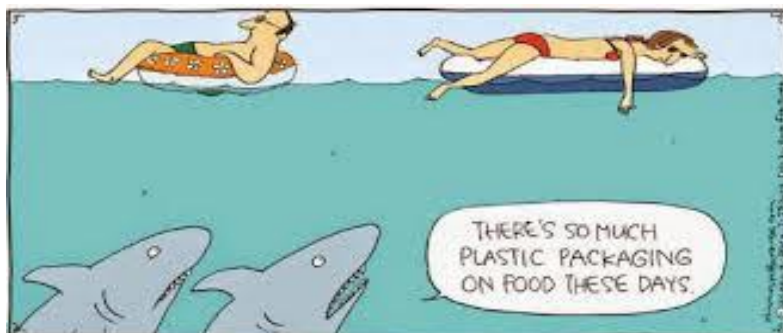
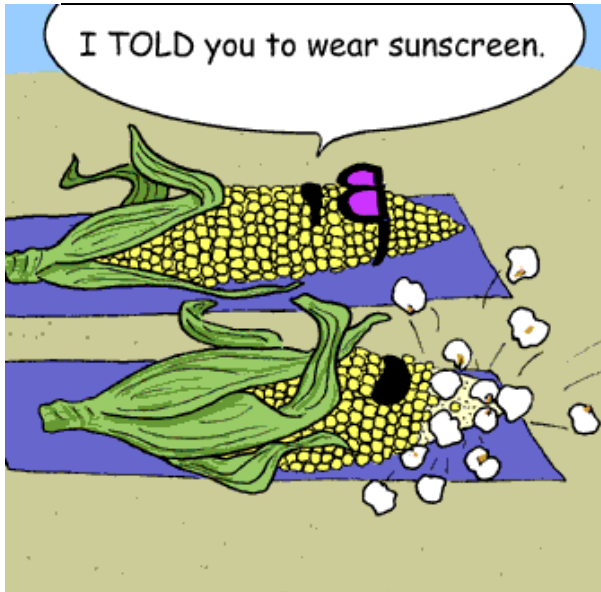




PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER #17 – June 2018

PRESIDENT'S GREETING from Cathy Van Herwaarden:



PQ RETIRED TEACHER ASSOCIATION NEWS:



LOGO CONTEST

- HELP!!! PQRTA needs a LOGO!!!
- Are you artistic or imaginative?
- Get creating!!!
- PRIZE = \$25 gift certificate

Send your creations to cathyvanh@gmail.com



PQRTA EXECUTIVE needs YOU!!!

We need a **Vice-President, Secretary, and Historian** to join our Executive Team, PLEASE!!!

EXECUTIVE 2018/2019 – calling for volunteers!!!

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

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 7 years)

We hope to see you at our Annual General Meeting and Barbecue on the Beach at the Shoreline Club House at 330 Dogwood Street in Parksville on **Thursday, June 14th**, 11:30 RSVP: 250.248.0412 or cathyvanh@gmail.com Invite a friend that is a retired teacher....from Canada or other countries! See 10 reasons!

Retired Teacher?

From Canada or Other Countries?



Why join **BC Retired Teachers' Assoc.**
BCRTA and Parksville Qualicum's
local branch **PQRTA ???**

10 reasons...

- 10 Get up-to-date information about your pension and medical coverage and have input into pension and benefit plans, to make sure it works for you!
- 9 Take advantage of **group insurance rates** from Johnson with options for home, life, dental, extended health, and travel insurance
- 8 Obtain discounts on **hotel & car rentals**. Get **special rates on travel**: Merit Travel, Collette Vacations, Bestway Tours and Safaris
- 7 Collect Affinity Partner **discount coupons**: Park 'n Fly, Perkopolis, Hearing Life, and Endless Savings & More
- 6 Ensure that we have an organization that speaks with one voice to promote welfare of retired teachers, advocate for seniors and stand up for education
- 5 Have the option to participate in local and international scholarship funds
- 4 Yearly, receive **four magazines** from BC Retired Teachers' Association
- 3 From **Parksville Qualicum Retired Teachers' Association**, receive a fabulous **monthly newsletter** that's loaded with information about local activities and articles that are pertinent to retirement life
- 2 Have **FUN** with retired colleagues at workshops, meetings, & social events!
- 1 **FREE membership** first year = **\$50 value**

Check out: <http://bcрта.ca/>
Toll Free: 1.877.683.2243

There are **227** members in the Parksville Qualicum Retired Teachers' Association.

BCRTA has over **16,000** members in the 48 branches around the province.



B.C. RETIRED TEACHERS' ASSOCIATION
100 - 550 West 6th Avenue
Vancouver, BC V5Z 4P2



February 7, 2018

Dear Branch Presidents and Heritage Contact persons:

The Heritage Committee of the BC Retired Teachers Association wishes to share some wonderful news.

The bronze plaques commemorating the struggle for teachers' collective bargaining rights in BC have now been completed. Plaques were erected in Victoria, where they held the first teachers strike in Canada, in New Westminster where a 104 year old lady related her recollections of the historic strike, in Surrey where the rally on the legislature lawn resulted in the hiring of 4000 more teachers and improved class size, in Terrace which held a protest over the demotion of personnel and ultimately won contract language to end this practise, and also in Langley where the 24 year old teachers' president withstood being demoted and fired, to win the arbitrated award and guaranteed language that respected teachers' rights. Victories were won which have helped all teachers in our province. The BCRTA helped to fund all these plaques with the local teachers' groups and the BC Labour Heritage Centre.

Victories should be celebrated, and outstanding work of our important elders can be recorded. The BC Labour Heritage Centre suggests they can train teachers to record former presidents' voices and save their conversations for the future. If you would like more information contact Ken Novakowski at knova@telus.net

Ken Novakowski showed the six historic plaques at the recent RA in Richmond and introduced me as the BCRTA representative. All the districts showed their pleasure for the efforts of remembering the former and current initiatives to work together to preserve the memories of our teaching colleagues. The book ***Walking the Line*** will be launched on May 1st and it will relate the labour history of our province. For copies contact the BC Labour Heritage Centre at info@labourheritagecentre.ca

Our Heritage Committee urges branches which have a project in mind to apply for funds by May 1st. Our criteria and application form has just been updated and they are attached to this letter. The Heritage grants are for projects which include the participation of retired teachers. We are hoping to hear from you!

The Heritage Committee-

Barb Mikulec chair, Louisa Sanchez, Lynne Farquharson, Diane McNay, Janice Androsoff, Cheryl Halsted
For further info: mikulec@telus.net

BCRTA HERITAGE COMMITTEE GRANT: \$400 to PQRTA

Congratulations on your application to the BCRTA Heritage Committee for funds for visits and interviews with eleven life members of Parksville Qualicum RTA. We increased your application from \$300 to award you \$400, as gas costs have gone up. We applaud your initiative to interview members and share their olden day teaching stories in your monthly newsletter! The cheque will be sent from the BCRTA shortly.
Sincerely, Barb Mikulec Chair - BCRTA Heritage Committee

BC Retired Teachers' Association NEWS



June 1st – BC School Trustees proclaimed June 1st as Intergenerational Day: a day to celebrate and focus on activities that involve seniors and youth.

HISTORY OF THE BCRTA:

After the BC Teachers' Federation was formed in 1917, retired teachers began meeting in private homes in Vancouver, and they formed themselves into an association with the primary purpose of improving teachers' pensions. At about the same time, a group of retired teachers in Victoria formed an association with the same goal. In time, the two groups joined in common purpose which led to the formation of the BCRTA in 1945. The B.C. Retired Teachers' Association was incorporated as a Society in 1955 with its main objective "to guard the interests and to promote the welfare of its members."

MISSION OF THE BCRTA:

The mission of the BCRTA is the maintenance and enhancement of the quality of life for its members specifically and other seniors generally. The purpose of the BCRTA is to promote the interests of the members, to provide information and advice to members on retirement programmes and benefits, to communicate to members on the activities of the Association and issues of common interest, and to promote excellence in public education.

BCRTA MEMBER INSURANCE PACKAGES:

BCRTA members have choices beyond the TPP (Teachers' Pension Plan) default insurance coverage! The BCRTA Pension and Benefits Committee has partnered with Johnson Insurance to create a line-up of products tailor-made to suit our members.

BENEFITS PROGRAMS FOR BCRTA MEMBERS

Through our partner Johnson Insurance, BCRTA members have access to superior extended health plans, life and home insurance and other services at exceptional rates. Let's compare!

Johnson Insurance for BCRTA Members	Teachers' Pension Plan Default Plan
• No deductible	• \$200 deductible per person per year
• \$250,000 lifetime maximum	• \$200,000 lifetime maximum
• \$100 health education coverage per year	• No health education coverage
• \$1000 hearing aids every 5 years	• \$1400 hearing aids every 4 years
• Multi-trip travel included – 62 days per trip	• No out of Canada coverage
• Trip cancellation/interruption included	• No out of Canada coverage
• No 90 day stability clause or pre-existing condition language	• See policy

Do you have the insurance coverage that's right for you? Get Johnson "Best Friend Advice" for BCRTA members and know for sure. Contact the Johnson Insurance team who specialize in the service of BCRTA members at 604.881.8915 or pbservicewest@johnson.ca Or, click here and use the online form: <https://bcрта.ca/explore-bcрта-member-insurance-packages/>

BREAKING NEWS from BCRTA President Patricia Clough:

The BCRTA's Directors are very happy to announce that they have successfully reached an employment agreement with Tim Anderson of Alphabet Communications, to serve as Executive Director. Over the recent months, Tim has already improved website and print communications. Now, Tim will help us to develop and implement our ambitious strategic plan aimed at growing the BCRTA through greatly improving service to members.

BCRTA Directors' Meeting - May 15, 2018

For the Vancouver Island North Zone

Respectfully submitted by:

Stefan Cieslik/joint BCRTA Zone Director with Sterling Campbell



BILL C-27: President Patricia Clough reminded the Board that Bill C-27 on Targeted Benefit Pensions is still a concern and has not been removed from the legislative agenda of the House of Commons. Branch Presidents are asked to keep members informed of the dangers that Bill C-27 can cause for defined benefit pensions plans such as our Teachers' Pension Plan. Branches have been asked to collect Petition signatures to be submitted to each and every MP in all BC Ridings. Packages (prepared by JoAnn Lauber) were sent to Branch Presidents by snail-mail).

Office Administration – Current membership is now at 15,607 (Active and Life Members) an increase of 833 for 2017/18 year.

Executive Director of BCRTA: Tim Anderson has been hired on a 3 year contract. This is part of our strategic plan and one of our goals tied in with increased membership, a unified communications strategy, the control of our own Insurance plans, developing committee structures, and increasing staff

Finance Committee:

Increased income thanks to Administrative Services Agreement with Johnsons Insurance. Johnsons pay us a fixed percentage every quarter.

Pension and Benefits Committee – Good news. There has been a strong December, 2017 valuation which will lead to many improvements for all plan members.

There is more money for the Inflation Adjustment Account which is used specifically to fund cost of living adjustments for retired members. Earlier this year the TPP launched a completely redesigned plan website featuring an improved search engine and an easy-to-use interface. You can review every aspect of your pension plan. Even retirement! Try it <https://tpp.pensionsbc.ca/>

The Johnson EHC plan will have a number of improvements this September, including stand-alone trip cancellation coverage at a reasonable price.

Membership Committee – support for the re-establishment of the Comox/Courtenay branch which we hope will be up and running with an executive before the end of June. Several new Advantage partnerships are being considered

Member Well Being Committee:

Positive feedback regarding Wellness articles in PostScript.
National Single-payer Pharmacare Program petition is being developed.
Will work with Membership committee to provide a Green-Sleeve (on the fridge) product for members for in-home emergency situations.

Golden Star Committee – Winners of five \$1500 prizes:

Adam Robertson Elementary, Creston: "Care Village Friends"
D.P. Todd Secondary, Prince George: "Heritage Inquiry Program"
Maquinna Elementary School, Port Alberni: "Big Buddy Programme"
Ray Shepherd Elementary School, Surrey: "G is for Grandfriend"
South Rutland Elementary School Kelowna: "Sun Pointe Senior Buddies"

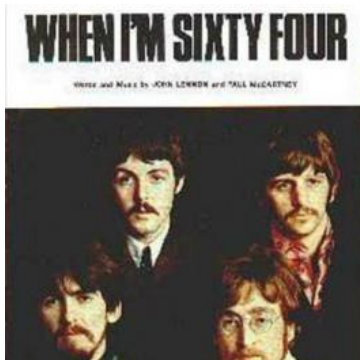
Communications Committee –

Good response to the latest PostScript & Connections publications

Our BC Health Coalition rep reported that the Brian Day vs BC's Medicare Protection Act in the Supreme Court is still ongoing. The trial has had repeated delays, largely due to lawyers for both sides arguing the normal rules of evidence.

Director and Committee Application Forms (2018/19)

- details will be in the next edition of PostScript. Please think of applying or encourage members to apply
- Board of Directors application deadline = July 15, 2018
- Committee position application deadline = September 22, 2018



When I'm 64: Benefits for Older Adults helps you learn what financial help you can get from government sources as you get older. This publication tells you about the government benefits available to older adults in British Columbia. It covers Old Age Security, the Canada Pension Plan, Employment Insurance, and welfare benefits for seniors. The information is current to January 2018. Click here to see the document:

[file:///C:/Users/Cathy/Desktop/Shortcuts/Downloads/booklet - when im 64-benefits for older adults-2018_0%20\(2\).pdf](file:///C:/Users/Cathy/Desktop/Shortcuts/Downloads/booklet - when im 64-benefits for older adults-2018_0%20(2).pdf)

Publications from People's Law School: eg. Death in the Family, Being An Executor, Driving in BC, Essentials of Consumer Law, Family Violence and Abuse, Learning about Law (Families, Young People, and Elder Law), Power of Attorney, Scams to Avoid, Volunteers & the Law and MORE! Check it out!

<https://www.peopleslawschool.ca/publications>

BCTF NEWS: April 30, 2018



BC Schools See Significant Improvement in Class Sizes, But Challenges with Class Composition Remain

New data from the provincial government shows class sizes in British Columbia have significantly improved since the BCTF's collective agreement language was restored by the Supreme Court of Canada. In the current 2017-18 school year, there are 45% fewer classes with more than 30 students than the previous year and class-size averages are down.

"These improvements in class-sizes show the power of collective agreements to enhance classroom conditions for students and teachers," said BC Teachers' Federation President Glen Hansman. "Our Supreme Court win is already making a difference. These are the best class-size conditions BC has seen in over a decade."

The government's data set shows the provincial improvements achieved by the restoration of class-size limits in the collective agreement: <https://catalogue.data.gov.bc.ca/dataset/bc-schools-class-size> Between 2016-17 and 2017-18:

- The number of classes with 30+ students dropped by 45%, from 1,385 to 757 classes.
- The average Kindergarten class size dropped 6.8%, from 19.1 to 17.8 students.
- The average Grades 1-3 class size dropped 4.9%, from 20.4 to 19.4 students.
- The average Grades 4-7 class size dropped 4.9%, from 24.5 to 23.3 students.
- The average Grades 8-12 class size dropped 3.9% from 22.9 to 22 students.

In addition, the overall number of classes across BC has increased by more than 4,300. That is an increase of 6.2% in one year. For district-by-district summary, compiled by BCTF: <http://bctf.ca/uploadedFiles/Public/Issues/ClassSize/Province%20and%20District%20Class%20Size%20and%20Composition.pdf>

While class sizes are quickly moving in the right direction, Hansman said class composition still has some challenges that will require additional investment by the provincial government, and more attention by individual school districts.

"Class composition is more complex because of differences in local collective agreement language as well as district student assessment and staffing processes. For example, about a third of our local teachers' associations don't have any class composition language. There are also differences among school districts in how employers implemented class-composition requirements.

In the past, the province has tracked the number of classes with four or more students with special needs. Comparing 2016-17 to 2017-18, the number of classes with four children with special needs has increased by 0.9%. There are now 17,466 such classes. However, the addition of 4,300 classes in 2017-18 means the percentage of classes with four or more children with special needs is lower this year. The number of classes with seven or more children with special needs has decreased by 17%.

"BC teachers fully support the inclusion of children with special needs in our classrooms and the need for the specialized programs and staff that support them," said Hansman. "The BC government and school districts need to put more efforts into creating classes that ensure all children get the attention they need. We should not be seeing this degree of inconsistency around the province, and it is always within the ability of the province and school districts to ensure services are in place for students above and beyond a bare minimum."

Premier's Awards for Excellence in Education:



Nominate someone in B.C.'s education system who has made a positive, long-lasting impact on your school community.

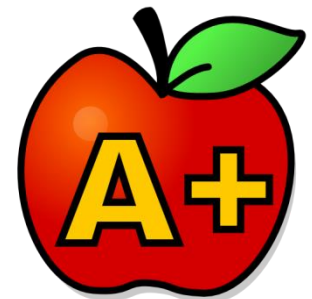
The Premier's Awards for Excellence in Education were created to recognize the enormous contributions of B.C.'s exceptional teachers, administrators and support staffs that are vital to the cultural, economic and social well-being of the province.

The Premier's Awards provide students, parents, teachers and other members of the community with an opportunity to celebrate those who make a real difference in B.C. schools.

The Awards will be presented annually to exceptional education professionals in British Columbia's school system working within either the public, independent, First Nations, or offshore school systems.

The following categories are open to all individuals who are a B.C. teaching certificate holder and currently teaching within the B.C. Kindergarten to Grade 12 public, independent, First Nations, or offshore school systems:

- Community Engagement
- Outstanding New Teacher (up to 5 years teaching experience, 3 of which must have been in B.C.)
- Technology and Innovation
- Diversity and Inclusion
- Indigenous Education
- Social Equity
- Extra-Curricular Leadership



The following category is open to all Principals, Vice Principals and Administrators who are BC teaching certificate holders and currently working within the B.C. Kindergarten to Grade 12 public, independent, First Nations, or offshore school systems: Outstanding Support

Finalists will be invited to an awards ceremony at Government House in Victoria on World Teacher Day (October 5th). Winners will receive

- \$3000 personal bursary for professional learning
- \$2000 contribution to their school community for professional learning
- Individual photo with Premier and Minister of Education while receiving award

Submission deadline is **June 18, 2018**

For more information:

<https://www2.gov.bc.ca/gov/content/education-training/k-12/teach/excellence-in-education>

MISH-MASH of MEDICAL NEWS:



Coffee Cancer Warnings Ruled by California Judge:

<http://www.cbc.ca/news/health/coffee-cancer-1.4653987>

Could Berries Help Fight Cancer?

https://www.medicalnewstoday.com/articles/321410.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

These Vegetables May Promote Artery Health:

https://www.medicalnewstoday.com/articles/321409.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Could Pasta Actually Help you Lose Weight?

https://www.medicalnewstoday.com/articles/321386.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Is it Safe to Hold Your Pee? 5 Possible Complications:

https://www.medicalnewstoday.com/articles/321408.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

What to Do at Home for Asthma Attack:

https://www.medicalnewstoday.com/articles/321441.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

What Science Says About Coffee's Cancer Risk:

<http://www.cbc.ca/news/health/science-cancer-risks-coffee-1.4601296>

Melanoma – deadliest form of skin cancer – warning signs:

https://globalnews.ca/news/4195236/melanoma-warning-signs/?utm_source=NewsletterNational&utm_medium=Email&utm_campaign=2018

Dark Chocolate Boosts Memory:

<http://www.alzheimersweekly.com/2018/05/dark-chocolate-boosts-memory.html>

5 Natural Sleep Remedies That Work:

<http://observer.com/2018/05/5-all-natural-sleep-remedies-that-actually-work/>

8 Dark Secrets About Food at the Grocery Store:

<https://www.healthyway.com/content/dark-secrets-nobody-told-you-about-food-at-the-supermarket/>

Seven Benefits of Kefir:

<https://www.medicalnewstoday.com/articles/318353.php?sr>

Fibromyalgia or Rheumatoid Arthritis:

https://www.medicalnewstoday.com/articles/321682.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

MORE MISH-MASH of MEDICAL NEWS:

30 Minutes of Light Exercise Each Day Can Benefit Health:

<https://www.medicalnewstoday.com/articles/320760.php?iacp>

15 Benefits of Swimming:

<https://www.medicalnewstoday.com/articles/321496.php?sr>

How to Control Your Appetite Naturally:

<https://www.medicalnewstoday.com/articles/320625.php?sr>



How Exercise Tells the Brain to Curb Appetite:

https://www.medicalnewstoday.com/articles/321660.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Cognitive Decline – Impaired Sense of Smell Could Be Used as a Marker:

https://www.medicalnewstoday.com/articles/321616.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Saturated VS Unsaturated Fat:

https://www.medicalnewstoday.com/articles/321655.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Everything That You Need to Know About CBD Oil:

<https://www.medicalnewstoday.com/articles/317221.php?iacp>

CBD Oil and Migraines:

https://www.medicalnewstoday.com/articles/321653.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

5 Ways to Boost Your Memory:

<https://www.medicalnewstoday.com/articles/319876.php?sr>

Yoga and How it Works:

<https://www.medicalnewstoday.com/articles/286745.php?sr>

Sitting May Impair Brain Health:

https://www.medicalnewstoday.com/articles/321508.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Top 15 Sources of Plant-Based Protein:

https://www.medicalnewstoday.com/articles/321474.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

7 Health Benefits of Black Rice:

<https://www.davidwolfe.com/black-rice-health-benefits/>

Difference Between Alzheimer's and Dementia (video):

<http://www.alzheimersweekly.com/2016/08/simply-put-how-is-alzheimers-different.html>

FOCUS ON SENIORS – Times Colonist – Tuesday, May 1, 2018

LEG CRAMPS? A Pharmacist's Bag of Tricks for Leg Cramps is Simple

By Ian Lloyd – Heart Pharmacist

Leg cramps, especially at night, can be excruciatingly painful. Usually after a few minutes, with gentle stretching and massaging, the muscle cramp will subside. Sometimes, this is not always the case, and leg pain can continue into the next day. Generally, this is something that can be treated by your local pharmacist. A physician visit is rarely required unless the pain persists or seems to be point sensitive.

A pharmacist's bag of tricks for leg cramps is simple and usually effective. The first solution is to increase your intake of calcium. I generally recommend chewing a TUMS calcium antacid tablet before bed. Calcium can be quite helpful for reducing leg cramps at night. If you want to go one step further, have a small glass of tonic water before bed. The small amount of quinine in tonic water can also help with leg cramps.

If this doesn't work, I recommend taking a magnesium supplement at bedtime. Often calcium and magnesium can be found in a combined tablet. Magnesium is also a good muscle relaxing supplement. Some patients also mention that it can sometimes help them fall asleep. Check with a pharmacist to see if calcium and magnesium are right for you, especially if you are taking antibiotics or medications for osteoporosis.

Potassium is also helpful for muscle cramping. This is often more of a solution for high intensity athletes exercising under warm weather conditions.

A common home remedy is to have a banana before bed to help with leg cramps. Increasing your fruit intake for any reason is a good idea; however, your body is generally good at ensuring it has enough potassium to fulfill its needs. If your leg cramps rapidly goes away after increasing your intake of bananas, you might want to bring this to the attention of your physician.

Another helpful tip requires a bit of training. It is common in the night to stretch your legs when you shift around. A natural tendency is to stretch by pointing the toes. Pointing the toes can lead to muscle cramping. If you do stretch your legs, stretch by pushing your heels down and pulling your toes closer to your shins - the opposite of pointing your toes. Sometimes a warm bath before bed can also relax stiff muscles. Add a bit of Epsom salts (magnesium) to your bath water.

In one patient's case, the leg cramps were caused by a medication called 'statins' which are commonly prescribed to help lower cholesterol. Elevated cholesterol is a modifiable risk factor for heart disease. However, a common side effect with statins, along with stomach upset, is muscle pain.

Another oddball side effect of statins is to reduce the amount of a substance called Co-Enzyme Q10 (CoQ10) in the body. CoQ10 is used for energy production in muscle cells, and a deficiency can manifest itself as muscle fatigue or aching. We recommended taking CoQ10 100mg daily. The leg cramps improved and decreased in frequency to make our patient happy. Ask your doctor or pharmacist if CoQ10 would be right for you and your medications.

YOUR BODY ON WALKING: timescolonist.com – May 1, 2018

Ridiculously simple, astonishingly powerful, scientifically proven by study after study – sneaking in a few minutes a day can transform your health, body, and mind. So what are you waiting for? Now, that the weather is warmer, consider these health facts related to walking:



Heart Health: 30 to 60 minutes most days of the week drastically lowers your risk of heart disease

Bones: four hours a week can reduce the risk of hip fractures by up to 43 %

Weight: a daily one-hour walk can cut your risk of obesity in half

Health Prevention: logging 3500 step a day lowers your risk of diabetes by 29 percent

Mood: 30 minutes a day can reduce symptoms of depression by 30%

Brain: just two hours of walking a week reduces your risk of strokes by 30%

Longevity: 75 minutes a week of brisk walking can add almost two years to your life.

Are you convinced yet?

Find over 1146 of the best walking routes in Parksville area:
<http://www.mapmywalk.com/ca/parksville-british-columbia/>

Or, join a walking group...

Sole Sisters and/or Brothers:

<https://www.pqbnews.com/sports/a-group-of-women-that-loves-to-walk-the-walk/>

Email Kristine: stephenson@live.ca or Phone Kim: 250-248-8515

Parksville Golden Oldies Sports Assoc. (PGOSA) Walking Group:

<https://www.pgosa.org/index.php/activities-by-pgosa/year-round-activities/13-walking-group>

Ramblers Walking Group: ramblers@qbnewcomers.org

Qualicum Beach Area Newcomers Alumni (QBANA) Walking Group:

<https://www.qbana.ca/walking/>



10 Weird Gardening Hacks That Keep Pests Away and Improve Growth

By Angela Brown

http://gardeningtips.diyeverywhere.com/2017/05/09/10-weird-gardening-hacks-that-keep-pests-away-and-improve-growth-/?src=fbfan_59919&t=fbad&up=20170726&k=lgvs1v3gaen00098

Working in the garden can be time-consuming, especially if you're having a hard time getting your plants and veggies to cooperate. Sometimes the best ideas come in the form of strange hacks, like the ones compiled in this list. If you're looking for a few ways to spruce up your gardening tricks, try one of these unusual tactics:

1. Slow the spread of blight with pennies

Blight can ruin an entire crop in your garden. If you want to save your plants without turning to chemicals, Vegitate Gardening recommends slicing partway through an infected branch and inserting a pre-1983 penny into the slit. The copper should help slow the spread enough to harvest your crop.



2. Keep melons safe with nylons

One of the best ways to grow melons is on a trellis because the height keeps pests and diseases away from the fruit. However, the weight can pull the melons off before they're ripe. Keep melons on the branch longer by cutting a leg off an old pair of pantyhose and using it to create a sling for the melons, [Rodale's Organic Life](#) recommends.

3. Keep pests at bay with milk jugs

Protect the environment and keep your plants safe from bugs and animals with used milk gallons. After washing the jug, cut off the bottom and place the top over new plants, covering the base with dirt.



4. Start seeds in a lemon peel

Keep your early seedlings safe, give them extra nutrients, and add more nutrients to the ground with a citrus fruit rind. Add a little dirt, and plant the seedling. Once it's taken root, plant the entire thing in the ground. The fruit peel will eventually break down, adding more nutrients to your garden.



5. Keep dirt out of your nails

Before you head out to dig in the soil, run your nails over a bar of soap. The soap will add a buffer to block the dirt. Just rinse it all away when you're done in the garden.



6. Keep slugs away with

The penny is the star of the show you know slugs aren't very fond of (pre-1983) pennies to a clean baseball or bowling ball with water-resistant glue and place it in your garden. It looks pretty and keeps your veggies safe!

pennies

in this article! Did copper?

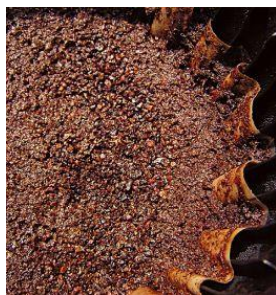


7. Plant forks and keep deer and raccoons away

Nobody wants to step on a fork that's been wedged into the ground. Ouch! Wedge the forks into the ground near young plants to keep nosherers away. Just remember to watch where you step when you go out to feed your veggies!

8. Keep fungus away with cinnamon

One risk of transplanting flowers, fruits and plants is that there is a higher risk of fungus growth on the replanted roots. Protect the roots by dipping them in cinnamon before replanting.



9. Fertilize with coffee grounds

You can recycle *used* coffee grounds by adding them to your compost. The coffee helps with the alkaline levels of the soil and adds nutrients (like nitrogen) to the ground. Just don't use fresh, un-brewed grounds because they contain too much caffeine.

10. Grow roses in potatoes

Take rose cuttings and insert them into a potato. Then bury the potato in the ground and watch your roses bloom. The potatoes help keep the plant moist while it grows.



Check out the full tutorial: How to take Cuttings from Roses and Grow them in Potatoes. Click here!

<http://www.amateurgardening.com/top-tips/roses-top-tips/taking-rose-cuttings-4503>

COMPOST RECIPE:

- no meat, dairy, or bones
- equal parts of brown and green material
- Do not overload the compost with fruit - if need be, store material indoors (or freeze) and add gradually

FEED YOUR SOIL.



KEEP MOIST: As wet as a wrung out sponge.

AERATE: Air helps to speed up decomposition. Aeration should be done throughout the entire composting process.

BE BEAR AWARE:

To reduce the potential for conflicts with bears in general and black bears in particular, it is important that you learn as much as you can about this animal:

- Adult males measure between 60-90 cm at shoulder height and weigh anywhere from 80 to 300 kilograms.
- While called a black bear, these animals come in a variety of colours – everything from the white Kermode bear through to their namesake black and most shades of brown.
- Bears have eyesight and hearing as good as or better than that of humans. The myth about bears having poor eyesight is due in part to the bear's habit of standing and apparently looking around as if to get a better look at people. It is more likely that the bear is standing to get a better smell of you!
- Adult black bears have few predators in the wild: grizzly bears and wolves are about the only animals that will attempt to kill a full grown black bear.
- Young black bears may be preyed upon by adult male black bears, grizzly bears, wolves, coyotes, and cougars.
- Black bears can live to be over thirty years of age in the wild, but more commonly live to be about fifteen to twenty years of age.
- Black bears are extremely fast and can run equally as well, uphill or down.
- Bears inhabit most ecosystems throughout BC and you should consider the entire province to be "bear country".
- Bears are normally solitary animals apart from when sows are with their young and tend to only congregate when there is an abundance of food.
- While bears have a "home range" they do not have a territory that they defend as their own. Bears will tolerate other bears in their presence when there is an abundance of food such as a run of salmon.
- Bears are omnivorous animals with vegetation making up about 80% of their diet and the remainder coming from things like small rodents, fish, insects, carrion (dead animals) and sometimes young deer, elk or moose.
- Bears have a better sense of smell than dogs and can smell food from over a kilometer away.
- Because bears need such great stores of fat to make it through the winter they are voracious eaters and can consume over 20,000 calories a day. This phase of intense eating is called hyperphagia.
- Bears go into a deep sleep or denning period, usually from November through to April.
- Some black bears, usually males, may not hibernate if the weather is good and food is still abundant.
- During the denning period, bears will not defecate or urinate.
- Bears lose approximately 30% of their weight over the winter.
- Bears mate in late June and embryos do not implant until the fall and only if the female has sufficient stores of fat to support the young through the nursing period in the den.
- Black bears are born in the den and are from 250g to 500g in weight, eyes closed and relatively helpless.
- Cubs are between 2-5 kilograms in size, when they leave the den in late April.
- Female bears tend to their young for almost two years and can give birth to as many as five young, but twins are more the norm.

Click on the link to learn about other species (wolf, skunk, rattlesnake, rats, raccoons, moose, coyote, deer, cougar and grizzly bear): <https://wildsafebc.com/species/>

"BARE" CAMPSITES ARE SAFE CAMPSITES

Don't:

- Store food, soaps, toothpaste or other aromatic items in, or near, your tent.
- Cook near your sleeping area.
- Feed ANY wildlife - ever!
- Leave food in your camping area unattended.

Do:

- Store food in lockers provided or in trunk of vehicle.
- Keep camping area clean and free of garbage.
- Dispose of grey water in designated area.
- Read and follow any notices posted by campground attendants.



The best bear encounter is the one that you avoid, so always be vigilant when in the bush. To prevent an unexpected encounter with a bear while out hiking:

1. **Hike in a group.** It is best not to be alone in bear country. Just the fact that there are two or more of you in the area should help prevent a bear encounter. Make your presence known by talking loudly or singing – especially in areas where there is limited visibility and/or where it may be hard for a bear to hear your approach. Be especially vigilant if you are working alongside running water, in thick bush or if there is a strong wind blowing – in these circumstances a bear is less likely to hear you and a chance for a surprise encounter is greater. The sound from bear bells does not carry as far and are not as distinct as the sound of human voices.
2. **Keep your dog on a leash,** or better yet, leave your dog at home. The majority of black bear maulings in North America involve dogs.
3. **Be aware of your surroundings** and watch for bear signs: scat, tracks, signs of grazing, overturned logs or logs torn apart, claw marks on trees, etc.
 - Bear scat varies in size, consistency and content depending upon the season. Typically high in plant content, the bear scat will become loose and runny the more the bear feeds on berries.
 - Bear tracks will show all five toes and claw marks about an inch or so above the toe pads.
 - Overturned logs and stumps torn apart should be checked for signs of freshness.
4. **Pack out whatever you pack in:** do not leave any organics behind – even though that apple core will rot and decompose, it could also be eaten by a bear that would then associate the smell of humans with a food reward.

If you do encounter a bear while out hiking or within your campsite there are a number of things that you can do to keep yourself safe:

- **Remain calm and do not run;** running can trigger an attack. Never turn your back on a bear, but do not stare at it directly either.
- **If the bear sees you,** talk to it in a low calm voice and take a step or two backwards.
- **Always carry bear spray with you and know how to use it.**
- **Report any encounter with an aggressive bear** by calling the Conservation Officer Service at 1-877-952-7277

What Attracts Bears? <https://wildsafebc.com/camping/>

Remember that bears can smell the smallest item of food from over a kilometre away.

Bears are attracted to:

- Anything that we have cooked or are about to eat
- Dirty barbecues or camp stoves
- Any item associated with food prep or clean-up (dish rags, scrubbers, pots, pans, etc.)
- Grey water pails and discharge
- Garbage, wrappers, empty bottles, cans, condiments, or anything that has been in contact with food.
- Containers for gas, oil, or other petroleum-products
- Pet food bowls



Backcountry Camping

If there is a designated campsite, use it and any bear-resistant storage options that are available. If you are in an undeveloped area, practice the triangle approach to setting up your camp. Your tent, cooking area and food storage areas should be about 100m apart and form a triangle.

Where possible, food should be slung up by a rope system in an area inaccessible to bears (at least 4m off the ground and 3m from the nearest tree).

Inspect your choice of camping area closely and make sure it is not in an area likely to be used by bears. It is best to camp away from waterways or other features that may be travel routes for wildlife.

Camping in Bear Country

Camping is a great way to enjoy nature and the outdoors but there are a few simple rules you should follow to keep yourself, and the wildlife around you, safe from conflict.



- Inspect the area around your campsite - check for signs of bears (scat, claw marks on trees, fresh digging or tracks).
- Bears have long memories, your campsite may be clean now but if a bear received a reward there earlier, it may be back so always be vigilant.
- Never take food with you into your tent - not even a small snack. A bear may smell it and investigate.
- Cook in clothes other than those you will sleep in.
- Use the bear-resistant food storage options provided by the campsite. If none are available, keep your food in the trunk of a vehicle or in a hard-sided RV.
- Campsites should be free of all attractants whenever you are not present - this means when you go for a hike, a walk to the beach, bathroom, or are otherwise absent from the immediate area.
- Do not feed any wildlife. This includes squirrels, birds, raccoons and other animals. The feed that attracts them is also a powerful attractant for bears.
- Listen to your Park Attendants. They have far more experience in dealing with bears than the average visitor. Their goal is to ensure you have a safe and enjoyable camping experience.

WOLF ISLAND CHOCOLATE MAKING: May 17th

- Come to off-the-grid Wolf Island (near Lasqueti Island) for an adventure in chocolate making!
- This one-day adventure has you leaving from French Creek near Parksville on the passenger ferry Centurion VII and arriving in False Bay, Lasqueti Island. From there you'll be whisked by boat across the bay to enchanting Wolf Island and into the kitchen of Wolf Island Chocolate.
- The hands-on 4 hour workshop will teach you the basics of making your own truffles and then finishing them in luxurious chocolate. You'll master the art of tempering chocolate to a crisp, shiny finish all in a manner easy to replicate in your own home kitchen. At the end of the day, you'll have an impressive bounty to take home!
- **Cost:** \$80.00 per person includes all class materials, welcome snack and lunch.
- **Group size:** 6-8 people (No previous experience necessary!)
- **Date:** Saturday, June 9 2018 (or, other dates on request)
- **Timing:** Leave French Creek at 9:45am and then depart False Bay at 4pm, arriving back in French Creek at 5pm.
- For more information or previous participant testimonials, please contact Deb Perell at 250.927.4403 or by email debperell@hotmail.com

Check it out: <http://lasqueti.ca/wolf+island+chocolate>



Such a wonderful adventure: ferried to Lasqueti Island, rode in a skiff to Wolf Island, tempered chocolate, created treats, ate a delicious lunch on the deck, made new friends and took home our chocolate bounty!



Fun, fun, fun!!!



Yum!



PQRTA PROGRAM: Wednesday, May 16th



KATHOK BUDDHIST MEDITATION CENTRE: 2800 Grafton Ave, Coombs, BC

The Kathok Buddhist Temple is no longer doing special guided tours, but a knowledgeable facilitator was available to answer our questions. During our visit, we saw the beautiful garden oasis with pond and fountains, a huge Golden Buddha, prayer wheels, butter lamps, a gift shop and a teahouse. For more information: <http://www.kathokcentre.ca/>



Marg Hoverman, Colleen Craig, Vicki Knight, and Pat Nelson

New member Bob Rennie with Facilitator Kaz

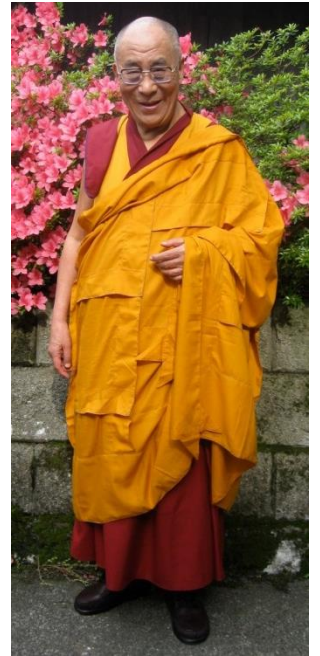


Eileen Butts, Cathy Van Herwaarden. & Suzanne Rush



DALI LAMA'S 18 RULES OF LIFE:

1. Take into account that great love and great achievements involve risk.
2. When you lose, don't lose the lesson.
3. Follow the 3 R's:
 - Respect for self
 - Respect for others
 - Responsibility for all your actions
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great friendship.
7. When you realize you've made a mistake, take immediate steps to correct it.
8. Spend some time alone every day.
9. Open your arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good honourable life. Then, when you get older and think back, you'll be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation of your life.
13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It's a way to achieve immortality.
15. Be gentle with the earth.
16. Once a year, go someplace you've never been before.
17. Remember that the best relationship is one in which your love for each other exceeds your need for each other.
18. Judge your success by what you had to give up, in order to get it.



Dali Lama Centre for Peace and Education:

<https://dalailamacenter.org/>

100 Dali Lama Life Quotes:

<https://addicted2success.com/quotes/100-dalai-lama-quotes-that-will-change-your-life/>

EARTHING®

Get Connected & Feel Vibrant

When you are **walking on the beach** barefoot...

you **burn more calories** than you would walking on a hard surface...

you get a **free massage & free exfoliation** for your feet...

you are **grounding with the Earth**, absorbing its electrons. This helps **neutralize destructive free radicals** in your body which **improves health and slows aging**.

www.completelv-coastal.com

Walking Barefoot Might Be An Essential Element of Good Health

https://www.foodmatters.com/article/walking-barefoot-might-be-an-essential-element-of-good-health?utm_source=drjoshaxe&utm_medium=socialswaps&utm_content=drjoshaxe



When's the last time you kicked off your shoes and reveled in the feeling of the Earth under your feet? Been awhile?

It may sound hard to believe, but engaging in this simple pleasure could give your health a much-needed boost.

Walking barefoot outside, with the soles of your feet free to mesh with the surface of the Earth – is an activity known as Earthing, or grounding.

You are an Electrical Being, and the Earth's Surface is Electrically Conductive

You are an electrical being - your body regularly produces positive charges, which can oxidize and harm you if excessive. The Earth's surface is electrically conductive; it maintains a negative charge with its free electron supply continually replenished by the global atmospheric electrical circuit.

As reported in the Journal of Environmental and Public Health:

"It is an established fact that the Earth's surface possesses a limitless and continuously renewed supply of free or mobile electrons.

... Mounting evidence suggests that the Earth's negative potential can create a stable internal bioelectrical environment for the normal functioning of all body systems. Moreover, oscillations of the intensity of the Earth's potential may be important for setting the biological clocks regulating diurnal body rhythms, such as cortisol secretion."

There is growing research showing that this connection to the Earth's surface plays a vital role in preventing disease and as well as offering a host of benefits.

The problem, of course, is that while humans have historically spent much of their days with their bare skin next to the Earth (both while walking and sleeping, including on animal skins, which still allow electrons to enter the body), today this vital connection has been lost. Modern lifestyle has increasingly separated humans from the primordial flow of Earth's electrons.

For example, since the 1960's, we have increasingly worn insulating rubber or plastic soled shoes, instead of the traditional leather fashioned from hides... Obviously, we no longer sleep on the ground as we did in times past.

What Happens When You Absorb Free Electrons from the Earth?

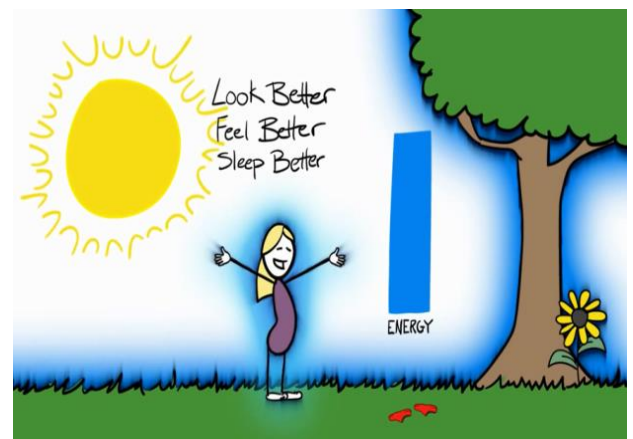
The scientific theory behind the health benefits seen from this simple practice is that since the Earth has a greater negative charge than your body, you end up absorbing electrons from it. This is, in my understanding, one of the most potent antioxidants we know of and may have an anti-inflammatory and antioxidant effect on your body.

To put it simply, it's thought that the influx of free electrons from the Earth's surface will help to neutralize free radicals and reduce both acute and chronic inflammation, which is at the root of many health conditions and accelerated aging.

Earthing Research Shows Significant Benefits

Earthing research has revealed an impressive impact on a variety of health conditions and was found to offer improvements in the following conditions:

- Sleep disturbances, including sleep apnea
- Chronic muscle and joint pain, and other types of pain
- Asthmatic and respiratory conditions
- Rheumatoid arthritis
- Inflammation
- Pre-Menstrual Syndrome
- Hypertension
- Energy levels
- Stress
- Immune system activity and response
- Heart rate variability
- Primary indicators of osteoporosis
- Fasting glucose levels among people with diabetes



Another invaluable benefit is this: when your body is grounded, researchers write, "Its electrical potential becomes equalized with the Earth's electrical potential through a transfer of electrons from the Earth to the body." This, in turn, offers an "umbrella" of protection against the electromagnetic fields that are now ubiquitous in our environment.

Earthing Prescription:

The effects of grounding appear to be so profound that researchers suggest health practitioners prescribe outdoor "barefoot sessions". This is as simple as it sounds – you kick off your shoes and socks and walk barefoot on the grass, the dirt, the sand or whatever "Earth" is available to you.

Studies suggest that benefits such as pain relief and stress reduction may occur in just 30-80 minutes of barefoot time a day.

EARTHING: This Is What Will Happen To You, After Walking Barefoot For Only 5 Minutes a Day!

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

Dr. Christy Weston – Earthing Bands and Mats for pain

<https://www.youtube.com/watch?v=8KxsaZxXEZ0>

Easy Earthing Methods:

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



QUESTION OF THE MONTH:



What are your upcoming activities for the summer months?

Eugenia Taggart:

I am enjoying being with family and friends. It is great having visitors, who enjoy our area so much!

Nancy Whelan:

Summer activities: Visit a son in Leduc: make my fabulous scalloped potato dish for the annual Labour Day gathering at my friend's in Northern Ontario; spend some days in Algonquin Park and tour the Peterborough Canoe Museum.

Judy Devereaux:

Visitors to our "amazing treasured" island and "fun style" golfing - no keeping score.

Yolande Catalan:

Not much at my age. But I love the beach and I will try to go as much as I can.

Sally Hemingson:

My sister, Sylvia, who lives in Mitcham, U.K. (next door to Wimbledon) often comes and spends a month with me in the summer. She will be arriving on July 14. She likes to visit old friends in Duncan, where we grew up, and we also spend a lot of time walking the trails and beaches. And I often have a gathering of relatives who live in this area.

Eva Hilborn:

I plan to attend a large family gathering in Sooke . My mother's brother Percy Oke's family live in Sooke .There will be four generations in attendance . The family is expecting children from Nova Scotia and Quebec .I am the Matriarch of the Oke family.

Betty Ann Acres:

I am off to Alberta with my grandchildren to see the dinosaur bones east of Calgary at Drumheller!!! They will be so excited.

Pat Nelson:

We are looking forward to having good times with our families in Innisfail, Montreal and Roberts Creek. We will also be boating and fishing out of Deep Bay. If you see Lizzie M on the water, that's us!

Gerry Galey:

Three things:

- in June, a hike from Shawnigan L. to see the Kinsol Trestle.
- in July, a trip on the MV Frances Barkley to attend music festival at Bamfield Marine Station.
- in Aug, a cruise from New York along Atlantic coast & Bermuda.

Wayne Searle:

A trip to Kelowna for the annual Yellowknife Reunion, and a trip to New Westminster for our grandson's Gr. 12 Graduation ceremony. Lots of golf, tennis, slo pitch, and gardening!

Barb Thorsell:

My activities for the coming summer months, as I see them now, are completing my front lawn and having my family for visits. It is always exciting time for me. I love to make my yard looking better and having family and friends visit with me. So, whom ever is reading this, you are welcome to come for a visit.

Carol Hickman:

We have sold our home in Parksville, so moving out of our house before the end of June, working on the renovation of our cabin on Sproat Lake (which will now become our residence), helping with our son's wedding early July, and enjoying grandchildren. Busy times!!!!

Marg Hoverman:

Clearing out my storage lockers! Does life get any more exciting than this??

Sharon Cox-Gustavson:



Summer...beautiful warm days on our Island in the Pacific....

My 5 siblings and I since childhood have enjoyed alternately regular Summer holiday swims at Qualicum Beach and Cameron Lake where we all now have a Cottage on the family's 5 acre property there which has a lovely sandy beach.....needless to say come summer, we all tend to congregate there and enjoy each other's company....



Cathy Van Herwaarden

End of May, we are off to Oregon to see my husband's sister and a new great-niece. We like to travel on the ferry from Victoria to Port Angeles, in order to miss the long waits at the Peace Arch border crossing. Then, at the beginning of June, we are camping at Horne Lake. In the middle of June, we are camping at Quadra Island. End of June, a road trip with two dogs to travel BC's interior and then over to discover Haida Gwaii! In July, we love lazing around our backyard swimming pool (with a drink in hand). In August, we have an annual camping trip at Sproat Lake and a family wedding near Squamish. Basically, lots of camping, drinking, partying, camping, drinking and partying!!! WooHoo!!!



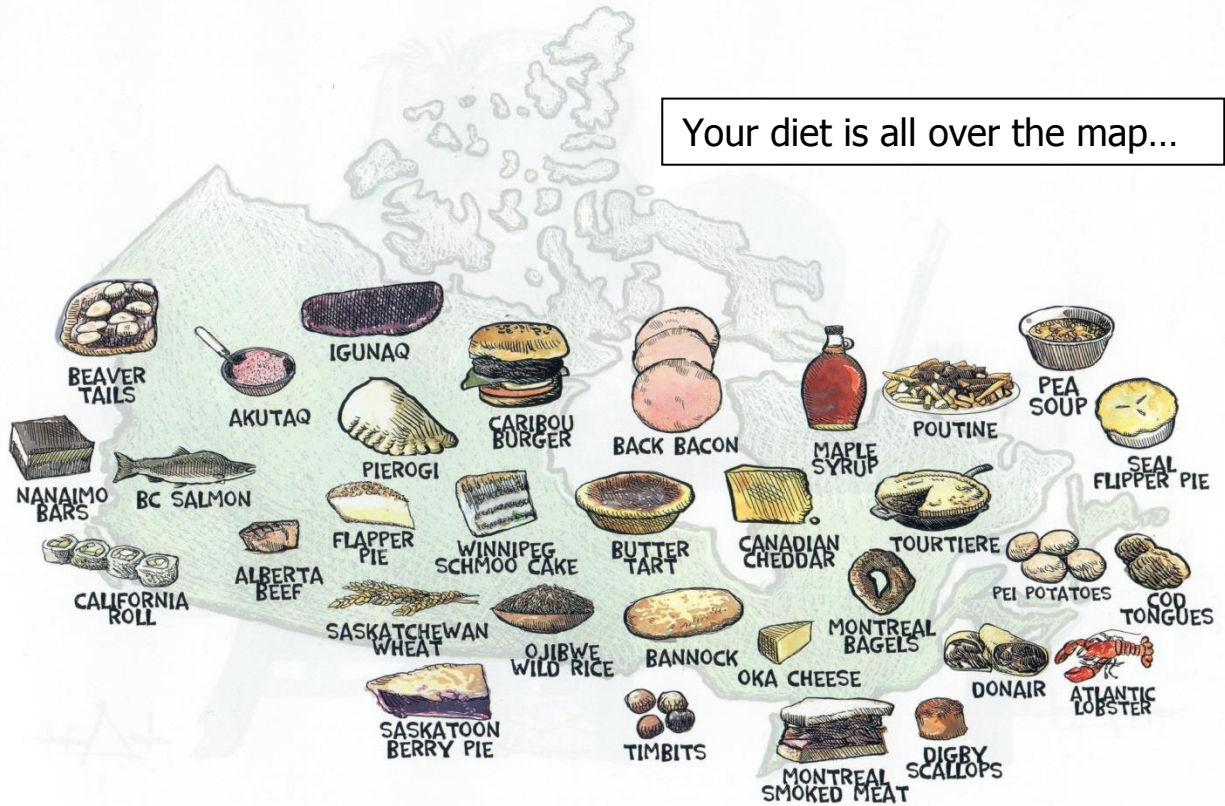


Happy 151st Birthday Canada

Sunday, July 1st – Canada Day

You might be from Canada if...

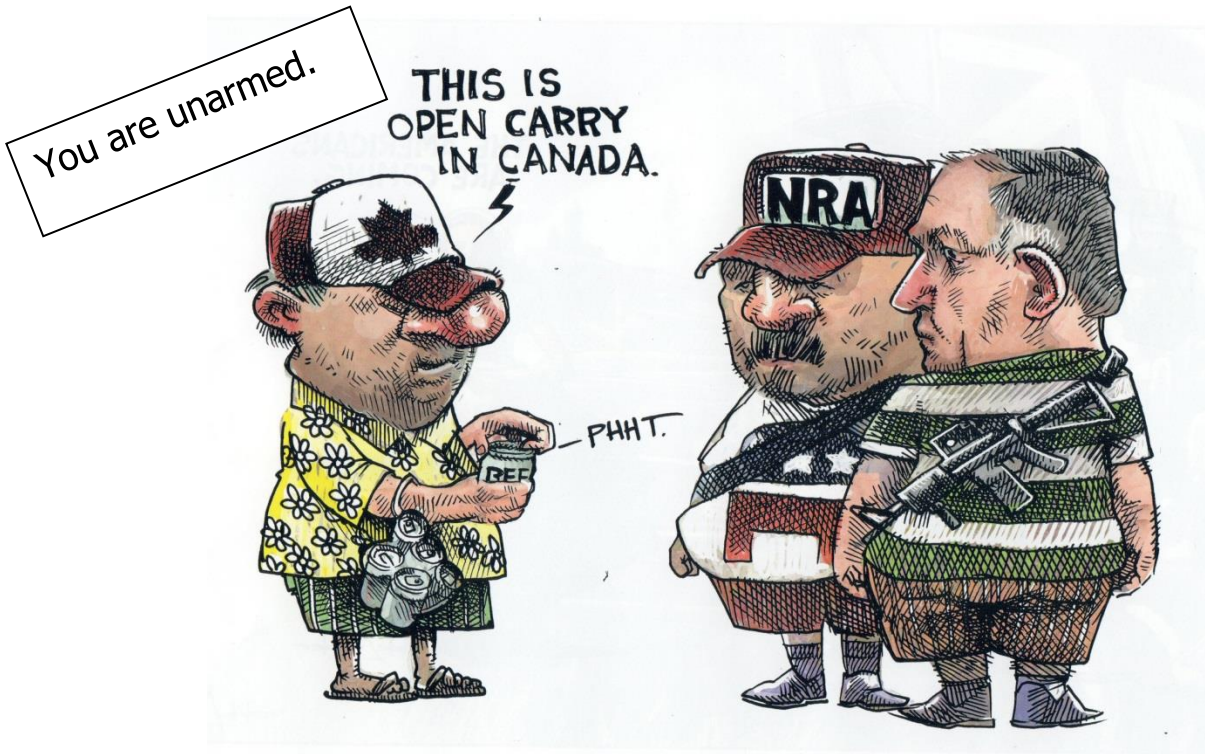
Your diet is all over the map...



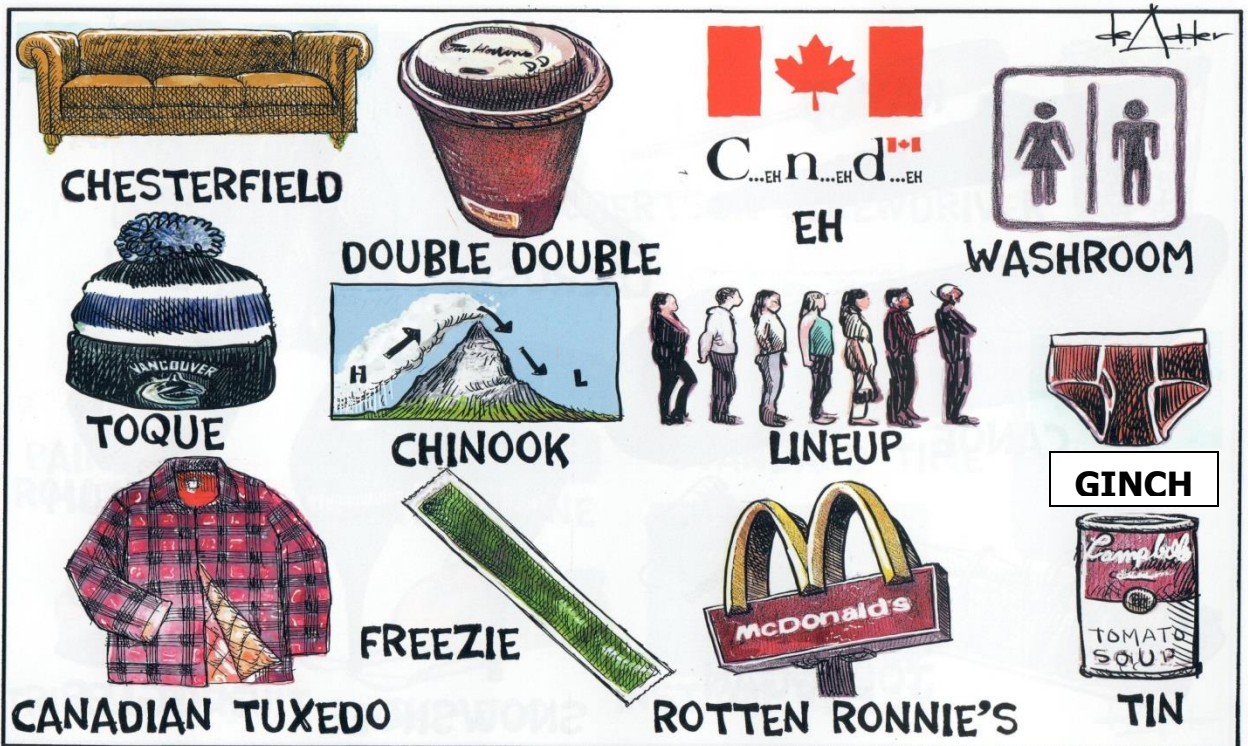
You find these place names quite normal...



And, you might be from Canada if...



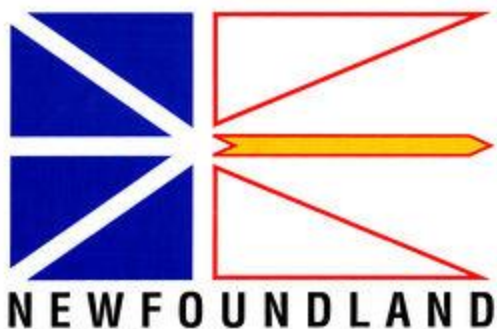
You understand these words...



Source: You Might Be From Canada If...
 By Michael de Adder
 Thanks to Marg Hoverman for the loan!

NEWFIE MEDICAL DICTIONARY:

Vocabulary Word	Definition – Just for Fun!
Artery	• the study of paintings
Bacteria	• back door to cafeteria
Barium	• what doctors do, when patients die
Benign	• what you be, after you be eight
Caesarean Section	• a neighbourhood in Rome
Cat Scan	• searching for Kitty
Cauterize	• made eye contact with her
Colic	• a sheep dog
Coma	• a punctuation mark
Dilate	• to live long
Enema	• not a friend
Fester	• quicker than someone else
Fibula	• a small lie
Impotent	• Distinguished, well known
Labour Pain	• Getting hurt at work
Medical Staff	• A Doctor's cane
Morbid	• a higher offer
Nitrates	• Cheaper than day rates
Node	• I knew it
Outpatient	• a person who has fainted
Pelvis	• second cousin to Elvis
Post-Operative	• A letter carrier
Recovery Room	• Place to do upholstery
Rectum	• Nearly killed him
Secretion	• hiding something
Seizure	• a Roman emperor
Tablet	• a small table
Terminal Illness	• Getting sick at the airport
Tumour	• one plus one more
Urine	• Opposite of you're out



Perks of reaching 60 or being over 70 and heading towards 80!

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run--anywhere.
4. People call at 8 PM and ask: "Did I wake you?"
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat supper at 5 PM .
9. You can live without sex but not your glasses.
10. Your supply of brain cells is finally down to manageable size.
11. You can't remember who sent you this list.
12. And you notice these are all in Big Print for your convenience.

Forward this to everyone you can remember, right now!
And remember, NEVER, under any circumstances, take a sleeping pill and a laxative on the same night!

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 we can arrange pick-up or drop off: cathyvanh@gmail.com or phone: 250.248.0412



Recycle stamps!

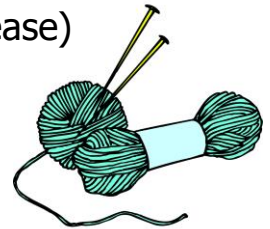
TUMAINI FUND CANADA – Help AIDS orphans in Kagera, Tanzania!

There is an ongoing bottle drive for whenever it's convenient for you! Tumaini Canada has an account at the Parksville Bottle Depot, if you wish to donate your recyclables. Just sort your bottles at the depot and tell the cashier that it's for Tumaini, before numbers are put into the register. If you are unable to drop off recyclables, call for home pick up: VAL DAVIES: [250.468.7539](tel:250.468.7539)

Funds will be used to purchase items for orphaned Tanzanian children to attend school: solar powered lamps, personal care kit materials, and mosquito nets for malaria prevention and more. Each child needs \$11.00 for ten special notebooks, in order to go to school. Every dollar that's donated or fund-raised goes to help AIDS orphans!

Do you have any of the following???

- **Buttons:** any size or colour
- **Cotton fabric:** bright colours and dark colours because light and white backgrounds get dirty quickly with the reddish soil and little water for washing (no camouflage and nothing with faces or animals, please)
- **Terry towel,** including good used dark coloured robes or dark coloured towels with no stains
- **Flannelette:** dark coloured fabric or sheets (nothing white or pale coloured)
- **Yarn** (bright colours are best, but any colour is good – even white or beige as it can be dyed)
- **Soap** samples from hotel stays



Tumaini Charity needs help to sew flannel pads, so African girls can go to school every day without missing a few days every month.

Please contact Cathy Van Herwaarden: cathyvanh@gmail.com or 250.248.0412

For more info or to donate funds: <http://www.tumainicanada.org/>



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

Do you know of a PQRTA member who needs some sunshine in their life, due to illness or a loss in their family? Please, let us know!
Sunshine Chair: **Colleen Craig**
cocraig@shaw.ca or **250.752.3762**



June Events - Parksville and Qualicum Beach Area
<http://www.visitparksvillequalicumbeach.com/events-2018-6/>

What's On Digest – Events in Parksville Qualicum Beach & Area
<http://parksvillequalicum.whatsondigest.com/next-month>

Eyes on BC – Life on the West Edge
<http://www.eyesonbc.com/>

Vancouver Island Free Daily News:
<http://live.vancouverislandfreedaily.com/>



UPCOMING EVENTS and REMINDERS:

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

- June 1** – Intergenerational Day – Seniors and Youth Involvement
- June 5** – World Environment Day
- June 14** – PQRTA Annual General Meeting and BBQ on the Beach at Shoreline Club House
- June 20** – United Nations World Refugee Day and Fathers' Day
- June 21** – Summer Solstice – longest daylight hours of the year

PQRTA EXECUTIVE and CONTACTS for 2018/2019:

- President** – Cathy Van Herwaarden
 - Vice-President** – VACANT – **We NEED you!!!**
 - Past-President** – Kay Howard
 - Treasurer** – Ellen Coates
 - Secretary** – VACANT – **We NEED you!!!**
 - Programs** – Suzanne Rush
 - Membership** – Diane Williams
 - Communication** – Val Dyer
 - Heritage** – Sharon Cox-Gustavson
 - Historian** – VACANT – **We NEED you!!!**
 - Phoning Contacts** – Jan Graham and Nancy Whelan
 - Well Being Contact** – Barb Brett
- <http://pqрта.blogspot.ca/> or <http://bcрта.ca/branches/>

