



**PARKSVILLE QUALICUM RETIRED TEACHERS'
ASSOCIATION
NEWSLETTER #8 – JUNE 2017**

PRESIDENT'S GREETING from Cathy Van Herwaarden:

How about this weather??? One minute it's winter and the next minute it's summer with only a small window of spring. Long pants or shorts?

Thanks to those of you that "played" the question of the month and sent thoughts about your father. One of our members commented that my "questions are thought provoking and make us remember things that we took for granted". Another member said "Thanks for inspiring my memories", so I guess that I'll continue asking questions!!! Look out!!! You're in luck though, as the next newsletter comes out in September, so you get the summer off!

BCRTA EXCELLENCE IN PUBLIC EDUCATION COMMITTEE REPORT:

Our First Call representative, Steve Bailey is asking that local branches support the Canadian Mental Health Association's manifesto calling for greater resources for prevention and effective early intervention in terms of mental health and addiction issues. View the manifesto at www.b4stage4.ca and sign the supporting petition by clicking the "take action" link.

MENTAL HEALTH AND ADDICTIONS:

Let's change the way we think about it!

We don't wait until Stage 4 to intervene for cancer, so why do we wait to treat mental illness and addiction?



**Canadian Mental
Health Association**
Mental health for all

There is an opportunity in front of us to improve mental health and addiction care in British Columbia. We currently pay for a system of care in the most expensive ways possible. People wait too long for care and too many people get their care from emergency departments and police. We can offer proven choices and support to help people recover and keep people connected in communities.

The Canadian Mental Health Association (CMHA) Manifesto outlines five principles for change, but we need your support to put these principles into action and make better mental health a reality. Join us in calling for sweeping change that will value mental health and addiction care as equal to physical health care.

Sign the b4stage4 manifesto using the form below, or click to learn more.

Endorsed by BCRTA and BCTF: <http://www.b4stage4.ca/>

"I stand with Canadian Mental Health Association of BC in calling for a system of care that values mental health and addiction as equal to physical health."

Send a prepared email letter to your MLA: http://www.b4stage4.ca/email_your_mla

Anxiety: The Leading Mental Health Issue Among Canadian Children

By Ryan Cooke, [CBC News](#) Posted: Feb 16, 2017

<http://www.cbc.ca/news/canada/newfoundland-labrador/inside-the-classroom-anxiety-disorders-1.3985051>

Anxiety has been called the most prevalent mental health issue among Canadian children.

According to the Canadian Mental Health Association, between 10 and 20 per cent of children are affected by a mental health disorder. Children as young as kindergarten are being diagnosed with anxiety disorders. At the high school level, anti-anxiety medications are common place. Lots of young teenagers are on medication for anxiety, for depression.

Misdiagnosed and overprescribed?

Guidance counsellors are concerned not all of these children should be on anti-anxiety or anti-depressant medication. "I don't feel all these children are disordered. They're not mentally ill. They're ill-equipped, said Boyd Perry" (Guidance Counsellor).



Anti-anxiety medications could be overprescribed to students, says Perry. As a parent and a guidance counsellor, Perry said the bubble that parents create around children is conducive to a lack of coping skills when stress arises in a child's life.

Parents don't want to see their children hurt or disappointed, so they shield them from it for as long as possible. "We create situations whereby they don't experience those things. Or when they are experiencing these things, we'll fix it for them."

Without exposure to stressful situations, Perry said children are unable to develop healthy coping skills. They need to feel stressors in order to develop that resiliency, that thick skin. If we take that away as a young child, they have nothing to fall back on as they get older. Then, when mom and dad can't fix that particular situation, they fall apart.

Sara Dimerman, a Toronto-based psychologist, said her practice has seen a surge of anxiety in children in recent years and believes there are many contributing factors.

"Unlike when we were growing up, children are bombarded with second-by-second real time news events that are often catastrophic, and it's really hard to protect them from the information and images when social media is all about that," said Dimerman.

School policies like fire drills and code red drills could also be contributing to the anxiety and the idea that the world is dangerous.

Another factor, according to Dimerman is societal pressure and children growing up faster than they should. Children acting older than their age could lead to anxiety and other mental health issues according to Psychologist Sara Dimerman, 'Children are growing up at an increasingly quicker rate than ever before.' Twelve-year-olds, for example, are engaging in activities more like that of 16-year-olds would when we were growing up," said Dimerman. She said that children are not able to emotionally handle the shrinking years of childhood. Children engaging in activities that are beyond their years or social skills can lead to mental health issues such as anxiety and panic attacks.

"I think parents play a crucial role in helping children feel more or less anxious," said Dimerman. If you are a parent that has an anxious child, Dimerman believes that recognizing your child's fears and talking to them about it is an important first step.

She also recommends not watching violent news around children, or leaving on a 24-hour news channel.

For all you **GRAND-PARENTS** out there!

<http://azftf.gov/newsletters/health-professionals/Pages/dr-navsaria.aspx>

Why Early Childhood Matters to... PEDIATRICIANS

Q&A with Dr. Dipesh Navsaria - assistant professor of pediatrics at the University of Wisconsin School of Medicine and Public Health and practices primary care pediatrics at a community health center working with underserved populations.



Kids need LAPS NOT APPS!!!!

Under 2 years = NO Screens!

WHAT'S HAPPENING IN A CHILD'S BRAIN IN THEIR FIRST FIVE YEARS OF LIFE? WHY IS THIS TIME SO CRITICAL TO A CHILD'S LONG-TERM DEVELOPMENT?

The brain is very different in the first five years of life as compared to later on. There's so much going on in terms of brain growth, and also in terms of wiring and connections that kids need to develop lifelong skills. The plasticity in the brain is very different in this period, and you need the right stimulation for the nerves to develop. When we don't do things well in those first five years of life, we lose the ability to take advantage of those differences in plasticity that we don't have later on. For example, if you put a newborn rat in a completely dark environment, its eyes will never wire up. It will be blind, even if you expose it to light later on. Is it any surprise that some of the same things happen with human beings? That if you don't talk to your child, sing to your child, read to them, give them those inputs in the first few years of life, those nervous system links are not going to develop the same way that they could have otherwise? Young children need the right inputs for those circuits to develop.

HOW CAN PARENTS AND FAMILIES PROMOTE THEIR YOUNG CHILD'S HEALTHY DEVELOPMENT?

Through relationships and interaction.

The only thing that drives development is interaction with people. And I want to emphasize *people*. Not products. There's no iPad app or educational DVD or anything like that that actually does anything useful for the brain in the early years of life. Certainly not in the first three years of life. It's through talking with your child, singing with them, playing with them – that back and forth is how they develop the social skills, the emotional skills, and the physical and learning skills that they need. It's through interaction with people. And, of course, it doesn't have to be just the parents. It can be other relatives and siblings and friends and early education teachers and all those folks. It's those sorts of interactions that make a difference. Because we, as human beings, are able to be responsive in our interactions with young children in a way that no device is capable of doing.



SCREEN TIME IS A BIG ISSUE FOR FAMILIES. WHAT ADVICE DO YOU GIVE YOUR PATIENTS?

There is a lot said about screens that is not correct. There is no known benefit, and in fact, some harm, from screen exposure. Certainly for kids under 2 years of age, and probably kids under 3. There may be some value for children who are 4 and up if it's educational media that's well done. And that's a big *if*. But younger than that, there is actually no benefit to screen time, despite whatever claims the manufacturers may make. And it can actually be detrimental, because the more time they're on a screen, the less time they're interacting with others.

First Things First: The First Five Years

<http://www.firstthingsfirst.org/why-early-childhood-matters/the-first-five-years>

First Things First: Baby's Brain Development

<http://www.firstthingsfirst.org/for-parents-and-families/brain-development>

First Things First: Ages and Stages

<http://www.firstthingsfirst.org/for-parents-and-families/ages-and-stages>

First Things First: Literacy

<http://www.firstthingsfirst.org/for-parents-and-families/literacy>

YOU'RE VERY INVOLVED IN EARLY LITERACY. WHY DO YOU BELIEVE IT'S SO IMPORTANT FOR HEALTH PROFESSIONALS TO PROMOTE READING TO CHILDREN?

If you think about it, one of the biggest factors in terms of lifelong health is education. Don't get me wrong, nutrition and exercise are certainly important, but if you have a good education, you're very likely to have a career and the understanding and knowledge to be able to take advantage of things in life. Purely from a health perspective, when we promote educational success, we're promoting health. And outside the traditional health area, we want kids to be successful in school. We want their families to take pride in their child's ability to be successful in the educational system. So, by talking about reading together, sharing books together, developing that love of books and familiarity of principles of text and emergent literacy, we are setting kids up for lifelong health and lifelong learning. That's why early literacy is so important. The evidence is astoundingly clear. We just need the willingness as a society to make the investment in it.

BC TEACHERS' FEDERATION (BCTF):

Education Funding Sheets

The BCTF has prepared a series of education fact sheets that are available online. These fact sheets analyze current data and trends on education funding, teacher staffing, class size and composition, student enrolment and graduation rates in British Columbia.

Education Funding in BC:

<http://bctf.ca/uploadedFiles/Public/Publications/FactSheets/EducationFunding.pdf>

Comparing BC to Canada:

<http://bctf.ca/uploadedFiles/Public/Publications/FactSheets/ComparingBC.pdf>

Find out more: <http://www.bctf.ca/EducationFactsheets/>

\$10 a Day Plan: Endorsed by BCRTA and PQRTA <http://www.10aday.ca/>

While the fate of B.C.'s next government hangs in the balance, the results of the election showed — ***the majority of British Columbians voted for substantial new public investments to make quality child care affordable and widely available.***

Whatever happens with the formation of the minority government, we know that the child care crisis won't go away without immediate, decisive action. Both the NDP and the Green Party, who together won almost 60% of the popular vote, made significant platform commitments to child care.

We have a historic opportunity to tell the NDP and Greens to push for real change on child care. The first step is for them to commit to working together to build the quality, affordable child care system that British Columbia's families so clearly want and need.

Take a minute, now, to send a prepared email to John Horgan and Andrew Weaver asking them to cooperate in taking action to solve the child care crisis:
http://www.10aday.ca/time_to_cooperate?utm_campaign=whatnextreminde&utm_medium=email&utm_source=10aday

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.

Those joining now will get a few extra months of free membership before the "official" start in September 2017. Anyone joining since January 1, 2017 is eligible to apply for a refund as part of this free membership offer.

There are local **branch prizes** for the **most increased members**, so...

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

Toll Free: 1-877-683-2243

BRAIN ON THE BEACH!!!

written by **Alexandrea Becker**

According to scientists, visiting the beach can change your brain in an incredible way.

We all know that spending time outdoors is good for you on both a physical and mental level, but the benefits of spending time specifically at the beach have just been revealed.



That incredible feeling of peace and calmness that you experience at the beach is now being referred to as “blue space.” That’s what scientists have dubbed the effect that the combination of soothing smells and sounds of water have on your brain. The blue space is enough to make you feel at ease in a hypnotic sort of way.

When you notice how relaxed you feel at the beach, it’s not just all in your head. Science says that it’s a change in the way your brain reacts to its environment leaving you feeling happy, relaxed and reenergized.

Overall, this blue space affects you in four different ways.

1. Going to the beach reduces stress.

Water is nature’s cure to life’s stressors. It’s full of naturally occurring positive ions that are known for having the ability to make you feel at ease. So whether you jump in for a swim or simply dip your toes in the water, you’re sure to experience a feeling of relaxation. That’s one instant mood booster we could all use from time to time!

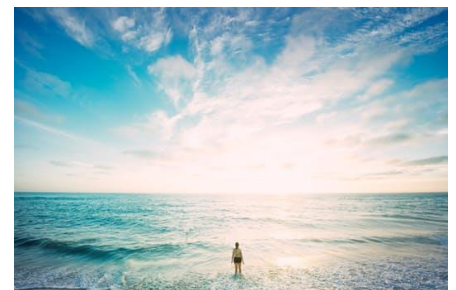


2. The beach boosts your creativity.

Feeling like you’re in a creative rut? Well, scientists now believe that the solution to this is the beach. Being in blue space allows you to clear your head and approach problems or projects in a more creative way. Much like meditation, the beach triggers a feeling of calmness that allows you to tune everything else out and reflect on what it is you’ve needed to focus on.

3. Going to the beach can help reduce feelings of depression.

Much like the effects that the beach has on feelings of stress and creative ruts, the beach also provides some relief to feelings of depression. The hypnotic sound of the waves in combination with the sight and smells of the beach can put you into a meditative space. In turn, you can clear your mind and reflect on life in a safe space away from the chaos of your daily life.



4. Spending time at the beach will change your perspective on life.



And that perspective is going to change for the better! Nature in general has always been a factor in healthy happy lives, but the beach in particular is so good for the soul.

So grab the SPF and pack a picnic, because it's time to head to the beach!

SPF 101: What it is, how it works and why we need it

By Marilisa Racco National Online Journalist, Smart Living, Global News, May 20, 2017

According to a recent report from Statistics Canada, only 45 per cent of adults wear sunscreen on their faces and 38 per cent report applying it to their bodies. There's a gender bias, too — more women than men wear sunscreen regularly.



Now for the even scarier facts: skin cancer is the most common cancer in the world, and melanoma (the deadliest form of skin cancer) is the seventh most common cancer in Canada. Furthermore, diagnosis rates in the country have more than tripled over the last 30 years.

"There have been 7,000 new cases of melanoma diagnosed in Canada so far in 2017, and it's estimated that there will be 80,000 cases of skin cancer diagnosed this year," says Annette Cyr, founder and chair of the Melanoma Network. "Of the 7,000 melanoma cases, 2,000 likely won't survive."

To break it down, there are three types of skin cancer:



Basal cell carcinoma, which is the most treatable, although removal of cells can cause disfigurement and it can spread continuously;

Squamous cell carcinoma, which is more aggressive;

Melanoma, which is a rarer form of the disease, but can easily metastasize and is responsible for 80 per cent of all skin cancer deaths.

There are a number of precautions people can take, from wearing protective clothing and hats to avoiding the sun during the peak hours of 11 a.m. to 3 p.m. (especially the dangerous noon to 2 p.m. slot). But the most common, user-friendly and frankly, easiest thing to incorporate into your lifestyle, is to slap on SPF.

What is SPF?

An acronym that stands for sun protection factor, SPF is a measure of how much protection a sunscreen can afford. The going philosophy on SPF used to involve a mix of math skills and self-awareness. For example, if it takes 20 minutes of unprotected exposure to the sun for your skin to redden, an SPF of 15 would theoretically provide you with 15 times more protection, which equals about five hours.

But the Skin Cancer Foundation points out that this is a flawed model. For one thing, experts stress that sunscreen should be re-applied every two hours regardless of the SPF level because no sunscreen has proven longevity beyond that time frame.

Also, reddening of the skin is a result of exposure to UVB rays, but sunburn does nothing to indicate how much UVA exposure you've had. (UVA rays cause skin aging, while UVB causes skin to burn. Both are associated with skin cancer and both are a year-round concern.)



For this reason, in 2012, Health Canada announced that all sunscreens sold in Canada would need to offer broad spectrum protection, meaning that it would block both UVA and UVB rays. This is especially significant as "growing research has shown that UVA rays have the ability to penetrate more deeply and cause genetic damage to cells."

And while UV rays are positioned as a danger that's exclusive to the outdoors, studies have shown that even if you're behind glass, you can be affected by them.

"UVB rays do not penetrate glass to a significant degree, but UVA rays do," says Dr. Channy Muhn, Dermetics (dermatology clinic) in Burlington, Ontario. "That's why protecting yourself daily, not just when you're on the beach, is important."

In fact, a 2016 study found that car side windows only blocked an average of 71 per cent of UVA rays, which the study authors said could potentially explain the increased rates in cataracts and left-side facial skin cancers (as North Americans drive on the left hand side).

How much SPF should I aim for?

Experts across the board say everyone should wear a minimum of SPF 30 daily. Although, Dr. Nathan Rosen (dermatologist) recommends SPF 45 or higher to his patients.

Most people don't apply enough, or often enough, for optimal protection. If you're outdoors, be sure to apply a generous amount 30 minutes before exposure, and reapply every two hours, or immediately after swimming or heavy sweating. For indoor or day-to-day activities where exposure is less intense, once or twice per day is generally sufficient.

In recent years, cosmetic companies have been raising the SPF claims on their products, sometimes even going as high as SPF 100. But experts caution against these claims.

SPF 30 blocks 97 per cent of UVB; an SPF of 50 blocks 98 per cent. But SPF 100 isn't twice as effective as SPF 50. High SPFs can make consumers feel more protected than they really are, which may cause them to stay in the sun longer than they should or to reapply less often.

Just wear a minimum of SPF 30 and reapply at least every two hours, if you're out in the sun.

How much product should I apply?

For adequate head-to-toe protection, you should apply a shot glass-worth of sunscreen. But unless you're knocking back tequila poppers poolside, it can be difficult to know you're applying enough. Don't worry, though, because you're definitely not overdoing it!

Most people only apply 25 to 50 per cent of the recommended amount of sunscreen. Your body requires about two tablespoons of product, while your face needs a nickel-sized dollop. If you're using a spray-on sunscreen, experts recommend applying enough so that you see sheen all over your body or spraying it in your hands and rubbing it on manually.

Should I use a physical or a chemical sunscreen?

Both have proven to offer effective forms of sun protection. It's a personal preference.

Chemical sunscreens absorb and neutralize UV rays, whereas physical blocks use minerals like zinc and titanium dioxide to reflect UV rays and prevent them from being absorbed by the skin. One isn't necessarily better than the other, although physical blocks can be less irritating for sensitive skin.

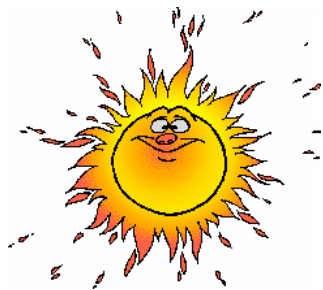
In either case, always check the expiration date on your sunscreen. Never use one that's past its due date and discard any leftover product at the end of the season.

But I heard that most sunscreens don't work

This isn't new, but the missing component of this study is that people generally don't use sunscreen correctly: they apply it too thinly and not frequently enough.

I've never worn SPF, the way I see it, the damage is already done

The experts stress that it's never too late (or too early) to make SPF a regular part of your daily routine. They're also eager to dispel any misgivings about sunscreen texture.



Sunscreens have come a long way from the thick, white, goopy products many people remember. New formulations are lightweight, transparent and feel more like makeup or moisturizer.

If caught early enough, skin cancer is highly treatable, and although premature aging caused by sun damage can't be reversed, there are cosmetic options to improve skin texture, like laser resurfacing. However, protection is always better than correction!

SUMMER

VIDEO (2 min.): What you need to know to keep safe while enjoying the summer

<http://globalnews.ca/video/3463103/what-you-need-to-know-to-keep-you-safe-while-enjoying-the-summer>

He Burns Coffee Grounds in His Backyard. The Reason? Genius!

<https://www.davidwolfe.com/burns-coffee-grounds-backyard-genius/>



Mosquitos suck. Literally!

They can turn the most relaxed of backyard barbecues into a frenzy of swatting and knee-slapping. And then there are allergies and serious viruses like Zika that can be transmitted by the annoying little buggers.

But you know what sucks even more than mosquitos? Some of the commercial repellants that'll suck your wallet empty, especially if you're the outdoorsy type.

Commercial repellants also tend to have more than a few harmful effects that arise from breathing them in. Bug spray information: <https://medlineplus.gov/ency/article/002763.htm>

The solution? Coffee grounds are a very effective natural repellant that will keep insects away, including mosquitoes, wasps and bees. Many insects have a very strong sense of smell.

How to Burn Coffee Grounds:

Take your used or fresh coffee grounds, put them in a bowl and cover it with aluminum foil. Leave this bowl in a dark, cool place and let the grounds dry completely.

Then, place the grounds (either in a bowl or on a sheet of foil) on a flat area outdoors and burn them like you would incense. Open your windows, if you're indoors and trying to keep mosquitos out. If you're using this method at an outdoor gathering, just leave the bowl burning in a central place.

Are there still too many mosquitoes plaguing you? Add some fresh bay leaf to the coffee grounds and burn them together!

CLIMATE FOR ACTION: Recycle Used Coffee Grounds

<https://blog.epa.gov/blog/2009/02/climate-for-action/>

By Loreal Crumbley, senior at George Mason University and intern with Environmental Education Division

Coffee grounds mixed with soil can be used as a natural fertilizer. Used coffee grounds provide gardens with an abundant source of nutrition.

Recycling coffee grounds is not only beneficial for gardeners, but it helps in reducing the amount of waste going into landfills. When coffee grounds are dumped into landfills they create methane, which is a greenhouse gas. Methane is known to be more harmful than carbon dioxide, another greenhouse gas that causes global warming. If we are able to keep coffee grounds out of landfills we'll be one step closer to eliminating greenhouse gas emissions.

Coffee grounds contain a high amount of nitrogen. When scattered across soil before rain or watering, they will slowly release nitrogen into the soil.

When compost is mixed with coffee grounds, it causes the soil temperature to rise and stay hot for long periods of time. The high temperature kills weeds and will allow your garden to flourish beautifully.

Coffee grounds are acidic, which benefits "acid loving" plants. For instance roses, camellias, blueberries, and azaleas all flourish when sprinkled with coffee grounds.

Recycling coffee grounds also helps to feed worms, and keeps troublesome insects away. Earthworms love to feed on used coffee grounds; it helps them grow and reproduce. Having lots of worms is an excellent way to keep a healthy garden. It is important to have worm activity in your soil; this mixes the soil and helps in mineralizing your vegetation.

As you all know the odor of coffee is very strong, the odor can sometimes be too strong for humans. In the case of insects like ants, slugs, and snails the odor works as a repellent.

There are many places you can find used coffee grounds. Some good suggestions include local coffee shops, gas stations, schools, or your workplace. You could ask coffee vendors to save coffee grounds for you, and coordinate a time to stop by and pick up your "green fertilizer."

Here's 14 Genius Ways to Recycle Coffee Grounds:

<http://www.naturallivingideas.com/14-genius-ways-recycle-used-coffee-grounds/>

Use THIS Simple Trick To Keep Ticks Off All Summer Long!

<https://www.davidwolfe.com/trick-keep-ticks-off/>

There's nothing worse than coming home from a picnic, a hike or a fun day on the trails to find a tick burrowed in your skin.



If you spend a lot of time outdoors, it's important to know how to protect yourself from ticks. Not only are they pesky and uncomfortable, they can also carry deadly diseases that are extremely dangerous (Lyme and Powassan). The next time you're enjoying nature, follow this simple trick to keep ticks from latching onto your skin!



Lint Roller and Essential Oil Tick Hack

All you need for this tick hack is a lint roller and some essential oils! Make sure your lint roller is the kind with adhesive layers. Simply take the roller with you when you're going on a hike or doing yard work, and roll it on your clothing from time to time. After just a short time outside, you might be shocked to see what you pick up!



Adding some essential oil to this trick can minimize the risk of ticks hopping onto you as you work, bike or walk outside. Spraying essential oil onto your clothing and rubbing it onto your skin will help deter ticks from coming near you. This hack also works to deter mosquitoes and black flies. Using essential oils instead of tick or insect repellent helps to eliminate the amount of chemicals you're exposed to.

Here are the five best essential oils to help repel bugs:

Lavender – Lavender essential oils is a sweet smelling tick deterrent. You'll love the smell, but bugs will hate it! It can help deter mosquitoes, flies and other unwanted insects.

Pennyroyal – Pennyroyal is a member of the mint family. This essential oil is toxic to insects which makes it an effective natural insect repellent!

Lemongrass – Lemongrass oil comes from the tropical lemongrass plant known as *Cymbopogon citrates*. It has a bright citrus scent and works as a natural flea and tick repellent. It can be sprayed directly on the skin to help ward off bugs.

Eucalyptus – Eucalyptus oil can be used alone or in combination with citronella oil for an all-purpose bug deterrent. A study published in the *Journal of Medical Entomology* found that eucalyptus extract has the ability to reduce tick bites and infections.

Lemon – Lemon essential oil contains a compound known as limolene. This compound is considered to be especially effective against fleas and other bugs. Use it in a diluted form, before spraying it onto your clothes or skin.

VIDEO (4 min.): Home-Made Non-Toxic Insect Repellent for Humans/Dogs/Cats

<https://www.youtube.com/watch?v=ia9hkouPwj0>

“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>

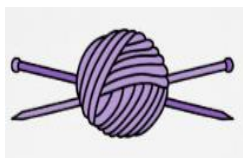
Shaken Baby Syndrome:

http://webcache.googleusercontent.com/search?q=cache:http://dontshake.ca/&gws_rd=cr&i=LzAXWbLcK4mqjwP99pewDA

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

KNIT PATTERNS FOR GIRLS:

[HTTP://CLICKFORBABIES.ORG/STITCHERS-CLUB/KNIT-GIRLS.PHP](http://CLICKFORBABIES.ORG/STITCHERS-CLUB/KNIT-GIRLS.PHP)

KNIT PATTERNS FOR BOYS:

[HTTP://CLICKFORBABIES.ORG/STITCHERS-CLUB/KNIT-BOYS.PHP](http://CLICKFORBABIES.ORG/STITCHERS-CLUB/KNIT-BOYS.PHP)

CROCHET PATTERNS FOR GIRLS:

[HTTP://CLICKFORBABIES.ORG/STITCHERS-CLUB/CROCHET-GIRLS.PHP](http://CLICKFORBABIES.ORG/STITCHERS-CLUB/CROCHET-GIRLS.PHP)

CROCHET PATTERNS FOR BOYS:

[HTTP://CLICKFORBABIES.ORG/STITCHERS-CLUB/CROCHET-BOYS.PHP](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.

AUTHOR, AUTHOR! – Congratulations to our PQRTA Member!

JULE BRIESE
Qualicum Beach Poet

Dancing Into Reunion
A HAIBUN MEMOIR
JULE BRIESE

DANCING INTO REUNION
Jule's haibun memoir focuses on those magical days leading up to the adoption reunion between Jule and her daughter.

Reflections
An Inward Journey
Jule Briese

REFLECTIONS – AN INWARD JOURNEY invites the reader to enter the path, which mystic Meister Eckhart refers to as “beautiful, pleasant, joyful and familiar”.

Both books are available through tranquilshorescreative@gmail.com

BOOK LAUNCH:
Qualicum Beach Library

Thursday, June 8th
at 2:00pm



CONGRATULATIONS TO DISTRICT 69 RETIREES:

On May 16th, Cathy Van (PQRTA President) attended a Mt. Arrowsmith Teachers Association dinner that honoured the following retirees:



- Robert Godel
- Harry Indriksons
- Warren Kimmitt
- Maureen LaFleche
- Robin Pawliuk
- Frank Prosser
- Rick Robson

Each retiree received a "Happy Retirement" card with an application form to join BCRTA/PQRTA and an invitation to attend the September "To Hell With the Bell" at Quality Inn Bayside Resort on September the 5th.



Canada 150 Love Letters to Qualicum Beach

We celebrate Canada 150 on July 1 with a party. Be part of our Canada 150 celebration and have your thoughts recorded in history. You are invited to write a "Love Letter" to be shared publicly - tell what you love about Qualicum Beach. The town is waiting to read your letter!

WE love our community volunteers! A big shout-out goes to Peter Drummond and Mike Shannon who created special wooden boxes to house your love letters. You will find these drop boxes at: Qualicum Beach Museum, the Old School House, and Qualicum Beach Library. If you are a Qualicum Legion member, find a box there, too.



Or, mail your "Love Letter":
Canada 150 Letters
Box 556
Qualicum Beach, BC
V9K 1T1

See the next page for letterhead to write a letter to tell what you love about Qualicum Beach!

FIRST NAME

AGE RESIDENT OR VISITOR



Dear Qualicum Beach,

Multiple horizontal dotted lines for writing.

Drop-off boxes located at QB Library, QB Museum, The Old School House Arts Centre, Royal Canadian Legion #76 or mail to Box #556 Qualicum Beach V9K 1T1

CELEBRATING CANADA 150... *in my own words*



The **150th anniversary of Canada**, also known as the 150th anniversary of Confederation marks the sesquicentennial anniversary of Canadian Confederation.



Queen Elizabeth II (Canada's sovereign) and her son and heir-apparent, Prince Charles, and his wife, the Duchess of Cornwall, will tour Ontario and Nunavut before attending the national celebration in Ottawa on July 1, 2017.



The Canada 150 tulip, also known as the Maple Leaf tulip, was selectively bred with white flower and red flames, which resembles the flag of Canada. For Canada 150, the Canadian Tulip Festival in Ottawa will plant 30,000 Maple Leaf tulip bulbs.

Canada 150: <http://canada.pch.gc.ca/eng/1468262573081>

The official emblem of Canada 150, a stylized maple leaf with 13 diamonds representing Canada's provinces and territories. The 4 red diamonds represent Canada's initial provinces at confederation.



Here's 12 foods that Canada has given the world (besides Poutine)

<http://www.macleans.ca/society/life/12-foods-canada-has-given-the-world-besides-poutine/>

1. Butter Tarts: It's true! Butter tarts are Canadian through and through. In fact, these crumbly, almost shortbread-like pastry shells—oozing with butter, sugar, syrup and eggs—date back to the early 1600s, when they provided sweet sustenance for our pioneers. There's a great deal of variation today—some bakers add raisins, others pecans—but it's safe to say they'd all satisfy the most discerning sweet tooth.

2. Beaver Tails: Even Barack Obama stopped for one when he visited our nation's capital in 2009. The Ottawa-based company that came up with the idea of hand stretching pastry shaped like beaver tails, then frying it and topping it with sweet confections like whipped cream and berries, has been dishing out their treats since 1980.

3. Nanaimo Bars: It's no wonder these ultra-sweet bars consisting of a chocolate top layer and a wafer-crumble base, which perfectly sandwiches a custard-flavoured centre, have fairly contested origins. But since the late 1950s, Nanaimo bars have become staples at every bake sale, not only in British Columbia but across the country.

4. Fish and Brewis: The Italians can keep their baccalà, and the Portuguese can have their bacalhau. We prefer our salt cod to be served along hard tack (hard bread, soaked overnight in water) and scrunchions (fried bits of salted pork fat), thank you very much. The traditional Newfoundland dish, which was probably created by sailors who needed good sustenance out at sea, differs from door to door, but it's always certain to fill you up.

5. Figgy Duff: There are many variations of this Newfoundland boiled pudding, but most contain flour, butter, sugar, molasses and raisins, which used to commonly be referred to as figs on the Rock. So its name fits, sort of. Coincidentally, figgy duff bears a striking resemblance to another of the world's funniest-named sweets, the British spotted dick.

6. Canadian Bacon: We call it peameal bacon but the rest of the world lovingly refers to it as Canadian. And here's the thing: it's just lean, boneless pork loin that's been brined and rolled in finely ground cornmeal (years ago, it would have been peameal).

7. Tourtière: This traditional Québécois double-cruste d meat pie may be traditionally served at Christmas, but there's a good chance French Canadians eat it all year long. While they can be packed with a combination of pork, veal and beef, in Montreal tourtière is usually made with only pork—finely ground—and seasoned with cinnamon and cloves, and served with ketchup. Comfort food personified.

8. Saskatoon Berry Pie: Many a Prairie native has childhood memories of filling pails with these sweet, fleshy-fruited berries to fill double-cruste d golden pies. And even though the shrubs that bear them are grown from western Ontario to British Columbia and the Yukon, they're especially dear to the people who live in the city that shares the berry's name.

9. McCain's French Fries: We may not have invented the humble french fry, but Canadian-owned and operated McCain's has been making frites for more than 50 years. At last count the company, the world's largest producer of french fries, was dishing out more than 20 products.

10. Maple Syrup: Not only has one of our most beloved chefs, Montreal's Martin Picard, dedicated a 386-page cookbook to the boiled-down sap—first collected by Aboriginal peoples of North America—but our nation produces a whopping 85 per cent of the world's supply.

11. Split Pea Soup: The Oxford Companion to Food says this Québécois, rib-sticking delight with a base of dried yellow split peas and a ham bone, or smoked ham hock, is probably our best-known food export.

Canadian Actors: <http://people.canadiancontent.net/actors/>

Canadian Musicians: https://en.wikipedia.org/wiki/List_of_Canadian_musicians

Canadian Athletes: http://www.huffingtonpost.ca/2012/11/22/canada-greatest-athletes_n_2175537.html

50 Great Canadian Inventions: Which one is your favourite?

<http://www.mediatrainingtoronto.com/blog/2013/6/29/50-great-inventions-canada-gave-the-world>

More Canadian Inventions: https://en.wikipedia.org/wiki/List_of_Canadian_inventions

"On This Day" in Canada's history: <http://www.bac-lac.gc.ca/eng/onthisday/Pages/introduction.aspx>

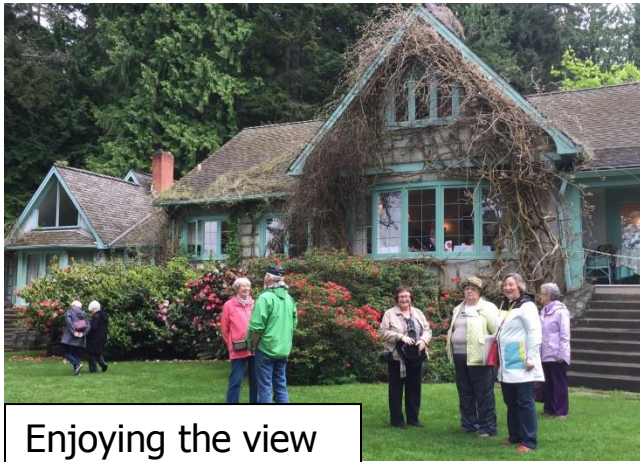


Happy birthday
Canada



PQRTA - PAST EVENTS: Thursday, May 11, 2017

Weather cooperated for our outdoor garden walk at Milner Gardens and High Tea lunch. We collected a **\$65 donation** to the "Shoots with Roots" educational program.



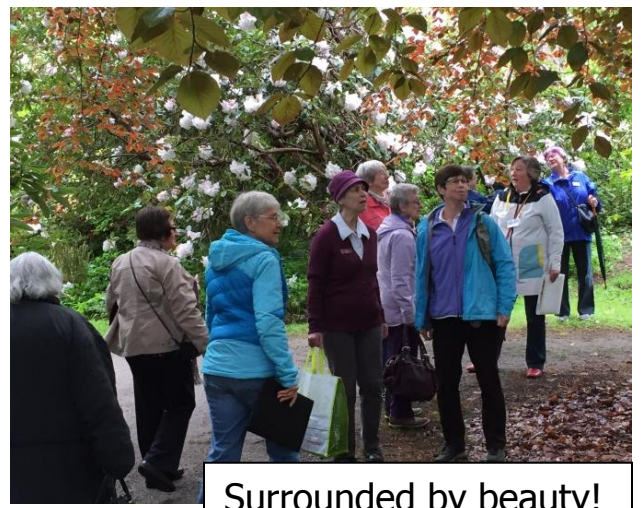
Enjoying the view



Enjoying High Tea



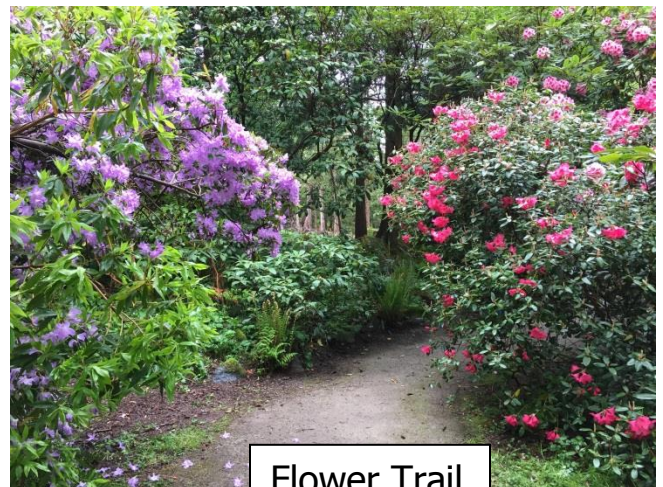
Travelling in style



Surrounded by beauty!



Forest Trail

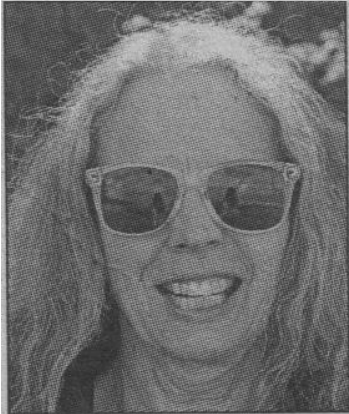


Flower Trail

RHODODENDRON OR AZALEA??? In general, rhododendrons are larger shrubs with larger leaves than azalea plants. Also, azalea flowers have five stamens, while the rhododendron flowers have ten stamens. Finally, unlike rhododendrons, many azalea plants are deciduous.

Spot the PQRTA Member in the News!

VIEWS
IN THE NEWS
We asked:
What is the perfect age?



Right now. Every age is perfect.
EILEEN DOYLE
Qualicum Beach



ADAM KVETON PHOTO

Louise Wright from Parksville takes a big bite out of her hot dog, purchased by donation for a new spray park at Community Park.



MICHAEL BRIONES PHOTO

Bowser Tennis Club member Rita Levitz hones her forehand shots as the club officially opens its season this weekend with a mixed mingler.

QUESTION OF THE MONTH: In honour of Fathers' Day on June 18th...

- Are you like your father in any way? Why or why not?
- What do you (did you) admire most about your father?
- What did you learn from your father?
- Anything else about your father that you would like to share?



Sharon Cox-Gustavson

My dad was born in Longload, Somerset, England . He was an adventurous young man who travelled the world before he met and married my mom in Saskatoon.

I am quite like my tall dad in stature and so is my brother. Whereas, the other four girls in our family, did take after the stature of our mother.

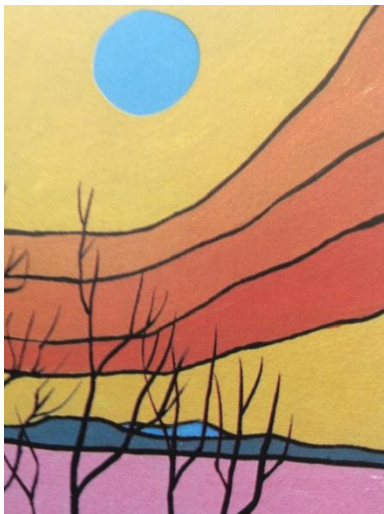
Inspired by my father's many travel tales, I enjoyed being adventuresome in my youth travelling many places including a favourite trek....backpacking Great Britain and Europe. All of the major landmasses of the world except Antarctica have known the footsteps of the adventurous children of John and Jessie Cox.

One of dad's favourite momentous items were his gold nuggets from a working stint in South Africa, and one of mine is a golden amber brooch from travelling in Russia.

My father named me after the Rose of Sharon and I inherited his book collection including "Songs of the Sourdough " by Robert Service and a dated red volume of Shakespeare's plays. Dad frequently referred to quotes from Shakespeare's works and often recited poems of Robert Service which kind of opened our eyes as children!

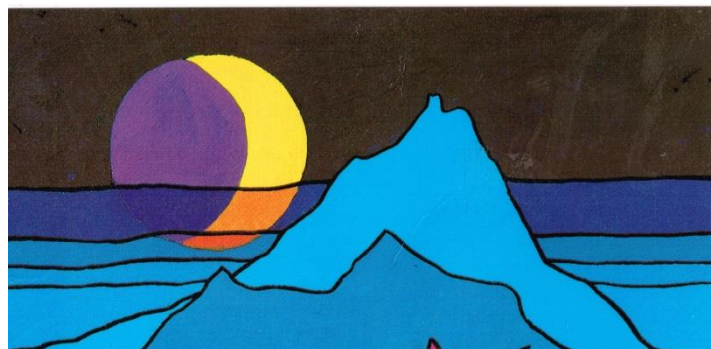
*....."There are strange things done in the midnight sun by the men that moil for gold
The Arctic trails have their secret tales that would make your blood run cold
The northern lights have seen queer sights but the queerest they ever did see
Was that night on the marge of Lake Lebarge I cremated Sam McGee.".....*

Never really got into the Shakespeare stuff too much but always did the Ted Harrison (famous Yukon teacher artist) version of "The Cremation of Sam McGee " with my students in Art class at school.....



Needless to say, all of Dad's children...all 6 of us, somehow were inspired to travel to the Yukon....hmmmm....

Thanks for inspiring my memories, on this upcoming Father's Day!



Two works by Ted Harrison who retired to Victoria, after teaching in the Yukon. Sharon met him several times at the Artisan's weekend at Painter's Lodge in Campbell River.

Lynn Luke:

I have always been told I am a lot like my father. Could be a worse fate for sure!

I thought my father was brilliant and funny when I was growing up. He never disciplined me and ...he was a teacher to boot.

I admired his Math skills, his humour, his gardening skills, and his easy, even going manner. Only later, did I catch on that he was so easy going because he let my mother take care of discipline. Never the less, he was always there for me.

Many fond memories. And a model of the Cutty Sark that took him 10 long years to build and it resides in my den.

Nancy Whelan:

My Father... Tried teaching me to drive, but never explained what the clutch did, so I just continued to stall the old '37 Dodge.

My father ... was always reading magazines, *Reader's Digest*, *Colliers*, *Saturday Evening Post*, and *Newsweek*. I believed that once I was able to read those magazines, I'd know everything in the world!

Eugenia Taggart:

Your questions are thought provoking and make us remember things we took for granted. I am so thankful for my parents who never stopped loving each other or us six kids!

**Yolande Catalan:**

My father died when he was 36 years old. I was 9 months old. Don't know much about him.

Cathy Van Herwaarden:

I am mostly like my mother, but I got my sense of mischief from my father.

My dad was a quiet man; but when he spoke, everyone listened! He had a great sense of humour and could tell a wonderful story about his incredible life adventures.

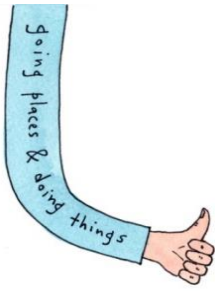
My father was an entrepreneur and had many businesses in several places, over his 85 year life: flour mill in Alberta, lumber mill in Yellowknife (Northwest Territories), hotel and beer parlour and general store on Minstrel Island, brick and block plant in Kamloops, and a laundromat in Vancouver; but logging and land clearing were his main business (from Salt Spring Island to Gold River). In his 80's (with a big grin on his face), he was still pushing dirt with a caterpillar tractor on my sister's farm.

Mostly, I remember my father sitting at his desk in our big kitchen where he ran his business (complete with radio telephone to communicate with the logging camp), working on his papers from multiple files and reading the Reader's Digest.

My Dad instilled in me, a love of travelling the back roads to arrive at your destination. However, it seemed that he always liked to run on the bottom half of the gas tank....much to my mother's dismay! I'm a tank half-full kind of gal.

My dad could fix anything!!! He was the original MacGyver! With six kids, he needed to be good at "hay-wiring" things.

Now, I've married a man that is just as kind, gentle and loving. Not only that, but my husband is just as good at "MacGyvering" and his name is the same as my dad's. And it's even spelled the same way...ALLAN.



GOINGS AND DOINGS:

Parksville Qualicum Retired Teachers are busy in the business of retirement!!! From travelling to Australia, Cumberland, and Salt Spring Island, to weeding and enjoying our gardens at home with grandchildren, retired life is good!

What are you up to? Please let me know for the next newsletter:
cathyvanh@gmail.com

Nancy Whelan

Weeding, planting, weeding, ad infinitum. Travelling from Crescent West to QF. Plan to visit my hairdresser so I can see out. Busy? Weeding, walking dog, weeding ... taking a dear friend to Stroke Club on Fridays, to Farmers' Market on Saturdays. And in there anywhere, throw in some reading, some emailing, some writing, sitting in yard admiring my efforts.

Cathy Van – went to Salt Spring Island to attend a presentation on the 1954 British Empire Games where eldest brother was honoured for his gold medal achievement with the 8 man rowing team. Also, his team won a silver medal in the 1956 Olympics in Australia.

Sharon Cox-Gustavson

During these May days, I have continued to be busy upgrading flower beds at Grace United Church yard and here at our residence of Green Acres.

This month, at the Wednesday morning coffee and muffin social at the Coombs' Grace United Church.....instructions in water painting with all supplies provided has been offered as a gratis to the drop-ins. All are welcome to join us the 2nd and 4th Wednesday mornings of each month for this social.

May has been a busy month, as over the past 20 years, since I retired from teaching and moved back to our family's 10 acre estate in Coombs, I have been involved in Coombs's heritage work.....so the beginnings were to just get my old French Creek elementary school girl chums together annually our Coombs school was a feeder School along with other District 69 schools to QB high school where we entered Junior High for grade 7, 8, and 9. Parksville students then joined us in Qualicum for senior high grades 10, 11 and 12. So our group graduated in 1960. There are about 20 girls I contact to reunite for a beach picnic or restaurant meal each year.

Recently, I organized our 75th birthday party meeting at the dining room of the ABC restaurant in Nanaimo. Again the girls recorded a brief personalized "hardcopy" in the out phased skill of handwriting----soon to be almost a lost art as it has ceased to be taught in the school system. Five of these girls--the Coombs girls---- I do have data on them since grade one in French Creek school through Hillier school and Qualicum Elementary School then Qualicum Beach High School.

Barb and Al Brett

We found a marvellous Victoria Day Parade at Cumberland – six, yes SIX, marching bands from all over central Vancouver Island – all in their kilts with bagpipes and drummers going at full tilt! It was an excellent parade – relatively short, fast-paced, everything well-spaced out – best parade I've seen in years! And then I was off to the Quilt Show—also excellent—while Al walked some of the old downtown streets. We always think Cumberland is a great place to visit—and the number of new houses going up is amazing!

Sally Hemingson

Lately, I've been doing marathon weeding sessions. I couldn't get a lot done last year, so I'm really catching up. I always do a lot of gardening in the warmer months. Over the weekend, I had a lovely visit from my son and granddaughter.

Neil and Jackie Worboys: May 10, 2017 (by Jackie)

Neil and I have just returned from Auckland, New Zealand where Neil played basketball in the 2017 World Masters' Games. Participants include athletes and supporters from one hundred countries in 28 sports. Athletes are slotted into age groups from the age of 25-29 for the first swimming group, and then for 30-34, up as high as you can imagine, or as long as you live and want to enter! The other sports begin their Masters' levels at age 30 and continue in five-year sections similarly.

The city of Auckland graciously hosted visitors, lighting up the Sky Tower for five nights with the official 2017 Masters' Games colours.

Neil played in the age 65-70 category in a team of players from Victoria, Vancouver, Abbotsford, Williams Lake and Prince George, plus an added member from California. His team, Legends and Liars, played Brazil, Japan, Adelaide, USA Selects, and another team from Vancouver. Ten teams entered in this age category. Neil's team left with no injuries, one win, a sense of humour, and the ability to enjoy each other's company. People from other countries said we had the best cheering squad, and probably the goofiest sense of humour.

The oldest athlete was a one hundred and one year-old from India. She won two gold medals in her two events: the 100 metre "dash", which she walked at a determined pace, and the javelin throw, which was really a plop, landing 2.3 meters away, but nevertheless, a personal record. She fired up the spirits of everyone, as she beamed her smile and proffered her medals on national TV.

I registered as a supporter, along with many thousands of others. Altogether, 29,000 people, most of them athletes, visited Auckland, where 3000 volunteers organized a smooth operation of travelling to events, answering questions, providing musical events every night, and arranging a spectacular opening ceremony in Eden Stadium, where the All-Blacks play rugby.

A fortuitous moment occurred when I saw a fellow wearing a turquoise Nisga'a sweatshirt. Of course, Nisga'a is an important part of northwest BC, not far from Kitimat, where I grew up, raised our family and taught. This man did not look like anyone I knew from that area, so I asked him about his shirt. He told me that he'd played basketball in almost every small town in BC, immediately naming towns along Highway 16, the Kootenays and the Island. He'd played for the Harlem Clowns for many years, received the sweatshirt one night in 1987 at a party after a game in Aiyansh, and promised to wear it when he travelled. He recalled good memories of his time playing basketball in our province, and true to his word, he treasures the sweatshirt and wears it with pride. Although he lives in California, like many seasoned athletes, he searches for locations around the world to enjoy his sport.

Neil and Jackie Worboys: May 11th

We're off to Toronto in ten minutes-catching the ferry today, flying tomorrow morning, to be with our grandson Gavin who is taking 15 sessions (Part 2) at the Listening Centre. We went for Part one in March. Some very interesting behaviours have arisen since his time there. It's in Norman Doidge's book: *The Brain's Way of Healing*.

Never enough time to do all that we want.

EXECUTIVE 2017/2018 – calling new members!!!

Our Annual General Meeting (AGM) is fast approaching and so we are searching for a few willing members to serve on next year's Executive for 2017/2018. Most of the current Executive has kindly agreed to continue for another year; but we need volunteers for the following:



Vice-President:

- a) assume the duties of the president when the latter is unavailable;
- b) chair, or designate a member to chair, elections at the AGM;
- c) be a member, with the past president, of the AGM nominating committee;

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.)

Of course, in keeping with the Societies Act, all positions will be up for election at the AGM on Wednesday, June 14th. If you can step forward to help out, please contact Val Dyer: tvdyer@shaw.ca Val will also be able to answer any questions you may have about the vacant positions.

As an Executive, we look forward to some fresh new faces and fresh new ideas for next year.

Thank you everybody,

Kay Howard, Past President (and not up for re-election!)

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 or 250.752.3762



June Events - Parksville and Qualicum Beach Area

<http://www.visitparkvillequalicumbeach.com/events-2017-6/>

What's On Digest – Vancouver Island Events

<http://parkvillequalicum.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 Elaine Young: reyis3@shaw.ca or 250.586.8112

June 1 – Intergenerational Day – celebrate youth working/playing with seniors

June 8 – World Oceans' Day

June 14 – AGM and Potluck Picnic at Rotary Park on Qualicum Beach – 11:30am

June 18 – Fathers' Day (Wear Plaid for Dad – Prostate Cancer Awareness)

June 20 (9:24pm) – Summer Solstice

June 30 – **Final Deadline to submit medical claims to Pacific Blue Cross**

July 1 – **Canada Day – 150th Birthday** – Wear Canada's Colours!!!

September 5 – To Hell With the Bell – Breakfast Buffet – Quality Inn Bayside – 10:00am

September 15 – Deadline **Purple Baby Caps** to Val Dyer: tvdyer@shaw.ca or 250.752.8824

PQRTA EXECUTIVE (2016/2017) and CONTACTS:

President – Cathy Van Herwaarden

Vice-President – Lucinda Hendren

Past-President – Kay Howard

Treasurer – Ellen Coates

Secretary – Marg Hoverman

Program – Elaine Young

Membership – Laurel Johannson

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>



**Happy Summer! No newsletter in July & August
Next Newsletter in September!**