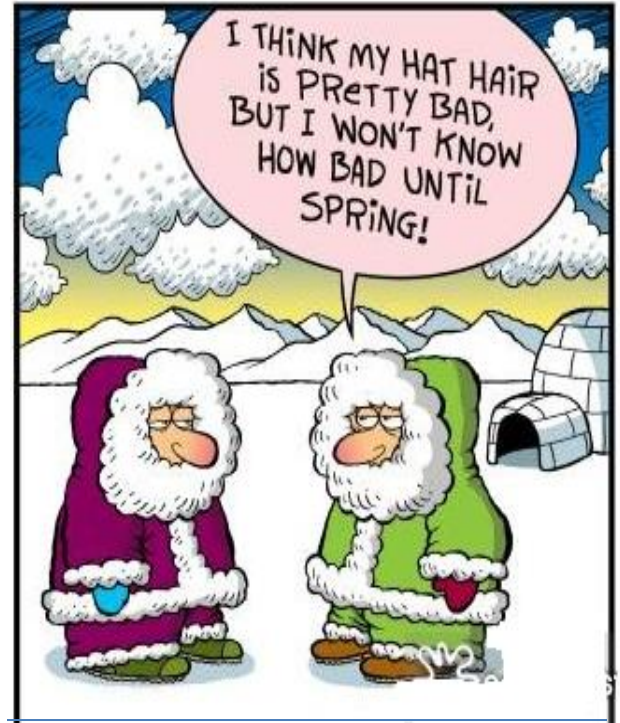




PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER #14 – March 2018

PRESIDENT'S GREETING from Cathy Van Herwaarden:



"You were tossing and turning all winter."



February 9, 2018

New Investment in Teacher Education Programs Welcomed

BC Teachers' Federation President Glen Hansman is welcoming the news that the provincial government plans to invest in more teacher education spaces to help address the province's teacher shortage.

In the government's news release, Hansman said:

"New investment in teacher education programs is an important component of a larger strategy to ensure our schools have all of the classroom teachers, specialists, and teachers teaching on call our students need. The teacher shortage, created and left behind by the previous government's legal fight against BC teachers, is bigger than this announcement will fix, but the focus on increasing Indigenous teachers and specialist teachers is very welcome. The BCTF will continue to work with the government to implement more of the task force's recommendations."

In addition to those comments, Hansman explained that increasing spaces in teacher education programs is only one part of a broader strategy that is badly needed.

"Increasing teacher education will help once those individuals complete the programs and get certified, but we need the provincial government to keep moving forward on a strategy to get more teachers and resources into classrooms now.

"British Columbia's current teacher shortage was a long time in the making and made worse by the previous government's inaction and legal fight against BC teachers. We know that 16 years of underfunding can't be fixed overnight, but parents and teachers are increasingly worried that the shortage is negatively affecting students' learning right now."

Hansman called on the government to address all the other important recommendations of the task force on teacher recruitment and retention by putting more funding into the education system when the new budget is announced on February 20. The government will also have to address the challenges created by the affordability and housing crisis in this province and the impact that is having on attempts to recruit certified teachers from out of province.

"Right now, across BC, we have school districts hiring uncertified adults to fill teaching vacancies and students with special needs who are losing out on important support because their specialist teachers are getting re-assigned to cover classroom teacher absences. BC needs more qualified specialists, teachers teaching on call, and classroom teachers in our schools right now.

"Some of the proposals the BCTF has been putting forward to the government include housing and moving allowances, mentorship programs, as well as a shortened salary grid to make teachers' starting wages more competitive with other provinces. Right now, new teachers in BC are the second lowest paid in the country. Recruiting teachers from other provinces will be a tough task as long as wages stay low and the cost of living continues to increase."

Feb. 20, 2018

Childcare and housing announcements will help with BC's teacher shortage
BCTF President Glen Hansman praised the new government's focus on childcare and housing in the NDP's first full budget, saying, "British Columbia needs to tackle the current affordability crisis in order to solve the ongoing teacher shortage in BC schools."

"The new BC budget's focus on housing and universal childcare will benefit many of BC's public school teachers," said Hansman. "BC has several thousand young teachers who were hired following our Supreme Court of Canada win. They and many others will benefit from the start of a new affordable childcare program. This budget's overall focus on affordability will help recruit qualified teachers from other provinces to BC to help address our province's ongoing teacher shortage."

Hansman explained that taking real action on affordability is an important part of a robust teacher recruitment and retention strategy.

"It's challenging to recruit teachers from Alberta or Ontario when starting salaries for BC teachers are significantly lower and the cost of living is higher," said Hansman. "Investments in programs like childcare and fixing the real estate crisis will help BC be more attractive to out-of-province teachers. The BCTF will continue to work with the government on other recruitment strategies like housing and moving allowances, mentorship programs, as well as making teachers' wages more competitive with other provinces."

New Education Funding Keeps BC Moving in Right Direction After 16 Years of Cuts

On the \$212 million increase in operating funding for public schools Glen Hansman said, "BC's 2018-19 budget also follows through on the new government's commitment to keep increasing the province's investment in public education. Since the BCTF's Supreme Court of Canada win, there have been thousands of teachers restored to BC schools. The new funding increases for the coming school year will ensure school districts can hire even more specialists and better meet the needs of students. It's also very encouraging to see new funding for Indigenous language revitalization and I look forward to more details about how schools will fit into that important reconciliation work."

Hansman acknowledged that it will take time to undo the damage done after 16 years of cuts by the previous BC Liberal government, but praised the new government's commitment to annual funding increases. Hansman stressed that the government needs to boost funding over the next two years to account for the upcoming bargaining round and reverse the trend of education spending declining as a share of BC's GDP.

"There are still a lot of challenges in our schools right now that this new funding won't solve outright, but it's refreshing to see a government plan for ongoing funding increases," said Hansman. "One of the biggest challenges remains making sure there are enough specialist teachers and education assistants to properly support children with special needs and ensure all our students get the one-on-one or small group time they need. Budget 2018 keeps BC moving in a better direction and the BCTF will continue our advocacy with the other education partner groups to enhance public education funding even more in the years to come."



BC Retired Teachers' Association NEWS

Zone Report Directors Meeting - Jan. 24, 2018 – Sterling Campbell
(Director for North and Central Island Zone)

1. President Clough suggested that teams of directors visit branches to foster stronger bonds
2. No appeals from members for \$\$\$ for fire losses in summer 2017.
3. BCRTA is continuing to investigate changes to the governance model. The update is to reinforce the present nonpartisan practice but take advocacy positions of benefit to our members. Also, to develop careful plans to work towards a BCRTA benefit model.

4. ACER/CART (Canadian Association of Retired Teachers)

Motion - That BCRTA protest the stance of RTO (Retired Teachers of Ontario) that they wish to be the national voice for retired teachers rather than ACER/CART. Carried

Motion - That guidelines for the relationship between ACER/CART and the provincial members be developed at the 2018 ACER/CART National AGM. Carried

5. BCRTA Office Staff:

- a) Green Shield Canada continues to be a concern for many members. Consequently, the office staff is spending much of their time dealing with Green Shield complaints which takes time away from BCRTA issues.

The BCRTA did not make this change, and the Pension Corporation did not make this change. The Pension Board of Trustees made the decision to move over to GSC.

The plan design has remained the same, but the interpretation and enforcement of the rules have changed. GSC follows the guidelines much more strictly. The result of tightening up on administration is that premium rates will likely not increase at the rate they have in the past.

If you have Green Shield questions or concerns, call GREEN SHIELD: [1-888-711-1119](tel:1-888-711-1119)
Mon. to Fri. 5:30 AM to 5:30 pm

If you're still not happy, phone that number and ask to speak to a supervisor or email:
customer.service@greenshield.ca

If you're still not satisfied go to the following URL:

<http://www.greenshield.ca/en-ca/get-in-touch-/were-happy-if-you-re-happy>

5. b) Office Staff reports that the free membership is attracting more members
6. **Strategic Planning** - 5 goals approved for the 2017-2018 year
 - 1) Maintain and increase membership by adding services and improving member experience.
 - 2) Develop a consistent and comprehensive communications strategy to include Print and Electronic platforms
 - 3) Carefully develop a plan to control our own benefit plans
 - 4) Further review our committee structures to deliver more efficient services to our members
 - 5) Staffing adjustments including an Executive Director

BCRTA COMMITTEES:

Communications:

- Alphabet Communications continues to provide excellent data and suggest better co-ordination between various platforms (see above).
- In addition the committee wants to ensure more two way efforts to involve members and branches instead of the present top down model
- Progress is being made to provide branches with simple ways to develop their own websites with simple maintenance
- PostScript magazine publication guidelines to be published soon

Membership:

- BCRTA accepted "Agency Tribes" as an Affinity partner
- BCRTA to develop a policy to meld provincial and local branch member fees under one structure
- BCRTA to develop a policy to allow for a pre-retirement associate membership
- BCRTA to develop a policy to investigate recruiting Private School members
- BCRTA terminated the Affinity partnership with Dignity Memorial as mutually agreed by both parties and the membership be so informed
- BCRTA to have a manned information table at the BCTF AGM
- BCRTA to develop a relationship and potential partnership with the Edvantage programme out of Ontario and Alberta. On a personal note, I am looking forward to working on this project, as it has the potential from a few to as many as an additional 150 partners

Heritage:

- Cheryl Halsted appointed to the committee
- The committee has submitted articles to Post Script on their methods of honoring teachers in BC – coming soon
- BCRTA helped to fund bronze plaques with the local teachers' groups and the BC Labour Heritage Centre, in order to commemorate the struggle for teachers' collective bargaining rights in BC, at the following sites:
 - Victoria: where they held the first teachers' strike
 - New Westminster: where a 104 year old lady related her recollections of the historic strike
 - Surrey: where the rally on the legislature lawn resulted in the hiring of 4000 more teachers and improved class size
 - Terrace: where held a protest over the demotion of personnel and ultimately won contract language to end this practise
 - 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 should be celebrated, and outstanding work of our important elders can be recorded. BC Labour Heritage suggests they can train teachers to record former presidents' voices and save their conversations for the future. For more information: Ken Novakowski knova@telus.net
- The book "Walking the Line" will be launched on May 1st and it will relate the labour history of our province. For copies: info@labourheritagecentre.ca
- Branches may apply for grants to fund projects which include the participation of retired teachers. The committee can award grants to branches that wish to pursue historical projects - Details and forms available on the BCRTA Website. Deadline May 1

Pension: Inflation increase is 1.6%

- BCRTA to initiate a search for an insurance consultant to clarify the procedures going forward as BCRTA moves to control our insurance plans.
- BCRTA to work with COSCO to oppose Bill C-27
- BCRTA to lobby the MSP Task force to replace MSP premiums with increases in personal and business taxes
- BCRTA to lobby federal Parliament in support of a National Pharmacare Program

Well-being:

- To provide Postscript articles on the BC Pharmacare program, Senior recreation, the need for making a will, and the need to update and keep current optical care.
- The committee as part of the two way communications model (above) to provide articles for publication in Postscript in line with the definition "Well-being is defined as the interconnected dimension of the physical, mental, material, emotional, social and spiritual health of BCRTA members including awareness of developments and issues relating to the well-being of retired teachers and seniors in general."

Advantage Partnership with *Dignity First Memorial*:

MOTION: THAT the BCRTA terminate its Advantage Partnership, as mutually agreed upon, with Dignity First Memorial, under the terms of the agreement between the BCRTA and Dignity/First Memorial and that the BCRTA membership be advised of such. CARRIED

Answer from Sterling Campbell, when asked WHY *Dignity First* terminated: "You might recall a CBC Torstar report of alleged abuses in that industry including that company. The membership committee asked for assurances from them that our members would not be subjected to the same situations and were to report back at our January meeting. Instead *Dignity First* asked us to delist them from our programme, which we did."

Excellence in Education:

MOTION to ask the Premier and Minister of Education to declare June 1st, as Inter-generational Day in BC. CARRIED

Finance:

- BCRTA granted \$5,000 to COSCO (Council of Senior Citizens' Organization) to provide combined workshops on Mandatory Driving Assessments at age 80
- Also, as part of the above motion, that dignified procedures be developed for seniors having to access Hospital Emergency Departments in BC Hospitals.

BC Health Coalition:

Seeking to lobby for legislation in BC to have Independent Family Councils be in place in residential care facilities to advocate for the residents.

National Pharmacare

MOTION: THAT the BCRTA write a letter to the Prime Minister, Minister of Finance and the Minister of Health in support of a National Pharmacare. CARRIED

MP's Mum about Possibility of National Drug Plan – Feb. 5, 2018

<http://www.cbc.ca/news/health/pharmacare-health-committee-report-1.4515249>

NEWS from CARP (Canadian Assoc. of Retired Pensioners)



CARP is Canada's largest advocacy association for older Canadians with more than 300,000 members aged 50 plus. As a non-partisan association, CARP is committed to working with all government parties to advocate for older Canadians: better healthcare, financial security, and freedom from ageism.

Top 5 Priorities in 2018:

Pension Protection – 1.3 million corporate pensioners at risk

Corporate employees work for decades only to have their pensions cut if their company goes bankrupt. Canada is at risk of becoming an international laggard when it comes to pension protection. Our federal and provincial governments must do more. CARP is calling for super-priority for pensioners in bankruptcy, along with pension guarantees in all provinces.

RRIF Reform – 66% of members support elimination of mandatory RRIF withdrawals

We are living longer than ever before, but facing historically low interest rates and the disappearance of defined benefit pension plans. Current regulations governing RRSPs and RRIFs are no longer working. It discourages older Canadians from continuing to work while our oldest seniors are at risk of running out of savings. That's why CARP is calling for reform that includes the elimination of mandatory RRIF withdrawals.

Resident Safety in Long-Term Care – 23,000 reports of abuse in one year

Every Canadian deserves to live out their life with dignity, respect and peace of mind – no matter their age or health. CARP will continue to focus on resident safety in long-term care, including securing sufficient funding, appropriate training, and supportive environments for those in long-term care.

Access to Housing – 1/4 of single seniors live in poverty

Housing is too often portrayed as a millennial issue. Not so. Homelessness among seniors is on the rise across Canada. Those who are housed but on modest incomes struggle with affordability. One-quarter of single seniors live in poverty; providing secure housing is the key to reducing the number of seniors living in poverty.

Stand (or Sit) Up Straight! – "The best way to keep going...is to keep going." Moses Znaimer – President, CARP

If we could only bottle and sell it, exercise would be the best-selling pharmaceutical of all time. Together with our chapters across the country, we'll be launching a campaign to get our members moving through a series of walking events and other physical activities.

Community, Social, and Government Resources: <http://www.bc211.ca/>



In the spring of 2017, bc211 launched its online province-wide directory of community resources.

This past fall, on September 18th, 211 phone and text service officially launched on Vancouver Island.

- bc211 offers a confidential telephone, texting and online referral service connecting individuals to hundreds of community, social and government services.
- bc211 is a FREE information and referral service available 24 hours a day, seven days a week, 365 days a year in over 160 languages.
- Anyone in BC can go to bc211.ca to find community, social, non-clinical health and government services.
- Vancouver Island residents can dial 2-1-1 and speak to bc211 staff 24 hours a day, seven days a week to connect to community resources.
- Text service is also available throughout Vancouver Island, allowing residents to text the name of their city to 2-1-1 and connect with an information and referral specialist by text messaging. This service is available from 8 am to 11 pm, seven days a week.
- Trained and certified bc211 information and referral specialists link people seeking assistance with a wide array of services such as the following:

Emergency and Crisis	Counselling
Addiction	Mental Health
Children and Families	Newcomer Services
Employment Programs	Housing
Food Banks	Senior Services
Legal and Advocacy	Health Care
Youth	Immigrants and Refugees
Disabilities	Employment/ Training
Financial Assistance	Transportation
Indigenous/ Aboriginal	Food and Basic Goods
Victim Services	Older Adults
Homelessness	

bc211 also helps service providers find resources for their clients and provides information for caregivers seeking help for their loved ones.

The online [bc211.ca](http://www.bc211.ca) service directory database currently holds over 12,000 resources that documents and describes services and organizations available to help people. The website is optimized for mobile devices, and includes an online chat service, available seven days a week from 8 am to 11 pm. Check it out: <http://www.bc211.ca/>

International Women's Day – March 8, 2018

<http://www.unwomen.org/en/news/in-focus/international-womens-day>



What is International Women's Day?

International Women's Day is annually held on March 8 to celebrate women's achievements throughout history and across nations. It is also known as the United Nations (UN) Day for Women's Rights and International Peace.

International Women's Day is celebrated in many countries around the world. It is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political. It is a collective day of global celebration and a call for gender parity.

Why celebrate on March 8th?

It was started by the Suffragettes, in the early 1900's. In 1914, International Women's Day was held on March 8, possibly because that day was a Sunday, and now it is always held on March 8 in all countries. The 1914 observance of the Day in Germany was dedicated to women's right to vote, which German women did not win until 1918.

Time is Now: Rural and urban activists transforming women's lives

This year, International Women's Day comes on the heels of unprecedented global movement for women's rights, equality and justice. Sexual harassment, violence and discrimination against women have captured headlines and public discourse, propelled by a rising determination for change.

People around the world are mobilizing for a future that is more equal. This has taken the form of global marches and campaigns, including #MeToo in the United States of America and its counterparts in other countries.

International Women's Day 2018 is an opportunity to transform this momentum into action, to empower women in all settings, rural and urban, and celebrate the activists who are working relentlessly to claim women's rights and realize their full potential.

Echoing the priority theme of the upcoming 62nd session of the UN Commission on the Status of Women, International Women's Day will also draw attention to the rights and activism of rural women, who make up over a quarter of the world population and majority of the 43 per cent of women in the global agricultural labour force.

These women till the lands and plant seeds to feed nations, ensure food security for their communities and build climate resilience. Yet, on almost every measure of development, because of deep seated gender inequalities and discrimination, rural women fare worse than rural men or urban women. For instance, less than 20 per cent of landholders worldwide are women, and while the global pay gap between men and women stand at 23 per cent, in rural areas, it can be as high as 40 per cent. They lack infrastructure and services, decent work and social protection, and are left more vulnerable to the effects of climate change.

Making the promise of the Sustainable Development Goals a reality, to *leave no one behind*, needs urgent action in rural areas to ensure an adequate standard of living, a life free of violence and harmful practices for rural women, as well as their access to land and productive assets, food security and nutrition, decent work, education and health, including their sexual and reproductive health and rights.

Rural women and their organizations represent an enormous potential, and they are on the move to claim their rights and improve their livelihoods and wellbeing. They are using innovative agricultural methods, setting up successful businesses and acquiring new skills, pursuing their legal entitlements and running for office.

Recently, as hundreds of courageous women from the film, theatre and art industry in the USA started speaking against sexual harassment and assault by powerful men in the industry, they found a powerful ally in Alianza Nacional de Campesinas, the national farmworker women's organization, no stranger to the abuse of power.

International Women's Day belongs to all communities everywhere - governments, companies, charities, educational institutions, networks, associations, the media and more. Whether through a global conference, community gathering, classroom lesson or dinner table conversation - everyone can play a purposeful part in pressing for gender parity.

On 8 March, join activists around the world and UN Women to seize the moment, celebrate, take action and transform women's lives everywhere. The time is NOW.

PQ Retired Teacher Association NEWS:



LOGO Contest

Are you artistic?

Are you imaginative?

Get creating!!!

Winner receives a prize!!!
(still to be determined)

Send your creations to cathyvanh@gmail.com



WOLF ISLAND CHOCOLATE MAKING!

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

Date: Saturday, April 21 OR 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.

No previous experience necessary!

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>



Why Older Men Should Do More Housework

https://www.medicalnewstoday.com/articles/320583.php?utm_campaign=trueAnthem%253A+Trending+Content&utm_content=5a59bed904d3010843f59342&utm_medium=trueAnthem&utm_source=facebook



Does Vinegar Kill Germs?

https://davidsuzuki.org/queen-of-green/does-vinegar-kill-germs/?utm_campaign=queenOfGreen-cleanWithVinegar-en-05jan2018&utm_source=twitter&utm_medium=tweet-link

Yes. Acetic acid (a.k.a. white vinegar) is a great disinfectant. It also acts as a deodorizer and cuts grease. You can tackle salmonella, E. coli and other “gram-negative” bacteria with vinegar. Gram-negative bacteria can cause pneumonia, meningitis and bloodstream, wound or surgical site infections.

How Does It Work?

- The acid in vinegar crosses the bacteria’s cell membrane, prompting a release of protons, which causes the cell to die.
- White vinegar found on most store shelves is a five per cent concentration of acetic acid. It kills about 80 per cent of germs. Look for stronger concentrations at eco-friendly stores that have refill stations.
- Mixing an acid (e.g., vinegar) with a base (e.g., castile soap) creates a (not dangerous) acid-base neutralization reaction. So adding vinegar to castile soap takes back its original oils. Looks like white curdling! It’s a common mistake. After using the all-purpose spray or scour that contain castile soap, spray surfaces — counters, tubs, tile and sinks — with vinegar. Use full strength for tough cleaning jobs or dilute 50:50 with water.

Five Ways to Clean With Vinegar:

1. Fill your dishwasher rinse agent dispenser with white vinegar.
2. Soak sweat-stained white clothing in about 60 millilitres of white vinegar and enough water to cover the stain. Leave overnight. Wash with eco-friendly laundry soap.
3. Soak rusty tools in a pail of white vinegar and brush to clean.
4. To deodorize your toilet, pour 125 millilitres of white vinegar into the bowl. Let sit 15 minutes. Flush.
5. To remove hard water deposits on your tub/glass shower doors, heat 250 millilitres of white vinegar in a pot. Spray onto surface. Let sit 15 minutes and wipe clean.

CLEANING HACKS:

http://diply.com/cleaning-hacks-home?utm_source=facebook&utm_medium=barry

1. The Only Time It's OK To Be A Slime Ball

Dissolve 1/4 cup of Borax in a cup of warm water and mix in five ounces of glue. Use your sticky slime ball to pick up crumbs off your keyboard.



2. Give Your Cutting Board A Citrus Rub Down

Remove stains from your cutting board with two simple ingredients you're bound to have at home. Sprinkle coarse salt onto your cutting board, then scrub with the inside of a lemon.

3. A Winning Streak

Breaking news! To keep your windows streak-free after you spray and clean them, crumple up some old newspaper and give your windows a final wipe down. Seems counter-intuitive, but it works.



4. Cast Away That Rust

Get rid of the rust on your cast iron cookware by soaking it in vinegar until the rust starts to peel off. Then, oil it and bake at 350 degrees for an hour.

5. Keep Your Ear Buddies Clean

There's nothing more gross than a filthy ear bud, especially if you share. Use a toothbrush to gently clean the interior of your ear buds and wipe the sides with a damp cloth.



6. Scratching the Surface

To get rid of scratches and scuff marks on wooden tables, mix 1/4 white vinegar with 3/4 parts olive oil or vegetable oil. You'll be amazed at how well this cleaning hack works.



7. Throw In The Sponge

Sponges are a breeding ground for bacteria! So here's a neat trick: To keep your sponges clean, throw them in the microwave for a minute and zap all the nasties away.

8. Give Spiderman A Spin

Load up the dishwasher with your kid's toys! Did you know you can sanitize them in there? Just don't put in any thin plastic or you'll have more of a mess than you bargained for.



9. Iron Out The Wrinkles

Scuzzies on your iron can leave you in a hot mess. To remove the film, sprinkle salt on your ironing board and strike while the iron is hot. You'll have a new iron in no time!

10. Hair Today, Gone Tomorrow

Get rid of all that pet hair with a damp rubber glove. Amazingly, the pet hair will stick to it like magic as you run your hand over it on the sofa.





11. Get Ahead Of the Game

Having trouble removing the scum from your shower head? Here's a neat trick. Tie a bag filled with white vinegar around it and leave overnight. You'll have a sparkling shower head the next morning.

12. Nail Polish for Shoes

Don't mess with this hack. Keep those runners as white as the day you bought them with none other than nail polish remover. Pour some onto a cotton ball and watch the stains peel away.



13. Clean Three Blinds with One Brush

Gently dust your vertical blinds using a large paint brush. Get more done in less time with a large bristled brush that can dust three blinds at once!

14. Suck It Up

If you don't have a vacuum that accommodates small spaces like sliding door tracks, pop on a toilet paper or paper towel roll, which you can bend into shape to get in all those nooks and crannies.





15. See the Light With Toothpaste

Give your car headlights a rub down. Toothpaste with baking soda and whitening agents work best. Use a cloth to apply the toothpaste and wipe it off for a clean shine.

16. Deodorize It

Fill a microwave-safe dish with lemon slices, 1/4 cup of vinegar (apple cider or white), and water. Place it in your microwave for three to four minutes — long enough to create steam. Once the timer goes, keep the door shut for at least ten minutes so the mixture can do its work. Finally, take a damp cloth and wipe down the inside panels of your microwave.



17. A Swift Swiffer Solution

Swiffer refills can be pricey, so if you'd rather not spend a bunch of money on them, why not create a reusable sweeping pad instead? Simply cover your Swiffer with a chenille sock and do your thing!

18. You'll be A Fan Of This One

Rather than using a duster and getting guck all over the place, use a pillowcase to clean the blades of your ceiling fan. All you have to do is cover the blade and pull the case towards you — all of the dirt and grime stays inside the case and off of the other furniture.





19. Fight That Dust

A new dryer sheet can be used to wipe down baseboards. Not only will they clean them, but they'll also add an invisible layer that repels future dust buildup.

20. Clean Up In Aisle 3

Use flour to clean up liquid messes. It absorbs excess moisture and turns the remaining gunk into a congealed substance that's easier to pick up.



21. Shiny And New

Clean rusty cutlery by placing it in a tall glass filled with equal parts warm water and lemon juice. Allow them to soak for approximately ten minutes and then wipe them down with a soft cloth.

22. Don't Exhaust Yourself

Make cleaning your exhaust fan quick and easy by using a can of air to get the job done. According to *The Family Handyman*, exhaust fans are a common cause of household fires, so this hack could save your life!



23. Sweep Away The Cobwebs

To get rid of the dusty cobwebs that gather at the end of your broom, soak it in some soapy water for an hour, then rinse it off and let it dry before putting it away.

Thanks to PQRTA Member Sandra Veenstra for the following gem:

For all of you who wonder why folk from other countries have a bit of trouble with the English language. This is a clever piece put together by an English teacher, who else??

Homographs are words of like spelling, but with more than one meaning. **Heteronyms** are homographs that are also pronounced differently.

You think English is easy? I think a retired English teacher was bored...

1) The bandage was *wound* around the *wound*.

2) The farm was used to *produce produce*.

3) The dump was so full that it had to *refuse* more *refuse*.

4) We must *polish* the *Polish* furniture.

5) He could *lead* if he would get the *lead* out.

6) The soldier decided to *desert* his dessert in the *desert*.

7) Since there is no time like the *present*, he thought it was time to *present* the *present*.

8) A *bass* was painted on the head of the *bass* drum.

9) When shot at, the *dove dove* into the bushes.

10) I did not *object* to the *object*.

11) The insurance was *invalid* for the *invalid*.

12) There was a *row* among the oarsmen about how to *row*.

13) They were too *close* to the door to *close* it.

14) The buck *does* funny things when the *does* are present.

15) A seamstress and a *sewer* fell down into a *sewer* line.

16) To help with planting, the farmer taught his *sow* to *sow*.

17) The *wind* was too strong to *wind* the sail.

18) Upon seeing the *tear* in the painting I shed a *tear*.

19) I had to *subject* the *subject* to a series of tests.

20) How can I *intimate* this to my most *intimate* friend?





Let's face it - English is a crazy language. There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in a pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat. We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea, nor is it a pig.

And why is it that writers write, but fingers don't fing, grocers don't groce and hammers don't ham? If the plural of tooth is teeth, why isn't the plural of booth, beeth? One goose, 2 geese. So one moose, 2 meese? One index, 2 indices? Doesn't it seem crazy that you can make amends, but not one amend? If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

If teachers taught, why don't preachers praught? If a vegetarian eats vegetables, what does a humanitarian eat? Sometimes I think all the English speakers should be committed to an asylum for the verbally insane. In what language do people recite at a play and play at a recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell? How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which, an alarm goes off by going on.

English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all. That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.



88 VERY BRITISH PHRASES THAT WILL CONFUSE ANYBODY WHO DIDN'T GROW UP IN THE UK

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BOBBIE EDSOR, January 4, 2018

Every language has a few phrases that don't always translate well -- and the British English has some absolute corkers.

The team at the Business Insider UK office have compiled a list of the best British slang and idioms that define the weird and wonderful British dialect we grew up with.

From our linguistic research, we've confirmed that above all, British people are sarcastic, unsympathetic, and often rather drunk.

Whether you think this list is the "bee's knees" or if it's enough to make you want to "pop your clogs," scroll on to discover 88 very British phrases -- in alphabetical order -- that will confuse anybody who didn't grow up in the UK.



"A few sandwiches short of a picnic"

Someone that lacks common sense might be described as "a few sandwiches short of a picnic." The phrase was first documented in the BBC's "Lenny Henry Christmas Special" in 1987. "She's great fun, but she's a few sandwiches short of a picnic."

"Anorak"

Although it's more often used as a synonym for raincoat, an anorak is something slightly different in playground slang. Someone that's a little bit geeky, with strong interests or expertise in a niche area, might be referred to as an "anorak." This probably originates from the "uncool" appearance of anorak coats and the people wearing them. "Thomas is such an anorak when it comes to train trivia."

"Bagsy"

Calling "bagsy" is the equivalent of calling "shotgun" or "dibs" when something, like the front seat of the car, is offered up to a group. Schoolkids might call "bagsy" on items from their friends' pack lunches, like an apple or a cereal bar, that the friend isn't going to eat. "Does anyone want this --" "Bagsy!"

"Bee's knees"

This phrase became mainstream in the USA in the 1920s despite its British origins, but its popularity in the States has dwindled since the turn of the century. The "bee's knees" referred to small or insignificant details when it was first documented in the 18th century. Since then, the phrase has evolved and refers to something at the "height of cool." "The Beatles are the bee's knees."



"Bender"

Someone on a spree of excessive drinking and mischief is "on a bender." Benders often last over 24 hours, and so you might say that someone is on "a weekend bender," or a "three-day bender." "I bumped into him towards the end of his four-day bender. He was a wreck."

"Blinder"

To "pull a blinder" involves achieving something difficult faultlessly and skilfully. The phrase is most commonly used when the individual has been lucky and the person saying it is in disbelief that the first person has managed to pull it off. "And did you see that equalising goal in the last minute of injury time? He pulled a blinder there."

"Bloody" or "Bleeding"

This intensifier can be added to practically any sentence in order to demonstrate incredulity or anger. Some people consider "bloody" offensive (the origins of the word are widely disputed, so we can't be sure why) and it was considered a profanity until the mid-20th century. The origins of the word are widely disputed. Some believe it's derived from the Dutch word "blute," meaning "bare." Others believe the word is a contraction of the 17th century phrase "by our lady," and is blasphemous. This second theory has been disproved, however, by the slang's documentation predating the popularity of the phrase "by our lady." Nowadays, "bloody" is used widely -- it's even used in children's films such as "Harry Potter" - - and is arguably one of the most quintessentially British words on the list. "That was bloody good."

BOB'S YOUR UNCLE



"Bob's your uncle"

The very British equivalent to "Hey presto!" or "Et voila!" This phrase is used to describe a process which seems more difficult than it actually is. "Press down the clutch, put it into gear, then slowly ease off the clutch again. Bob's your uncle -- you're driving!"

"Bog-standard"

Something that is "bog-standard" is completely ordinary with no frills, embellishments, or add-ons. Its origins are somewhat unclear, but a "bog" is another word for a toilet in British slang, adding to the connotations that something "bog-standard" is unglamorous and not special. "How was the hostel?" "Oh, nothing exciting to report. Just your bog-standard dorm, really."

"Boot"

The "boot" is the compartment at the back of the car known as the "trunk" in American English. "Shove the shopping in the boot."

"Botch job"

A repair job that's been completed in a hurry and will probably fall apart reasonably soon is considered a "botch job." "Sam did a botch job on these shelves -- they're wonky!"

"Brolly"

Abbreviation of "umbrella."

"Grab your brolly, it's drizzling outside."



"Budge up"

An informal way of asking someone to make room where they are sitting for you to sit down, too, would be asking them to "budge up." It's similar to "scoot over" or "move over." "Hey, there's loads of room on that bench. Budge up and make some room for us, too!"



"Builder's tea"

The name of a strongly-brewed cup of English breakfast tea with milk -- the way that tea is most commonly drunk in the UK. It's common courtesy to offer a labourer or builder working on your house a builder's tea while they're working -- especially if they're working out in the cold. This is probably how the term came about. "A bacon sandwich and a builder's tea. Now that's a proper breakfast."

"Butchers"

"Butcher's hook" is Cockney rhyming slang for "look." Therefore, if you're "having a butchers," you're having a look at something. "Would you take a butchers at this broken bike for me?"

"Cack-handed"

A task performed in an awkward or uncomfortable fashion, usually clumsily, would be described as "cack-handed." "Cack" is old-fashioned slang for faeces. "He handles a screwdriver very cack-handedly."

"Cheeky"

An act which could be deemed as impolite or shameless, but for some reason comes across as funny or endearing to others, would be described as "cheeky." "Joe's children are absolute rascals -- they tied my shoelaces together last week!" "Those cheeky monkeys."



"Chinese whispers"

"Chinese whispers" are rumours that have been circulated and watered down until they only vaguely resemble the truth. The phrase originates from the game "Chinese Whispers" commonly played at children's parties. A phrase is whispered around a circle and the last person to hear the phrase has to guess what the initial phrase was. "Simon heard from John that you were fired." "What? No. I just had Friday off work." "Oh. It must have been Chinese Whispers."



"Chinwag"

A "good old chinwag" is a good chat, catch up, or gossip with someone. The action of chatting away -- with the jaw bobbing up and down -- resembles a chin "wagging" like a dog's tail. "Those two are having a proper chinwag -- I haven't been able to get a word in edgewise for half an hour!"

"Chockablock"

Something full to the brim, or rammed, could be described as "chockablock." This is sometimes shortened to "chocka." "We should've taken the other route. This road is chocka!"

"Chuffed"

Overjoyed; full of pride. "I heard you got the promotion. Congratulations! You must be chuffed."



"Clanger"

An obvious and indiscreet mistake or blunder. Unrelatedly, "Clangers" was also a children's TV show from the 1970s about pink mouse-like creatures that lived on the moon. "You dropped a clanger there."

"Codswallop"

Something untrue -- often made up for dramatic effect. Although no one is completely sure of the word's origins, it could derive from the words "cod" and "wallop," which historically meant "imitation" and "beer" respectively -- implying that "codswallop" is the kind of rubbish you make up when drunk. "Oh, what a load of codswallop!"

"Cost a bomb"

Expensive. "Your watch is gorgeous." "I should hope so, it cost a bomb."

"Cream crackered"

Cockney rhyming slang for "knackered," if you're "cream crackered" then you're incredibly tired. A "knacker" was the person that slaughtered worn-out horses in the 19th and 20th centuries for their meat, hoofs, and hide. So, if you're "ready for the knacker's yard," you're exhausted beyond relief. "This week's done me in already, and it's only Tuesday. I'm cream crackered."

"Curtain twitcher"

A nosy neighbour, often caught peering out on their street's activities from a curtained window, might be referred to as a "curtain twitcher." "He's obsessed with anything that happens on this street. He's a bloody curtain twitcher, but he still won't sign for our packages."

"Dench"

An adjective used to advocate something that is impressive or agreeable, dench is the equivalent of "solid" or "cool" when used in response to someone else. Its reported creator, British rapper Lethal Bizzle, elusively told the Guardian that the word "means anything you want." "I'm going to make us spaghetti carbonara for dinner." "Dench."

"Dim"

Someone that lacks common knowledge might be described as "dim," whilst someone that's intelligent might be described as "bright." "She's a bit dim."

"Doddle"

An easy task is a "doddle." The word could be a variation of "toddle" -- like a young child's first steps. "This will be a doddle."

"Dog's dinner"

A "dog's dinner" is a mess or fiasco -- sometimes also referred to as a "dog's breakfast." "You've made a dog's dinner of that."



"Faff"

To "faff" is to waste time doing very little. "Faff" comes from the 17th century word "faffle," which means to flap about in the wind. "We were just faffing about."

"Fag"



A cigarette. A "fag end" is also the ratty bits towards the ends of a reel of fabric, which are the worst and the cheapest bits of the reel. Historically, "fags" were the cheaper cigarettes made of lower grade tobacco; however, the slang has spread to encompass all cigarettes. "Could I pinch a fag, please?"

"Fit"

Used to describe someone physically attractive, usually referring to their physique. "He's fit."

"Flog"

To "flog" means to sell something -- usually quickly and cheaply. "Flogging" also refers to whipping a racehorse in order to make it move faster, so there is some speculation into whether you flog goods in order to make them shift faster, too. However, there is no proof for this theory. "I'm trying to flog my old sofa. Do you know anyone that might be interested?"

"Full Monty"

After "The Full Monty" film was released in 1997, there was some international confusion over the phrase in which it was taken as a euphemism for stripping. However, "the full Monty" actually refers to pursuing something to the absolute limits.



"The full Monty" historically refers to an old tailor called Sir Montague Burton. Going "the fully Monty" meant purchasing a full three-piece suit, a shirt, and all of the trimmings. "Our Christmas dinner had everything from sprouts to Yorkshire puddings. If you're going to have a roast, have the full Monty!"

"Full of beans"

Someone that's energetic, lively, or enthusiastic might be described as "full of beans." This phrase could be a reference to coffee beans, although these claims have been disputed. "Goodness, you're full of beans this morning!"

"Gaff"

"Gaff" is an informal word for "home." Although the origins of this phrase are largely unknown, a gaff in the 18th-century was a music hall or theatre, and so it's believed to derive from this. "What are you up to this weekend? We've got a party at our gaff, if you fancy it?"

"Gallivanting"

To "gallivant" means to roam, or to set off on an expedition, with the sole intention of having some light-hearted fun. Historically, "gallant" described someone brave or valiant, so "gallivanting" is a carefree and confident act. "Off they go again, gallivanting."

"Geezer"

A "geezer" is a man that could be described as "suave" or "dapper," and is often suited and booted. Men from east London are also commonly referred to as "geezers." Geezer is thought to stem from the 15th century "guiser," which meant well-dressed. "That guy's got such swagger -- he's a proper geezer."

"Give me a tinkle on the blower"

"Give me a call" or "ring me." The phrase is sometimes shortened to "give me a tinkle." "Tinkle" refers to a phone's ring, while "blower" is slang for telephone and refers to the device that predated phones on Naval ships. Sailors would blow down a pipe to their recipient, where a whistle at the end of the pipe would sound to spark attention. "Give me a tinkle on the blower."



"Gobsmacked"

Astounded; bewildered; shocked. "Gob" is slang for mouth, so if you're gobsmacked, you're shocked to the point of clapping your jaw in disbelief. "I was gobsmacked!"

"Gutted"

A football fan watches his team lose. Not to be confused with literally being disembowelled, someone that says they're "gutted" is devastated or extremely upset. "I was absolutely gutted."

"Half past"

While Americans are more likely to say "seven thirty" or "five fifty," Brits will more often than not refer to times in "minutes past" the hour. Eg, "half past seven," and "ten to six." It's unclear why Brits appear to favour analogue time-telling while Americans go for the digital format. "It's twenty past eleven."

"Hank Marvin"

"Hank Marvin" is Cockney rhyming slang for "starving." "I'm Hank Marvin" means "I'm hungry" or "I'm ravenous." Hank Marvin is a British musician from the 1960s and 1970s, and is a pretty obscure reference nowadays. Marvin played guitar in Cliff Richard's backing band in the 1960s. "When are we going to eat? I'm Hank Marvin."

"Innit"

"Innit" is an abbreviation of "isn't it" most commonly used amongst teenagers and young people. This phrase is used to confirm or agree with something that another person has just said. "It's really cold today." "Innit."

"Leg it"

Make a run for it; run away; scarper. "That's when all of the lights came on, and so we legged it."



"Long"

Something that takes a lot of effort and probably isn't going to be worth all of the effort, either, could be described as "long." This could be due to the lengths that the person will have to go to in order to complete the task. Something that is "long" is probably also annoying or aggravating. "Cleaning the kitchen is long."

"Lurgy"

If someone's "caught the lurgy," they're suffering from cold or flu-like symptoms. "The dreaded lurgy" originates from 1950s British TV show "The Goon Show," in which one character has to deal with a national epidemic of an unidentified illness. "Lurgy" is probably based on a mispronunciation of the word "allergy." "She's come down with the dreaded lurgy."



Making random words past-tense to mean drunk

Brits are known for favouring a drink or two, so much so that almost any noun can be used as a substitute for "drunk." In his stand-up show, British comedian Michael MacIntyre said: "You can actually use any word in the English language and substitute it to mean drunk. It works." Examples include "trolled," "smashed," and "gazeboed." "I was absolutely car-parked last night."

"Miffed"

Slightly irritated or annoyed. "Miffed" possibly derives from the German "muffen," meaning "to sulk." "I was a bit miffed, I can't lie."

"Minging"

Something unpleasant, unappetising, or highly unattractive might be described as "minging." The term comes from the Scottish slang word "ming," meaning faeces. "What's in that sandwich? Is that ham and tuna? That's minging."

"Mint"

"Mint" might be used when referring to something of the highest calibre. Derived from "mint condition," which refers to something pre-owned that retains its pristine condition, although something that's just "mint" doesn't have to be pre-owned. "Those shoes are mint!"



"Mortal"

Derived from the Newcastle sociolect, "mortal" was made widely known across the country in 2011 by reality TV show "Geordie Shore." "Mortal" describes someone highly intoxicated or drunk in a sloppy manner. "Did you see Scott last night? He was mortal."



"Nick"

"The Nick" can refer to prison, while "to nick" also means to steal. The origins of the phrase are largely debated online, however, it's believed that "to nick" as in to steal influenced the slang term for prison, as being imprisoned is similar to being "stolen" away. "Did you just nick that?" "Don't get caught, or you'll end up in the Nick!"

"On it like a car bonnet"

This colloquialism might be said by someone that has the situation under control. "How's the report going, Steve?" "Don't you worry, Alan, I'm on it like a car bonnet."

"On the pull"

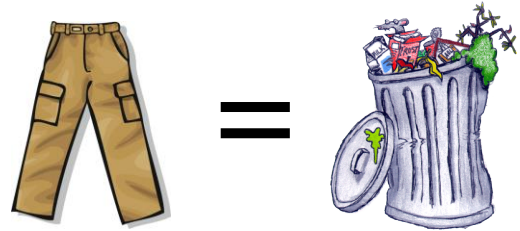
Someone that's "on the pull" has gone out, usually on a night out, with the intention of attracting a sexual partner. "Pull" can also be used as a verb. If you've "pulled," you've kissed someone. "You look nice. Are you going on the pull?"

"Over-egg the pudding"

"Over-egging the pudding" means embellishing or over-doing something to the extent that it's detrimental to the finished product. Although this sounds like an analogy about the chemistry of baking, or putting too many eggs in a cake batter, "egg" actually comes from the Anglo Saxon "eggian," meaning to "excite." This is still used in English in the phrase "egging someone on" to do something. In "over-egging the pudding" analogy, someone is over-exciting, or over-mixing, the batter too much before it bakes -- resulting in a tough or dense cake. "We get it -- you've injured yourself. Don't over-egg the pudding."

"Pants"

Rubbish; trash; garbage. "That is pants."



"Par"

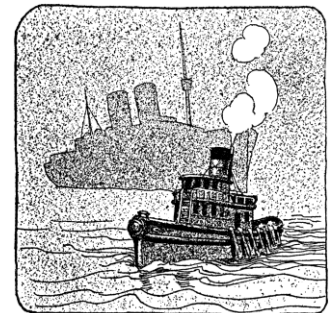
A "par" breaches social and common courtesy, eg, a disrespectful comment could be seen as a "par." "Par" can also be used as a verb, eg, "You just got parred." This slang term could be a British abbreviation of the French "faux pas," meaning an embarrassing or tactless remark in a social situation. "I don't mean this as a par, but did you remember to wash this morning?"

"Pear-shaped"

A situation which has quickly evolved into an accident waiting to happen might be described as "gone pear-shaped." The phrase is reportedly old slang from the Royal Air Force and was used to describe awry expeditions and flights. "Well, this has all gone a bit pear-shaped."

"Pea-souper"

A "pea-souper" is a thick fog, often with a yellow or black tinge, caused by air pollution. The idiom was first used to describe the thick, choking smogs that settled over London, caused by lots of people burning fossil fuels in a close vicinity, as early as 1200. The smogs were compared to pea soup due to their colour and density. "Be careful when you're driving -- it's a pea-souper out there."



"Pinch punch first of the month"

"Pinch punch, first of the month. No returns of any kind" is a school playground rhyme often exchanged between friends on the first day of a new calendar month, accompanied by a pinch and a punch to the recipient. If the joker forgets to say "no returns of any kind," the recipient can say "a slap and a kick for being so quick," accompanied by a slap and a kick. According to the Metro, the playground ritual originates from the medieval times, when a "pinch" of salt was believed to make witches weak, and the "punch" resembled banishing the witches entirely. As a result, "pinch punch, first of the month" was a way of warding off witches and bad luck for the near future. Nowadays, it's mostly a way for kids to pull pranks on their friends. "Pinch punch, first of the month!" "Ha! A slap and a kick for being so quick!"

"Pissed"

"Pissed" usually means "angry" in the US. However, in the UK, someone that's "pissed" is most probably drunk. "Oh leave him alone, he's pissed!"

"Pop your clogs"

To "pop your clogs" means to die. This cheery phrase is widely believed to originate from Northern factory workers around the time of the industrial revolution. When they were working on the factory floor, employees had to wear hard clogs to protect their feet. "Pop" has evolved from "cock," and when someone "cocked" their clogs, the toes of their clogs pointed up in the air as they lay down dead. "Did you hear what happened to John's old man? He popped his clogs, didn't he..."

"Poppycock"

Something that is nonsense, rubbish, or simply untrue might be described as "poppycock." This quintessentially British idiom derives from the Dutch "pap" and "kak," which translate as "soft" and "dung." "What a load of poppycock!"



"Quids in"

Someone who's "quids in" has invested in an opportunity which is probably going to benefit them massively. "Quid" is British slang for "pounds," eg, "five quid" means £5. "If it all works out as planned, he'll be quids in."

"Round"

You might buy a "round" of drinks for your friends at the pub, in the understanding that they will each buy you a drink as part of their "rounds" later on. "Whose round is it? Is it Steve's?" "No way, these pints were my round."

"Shambles"

A disorganised mess or chaotic environment might be described as a "shambles." "What's happened here? This is a shambles!"



"Shirty"

Someone short-tempered or irritated might be described as "shirty." The meaning of this slang has been debated at length. The word "shirt" is derived from the Norse for "short," hence short-tempered. However, other people believe that "shirty" has connotations of being dishevelled. "Don't get shirty with me, mister."

"Skew-whiff"

Something that is "skew-whiff" is askew. "Is it just me or is that painting a bit skew-whiff?"

"Skive"

"Skiving" is the act of avoiding work or school, often by pretending to be ill. "Skive" is derived from the French "esquiver," meaning "to slink away." "He skived off school so we could all go to Thorpe Park on a weekday."

"Slumped"

Lacking in energy; usually after a long period of exertion. "Do we have to go to the dinner party tonight? I'm slumped."

"Smarmy"

Someone that comes across as scheming or untrustworthy might be described as "smarmy." Although the adjective's origins remain largely unknown, early documented uses seem to use the word as synonymous with "smear," further suggesting that someone who is "smarmy" is also "slick" or "slippery." "Don't trust him -- he's a smarmy geezer."

"Sod's law"

A British axiom that boils down to the idea that: "If anything can go wrong, then it definitely will go wrong." "Sod's law" is often used to explain bad luck or freakish acts of misfortune. This is more commonly known in the US as "Murphy's law." "Of course my toast had to land on the floor butter-side-down. It's Sod's law."

"Spanner in the works"

An event that disrupts the natural, pre-planned order of events could be described as a "spanner in the works." The phrase describes the mayhem caused when something is recklessly thrown into the intricate gears and workings of a machine. "By getting pregnant, Mary threw a spanner in the works."

For your Information: A **spanner** is a tool used to provide grip and mechanical advantage in applying torque to turn objects—usually rotary fasteners, such as nuts and bolts—or keep them from turning. In Canada, we call it a **wrench**.

"Spend a penny"

To "spend a penny" is a polite euphemism for going to the toilet. The phrase goes back to Victorian public toilets, which required users to insert a single penny in order to operate the lock. Although it sounds crude, the phrase is actually considered a polite way of announcing that you are going to visit the bathroom. Historically, only women would announce they were going to "spend a penny," as only women's public toilets required a penny to lock. Men's urinals were free of charge. "I'm going to spend a penny."



"Splash out"

To "splash out", means spending significant amounts of money on a particular item or event. If you're "splashing out," it's implied that you're spending money on a treat to mark a special occasion or celebration. "Wow -- you've really splashed out on this party!"



"Swot"

Similar to "nerd" or "geek" but less derogatory -- someone that takes academic study very seriously might be described as a "swot." "Swot" can also be used as a verb. "I haven't seen Tom since he started revising for his exams. He's turned into such a swot!" "Yeah, he's been swotting like mad for his Spanish exam."

"Take the biscuit"

If someone has done something highly irritating or surprising in an exasperating fashion, you might say that they've "taken the biscuit." "Taking the biscuit" is the equivalent of taking the nonexistent medal for foolishness or incredulity. "I could just about deal with the dog barking at 5:30a.m., but the lawnmower at 3 a.m. really takes the biscuit."

"Take the Mickey"

To "take the Mickey" means to take liberties at the expense of others -- and can be used in both a lighthearted and an irritated fashion. "Take the Mickey" is an abbreviation of "taking the Mickey Bliss," which is Cockney rhyming slang for "take the p***."

"Hey! Don't take the Mickey."

"Tickety-boo"

Something that is "tickety-boo" is satisfactory and in good order. This classic British idiom may seem stereotypically twee, however, some sources believe that "tickety-boo" in fact derives from the Hindu phrase "ṭhīk hai, bābū," meaning "it's alright, sir." "Everything's tickety-boo."

"Waffle"

When someone makes a great speech while skirting around a subject or saying little of any value, you might say that they're talking "waffle," or that they're "waffling." In the 17th century, to "waff" went to yelp, and quickly evolved to mean to talk foolishly or indecisively. "I wish he'd stop waffling on." "What a load of waffle!"



"Wally"

Someone silly or incompetent might be described as a wally. Although its origins are largely debated, the term's meaning has evolved over the last 50 years alone. In the 1960s, someone that was unfashionable might be nicknamed a "wally," according to dictionary.com. "Don't put down a leaking mug on top of the newspaper, you wally!"

"Wangle"

If you've "wangled" something, you've accomplished or attained something through cunning means. "I wangled some first-class seats by being nice to the cabin crew!"

"Whinge"

To "whinge" means to moan, groan, and complain in an irritating or whiney fashion. "Quit whinging."

"Wind your neck in"

If you want to tell someone to not concern themselves with issues that don't directly affect them, you might tell them to "wind their neck in." This classic phrase is another way of telling someone that their opinion is not appreciated in the given scenario. "Wind your neck in and stop being so nosy!"

"Wind-up merchant"

Someone that makes comments just to spark controversy or argument might be labelled a "wind-up merchant." The "wind-up merchant" will often claim to be making their comments as a light-hearted jest when the recipients start becoming irritated. If you're "winding someone up," you're making them tense or irritated in the same way you wind up a Jack-in-the-box before it pops. "Stop being such a wind-up merchant and be serious for one second!"

"Zonked"

Exhausted; tired. "I was going to go out tonight but when I finished work I was absolutely zonked."



MISH-MASH of MEDICAL NEWS:

How does Broccoli help to prevent cancer?

<https://www.medicalnewstoday.com/articles/316448.php?sr>

Tree Nuts May Lower Risk of Colon Cancer Recurrence, Death:

<https://www.medicalnewstoday.com/articles/317534.php?bl>

Grape Extracts May Protect Against Colon Cancer:

<https://www.medicalnewstoday.com/articles/318007.php?sr>

Grape Compounds Can Help to Treat Depression:

https://www.medicalnewstoday.com/articles/320830.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Beer Compounds May Help to Treat Metabolic Syndrome:

https://www.medicalnewstoday.com/articles/320846.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Drinking Alcohol Can Clear Brain Waste:

https://www.medicalnewstoday.com/articles/320824.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Sensory Deprivation Improves Stroke Recovery:

https://www.medicalnewstoday.com/articles/320810.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Ginkgo Biloba and Aspirin May Help Stroke Recovery:

<https://www.medicalnewstoday.com/articles/320420.php?sr>

Eating Cheese Every Day May Benefit Heart Health:

<https://www.medicalnewstoday.com/articles/320249.php?iacp>

Brain Waves Predict Real Friends:

https://www.medicalnewstoday.com/articles/320777.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Exercise Alters Gut Microbiota:

<https://www.medicalnewstoday.com/articles/320264.php?sr>

Exercise Alone Does Not Achieve Weight Loss:

<https://www.medicalnewstoday.com/articles/320174.php?iacp>

Why Chocolate is Good for your Gut:

<https://www.medicalnewstoday.com/articles/319408.php?sr>

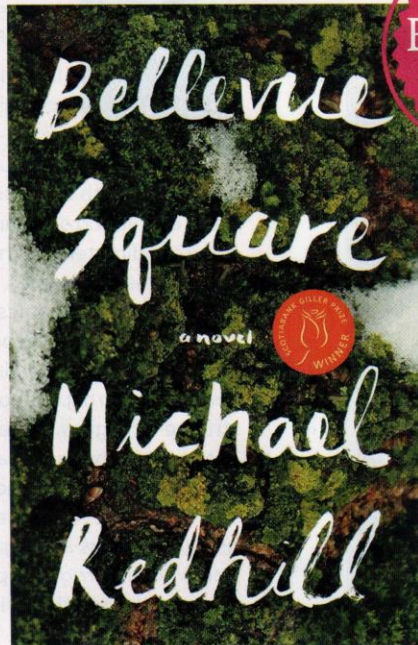
Gut Flora Dictates How Much Weight We Can Lose:

<https://www.medicalnewstoday.com/articles/319411.php?sr>



Hot Reads

Kick the last of winter to the slushy curb by losing yourself in these hot-off-the-press books that feature everything from Sri Lankan refugees to Russian spies.



Editor's PICK

Bellevue Square FICTION

(DOUBLEDAY CANADA) BY MICHAEL REDHILL, \$32.

In this Scotiabank Giller Prize winner, what seems to be an anecdotal experience—a customer in Jean's bookstore is sure he just saw her, somewhere else, with shorter hair—becomes an obsession for Jean. She's adamant her doppelgänger is someone she needs to meet and confront. But is it because she's convinced this person is nothing like her? Or is it to prove to herself that this person is actually real? As Jean's world is turned upside down, we get turned with her. Who is Jean, and who is her double?

YOU COULD WIN!

Head over to canadianliving.com/contests for your chance to win one of four winter-reading prize packs containing all four of this month's hot reads, and to subscribe to the Penguin Random House book lover's newsletter.

No purchase necessary. Contest ends March 1, 2018, at 11:59 p.m. EST. Contest is open to all legal residents of Canada who have reached the legal age of majority in their province/territory of residence at the time of entry. To enter, visit canadianliving.com/contests. Correct answer to mathematical skill-testing question required. Odds of winning depend on the number of online entries. Visit canadianliving.com/contests for eligibility requirements and complete contest rules.



I Am, I Am, I Am: Seventeen Brushes With Death

MEMOIR
(KNOPF CANADA) BY
MAGGIE O'FARRELL, \$30.

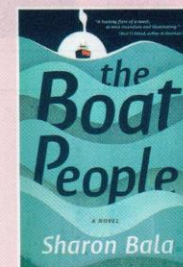
From an encounter with a suspicious man on a remote path in the first chapter, the tension builds through this collection of the author's near-death experiences. Thanks to Maggie O'Farrell's storytelling skill, each close call, medical anomaly and youthful decision will leave you thoughtful, appreciative and feeling a renewed reverence for life.



Need to Know FICTION

(DOUBLEDAY CANADA)
BY KAREN CLEVELAND, \$25.

We've had *A Spy Among Friends*, *No Way Out*, *The Americans* and, now, *Need to Know*—spy stories featuring Russian moles just never get old. This debut novel features happily married CIA analyst Vivian Miller, who comes across some devastating evidence of a spy cell that hits way too close to home. Caught between conflicting loyalties, Vivian is forced to navigate the dangerous waters of international espionage to save her country, her family and her life.



The Boat People FICTION

(MCCLELLAND
& STEWART) BY
SHARON BALA, \$25.

A real ship of refugees from war-torn Sri Lanka inspired Sharon Bala's debut novel about fictional Mahindan and his young son, who arrive in Vancouver only to be detained, imprisoned and subject to heavy interrogation. The compelling and timely tale weaves perspectives of Mahindan, his lawyer, Priya, and Grace, the adjudicator tasked with deciding his fate.



Penguin
Random House
Canada

PQRTA PROGRAM: Bowling – February 7, 2018



Suzanne: Such style, such grace!



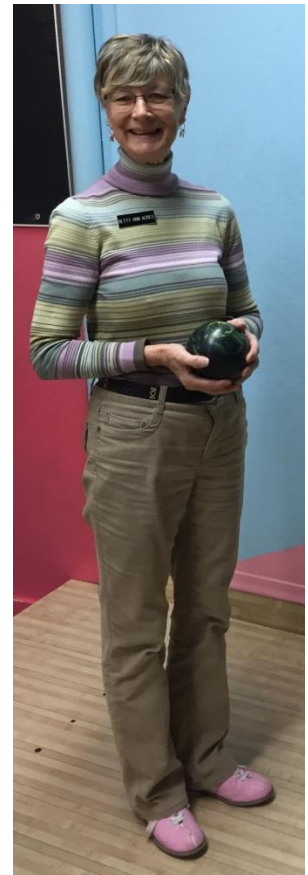
Betty Ann: Maybe Granny style work!



Here's hoping...



Lucky strike for Cathy Van!



Pretty pink shoes, Betty Ann!



The Peanut Gallery: (left to right) Marg Hoverman (Head Cheerleader), Betty Ann Acres, Joan DeJong, Sherilyn Stedham, and Suzanne Rush.



Lots of laughs!!!

And
the
Winner
is...



Better luck next time, Sally!



Congratulations to Joan DeJong!

QUESTION OF THE MONTH:

What is your favourite season and why?



Lynn Mattson:

I'd have to say that it is a toss-up between Spring and Autumn . In both seasons, there is a definite feeling and smell in the air that announces their arrival. And the confirmation of Nature's cycle and, correspondingly, of Life. The colours of Autumn never cease to amaze me, and the new growth of Spring is so refreshing . Come to think it, Summer and Winter are pretty amazing, too

Barb Brett:

My favourite seasons are Spring and Fall – not too hot and not too cold!

Barb Thorsell:

That is a hard question, for me, because, I like different seasons for different reasons:

I love spring, who doesn't? because of the new growth, I can watch my bulbs coming and many different flowers come into bloom. I can get to my garden and love every minute of getting down on my knees and working in the dirt.

Summer! I can hardly wait. Many family members and friends come to visit. My coffee outside, on the patio, in the mornings and my night time tea, in the same spot. Watching all the different birds that come to my feeders.

Autumn. All the beautiful colours. Putting my yard at rest, raking leaves. Thinking about years ago that we had bonfires and wiener roasts. That was before the pollution concern! But, it was fun!

Then, winter. Out comes my at home projects. Jig saw puzzles, good books that I want to read, knitting. Thinking about letters to friends that I neglected. And again in past years, skiing, Ice skating and sleigh riding. Oh dear, Am I allowed to have four favourites?

Nancy Whelan:

Tough question! May I have two ... seasons, that is?

SPRING – for new-growth-smells and bird song and growing things

FALL – for autumn colour and smells ... and no more weeding!

Betty Ann Acres:

My favourite season is spring, because it means renewal and rebirth. I love that it is generally mild and wet and full of rebirth in much of nature. The spring flowers from the hidden bulbs are always greeted by me with joy and wonder at the fecundity of nature. The temperatures are generally slowly rising and giving warmth to my face as I wander around my garden every day looking for the subtle changes that occur every day in the spring.

Yvonne Zarowny: Fall – love the colours here.



Yolande Catalan:

To answer your question honestly, I more or less love all the seasons. Each one has their beauty; but the one that I prefer the most is Spring when the weather is not too hot or too cold and the sun is shining with the flowers blooming with their beautiful aroma.

Dave Stewart: Summer, warm/Hot, lots of sun, having said this May is my favourite month, fresh green, lots of flowers and sunny.

Val Dyer:

My favourite season is early Fall; everything is so crisp and clear with much of the foliage in full beauty.

Colleen Craig:

Spring: with birds singing, time to dig in the soil, the cheeriness of the daffodils, the zing of the hummingbirds as they have their territorial fights, and the warmth of the sun on our faces. Spring, is a time of new growth, new beginnings and a grandson's birthday to celebrate.

**Carol Hickman:**

Favourite Season.....that's a tough one! They all definitely have their charms. I have to say Summer because that's when we most enjoy our place on Sproat Lake. Lots of family and friends come to visit, and everyone seems to be in "vacation" mode. Swimming, kayaking, paddle boarding, motor boating, wine/beers on the dock at happy hour.....it just doesn't get much better than that!

Marg Hoverman:

Favourite Season? Well, you can certainly rule out Winter - it's too cold. And Summer? - it's too hot. I would have to say Spring, with its promise of new life.

Sharon Cox-Gustavson:

A Favorite Season? Living on Vancouver Island where we enjoy distinctly, the four different seasons of the year....how could I possibly choose a favourite one, when each has so many glories to experience?

Cathy Van Herwaarden:

I would have to say that my favourite season is spring. After a cold winter season, it's so wonderful to feel the lovely warm sunshine on our faces and see Mother Earth magically come back to life! Hurry up, Spring!!!

Here's an idea for spring planting!!!

Start seeds in ice-cream cones and then plant them in the ground. It's the perfect biodegradable hack.





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**



March Events - Parksville and Qualicum Beach Area
<http://www.visitparksvillequalicumbeach.com/events-2018-3/>

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

March 2, 2018 – Lunch at Smoke 'n Water followed by speaker: Estate Planning - Kevin Holte

March 8, 2018 – International Women's Day

March 17, 2018 – St. Patrick's Day

March 24, 2018 – Lights Out – 8:30 to 9:30pm

March 19 to 29 – Spring Break - School District 69

March 30 – Good Friday

April 17 – North Island Wildlife Recovery Centre (waiting for tour guide confirmation)

May – Buddhist Temple Tour – to be announced

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, but thanks to Jim Swanson for updating our website:

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

