*

**DO NOT ATTACH DECORATIONS:** pom-poms, tassels, straps, bows, ribbons, buttons, etc.

**WARMTH:** These hats keep babies' heads warm outdoors during the colder winter months. Smaller stitches result in a warmer hat. The large, loose stitches (typically made by looms) tend not to provide enough warmth.

**LOOMS:** This type of knitting is allowed, but should be used with caution. Please ensure that the caps are not too LOOSE or too TIGHT for a comfortable fit around the baby's head.



## PURPLE CAP SIZING GUIDELINES:

[http://clickforbabies.org/pdf/15\\_CLICK\\_Cap\\_Sizing\\_Guidelines.pdf](http://clickforbabies.org/pdf/15_CLICK_Cap_Sizing_Guidelines.pdf)

## KNIT PATTERNS FOR GIRLS:

<HTTP://CLICKFORBABIES.ORG/STITCHERS-CLUB/KNIT-GIRLS.PHP>

## KNIT PATTERNS FOR BOYS:

<HTTP://CLICKFORBABIES.ORG/STITCHERS-CLUB/KNIT-BOYS.PHP>

## CROCHET PATTERNS FOR GIRLS:

<HTTP://CLICKFORBABIES.ORG/STITCHERS-CLUB/CROCHET-GIRLS.PHP>

## CROCHET PATTERNS FOR BOYS:

<HTTP://CLICKFORBABIES.ORG/STITCHERS-CLUB/CROCHET-BOYS.PHP>



Deliver your completed caps **to Val Dyer by September 15, 2017**, for delivery to Nanaimo by September 30th! Caps will be distributed to Vancouver Island families in November and December alongside the *Period of Purple Crying* program.

## WELCOME TO NEW MEMBER: Jean Pennington

I retired in 1998 after over 20 years teaching in Parksville (Parksville and Winchelsea Elementary). Before moving to the island, I taught in Kaslo, Castlegar, Oliver and Maple Ridge. In retirement I am enjoying cruising, quilting, sewing and ballroom dancing--even entered a number of competitions (senior levels). Our next cruise is Sept.22-Oct. 8 to Hawaii. I'm looking forward to joining the Parksville Qualicum group. See you in the fall !



**Recycle stamps!**

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

**PQRTA - PAST EVENTS:** Wednesday, June 14, 2017

Weather mostly cooperated for our Potluck Picnic and Annual General Meeting at Rotary Park on Qualicum Beach. We're just glad to say that it didn't rain! As you can see, we had fun with the Canada 150 theme!



Captain Canada – Life Member Art Skipsey



Suzanne Rush (left) - New retiree and longtime friend of Cathy Van Herwaarden (Prez)



Life Member – Eva Hilborn



Delicious Potluck Picnic



Bill and Marg Hoverman



Elaine Young (Program) and Sharon Cox-Gustavson (Heritage)



Colleen Craig (Sunshine) and Christine Rivers



Kay Howard (Past Prez), Jan Graham (Phoning) and Sally Hemingson



Betty Kennaird



Nancy Whelan (Phoning), Ann Kullman, and Ellen Coates (Treasurer)



Guest Sylvia Young with Barb and Al Brett

# ACTIVE AGING WEEK – September 25<sup>th</sup> to October 1<sup>st</sup>

Let the adventures begin with free, drop -in activities all week in celebration of active aging. Local resources will be showcased and older adults are invited to be active in a safe, friendly and fun atmosphere.

## Monday September 25th

9:45 - 10:45am	Seated Fitness - Qualicum Commons, 744 Primrose Ave, Qualicum Beach
11:45 - 12:45pm	Gentle Fit - St. Edmunds, 407 Wembley Rd. Parksville
1:30 - 2:30pm	Gentle Cardio - St. Edmunds, 407 Wembley Rd. Parksville
6:00 - 7:00pm	Qigong - Craig Street Commons, 330 Craig St. Parksville
1:00 - 4:00pm	Making Age an Asset Employment Workshop - The Career Centre - 101-198 Island Highway E. Parksville
2:00 - 4:00pm	Drop-in at Bodyworks Fitness - 124 Middleton & 124 Morison Ave Parksville
5:30am - 8:30pm	Drop-in at Body Sculptors Fitness - 225 West 2nd Ave Qualicum Beach

## Tuesday September 26th

9:30 - 10:30am	Aquafit - Ravensong Aquatic Centre - 737 Jones St. Qualicum Beach
10:30 - 11:30am	Chair Tai Chi - Nanoose Place, 2925 NW Bay Rd
11:30am - 12:30pm	Men's Fit - Qualicum Beach Civic Centre, 747 Jones St.
11:00am - 3:00pm	Darts, Tile Rummy, Bag Baseball - Parksville Drop-in Senior Centre - 144 Middleton Ave Parksville
2:00 - 3:30pm	Walking Soccer - Arbutus Meadows - 1515 Island Highway E Nanoose
4:00 - 6:00pm	Youth & Senior Mini Golf - Paradise Mini Golf - Pre-register at 250-248-3252
5:30am - 8:30pm	Drop-in at Bodysculptors Fitness - 225 West 2nd Ave Qualicum Beach
6:30 - 8:30pm	Hiking Information Session - Oceanside Place Arena - Pre-register at 250-248-3252

## Wednesday September 27th

5:30am - 8:30pm	Drop-in at Bodysculptors Fitness - 225 West 2nd Ave Qualicum Beach
9:00 - 10:00am	Strength & Stretch Fitness - Qualicum Beach Community Hall - 644 Memorial Ave
9:00 - 10:00am	Drop-in Fitness Class - Nanoose Place, 2925 NW Bay Rd
9:30 - 10:30am	20-20-20 Fitness Class - Lighthouse Community Centre, 280 Lions Way
10:00am - 12:00pm	From Walking to Running - With ORCA Running Club - Serious Coffee 1209 Island Hwy E. Parksville
10:15 - 11:15am	Yoga for Beginners - Qualicum Beach Community Hall - 644 Memorial Ave
10:00am - 11:00am	Sole Sisters Walking Group - Little Qualicum Falls Provincial Park - Main parking lot off Hwy 4
1:00pm - 3:00pm	Heads up for Healthy Brains Workshop - Alzheimer Society of BC - Qualicum Commons, 744 Primrose Ave



## Thursday September 28th

9:30 - 11:00am	PGOSA Cycling Group - Oceanside Place Arena - 830 West Island Highway Parksville
10:00 - 11:00am	Seated Fitness - Craig Street Commons, 330 Craig St. Parksville
11:00am - 3:00pm	Bag Baseball and Canasta - Parksville Drop-in Senior Centre - 144 Middleton Ave Parksville
11:30am - 12:30pm	20-20-20 Fitness Class - Qualicum Beach Civic Centre, 747 Jones St.
12:30 - 3:30pm	Pickleball - Nanoose Place, 2925 NW Bay Rd
1:00 - 4:00pm	Open House, Spinners and Weavers - Qualicum Beach Museum, 587 Beach Rd
7:15 - 8:15pm	Gypsea Fitness Class - St. Edmunds, 407 Wembley Rd. Parksville
5:30am - 8:30pm	Drop-in at Bodysculptors Fitness - 225 West 2nd Ave Qualicum Beach

## Friday September 29th

9:00 - 11:00am	PGOSA Open House - Oceanside Place Arena, 830 W. Island Hwy
9:00 - 11:00am	Pickleball - Qualicum Beach Civic Centre, 747 Jones St.
1:30 - 3:30pm	Minds in Motion Fitness and Social Program - With the Alzheimer Society of BC - Parksville Community and Conference Centre
2:00 - 4:00pm	Drop-in at Bodyworks Fitness - 124 Middleton & 124 Morison Ave Parksville
5:30am - 8:30pm	Drop-in at Bodysculptors Fitness - 225 West 2nd Ave Qualicum Beach

## Saturday September 30th

10:00am - 2:00pm	Open House - Qualicum Beach Seniors Activity Centre - 703 Memorial Ave
5:30am - 8:30pm	Drop-in at Bodysculptors Fitness - 225 West 2nd Ave Qualicum Beach

## Sunday October 1st

1:00 - 3:00pm	Aging Artfully Art Exhibit - Parksville Community and Conference Centre
5:30am - 8:30pm	Drop-in at Bodysculptors Fitness - 225 West 2nd Ave Qualicum Beach



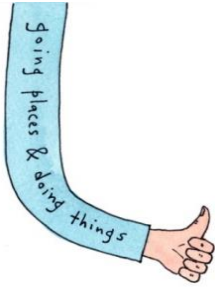
## September 11<sup>th</sup> - Fall courses start

There is still space left in some of them – be sure to register soon!

VISIT: [www.viu.ca/eldercollege](http://www.viu.ca/eldercollege)

CALL: [1-866-734-6252](tel:1-866-734-6252)

Remember that registration in ElderCollege courses requires the purchase of an annual \$20 ElderCollege membership.



## **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](mailto:cathyvanh@gmail.com)

### **Betty Anne Hamilton**

June – travelled to Budapest for a river cruise – celebrating 20 years of retirement from Vancouver!

### **Eugenia Taggart**

I had a wonderful summer except for the worrisome forest fires! Two nieces visited from Edmonton. One niece is still involved with instructing "U" grads, who want to become teachers. The other niece came for a longer stay with her husband and their trailer. My brother's daughter, from Paraguay, as a baby, visited with her hubby and two little boys. There were 19 relatives gathered on the beach, at Beach Acres. The young Americans felt Vancouver Island was the ideal place to live. Something, I hadn't done for years was attend the Nanaimo Symphony, on the beach. It was a real highlight!

### **Val Dyer**

Summer sped by without doing much of anything special except cycling, holidaying in Vernon for a week, gardening and generally helping at the Box Office for Echo Players.

### **Nancy Whelan**

A record-breaking summer with no rain (except one overnight sprinkle) since June 20<sup>th</sup> according to my journal.

Had a lazy, walkaround weekend in Victoria at my favourite Dallas Road motel then drove my best friend's son, visiting from Ottawa, back to QB for a week of tour-guiding. Later, a delicious few days on Cortes Island with two of my California step-families, their progeny, and some great-grands I met for the first time. Now gearing up for another fine trip/adventure in early Fall.

### **Colleen Craig**

Just went on a 4 night quilting retreat on Thetis Island. We are off to Tofino for a 4 night stay with our son and his family, stroll beaches and throw balls for their 3 dogs. And we danced in the rain at one of Parksville's free band playing on a Saturday night.

## **Eva Hilborn**

Can't remember July happenings; but in August, my friends Lynda and Ray from Surrey came over to help me celebrate my 91st first birthday. We visited TOSH to view Leier and Barton's paintings, had Tea at Milner Gardens, enjoyed Robert Held's beautiful glass works, marveled at the Sandcastle Carvings and of course had dinners at Final Approach and the Qualicum Beach Inn. Oceanside has so many interesting things to explore. I have to admit, I got exhausted.

BOOKS... I can recommend:

*STRONG is the NEW PRETTY* by Kate T. Parker ... A Celebration of Girls Being Themselves ....photographs of girls 5-18 in all sorts of activities with written captions plus some short essays by the author. It's a book parents and grandparents can share with their daughters and granddaughters. It might stimulate some interesting conversations.

*RADIO GIRLS* by Sarah Jane Stratford. This is a historical fiction. It brings to life the early life of BBC RADIO. Also, the work of Hilda Matheson, OBE, 1888-1940 at BBCRadio 1926-31. In 1926, no one thought anyone would listen to radio as the British read the newspapers. Hilda introduced the Talk Show and the Radio became part of the family entertainment. Hilda also worked for MI5 and MI 6.

## **Sharon Cox-Gustavson**

Friend Richard Barnum assembled pictures from our Coombs' museum into a PowerPoint presentation that was used as a running presentation at the Coombs Fall Fair, as part of a historic display of our area for this Sesquicentennial year. The PowerPoint is included as an extra with this newsletter, so check it out!

## **Cathy Van Herwaarden**

It's been a busy and very fun summer catching up with family and friends over multiple lunches, weekend birthday celebrations and many camping trips to Horne Lake, Quadra Island, Elk Falls, Sointula, Alert Bay, and Sproat Lake. Our grocery bills plummeted, after our 24 year son moved out to Port Alberni (about time, eh what?). I helped a friend with a garage sale to sell her departed sister's household goods with \$300 donated to the SPCA. My husband and I had loads of fun dancing to the tunes of "The Revolving Doors" at the "Hi Neighbour" dance in Errington. I really enjoyed the "Rock Legends" production at the Chemainus Theatre and our three local Echo Player productions: "Moon Over Buffalo", "Looking", and "The Drowsy Chaperone". I went to Vancouver and shopped 'til I dropped at IKEA and the Gourmet Warehouse. Also, I attended the PNE which included mini-donuts and the Tom Cochrane with Red Rider concert which was wonderful. YES!!! It was a GRAND summer!!!

Spot the Retired Teacher  
in the News...



ADAM KVETON PHOTO

Christine Rivers, of Tapestry Weavers of Vancouver Island, shows one of her tapestry works ahead of the group's show at TOSH running Sept. 5 to 30.

# Tapis

## Tapestry Weavers of Vancouver Island

### September 5 to 30

Opening Reception: September 6 at 2:00 pm

The Old School House Arts Centre  
122 Fern Road West Qualicum Beach  
250 752 6133 [www.theoldschoolhouse.org](http://www.theoldschoolhouse.org)

# EXECUTIVE 2017/2018 – calling new members!!!

We are searching for a few willing members to serve on this year's Executive for 2017/2018 for the following:



## 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

## Membership Chair:

- a) maintain an accurate and up to date data base of members (list can be gotten from the BCRTA office);
- b) determine those who are newly retired, personally contact them (via Email/telephone) to invite and encourage them to attend the first general meeting of the year and if they do attend, introduce them to the meeting; and
- c) purchase a door prize (check with the Treasurer for costing information) and bring to general meetings for a door prize draw

## 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, etc.)

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



**June Events** - Parksville and Qualicum Beach Area

<http://www.visitparksvillequalicumbeach.com/events-2017-9/>

**What's On Digest** – Vancouver Island Events

<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 PQRTA EVENTS and REMINDERS:

For Programs, contact Chair Suzanne Rush:  
[suzanne.c.rush@gmail.com](mailto:suzanne.c.rush@gmail.com) or 250.468.5445



**Sept. 5** – To Hell with the Bell – Breakfast Buffet – Quality Inn Bayside Resort – doors open at 10:00am – cost \$25 (pre-register)

**Sept. 9** – Parkinson Super Walk:  
<http://www.kintera.org/faf/home/ccp.asp?ievent=1167200&ccp=671191>

**Sept. 15** – Deadline **Purple Baby Caps** to Val Dyer: [tvdyer@shaw.ca](mailto:tvdyer@shaw.ca) or 250.752.8824

**Sept. 17** – Terry Fox Run:  
<http://www.rdn.bc.ca/cms.asp?wpID=206&Yr=2017&Mnth=9&Dy=17&evID=7787>

**Sept. 23 & 24** – Milner Garden's Fall Plant Sale:  
<https://www2.viu.ca/milnergardens/events.asp>

**Sept. 26** – Active Aging Week – Paradise Mini-Golf – free for seniors (55+) and youth (11 to 18)

**October 11** – Paradise Mini-Golf – 11:00am for 18 holes of mini-golf followed by Chinese Food buffet at Tan's Kitchen (across the street) at 12:00

**November** – fall tour of Buddhist Temple in Coombs – to be arranged

## PQRTA EXECUTIVE (2017/2018) and CONTACTS:

**President** – Cathy Van Herwaarden

**Vice-President** – Elaine Young

**Past-President** – Kay Howard

**Treasurer** – Ellen Coates

**Secretary** –

**Program** – Suzanne Rush

**Membership** –

**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, at the following:

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

