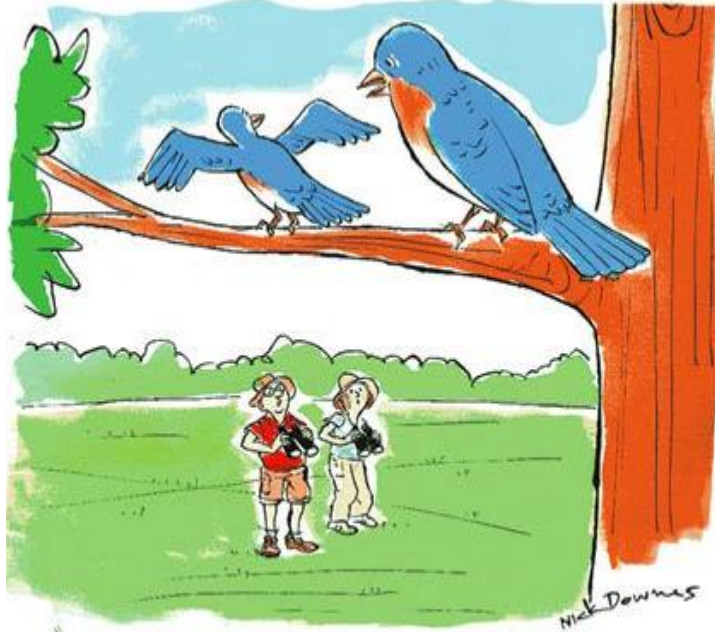


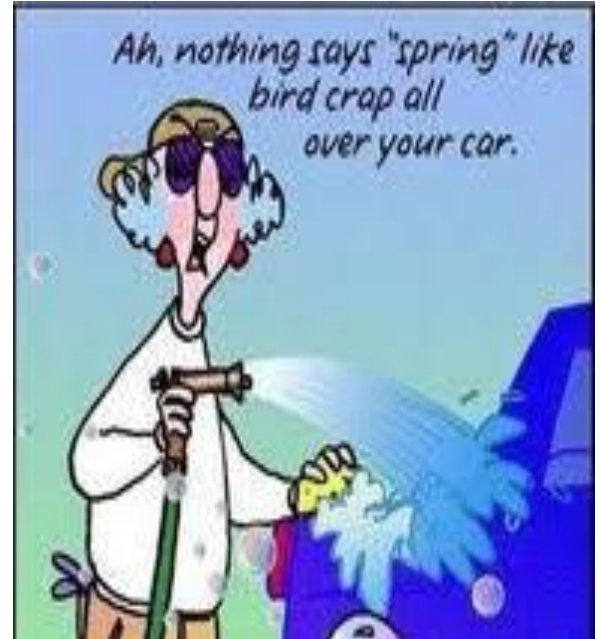


PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER #16 – May 2018

PRESIDENT'S GREETING from Cathy Van Herwaarden:



"Not yet. Don't fly off until the moment they raise their binoculars."



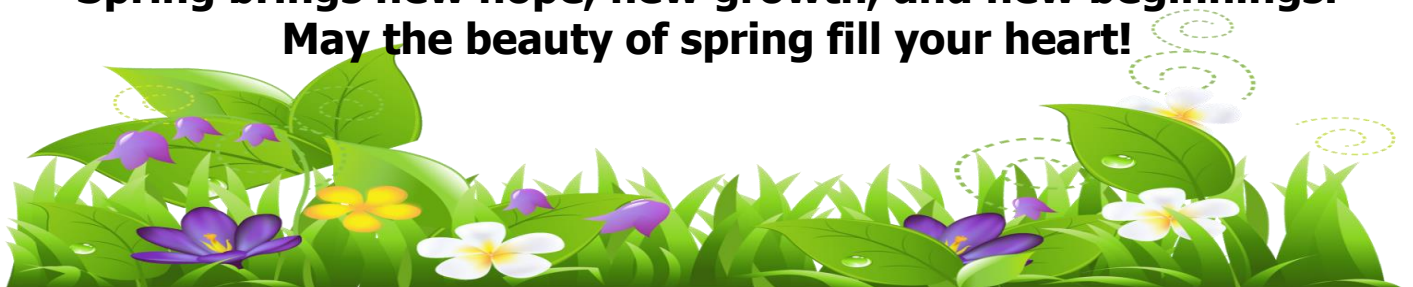
I thought you wanted to travel, see the world what happened?!

spring happened



Yeah well, sometimes it's hard to tell if it's another egg or just gas

**Spring brings new hope, new growth, and new beginnings.
May the beauty of spring fill your heart!**



BC Retired Teachers' Association NEWS



Comox Valley Retired Teachers' Association:

- four years ago, there were 279 members in Comox Valley Retired Teachers Association (CVRTA), when it folded - these people became BCRTA Members only with the branch money going to RR Smith Memorial Foundation Fund
- now, the CVRTA branch is being revitalized, thanks to BCRTA Directors Sterling Campbell and Stefan Cieslik
- on the evening of April 26th, about fifty people from Courtenay and Comox attended an information meeting to learn about revitalizing the local branch CVRTA
- Sterling Campbell (BCRTA Director) will serve as past president until June to support the formation of a new executive team

R R SMITH Memorial Fund Foundation - Grants for 2018

Judy de Vries - President: Grants totalled \$30 000.00 this year. BC Retired Teachers are known for their generosity. The R R Smith membership fee of \$2.00 provided support to the following organizations in BC and around the world.

1. **For the Love of Africa** - for bursary funds for poor students to attend Dodoma Technical Institute in Tanzania.
2. **Vancouver Opera Guild** - to provide bursaries for Summer Opera camp for three disadvantaged students.
3. **One Girl Can** - to fund four high school scholarships for girls in sub-Saharan Africa.
4. **North Shore Crisis Society** - funds for the Adolescent and Children's Empowerment Program.
5. **Canadian Women for Women in Afghanistan** - for upgrading a library in a Teachers' Training College.
6. **Decoda Literacy Foundation** - resources for Science, Technology, Engineering, Arts and Math.
7. **Families for Children** - school materials for students in the Dhaka School in Bangladesh.
8. **Canadian Harambee Education Society** - for school supplies and mosquito nets for girls going to Secondary School.
9. **Multi-National Missionary Foundation** – library books for Little Belize Christian Fellowship School Library.
10. **Love Guatemala Canada** - new books for nine libraries already established.
11. **Betty Huff Theatre Company** - to purchase microphones and curtains.
12. **Bright Beginnings Foundation** - part of the tuition fee to fund one needy student in Surrey for one year.
13. **Umoja Operation Compassion Society** - books and bursaries to support students going into high school.

14. **African Canadian Continuing Education Society** - post-secondary scholarships for two students in Kenya.
15. **Kenya Education Endowment Foundation** - tuition fees and library books.
16. **BC Learning Centres for Children with Dyslexia** - the cost of a projector and screen.
17. **Good Cents for Change** - sewing equipment and exam fees for nine girls in Zambia.
18. **Children's Care International** - school supplies for ten girls liberated from slavery in India.

HISTORY OF RR SMITH MEMORIAL FUND FOUNDATION:

EARLY HISTORY

In 1939, the Teachers' Pension Fund went into bankruptcy causing financial difficulties for retired and retiring teachers. A group of retired teachers worked together to raise money to help those needy colleagues. Through teas, raffles, donations and loans they raised enough capital to buy real estate. The BCRTA bought and sold property for about twenty years, helping to finance housing for many retired and active teachers and were involved with the Teachers' Investment and Housing Corporation in its early years. In 1966, all properties were sold and the funds were earmarked to help retired teachers in special financial difficulty. In 1971, with the creation of the BCTF Assistance Society, there was no longer the need for personal assistance, so guidelines were approved for



RR (BOB) SMITH
1963 - 1965

the use of the money and the principle of a "Foundation" was applied. (i.e. only accrued interest could be spent).

MIDDLE HISTORY

The BCRTA "Foundation" fund of money was named in the memory of Robert Reid Smith. He was a founding member of the B.C. Teachers' Federation and President of the BC Retired Teachers' Association from 1963-65. RR Smith died in 1969. The fund was administered for many years by the BCRTA. In 1985, the Teachers' Investment and Housing Corporation went into bankruptcy wiping out the R.R. Smith Fund and the BCRTA sav-

ings account. In 1992 there was some recovery and the RR Smith Fund was reactivated with the same mandate as before. In 1999, the BCRTA filed an application for Charitable Society Registration so that BCRTA members would be encouraged to donate and would receive an Income Tax deductible receipt.

RECENT HISTORY

In 2000, the RR Smith Memorial Fund Foundation was established. The RR Smith Board of Directors is comprised of five elected members and two BCRTA appointed members. The Annual General Meeting is scheduled just before the BCRTA Annual General Meeting. The purpose of the Foundation remained as RR Smith had requested: "to advance public education in British Columbia and in developing countries". RR Smith has two funds. The Endowment Fund is conservatively invested and grows slowly each year. The principle is never used. The Grant Fund is comprised of member and branch donations.

The Foundation is an affiliate of the BCRTA and identifies as the "charitable arm of the BCRTA". This phrase is used on all RR Smith correspondence to acknowledge and recognize the generosity of and dedication to enhancing education of the BCRTA through RR Smith. Every member of the BCRTA is also a member of the RR Smith Memorial Fund Foundation and \$1 of each fee-paying member's provincial fee goes to support the Foundation every fiscal year.

In 2005, \$150,000 of the fine levied against the BC Teachers' Federation in a labour dispute was granted by the court to the RR Smith Foundation. With that money the Foundation established endowed funds in each of the public universities. RR Smith Bursaries in Education are awarded annually to students training to be teachers at the University of British Columbia, University of Victoria, Simon Fraser University, University of Northern B.C., Thompson Rivers University and Malaspina College-University.

The Foundation's mandate has always remained the same. The Foundation provides scholarships and bursaries to doctoral students in any area that advances public education and to deserving students to enable them to attend post-secondary educational institutions. It also makes and administers grants to B.C. registered charitable organizations, the purposes of which are similar to those of the society and funds the purchase of school materials, books, equipment and supplies of all kinds and donates them to schools. It provides funding to support innovative projects that advance public education and works co-operatively with governments in Canada and other countries and with charitable organizations.

Grants have been given to projects in Africa, Myanmar, China, Cuba, Bulgaria, Central America, Bangladesh, Nepal, India, Afghanistan, Sri Lanka and Brazil as well as all over B.C. For a list of grants, contact Dave Carter at goodguys1@shaw.ca. Applications for grants should be made on the forms available at www.rrsmith.ca and the deadline for such applications is March 1st.

TODAY

The 2012/13 Board of Directors is Judy de Vries, President; Barb Mikulec, Vice-President; Andy Hattrick, Secretary; Tom Bruncker, Treasurer; Bev Anderson, Sheila Pither and Dave Carter as Members at Large. The goals established for 2012-2013 are to raise awareness and funds through the Apple Tree of Knowledge, to prepare an article for each of the Postscript issues and one article for the 'Teacher' and to develop an RR Smith poster to be sent to the public schools of B.C. next September.

SHARE YOUR MEMORIES

Publishing this history may bring back memories. There are always some bits missing. How was the restoration of the funds after the collapse of the Teachers' Investment and Housing Corporation achieved? Some of the organizations that have been supported were started by teachers or retired teachers- what is their story? Please feel free to share.



SCHOLARSHIP PROGRAM

"It would be great to see family members of BCRTA take these scholarships home this year!"

Johnson Inc. is proud to offer 50 scholarships, valued at \$1000 each, to students completing high school in 2018 and starting post-secondary education in the fall.

With a Johnson scholarship behind you, you have everything in front of you. Since 1998, the Johnson scholarship program has awarded over \$1,000,000 in scholarships and academic grants to students across Canada. Through this scholarship, we aim to recognize and reward Canadian students with outstanding academic achievement and community/extracurricular involvement.

Scholarship Details

To apply, you must:

- be a resident of a province or territory of Canada;
- be completing high school in 2018; and,
- be enrolled full-time for the fall 2018 academic term at a recognized Canadian post-secondary institution

You must also fall into **one** of the following categories:

- have a home or auto policy through Johnson; be a member/employee of a Johnson recognized group*;
- have a parent/guardian or grandparent who has a home or auto policy through Johnson;
- have a parent/guardian or grandparent who is a member/employee of a Johnson recognized group*, and has a home or auto policy or group benefit plan through Johnson;
- have a parent/guardian or grandparent who is a member/employee of a Johnson recognized group*, but does not have a home or auto policy or group benefit plan through Johnson; or,
- be a child/grandchild of a Johnson employee.

** A Johnson "recognized group" means an employer group, professional association, alumni association, union or another group that has an insurance program agreement currently in force with Johnson.*

Timeline

Please ensure that you submit all your application material by **August 31, 2018**.

For more information:

<https://ca.surveygizmo.com/s3/50021428/2018-Johnson-Scholarship-Application>

STOP SUCKING! Help Create A Strawless Ocean!

<https://www.treehugger.com/ocean-conservation/five-interesting-facts-will-make-you-stop-sucking.html>

35,000

That's the number of plastic straws the average American uses in a lifetime.

500 million

Every single day, Americans toss 500 million plastic straws in the trash. That's 175 billion straws per year.

Top Ten in the Ocean

According to the Ocean conservancy, plastic straws are in the top ten marine debris items (here's looking at you, cig butts and single-use shopping bags in positions #1 and #2!)

2050

At the current rate, this is the year in which the weight of plastic in the ocean will exceed the weight of all the fish in the seas.

2.3 million

The 'Strawless in Seattle' campaign encouraged businesses to voluntarily give up plastic straws, keeping 2.3 million of the persistent tubes out of the environment.

Bonus Fun Fact: the first artificial straws were paper

Compostable paper straws are often suggested as an alternative when you just can't stand to sip with your lips. Did you know that the first straw was invented from paper, by winding a strip around a pencil? The inventor, Marvin Chester Stone, patented the artificial straw in 1888, offering a replacement for natural rye grass straws that

Go Strawless!

Human Foods Dogs Can & Can't Eat

CAN



CAN'T

- APPLE
- BANANAS
- BLUEBERRIES
- CANTALOUPE
- CARROTS
- CHEESE
- CHICKEN
- EGGS
- GREEN BEANS
- HONEY
- KIWI
- MANGO
- OATMEAL
- PEACHES
- PEANUT BUTTER
- PEARS
- PINEAPPLE
- COOKED POTATOES
- PUMPKIN
- RICE
- SWEET POTATO
- YOGURT



- ALCOHOL
- AVOCADO
- CAFFEINE
- CHOCOLATE
- COFFEE
- FAT TRIMMINGS
- GARLIC
- GUM
- GRAPES
- MACADAMIA NUTS
- MILK
- MUSHROOMS
- ONIONS
- PITS AND SEEDS
- POTATO SKINS
- RAW POTATO
- RAISINS
- RHUBARB
- SALTY FOODS
- TEA
- WALNUTS
- YEAST AND DOUGH

QUESTION OF THE MONTH:



What is your favourite spring activity and why?

Val Dyer: My favourite spring activity is cycling – the weather is becoming more predictable in terms of good riding conditions and the camaraderie of cycling with friends is hard to beat when it comes to making the work of staying fit and well, fun

Eugenia Taggart: Watching all nature blossoming!

Yolande Catalan: I can't do much lately, but I love going to the beach and watching the waves. Thanks for asking.

Eva Hilborn: My favourite activity in the spring is walking in Milner Gardens. Come by house and take a picture of my Magnolia tree.

Sharon Cox-Gustavson:



Yes..... beautiful Springtime.....those lovely daffodils show their bright yellow finery against a background of fresh greeneryinspiring us to get out there and start gardening.....please enjoy the little church gardens in Coombs....a project of mine, and my dear sister keeps things blooming around the pan -a -bode church building next to the Parksville Legion . I believe we were inspired to enjoy Nature's beautification secrets, by our dear parents so long ago....from Sharon , who is so enjoying the sunshine and sporadic April Showers which bear a promise to bring forth the glorious May flowers !



Barb Brett: Hanging the laundry outside again!

Sally Hemingson:

I love to be in the garden in the spring, though some of the chilly days we've been having are not very inviting. I spend a lot of time in my garden, as I enjoy being outdoors and love the results. I even volunteer to garden on Wednesday mornings at Milner Gardens. Weeding is not a chore for me, as I find it quite meditative.

Lynn Mattson:

In the spring, I like checking out the plants in the nurseries and grocery stores because it is a good test of my self-discipline and my ability to yield not to temptation. And besides, I get to buy a whole wack of new plants and check out some that I've never seen before! 🤔🤔🤔

Cathy Van Herwaarden:

My favourite activity in the spring is going for dog walks in the warm sunshine and working in the garden. Also, I really enjoy celebrating the spring birthdays of the two favourite men in my life: my husband and my son.

HOBBIES:

For most of us, our hobbies are an essential component of our personal lives, but did you know they can be good for our mental and physical health too?

Many Pastimes – such as writing – have been shown to benefit health



Hobbies provide a fulfilling, productive use of our free time, and our core identities are often bound up in the interests we choose to pursue when we are not working, sleeping, or spending time with loved ones.

Of course, most of us take up a hobby because we enjoy it. But, as you're about to find out, there might be much more to your pastime than the fun factor.

Here's five hobbies that could give you a health boost for 2018.

1. Dancing: A Fun Form Of Exercise

Dancing has a whole range of health benefits and it is an easy and accessible way to exercise for most people. Think about it: you don't need a lot of equipment to dance – just your feet, some tunes, and preferably a friend or two.

Dancing is gentle on the body – you can push yourself as hard as you want or settle into a comfortable groove that is just right for you. And anyone can dance!

Even if you are shy of cutting loose on the dancefloor, pretty much everyone enjoys moving their body to music, even if it is just within the comfort of their own home; there is no right or wrong way to dance. Just do whatever feels good to you!

Dancing is a social activity, and we know that keeping active socially is important for general well-being. Most importantly, dancing is fun. This is a pain-free, energizing workout. But how, specifically, does dancing keep us healthy?

Firstly, dancing is an excellent cardio workout, and we know that cardio workouts help to improve cardiovascular health, increase stamina, and strengthen bones and muscles.



A [2011 Cochrane Review](#) that examined 94 studies involving 9,917 participants also found that dancing at least three times per week seemed to improve balance in the elderly.

This is important because the Centers for Disease Control and Prevention (CDC) report that every year 2.8 million older people are treated in emergency departments for fall injuries.

Rates of unintentional fall deaths among adults are also becoming more common. The CDC says that between 2005 and 2014, unintentional fall death rates rose from 43,000 per 100,000 people to 58,000 per 100,000 people.

So, if an activity as simple as dancing could help to avoid some of these unintentional falls, then why not boogie away?

Dancing is also good for brain health. A study in the *New England Journal of Medicine* reported an association between regular dancing excursions and a 76 percent reduction in dementia risk.

2. Gardening Good for the Brain

Gardening may not initially seem like exercise, but studies have reported that a wealth of unexpected health benefits are associated with keeping your garden in order.

Firstly, the simple actions of pulling weeds, planting, and reaching for tools all contribute to a subtle form of aerobic exercise, which we know helps work muscles and boosts strength, stamina, and flexibility.



Gardening has been linked to a lower risk of dementia.

Also, being outdoors is just good for you. A 2014 study published in *PLOS One* found that gardening and regular cycling reduce the likelihood of vitamin D deficiency in elderly people.

And there is an association between decreased dementia risk and gardening, with one study reporting a 36 percent lower risk of dementia among people who gardened daily.

Both gardening and DIY (Do It Yourself) were also linked with a reduction in the risk of heart attack and stroke of up to 30 percent in a study, conducted by the Karolinska Institutet in Stockholm, Sweden.

3. Writing: A Wonder For Wound Healing



Surely sitting at a desk with a laptop or pen and paper cannot be good for your health? Prepare to be shocked.

Writing has been linked to a number of mental and physical health benefits, including improvements in memory, stress levels, and sleep, among other things.

Several studies, for instance, have found that writing about their experiences helps cancer patients to come to terms with their illnesses, helping the patients to withstand stress and potentially contribute to improved physical outcomes.

How Writing Could Make You More Altruistic

Researchers reveal how writing could make you more selfless.

One intriguing study conducted by researchers at the University of Auckland in New Zealand even investigated whether writing may affect the speed at which wounds heal.

The researchers assigned one group of participants to write for 20 minutes a day about their most traumatic life experience, and assigned another group that task of writing for the same duration each day about their plans for the next day.

Two weeks after the first day of writing, small skin biopsies were taken from the participants. The researchers then photographed the resulting wounds every 3 to 5 days until they were healed.

They found that 11 days after the biopsy, 76 percent of the wounds in the group of participants writing about trauma had healed, while in the group of participants writing about their daily plans, only 42 percent of wounds had healed.

Overall, writing is a great tool for self-expression, and while journaling about trauma can be cathartic, there are also possible social benefits in writing for a public audience. Blogging, for instance, can help people to forge new relationships and build communities around their interests.

**"WRITING
IS THE
PAINTING
OF THE
VOICE!"**
VOLTAIRE

4. Music is Medicine

Playing and listening to music can also benefit both mental and physical health. In 2013, *Medical News Today* reported on the first large-scale review of research papers studying [music's influence on neurochemistry](#).



Listening to music can help to lower stress levels.

The review suggested that music can boost the body's immune system, lower levels of stress and anxiety, and ease depression.

Among patients awaiting surgery, listening to music was found to be more effective at decreasing anxiety than prescription drugs, and listening to and playing music was linked to lower levels of the "stress hormone" cortisol.

To get some idea of how much music excites our brains, a study also compared the brain's response to music with its reactions to food and sex, as the pleasurable feelings derived from all three are driven by release of the neurotransmitter dopamine.

5. Pets: Good for the Heart

Pets of all types can make wonderful companions, and they can help us to be healthier in many ways.

According to the CDC (Centre for Disease Control), owning a pet may not only provides opportunities for exercise, outdoor activities and socialization, it can also help decrease your:

- Blood pressure
- Cholesterol levels
- Triglyceride levels
- Feelings of loneliness



If you are wondering how this translates into wider health benefits, it is worth bearing in mind that all of these factors can help to minimize the risk of having a heart attack.

However, another study questioned whether the association between pet ownership itself is directly linked to the lowered risk of heart disease among pet owners that had been reported in previous studies.

"Pet ownership, particularly dog ownership, is probably associated with a decreased risk of heart disease," said study author Glenn N. Levine. "It may be simply that healthier people are the ones that have pets, not that having a pet actually leads to or causes reductions in cardiovascular risk."

If you have a regular hobby that you enjoy, why not spend some time thinking about how you might be able to apply your hobby-related activities to improving your health?

And if you are thinking of taking up a new hobby, then we hope this article has given you some ideas on how to be healthier while having fun!

ENDORPHINS: Effects and how to increase levels

https://www.medicalnewstoday.com/articles/320839.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly



Endorphins are chemicals produced naturally by the nervous system to cope with pain or stress. They are often called "feel-good" chemicals because they can act as a pain reliever and happiness booster.

Endorphins are primarily made in the hypothalamus and pituitary glands, though they may come from other parts of the body as well. The well-known "runner's high" that is felt after lengthy, vigorous exercise is due to an increase in endorphin levels.

The level of endorphins in the human body varies from person to person. People who have lower levels may be more likely to have depression or fibromyalgia, but more research is needed in this area.

WHAT ARE ENDORPHINS?

Endorphins are chemicals that help to relieve pain or stress, and boost happiness. They work similarly to a class of drugs called opioids.

Opioids relieve pain and can produce a feeling of euphoria. They are sometimes prescribed for short-term use after surgery or for pain-relief.

In the 1980s, scientists were studying how and why opioids worked. They found that the body has special receptors that bind to opioids to block pain signals. The scientists then realized that some chemicals in the body acted similarly to natural opioid medications, binding to these same receptors. These chemicals were endorphins.

The name endorphin comes from the words "endogenous," which means "from the body," and "morphine," which is an opioid pain reliever.

Some of the more common opioid drugs include: oxycodone, hydrocodone, codeine, morphine, and fentanyl. Some illegal drugs, such as heroin, are also opioids. Both legal and illegal opioid medications have a high risk of causing addiction, overdose, and death.

The National Institute on Drug Abuse state that 90 people die each day in the United States from an opioid overdose. Many of these are a result of overdosing or misusing prescription opioids.

Opioid abuse and overdose have become such a serious problem that the National Institutes of Health have declared it a crisis. Medical experts are now looking into safe and effective pain relievers without opioids.

Natural endorphins work similarly to opioid pain relievers, but their results may not be as dramatic. However, endorphins can produce a "high" that is both healthy and safe, without the risk of addiction and overdose.

BOOSTING ENDORPHINS

The following activities show promise as ways to naturally increase endorphins. However, endorphin levels vary between individuals, so results will also vary.

1. Regular exercise

Regular exercise has been found to help combat anxiety and depression due to the endorphins it releases.

For years, researchers suspected that endorphins caused the so-called "runner's high," a feeling of euphoria that happens after lengthy, vigorous physical activity.



However, measuring endorphins in humans was not possible until 2008, when new imaging technology became available. Researchers used positron emission tomography (PET) scans to view athlete's brains both before and after exercise. They found an increase in the release of endorphins after exercise.

As exercise boosts mood and increases endorphins, some medical professionals prescribe regular exercise as a treatment for mild to moderate depression and anxiety.

Exercise can be used safely in conjunction with other treatments, such as medications or therapy, and can also be used alone. One study states that exercise can improve some symptoms of depression, similarly to antidepressants.

2. Giving

Volunteering, donating, and helping others may also make a person feel good. Researchers at the National Institutes of Health found that people who gave money to a charity activated pleasure centers in their brain. This may lead to improved endorphin levels.

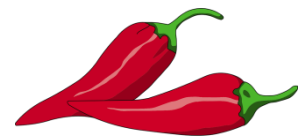


3. Yoga and meditation

Meditation and yoga are known for their stress-relieving and relaxing effects. This may be partially due to an endorphin release. Some research suggests that yoga and meditation can decrease stress markers and increase endorphins.

4. Spicy foods

People who enjoy spicy foods may find that they can get an additional boost from their favorite dishes. Some research suggests that the spicy components in hot peppers and similar foods may trigger a pain sensation in the mouth, which prompts an increase in endorphins.



5. Dark Chocolate

Research suggests that eating dark chocolate could boost endorphin levels. Cocoa powder and chocolate contain chemicals called flavonoids that appear to be beneficial to the brain. A 2017 review found that eating chocolate may help boost endorphins. However, many commercial chocolate products contain only small amounts of real cocoa and often contain generous amounts of added sugar and fat. Look for products that contain 70% cocoa.



6. Laughing

Plenty of research has been written about the health benefits of laughter, and studies suggest that laughing increases endorphins.

A 2017 study found that social laughter releases endorphins in the brain.

Here's a few laughs for ya...

SENIOR WISDOM:

Most seniors don't get enough exercise. In His wisdom, God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things, thus doing more walking. And God looked down and saw that it was good.

Then, God saw there was another need. In His wisdom, He made seniors lose co-ordination so they would drop things, requiring them to bend, reach, and stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature, requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So, if you find as you age, you are getting up and down more, remember it's God's will. It is all in your best interest even though you mutter under your breath.

Nine Important Facts to Remember as We Grow Older

#9 Death is the number 1 killer in the world.

#8 Life is sexually transmitted .

#7 Good health is merely the slowest possible rate at which one can die.

#6 Men have 2 motivations: hunger and hanky-panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.

#5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

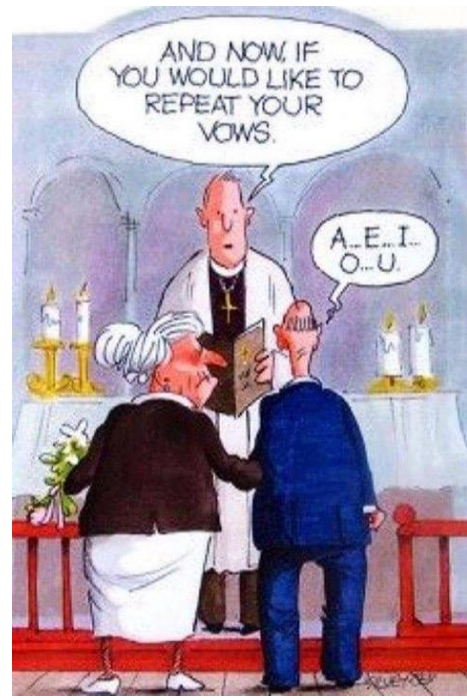
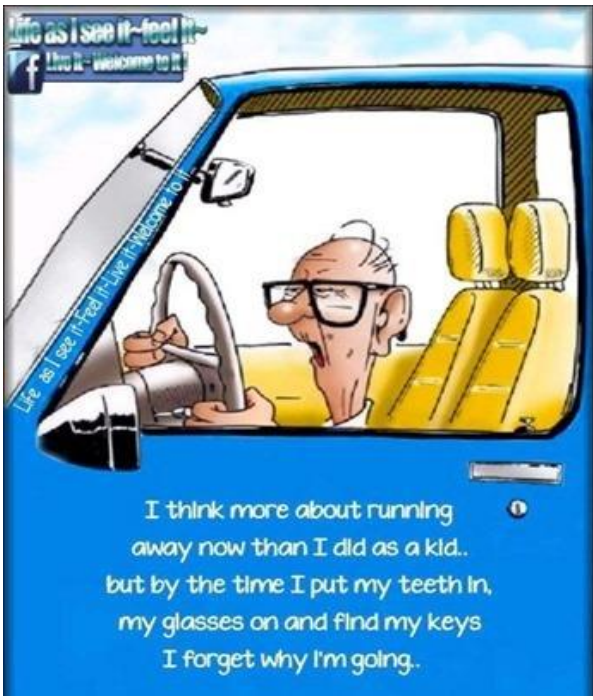
#4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.

#3 All of us could take a lesson from the weather. It pays no attention to criticism.

#2 In the 60's, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.

#1 Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.

Please share this wisdom with others while I go to the bathroom.



Health Tip: DO NOT wash your hair while showering!!!

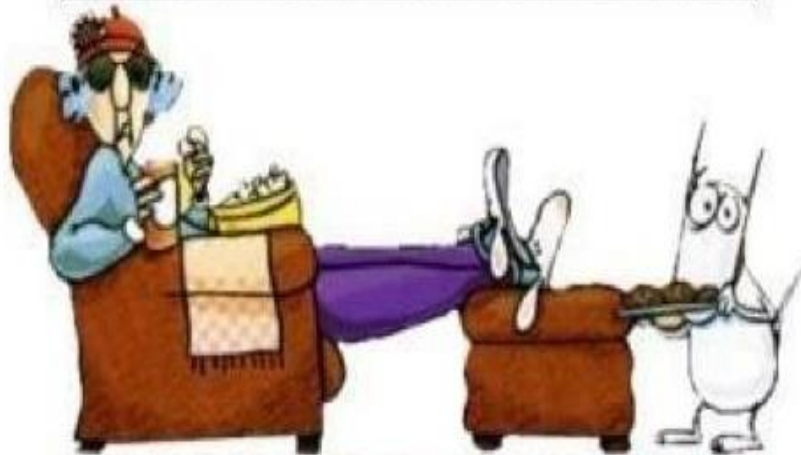
It is so good to finally get a health warning that is useful. It involves the use of your hair shampoo, while showering, and what occurs when it runs down your body.

I don't know why I didn't figure this out sooner. When I wash my hair, while showering, the shampoo runs down my entire body. Printed very clearly, on the shampoo label, is a warning that reads: "For extra body and volume." Well, no wonder I've been gaining weight.

I've gotten rid of that shampoo and now use Dawn dish washing soap. Its label reads: "Dissolves fat that is otherwise hard to remove."

Problem solved!!

HOW TO CLEAN THE HOUSE



HOW TO CLEAN THE HOUSE

1. Open a new file in your PC .
 2. Name it "Housework."
 3. Send it to the RECYCLE BIN.
 4. Empty the Recycle Bin.
 5. Your PC will ask you, "Are you sure you want To delete Housework permanently?"
 6. Calmly answer, "Yes," and press mouse button firmly.....
 7. Feel better?
- Works for me!



I've been to a lot of places, but I've never been in Cahoots. Apparently you can't go alone, you have to be in Cahoots with someone. I've also never been in Cognito, either. I hear no one recognizes you there. I have, however, been in Sane. They don't have an airport, you have to be driven there. I have made several trips.

Thanks To Suzanne Rush for this "news" item!

Please join me in remembering a great icon of the entertainment community. The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from being repeatedly poked in the belly. He was 71.

Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies, and Captain Crunch. The grave site was piled high with flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded. Born and bread in Minnesota, Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, he lived to be a crusty old man and was considered a positive roll model for millions.

Doughboy is survived by his wife Play Dough, three children: John Dough, Jane Dough and Dosey Dough, plus they had one in the oven. He is also survived by his elderly father, Pop Tart.

The funeral was held at 3:50 for about 20 minutes.

P.S. If this made you smile for even a brief second, please rise to the occasion and take time to pass it on and share that smile with someone else who may be having a crummy day and kneads a lift.



EARTHQUAKE PREPAREDNESS

<http://www.parksville.ca/cms.asp?wpID=62>

If an emergency happened today, would YOU be ready?

Emergencies can strike at any time, with very little warning. Being prepared is critical as it may take time for help to arrive. Be ready for a variety of challenges:

- Family members may be in different locations when an event occurs.
- Communication networks may break down.
- Electricity, water or gas service to your home could be disrupted.
- Roads could be blocked or closed.
- Regular sources of food, water and gasoline may not be available.

By taking a few simple steps, you can become better prepared to face a range of emergencies

Know the risks – hazards vary depending on where you live, you could be near a low lying coastal area, near a river or steep slope or in a heavily treed area. Familiarize yourself with hazards that could affect you; knowing which ones you face will influence how you prepare.

Make a plan – since disasters can happen at any time, prepare a list of contacts, individual roles during a disaster and meeting places can help reunite families in the event of separation.

Prepare a kit – aim to be self-sufficient for the first 72 hours of an emergency, ideally up to one week. Prepare kits for home, vehicle and workplace and for pets. Kits should be checked at least once each year and a good time to do this is during Emergency Preparedness Week.

Prepare your home for disasters

Make your home safer to be in during an earthquake or other disasters by finding and correcting any weaknesses. Conduct a home hazard hunt and look for:

- Unsecured cabinet doors – consider child proof or hook and eye latches.
- Hanging objects – use closed hooks or earthquake putty to secure the corners of pictures or mirrors.
- Heavy electronics or furniture – you can use flexible nylon straps and buckles for easy removal and relocation. Top-heavy furniture should be secured to the wall.
- Hot water tanks - securing your water heater is one of the most important actions you can take in preparing your home for an earthquake. You can protect this valuable resource by securing your water heater to the wall studs.

Create your household or family emergency plan

By taking time now to prepare emergency water, food and other supplies, you will be able to provide for yourself and your family during an emergency. Since you do not know where you will be when an emergency occurs, prepare an emergency kit for home, work, school and vehicle.

- Identify at least two out-of-area contacts.
- Pick a meeting spot in case you're separated from family members.
- Assign someone to collect children from school or daycare if you can't.
- Identify what official sources you'll get information from.
- Learn how to turn off utilities.
- Store enough emergency water for your family for a minimum of three days, ideally up to one week.
- Store enough emergency food to support your family for a minimum of three days to one week.
- Identify any special needs, such as medications, mobility or other assistive devices, baby formula or pet food and make sure a proper supply is on hand.
- Secure your space in case of earthquake.
- Create grab and go bags for every member of your household and store them in easily accessible locations.

What to do during an earthquake

If you feel the ground start to shake, "**Drop, Cover and Hold**".

1. **DROP** to the ground,
2. Take **COVER** by getting under a sturdy table or piece of furniture and
3. **HOLD ON** until the shaking stops.

Remain where you are after the shaking stops as there may be aftershocks.

If you are indoors

- Stay away from glass, windows, outside doors and walls and anything that could fall.
- Do not stand in a doorway except if you know it is a strongly supported, loadbearing doorway
- Stay inside until the shaking stops and it is safe to go outside - most injuries occur when people inside buildings attempt to move to a different location inside the building or try to leave during an earthquake.
- DO NOT use elevators.
- In a crowded store, do not rush for exits and move away from display shelves.
- If in the kitchen, move away from the refrigerator, stove, and overhead cupboards.

If you are outdoors

- Move to a clear area and stay away from trees, signs, buildings, or downed electrical wires and poles.
- If you are on a sidewalk near buildings, duck into a doorway to protect yourself from falling bricks, glass, plaster, and other debris.
- If you are in a wheelchair, if possible stay in it and move to cover, lock your wheels and protect your head with your arms.

In the car

Stop as quickly as safety permits; avoid being near or under buildings, trees, overpasses or utility wires and stay in the vehicle. Proceed cautiously once shaking has stopped and avoid damaged roads, bridges or ramps

After the earthquake

- Leave the power off until the damage is repaired.
- Unplug any appliances with broken lights or damage.
- If you see downed power lines in or near your neighborhood, consider them energized and stay away.
- Beware of items falling out of cabinets or shelves when opened.
- Stay away from chimneys or walls made from brick or block as they could be unstable, or use a fireplace with a damaged chimney; it could start fires or let in poisonous gases in your home.

For a more detailed check list check out Emergency Management BC

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery>

There is an active emergency preparedness system in the Town of Qualicum Beach which will be activated in a major emergency, but it is every citizen's responsibility to be personally prepared for a major or catastrophic event.

Take the following steps to prepare for at least 72 hours for an earthquake or other major disaster:

- Be sure that all household members know how to shut off the water, power and gas (if appropriate). Ensure proper tools are located near shut off source. Do not shut off unless it is absolutely necessary; eg. obvious smell of gas in the house, water line broken etc.
- If an earthquake occurs while you are inside, stay inside and move to an interior wall or archway away from windows or heavy objects which could fall on you. Remember to drop, cover and hold on!
- If an earthquake occurs while outside, stay outside in an open area away from electrical wires and large structures.
- Place spare shoes and leather gloves under the bed for emergency use only.
- Store bottled water to last at least 72 hours (e.g. 12 liters per person).

- Strap your hot water tank to preserve water. Boil water prior to use.
- Assemble an emergency supply kit including:
 - Non-perishable food for your family and pets
 - Medications
 - First aid supplies
 - Battery operated radio
 - Flashlight and extra batteries
 - Toiletries
 - Candles and matches
 - Alternative cooking source
 - Manual can opener
 - Spare Clothing
 - Backpack or roller suitcase to carry items including important papers

If you need to evacuate your home, take your emergency supplies with you. Listen to the radio or watch local TV for emergency information and additional safety instructions.

The Town of Qualicum Beach has an emergency/service alerts system through their Curbside Collection Portal at the following:

<https://www.qualicumbeach.com/garbage-recycling-and-food-waste-pick-up>

EMERGENCY ALERT PROGRAM:

RDN Emergency Program notifications are delivered by both text message and voice call to those who have signed up to receive notifications. These notifications are intended to inform residents and visitors alike about incidents that could impact them. Working together, we can take proactive steps to build a safer and more resilient community. Click here to get signed up...

<http://www.rdn.bc.ca/emergency-notifications>

RDN: You can sign up for one of the following areas:

- Electoral Area 'A' (Cedar, Cassidy, Yellowpoint, South Wellington)
- Electoral Area 'B' (Gabriola, DeCourcy, Mudge Island)
- Electoral Area 'C' (Extension, Arrowsmith-Benson, East Wellington, Pleasant Valley)
- Electoral Area 'E' (Nanoose Bay)
- Electoral Area 'F' (Coombs, Hilliers, Errington)
- Electoral Area 'G' (French Creek, Dashwood, Englishman River)
- Electoral Area 'H' (Shaw Hill, Qualicum Bay, Deep Bay, Bowser)
- Lantzville

For information on the City of Nanaimo's Emergency Call Alert System, visit <https://www.nanaimo.ca/>

MISH-MASH of MEDICAL NEWS:

Dehydration: Symptoms and 5 Natural Treatments

<https://www.davidwolfe.com/dehydration-symptoms/>

Seven Myths About Healthy Food that People Still Believe:

<https://globalnews.ca/news/4011049/healthy-food-myths/>

The Scoop on Poop:

https://globalnews.ca/news/4051097/poop-healthy-shape-colour/?utm_source=NewsletterNational&utm_medium=Email&utm_campaign=2018

Wine Cleans Alzheimer's Plaque:

<http://www.alzheimersweekly.com/2018/02/wine-cleans-alzheimers-plaque.html>

Energy Drinks: The Dangerous Drug for Teens

<https://sossafetymagazine.com/drugs-alcohol/energy-drinks-the-dangerous-drug-for-your-teen/>

Five Little Known Facts about Alcohol's Effect on the Body:

<https://sossafetymagazine.com/drugs-alcohol/5-little-known-facts-about-alcohols-effect-on-the-body/>

Oats – 7 Health Benefits:

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

Aspartame – Renamed to 'Natural Amino-Sweet':

<http://www.herbs-info.com/blog/warning-aspartame-has-been-renamed-and-is-now-being-marketed-as-a-natural-sweetener-amino-sweet/>

9 Habits that help to Regrow Brain Cells:

<https://www.davidwolfe.com/9-habits-regrow-brain-cells/>

7 Health Benefits of Macadamia Nuts:

<https://www.davidwolfe.com/macadamia-nuts-benefits/>

Nut Lovers Rejoice – Protects Your Heart!

https://www.medicalnewstoday.com/articles/321516.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Beat Psoriasis at its own Game:

https://www.medicalnewstoday.com/articles/321561.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Brain Cells Keep Growing into our 70's

https://www.medicalnewstoday.com/articles/321416.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

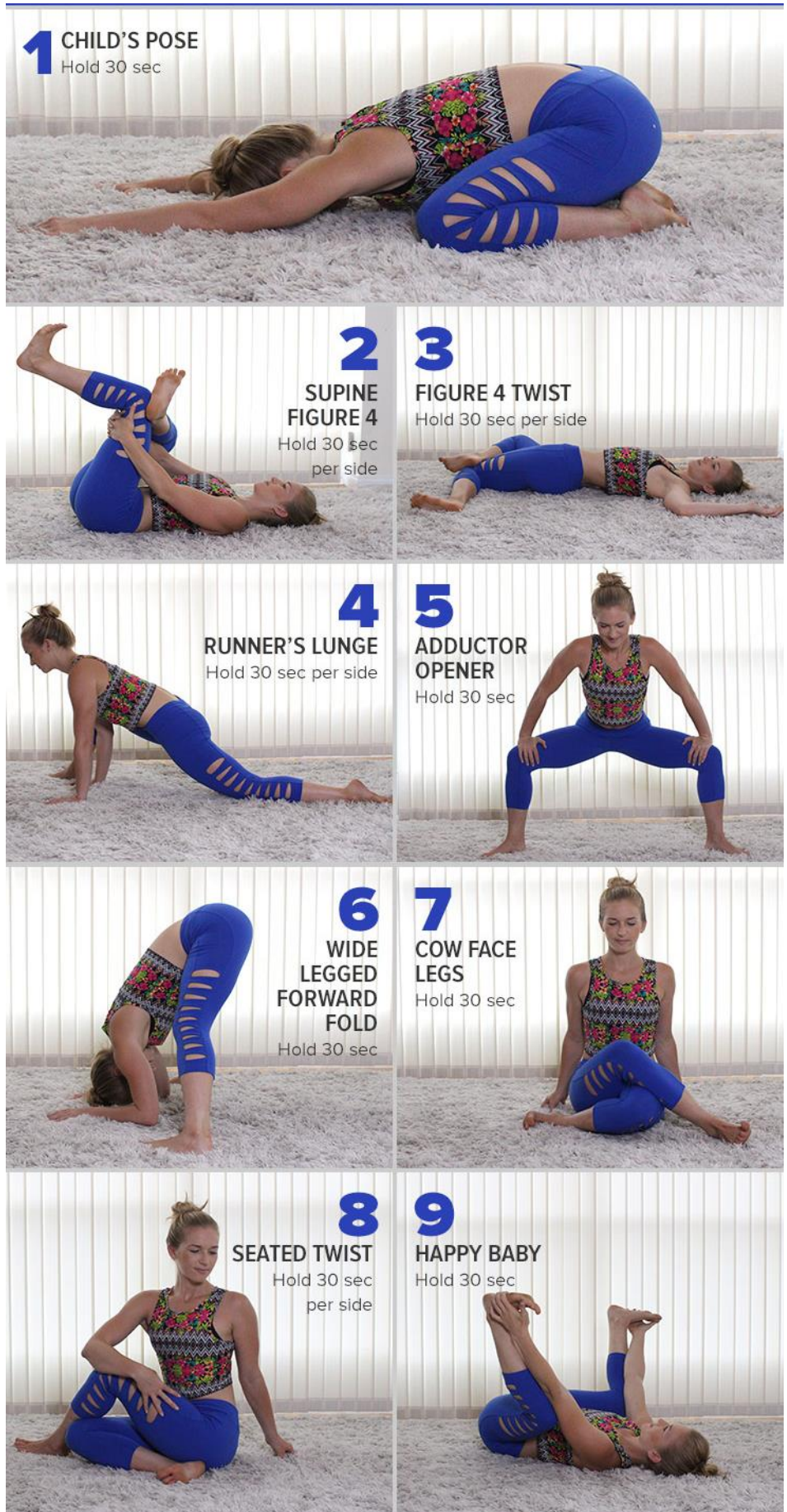
Why does eating give me a runny nose?

https://www.medicalnewstoday.com/articles/321678.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly



9 Stretches to Release Lower Back and Hip Pain

By Kelly Collins



<https://blog.paleohacks.com/stretching-lower-back-and-hip-pain/#>

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!

Vicks VapoRub



SORE THROAT – rub on throat and wrap with a man's sock.

DECONGESTANT – rub on chest and under each nostril.

COUGHS – rub generously on feet and cover with socks to help minimize coughing.

SORE MUSCLES – rub generously on sore muscles.

HEADACHES – rub a small amount on your temples and forehead.

EAR ACHES – apply a small amount to a cotton ball and place in ear to relieve pain.

NAIL FUNGUS – rub on toenails with fungus. The nail will turn a dark color as it kills the fungus. Dark color will go away as the nail grows out.

MOSQUITO REPELLENT – rub a small amount to exposed skin.

ITCHY BUG BITES – rub on bite and cover with a band-aid.

CRACKED HEELS – rub on feet in the morning and at night.

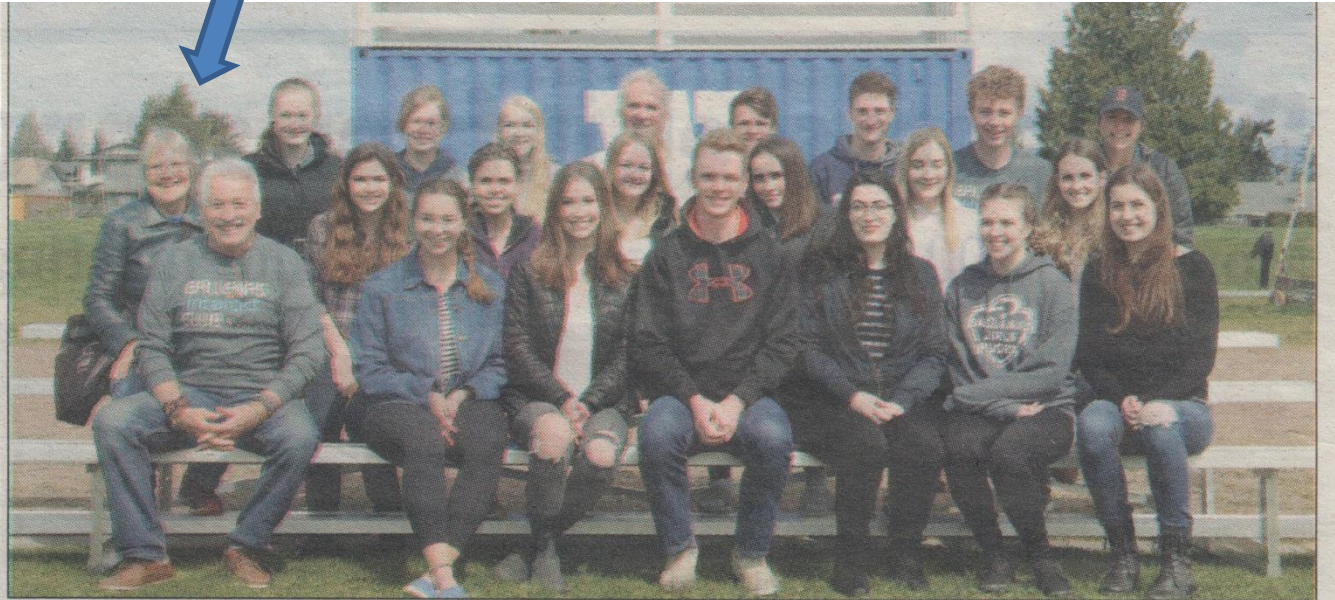
ACNE – dab on zit to clear it up.

COLD SORES – rub a little on the area when you begin to feel one coming on.



PQRTA Members in the NEWS:

Elaine Young (PQRTA Vice-President and SD 69 School Trustee)



ADAM KVETON PHOTO

BLEACHER FEATURE: Ballenas Interact students, teachers and SD69 trustee Elaine Young sit on one of the new bleachers that the Interact club have built and continue to raise funds for, placed at Ballenas field. The three bleachers cost about \$4,500 to purchase, and so far \$1,500 has been donated from the parent advisory council, \$750 from Parksville Rotary AM, \$750 from the Interact Club itself, as well as other donations. More donations for the bleachers can be made at www.gofundme.com/ballenasbleacherinitiative, at the school, or at the club's upcoming garage sale at the school: Saturday, May 5 from 9 a.m. to 2 p.m.

Eva Hilborn – calling for protection of B.C.'s blood supply
BC Health Coalition Newsletter



SHE JUST KEEPS ON

*Going...
And Going...
And Going...*

PQRTA PROGRAM: Tues. April 17, 2018

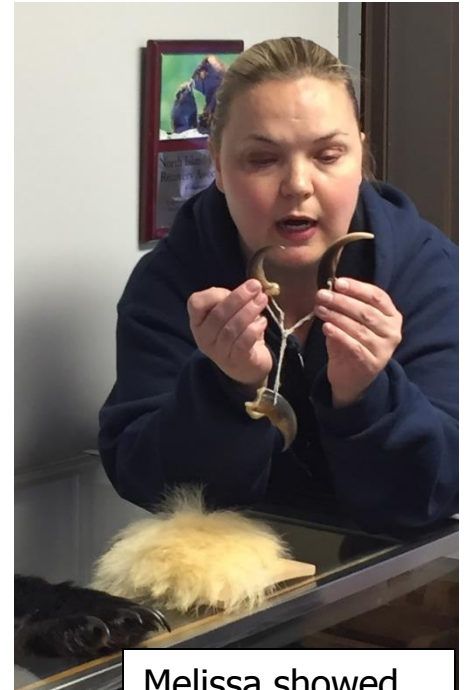


Lots of interesting animals...



For one reason or another, these animals cannot be released back into the wild, so we get to learn from them.





Melissa showed us the difference between a grizzly claw and a black bear claw.



The North Island Wildlife Recovery Centre has really changed over the years. It's a great place to visit with friends or family. So much to see and do!!!

Give an animal adoption as a gift, click here: <https://www.niwra.org/store/adoption-animals/>

NIWRA receives **no government funding** for animal care. Your **symbolic adoption** of a bird or mammal that must remain with NIWRA supports that animal by providing food, annual check-ups, medical care and even "toys" to enrich and stimulate natural behaviours.

VOLUNTEERS NEEDED AT THE CENTRE: Event planning, Gift Shop, Grants, Fundraising, Office Support, School Presentations, Tour Guide, Wildlife Garden, Yard Work

THE BEST, CHEAPEST CELLPHONE PLANS IN CANADA IN 2018

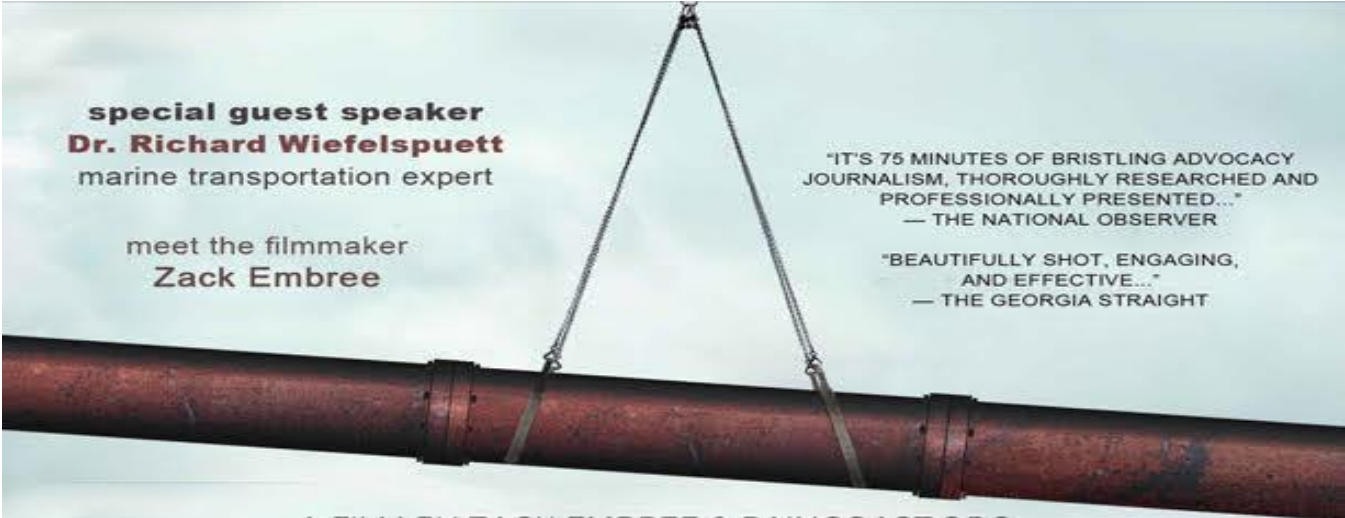
https://globalnews.ca/news/4050708/best-cheapest-cellphone-plans-canada-2018/?utm_source=NewsletterNational&utm_medium=Email&utm_campaign=2018

RESEARCHERS REVEAL WHY HUMAN FEET KEEP WASHING UP ON BRITISH COLUMBIA BEACHES

<https://www.davidwolfe.com/human-feet-washing-up-british-columbia-beaches/>

9 BRILLIANT REASONS TO USE BABY POWDER IN YOUR GARDEN

http://gardeningtips.diyeverywhere.com/2017/04/30/9-brilliant-reasons-to-use-baby-powder-in-your-garden/?src=fbfan_59725&t=fbad&up=20170608&k=lgvs1v1gaen00098



special guest speaker
Dr. Richard Wiefelspuett
marine transportation expert

meet the filmmaker
Zack Embree

"IT'S 75 MINUTES OF BRISTLING ADVOCACY JOURNALISM, THOROUGHLY RESEARCHED AND PROFESSIONALLY PRESENTED..."
— THE NATIONAL OBSERVER

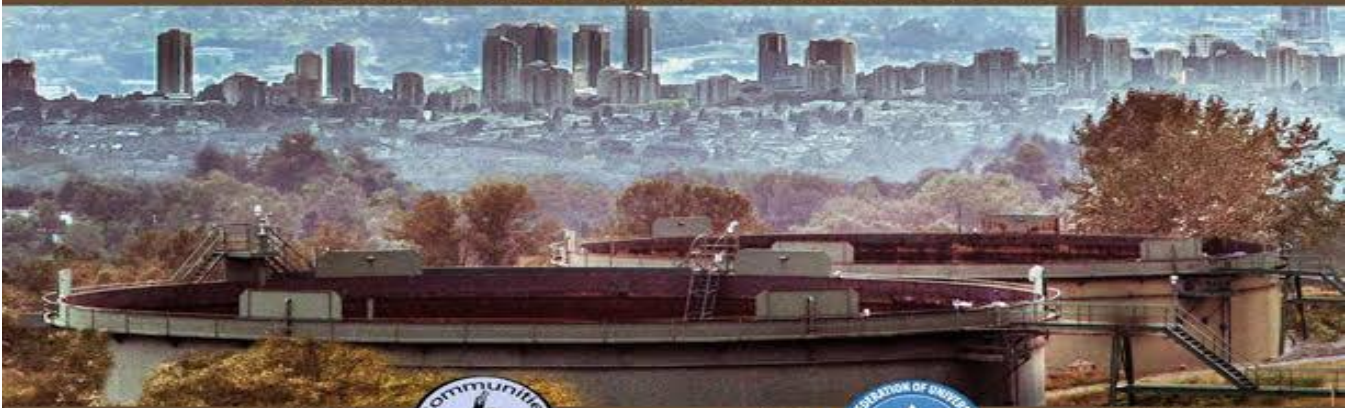
"BEAUTIFULLY SHOT, ENGAGING, AND EFFECTIVE..."
— THE GEORGIA STRAIGHT


A FILM BY ZACK EMBREE & RAINCOAST.ORG


DIRECTLY AFFECTED


PIPELINE UNDER PRESSURE


Thursday May 10 @ 7PM
Qualicum Beach Civic Centre



hosted by  **Dogwood**

communities  Protecting Our Coast

sponsored by  LAMONT FEDERATION OF UNINCORPORATED MUNICIPALITIES

supported by  MORNINGSTAR FARM

"Story Telling Social"

Ralph Martin is a
PQRTA member.

WHEN: Wednesday May 16, 2018 7:00 pm - 9:00 pm

WHERE: Rotary Hall - 211 Fern Rd. West, Qualicum Beach B.C.

WHO: 3 Local Authors

- **Bob Collins** – Outstanding in Their Field: the rural adventures of Hap & Edna
- **Deborah Grey** – Never Retreat, Never Explain, Never Apologize: My life...my politics
- **Ralph Martin** – Cross Canada Adventures: 2 journeys a lifetime apart

HOW: Tickets \$15.00 at the door, or at Mulberry Bush Book Stores
Supporting Student Scholarships - Sponsored by Qualicum Beach Honours Society

About the Qualicum Beach Honours Society

By 1987, there had been two major Qualicum Beach High School Homecomings, and the remaining funds and individual donations supported an annual scholarship for graduating students. The need to do even more with these funds was recognized, so a very dedicated group of individuals put their heads together and the Qualicum Beach Honours Society was born in 1992. The mandate was, and still is, very basic: "to promote and recognize academic achievement in the student body of KSS".

Our student applicants meet at three luncheons throughout the year. Students have an opportunity to recognize and celebrate the academic achievements of each other. It is hard to describe how good it feels as students are applauded by their peers, teachers and Honours Society Directors for their achievements. This is a long way from the "not cool to be smart" attitude many of us grew up with.

Honours Society students are encouraged to give back to the community by volunteering at the "Child Haven Dinner", "Fire & Ice" our local chili and ice carving competition held annually, as well as at "Family Days".

Each year, with your generous donations and community fundraisers, we are able to award Scholarships to each of our students. Fortunately, the initial funding we received from the Homecoming group has been invested to allow us to award an additional Homecoming Scholarship each year. We have also established another annual Scholarship in the name of Archibald Robertson, former Vice-Principal of Qualicum High School. While our Scholarship dollars have been growing annually, so has the cost of tuition. Can you believe that a bachelor's degree currently costs in excess of \$50,000?

It is not enough to *want* to be a Honour Society member. These students must maintain an 83% average in English 12 and in a minimum of three University Approved Grade 12 academic courses. (four grade 12 courses in total). While this is not an easy task, it has provided an opportunity for these students to experience "**Academic Excellence with Pride in Achievement**".

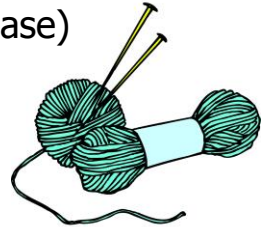
TUMAINI FUND CANADA – Help AIDS orphans in Kagera, Tanzania!

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

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/>



PQRTA EXECUTIVE needs **YOU!!!**

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

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

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

Secretary:

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



Historian:

- a) update the manager of PQRTA website with items for posting: photographs, short descriptions, facts/figures re significant events, names of elected officers, records of campaigns, monthly newsletters, etc.
- b) store archived materials (eg. photo albums, old meeting minutes for the past 7 years)

BC Retired Teacher Association Membership Committee:

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



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

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

As a BCRTA member/ associate member, you have access to a wide range of extended health plan benefits, travel insurance, consumer and travel discounts, and many retirement resources. You are part of an organization that stands up for education, for seniors, and for pension rights. You also find great opportunities for learning experiences and new personal connections. It only takes five minutes to join. Check it out: <http://bcрта.ca/>

Email: laurie@bcрта.ca

Toll Free: 1-877-683-2243

BCRTA Membership Application Form:

http://bcрта.ca/wp-content/uploads/2017/07/BCRTA_Membership_DOWNLOAD_to_Print_2017.pdf

BCRTA Website: <http://bcрта.ca/>





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**



May Events - Parksville and Qualicum Beach Area

<http://www.visitparksvillequalicumbeach.com/events-2018-5/>

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

May 13 – Mothers' Day

May 16 – Kathok Centre Buddhist Temple Tour – 1:00 to 3:00

May 21 – Victoria Day

June 14 – General Meeting - Barbecue on the Beach (not Rotary Park)

PQRTA EXECUTIVE and CONTACTS for 2017/2018:

President – Cathy Van Herwaarden

Vice-President – Elaine Young

Past-President – Kay Howard

Treasurer – Ellen Coates

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

Programs – Suzanne Rush

Membership – Diane Williams

Heritage – Sharon Cox-Gustavson

Communication – Val Dyer

Phoning Contacts – Jan Graham and Nancy Whelan

Well Being Contact – Barb Brett

Historian – Vacant

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

