



PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER #2 – NOVEMBER 2016

PRESIDENT'S MESSAGE from Cathy Van Herwaarden:

I can't believe that it's almost the end of November!!! I must be having a lot of fun, 'cuz time sure has flown!!! I hope that you enjoy my second newsletter with a few new features that I borrowed from the Richmond RTA newsletter: "Sunshine" and "Goings and Doings"

PQRTA MEMBERSHIP NEWS:

As of September 21st, we have 215 members. Of those, 7 are new and 16 are life members. Do you know of anyone that is a teacher, but not a member of our local? Let them know about our social events and encourage them to join in the fun! Bring them along as a guest!

BCRTA – SOCIAL CONCERNS COMMITTEE: Lynne Rodier

Are you willing to be a Social Concerns contact for our local branch? Your role would be receiving information and giving feedback about social concerns. The Social Concerns Committee is looking to develop a network of contacts to facilitate communication between the committee and its members. The committee will share provincial concerns with the contact and the contact will share back local issues with the provincial committee. It is not an onerous task and requires mostly emails. Here's this year's objectives for Committee:

- To actively support "A Declaration Concerning a National Health Care Strategy for Seniors"
- To continue to advocate for seniors issues in the upcoming provincial election
- To continue to work with Health & Housing with concerns that involve both committees
- To provide information on property tax deferrals prior to the tax deadline for members who are home owners
- To continue to encourage all branches to actively support social concern issues that affect BCRTA members, and to appoint Branch Social Concerns contacts
- To continue to monitor the work of Provincial Seniors' Advocate

For more information: <http://bcrtta.ca/bcrtta-committees/179-social-concerns-committee>

If you are interested in being our Social Concerns contact, please contact me.

cathyvanh@gmail.com or 250.248.0412 **We need a volunteer, please!!!!**



PAST EVENT - GLASS BLOWING DEMONSTRATION – Oct. 26th

Ten retired teachers and friends gathered at Robert Held's Glass Art Studio and were treated to demonstrations and explanations of the glass blowing process. Robert and his apprentices created a variety of products including a large vase that required two people to finish. Descriptions of the whole process from the 'Glory Hole' to creating colour were explained. The chemical combinations that make the glass go from clear to coloured are complicated indeed. Robert discussed and created a glass filament that reminded some of us of a fibre-optic cable. All attendees were fascinated by the process and educated by the talk. We were also tempted by the retail section of the operation.

The shop area is skillfully maintained by Dona Naylor and is open during weekdays and some Saturdays with glass blowing visible during these hours. Robert Held Glass is located at 708 East Island Highway in Parksville (near the orange bridge and shares a parking lot with Ladies' Mantle.) There are some great ideas for special gifts, so go check it out!

TEACHERS WANTED:

Part-Time Teacher

At the Arrowsmith Independent School.
Contact Colleen Munro.
Phone 250.927.2248 or Email:
colleen.arrowsmithschool@shaw.ca



ESL Tutor for February

Monday to Thursday from approximately 3:30 to 8:30, during the month of February. These are high school students, mostly taking English courses, with some SS and First Nations. Excellent dinner provided! Contact Linda Greig: lindagreig1954@gmail.com



GOLDEN STAR AWARDS:

BCRTA gives six awards of \$1500 to schools (K to 12) that are involved in working with seniors. Are you aware of a teacher that needs to know about this? Spread the word!!! For more information:

http://bcrta.ca/images/Final_BCRTA_Golden_Stars_Awards_Application_Revised_June_20_2016.pdf

BCRTA and RR SMITH FOUNDATION: <http://bcrta.ca/rrsmith-foundation>

If you are a member of BCRTA, then you are a member of RR SMITH FOUNDATION – the philanthropic arm of BCRTA that advances public education in British Columbia and developing countries. The Canadian Harambee Education Society (CHES) is one of their recipients. At the moment, \$2.00 of your \$40 BCRTA member fee is donated to this foundation for their charity work. This automatic arrangement will change in the future, due to the New Societies Act, and how we do our fundraising for scholarships will be changing, too. More information to come!

Gluu Technology Society:

R.R. Smith has partnered with Gluu Technology Society to offer members an opportunity to learn to use their iPhone, iPad, iPod, Apple Watch and Mac desktops more effectively. Gluu Technology Society is a not for profit organization committed to helping older adults master these powerful Apple products. All of us are at different levels when it comes to operating these useful devices. It is frustrating when we cannot make the devices respond as they should. And even more frustrating when there is no one to help you figure it out. Gluu Technology has an "Annual Support Membership" which allows members to email their question and get online help with links to videos or notes to answer questions. Normally this support is \$120.00 per year. It is being offered exclusively to R.R. Smith members for \$84.00 per year. This offer is limited to the first 200 members. Go to <http://gluureconnects.org/> and click on R.R. Smith Members in the upper right hand corner. The password is education. Once you are into our members section, you can read about the offers and at the bottom sign up to receive a FREE copy of Gluu's Travels with Technology eBook. Gluu's mission is to help older adults use technology to remain part of modern life. They do that through hands-on classes, lectures and online support. If you have a question, email Judy at devriesj@telus.net

Enjoy Tour and Travel: <http://www.enjoytourandtravel.com/>

R.R. Smith is affiliated with Enjoy Tour and Travel. Enjoy Tours offer our members high quality day trips, overnight excursions and a variety of longer vacations. Each year they offer a fully escorted trip to Maui with a condo on the water and daily excursions. R.R. Smith benefits from this affiliation because Enjoy Tours donates a portion of the cost of each trip to R.R. Smith. When a B.C.R.T.A. / R.R. Smith member books a trip with Enjoy Tours tell the booker that you are a B.C.R.T.A. / R.R. Smith member so that R.R. Smith receives a benefit. It costs our members nothing. Mention BCTRA or RR Smith when booking to donate 10% for Day Tours, 5% for Multi Day Tours and \$100 for Vacations. It's a win, win situation!

Branches can, and are booking, day trips for their members. It is easy to do. Decide on a trip, pick a date with Enjoy Tours and sign up your members. Langley Retired Teachers' Association has a "Let's Go" group that travels far and wide. Retired teachers from all over the province have joined the group. Members who wish to find a travel companion or who wish to travel in a safe, fully escorted manner with a like-minded group may also join the "Let's Go" Group. Member's travel companions are welcome to join.

To join the "Let's Go" travel group, send your email address to Judy de Vries at the following:
devriesj@telus.net

SPOT THE SENIORS IN THE NEWS:



From left, Bob Rogers, Regional District of Nanaimo director, receives a cheque from Moorecroft Stewardship Committee members Jo Graham, Vicki Knight and Deirdre Lott, and Allan Hawryzki, director of the Nanaimo Area Land Trust, in a presentation at Moorecroft Regional Park on Friday, Oct. 14, 2016.

PQRTA Members: Jo Graham and Vicki Knight



Statement from BCTF President Glen Hansman on the BCTF's victory at the Supreme Court of Canada

Ottawa - On behalf of BC's 41,000 public school teachers, today's win is a massive victory for our rights and vindication of all the years we have spent fighting the BC government's unconstitutional legislation.

It's also a very emotional day. We came to Ottawa today for a hearing and instead got a surprise ruling from the bench. Those of us there in the courtroom couldn't help but cheer and I know there are thousands of teachers back home in BC doing the same.

I am so proud of all our members, our past presidents, and executive committees for sticking with this fight for so long. It has been a tough journey and a long road, but today we finally have justice.

This is the final step in a very long legal process, in which the BCTF has consistently argued that the governments' actions in stripping teachers' collective agreements in 2002, and their further refusal to address the situation, was unconstitutional.

Today, Canada's highest court affirmed teachers' bargaining rights and agreed with the arguments that the BCTF has been making since then Education Minister Christy Clark first stripped teachers' collective agreements.

That unconstitutional legislation allowed the BC government to underfund education. As a result, BC has fallen behind the rest of Canada and an entire generation of BC students has lost out. According to the most recent Statistics Canada data, BC is last on seven key measures of education funding. BC's funding is currently \$1,000 less per-student than the national average. Only PEI is worse than BC in terms of per-student funding and it was the government's action in 2002 that allowed it to happen. This is completely unacceptable for a province as prosperous as BC.

But now, there is hope that those students coming up through the system will start to see classroom conditions and support levels improve. There is hope for teachers that their teaching conditions will return to workable and fair levels. In restoring our contract language from 2002, BC schools will once again be able to offer smaller classes, more support for children with special needs, and extra help for all students. The government should take immediate action to get those provisions back in effect so we can get back to a place where our teachers, schools, and students are properly funded and supported.

BCRTA NEWS RELEASE:

April 1, 2017 – Change from Pacific Blue Cross to Green Shield Canada

Members who receive Pacific Blue Cross benefits from the Teachers' Pension Plan will receive a letter telling them about a change in the insurance carrier to Green Shield Canada.

Please direct your calls and questions to the following:

Teachers' Pension Plan, Client Services, BC Pension Corporation

Toll Free: 1.800.665.6770 or Email: TPP@pensionsbc.ca

Learn more about the new carrier: <http://www.greenshield.ca/en-ca>



CHES SPONSORSHIP: Each year, our association donates \$600 to the Canadian Harambee Education Society for one young woman to attend high school in Kenya. This year, we sponsored Mercyline Kirikita. The previous newsletter contained her extensive biography. Her new school year begins in January.

If you wish to write to her, ask the postal clerk to run your letter through the post office machine postage stamper. Here's her address:

Mercyline Kirikita, Form 1,
St. Anne's Musoli Girls High School,
P.O. Box 756,
Kakamega 50100
Kenya

Recently, I discovered that a group of 4 people joined together to sponsor their own CHES student. Congratulations to Sally Hemingson, Jan Graham, Elisabeth Pos, and Lorna Calder for promoting education around the globe! Well done!!! Maybe others will be inspired???

ECHO PLAYERS ARTS FUND:



Echo Players is a non-profit society that would appreciate support to create a landmark mural for its heritage Village Theatre in Qualicum Beach. To make a donation and to see a progress report on its development, please go to: <https://fundrazr.com/QualicumBeachWallmural>

BETTER CARE FOR BC SENIORS:

There's a crisis in our seniors' care homes! Four out of five care homes in BC don't receive enough funding to meet the government's minimum staffing guidelines. Without enough staff, workers are stretched to the limit, seniors are left waiting, and families worry their loved ones will not get the care they need.



It doesn't need to be this way. Join the campaign for legislated, enforceable staffing standards that ensure safe, quality care for the elderly. It's time to ensure quality, stable care for BC Seniors. Add your voice to the call for better care for BC seniors. Please help by signing the petition for better care below.

Sign the petition – Hospital Employees Union: <http://www.carecantwait.ca/>

I'm adding my voice to the call for better care for B.C. seniors. Like many British Columbians, I call on the B.C. government to:



1. 1. Immediately fund all care homes to at least the current minimum staffing guideline.
2. 2. Legislate and enforce a new, higher minimum staffing level for safe, quality care.
3. 3. Hold care-home operators accountable to ensure funding supports secure, stable staffing — not more profits or administration.

A BILLION FOR BIKES: Cycling and Walking (Petition)

I call upon the Government of BC to enable everyone in BC to cycle & walk in safety as part of their daily lives by implementing an Active Transportation Strategy that includes:

Investing \$1 billion over the next ten years to:

- Upgrade cycling & walking facilities on provincial roads & bridges
- Complete cycling & walking networks in communities across BC
- Provide safe routes to school for children
- Build trails & routes for cycling & walking tourism
- Ensure that paths & protected bike lanes can be safely shared by people using wheelchairs, skateboards & in-line skates
- Enhance cycling education for children & adults
- Promote cycling & walking
- Encourage electric bike use by eliminating the PST & providing rebate

http://www.bccc.bc.ca/#sign_petition



If you know
of a PQRTA member
who needs some sunshine
in their life, due to illness
or a loss in their family,
please contact:
Colleen Craig
cocraig@shaw.ca
250.752.3762



AUTHOR! AUTHOR!! – Congratulations, Jule!!!

Dancing Into Reunion - My Haibun Memoir

Jule Briese: Workshop Facilitator, Poet, Revelstoke Retired Teacher

Within my heart I always knew at some point I would write about those magical days leading up to the reunion with my daughter whom I put up for adoption shortly after her birth. Almost 20 years later, the first 32 copies of Dancing Into Reunion have arrived by courier. I am so very pleased with all aspects of this book. I am also sincerely appreciative of those who encouraged me. My first experience of venturing into publishing has been a satisfying and a rewarding one.

“Dancing Into Reunion” focuses on the intensity of emotions and sharing of thoughts and feelings surfacing during those magical days leading up to our adoption reunion. The universal themes of loss, grief, joy and movement towards healing are also woven into this memoir.

The unique dance existing between prose and haiku in the Japanese literary form Haibun offered the perfect format for “Dancing Into Reunion”.

I decided to publish on my own. A friend who is a graphic designer took the challenge of the layout and cover design. We found the perfect northern lights photo and dancing angel symbol on a website. The rights to use both symbol and photo for the cover have been paid for the price of \$50.00. They can be used 500,000 times!!!! Editing was handled by a few of my friends who are writers.

Island Blue Printorium Book Works printed my book. They have a great website to help those wanting to publish on their own. I learned how to get my ISBN number and the importance of a properly done barcode from both their website and in telephone conversations.

A professionally made CD featuring the three songs that I have written and sung as part of my healing journey reconciling the grief of loss can be found inserted into the back cover of each book.

The challenge now is how to market it in a cost effective way? A t-shirt promoting my book with the a digital print of its cover on the front hopefully will draw some attention. Word of mouth, open stage venues, Facebook and writing articles such as the one you are reading can be helpful.

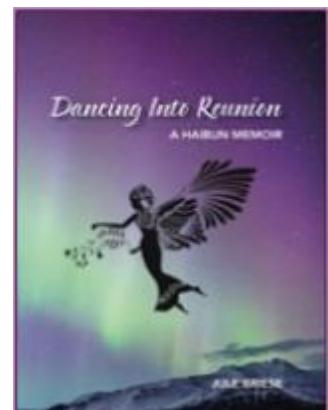
Should you be interested in knowing more about my book or my first experience into publishing or perhaps even buying a copy, you can reach me through tranquilshorescreative@gmail.com

Namaste, Jule Briese

PS. \$5.00 from each book sale donated to Haven House

Haven Society's Holiday Wish List: www.havensociety.com

- Gift Cards (any denomination) from local businesses (eg.Chapters, Best Buy, Walmart, Movie Theatres, Superstore, etc.)
- Grocery Gift Cards and turkey vouchers
- Bus Tickets
- New socks, underwear, and pajamas for women and children



SAVE ENERGY: 12 Ways to Lower Your Electric Bill



1. Keep blinds and curtains closed. If you don't have mini blinds on your windows — get them. They serve as a great insulator.

2. Install energy saving windows. Those old single pane windows really let a lot of heat and air conditioning escape.

3. Change the filters in air conditioners and furnaces. Not only does it keep systems running at optimum efficiency, it keeps the air in your home cleaner too.

4. Place window air conditioners on the shadiest side of the house. It won't have to work as hard and will use less power.

5. Make sure air conditioners and furnaces are the right size. Too small, it has to work too hard. Too large and they lose their efficiency, therefore using even more electricity.

6. Have regular checkups performed on systems. This keeps things running smoothly and could catch a problem before it's too late (eg. the middle of an unexpected snow storm).

7. Keep weeds and shrubs trimmed. Keep them away from outside heating/cooling units for best airflow.

8. Plant shade trees. This is especially important on the side of the house that gets the most sun.

9. Use timers to turn lights on and off. For when you're not around, it's better than leaving a light on constantly, and also works to fool burglars.

10. Use compact fluorescent bulbs. Although they cost a little more than regular bulbs, they last up to 10 times longer and use a lot less electricity to burn.

11. Unplug appliances and electronics. Some of these items tend to keep using a little electric even when turned off.

12. Adjust the temperature before leaving the house or going to bed. Or better yet, install a programmable thermostat. It will eventually pay for itself

<http://www.bargainist.com/deals/2007/06/12-ways-to-lower-your-electric-bill/>

GOINGS AND DOINGS:

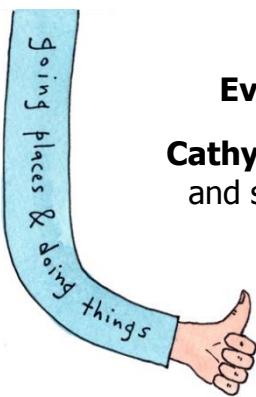
Eva Hilborn went to visit the polar bears in Churchill, Manitoba!

Cathy Van Herwaarden went to Long Beach for some storm watching and she's taking an anthropology course through VIU's Elder College.

What are you up to???

Please let me know for our next newsletter!

cathyvanh@gmail.com



FOODS TO BOOST YOUR ENERGY AND MOOD:

http://www.medicinenet.com/energy_foods_pictures_slideshow/article.htm



1. Smart Carbs

Although many dieters avoid carbs, they play an important role in promoting a good mood and delivering energy. Carbohydrates are the preferred fuel source for the body, and they raise levels of serotonin, a brain chemical that improves and stabilizes the mood. However, not all types of carbs are mood-boosters. Sweets tend to cause rapid spikes - and then drops - in blood sugar, leading to tiredness and bad moods. Whole grain carbs such as whole-wheat bread, brown rice, and cereal are absorbed more slowly into the bloodstream, promoting stable blood sugar and energy levels.

2. Cashews, Almonds, and Hazelnuts

Low levels of magnesium can negatively affect your energy level. Magnesium is important for the body to convert dietary sugars into energy. Cashews, almonds, and hazelnuts are good sources of protein and magnesium. Other foods high in magnesium are whole grains (especially bran cereals) and certain fish, such as halibut.

3. Brazil Nuts

Low levels of the mineral selenium have also been associated with poorer moods. Brazil nuts are a good source of dietary selenium, and smaller amounts of this mineral are found in seafood, meats, whole grains, and beans. But be aware: too much selenium is harmful.

4. Lean Meats

The amino acid tyrosine increases levels of two brain chemicals, norepinephrine and dopamine, that can increase alertness and focus. Lean meats (pork, beef, turkey, and skinless chicken) are protein foods that contain tyrosine. These meats also contain vitamin B12, which may act to relieve depression and insomnia.

5. Salmon

Fatty fish, such as salmon, is heart-healthy due to its omega-3-fatty acid content. The healthy fat content may also decrease the risk of depression. Nuts and dark green leafy vegetables are other sources of omega-3 fatty acids.

6. Leafy Greens

Folate, found in leafy green vegetables, may also help protect against depression. Other sources of dietary folate include citrus fruits, legumes, and nuts.

7. Fiber

Many people have diets deficient in fiber. Fiber can help keep your energy levels constant during the day. Dietary sources of fiber include beans, whole grains, veggies, & whole fruits.

8. Water

Even mild dehydration may have negative effects on your health, such as decreasing metabolism and draining energy. Stay hydrated all day by drinking plenty of water or unsweetened drinks.

9. Fresh Produce

Consuming fresh vegetables and fruits is another way to stay hydrated and keep your energy levels high. Fresh fruits and veggies are high in water content and can be filling snacks. Oatmeal and pasta are other foods high in water content, since they absorb their cooking water.

10. Coffee

Although it's a temporary fix, caffeine offers a short-term energy boost, improving concentration and energy levels. Frequent small servings of caffeine work better than one large dose to keep energy levels high. Consuming too much caffeine, however, can make it difficult to get adequate sleep, further draining energy levels.

11. Tea

Having a cup of tea is a known relaxation ritual, and it also provides a dose of caffeine. There is evidence to show that caffeine may improve your alertness, memory, and reaction time.

12. Dark Chocolate

Chocolate also contains caffeine, and a stimulant chemical called theobromine is also present in chocolate. Try a small snack of dark chocolate for a mood-boosting break.

13. Breakfast

People who regularly eat breakfast have a better mood during the day than those who skip this important meal. A healthy breakfast contains fiber and nutrients and is made up of a combination of good fats, whole-grain carbohydrates, and lean protein.

14. Frequent Meals

Eating small meals or snacks every 3-4 hours results in a more constant energy level and mood than the consumption of a few large meals. Ideas for small healthy meals include half a turkey sandwich with salad, whole-grain cereal and milk, or peanut butter with whole-grain crackers.

15. Energy Supplements

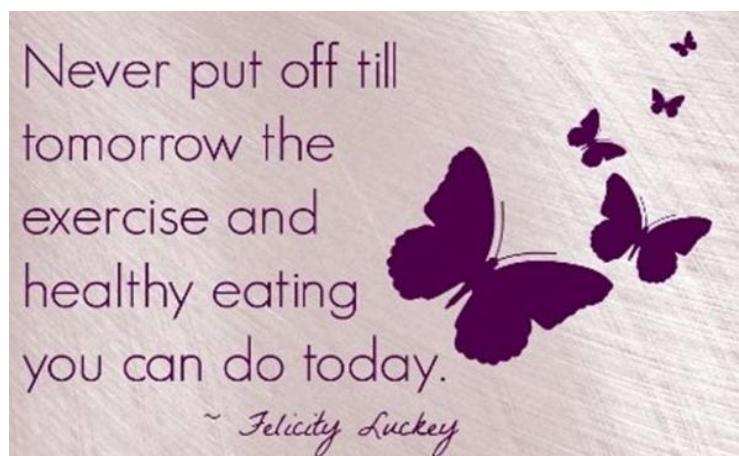
Energy supplements such as kola nut, yerba mate, guarana, and green tea extract probably have an effect similar to that of a cup of coffee, since many so-called energy supplements contain caffeine or similar chemicals.

16. Energy Drinks and Gels

Energy drinks and gels may be helpful for those taking part in high-intensity physical activity, but probably aren't needed by most people. They are usually high in calories and contain simple carbohydrates (sugar) and few nutrients.

17. Exercise for Energy

Exercise is another natural mood-booster. The more active that you are, brings a greater benefit to your emotional health. Evidence shows that exercise may relieve depression and contribute to an enhanced energy level throughout the day.





TRAVEL STUDY FOR ALL MEMBERS OF THE COMMUNITY

Adventures in Mind: Vancouver Island University - new program

Location: Florence, with day-trips to other cities.

Tentative Dates (to be confirmed): May 13 - June 4, 2017.

Group Leader: Prof. [John Black](#), Liberal Studies and Philosophy.

This Adventure provides a stimulating interdisciplinary exploration of one of the most dynamic and significant periods in the history of European culture. The setting is perfect because of the immense contribution of Florence to the Renaissance, the 14th-16th century blossoming of humanistic learning and artistic endeavor.

The Adventure will cover art, architecture and literature through the works of such figures as Dante, Giotto, Donatello, Brunelleschi, Masaccio, Leonardo, Michelangelo and Gentileschi. Activities include lecture/presentations, seminar discussions and visits to museums, galleries and other sites, in Florence and elsewhere. Optional preparatory sessions will be available in Nanaimo in early May.

For more information and to apply: www.viu.ca/adventures-in-mind



UPCOMING EVENTS:

Contact PQRTA Program Chair Elaine Young: reyis3@shaw.ca or 250.586.8112

November 30, 2016 - 1:00pm to 2:30pm – Tour of Munchkinland and WOW Bus (Oceanside Building Learning Together)

December 14, 2016 – 11:30am – Christmas Luncheon – Fairwinds Restaurant

January 24, 2017 – 1:00 to 2:30pm – Exploring Education in Kenya: A presentation of the Canadian Harambee Educational Society by Don and Wendy Reimer

February 9, 2017 - 1:00 to 3:00 PM Friendship Get Together

March 9, 2017 – Deep Bay Marine Station – 11:30 Tour and/or 12:30pm High Tea

PQRTA EXECUTIVE:

President – Cathy Van Herwaarden

Vice-President – Lucinda Hendren

Past-President – Kay Howard

Treasurer – Ellen Coates

Secretary – Marg Hoverman

Program – Elaine Young

Communication – Val Dyer

Membership – Laurel Johannson

Heritage – Sharon Cox-Gustavson

Social Concerns – Awaiting a Volunteer! You? Or, who???

Historian – Vacant, but thanks to Jim Swanson for updating our website, at the following:

<http://bcrrta.ca/bcrrta-branches/107-parksville-qualicum>

