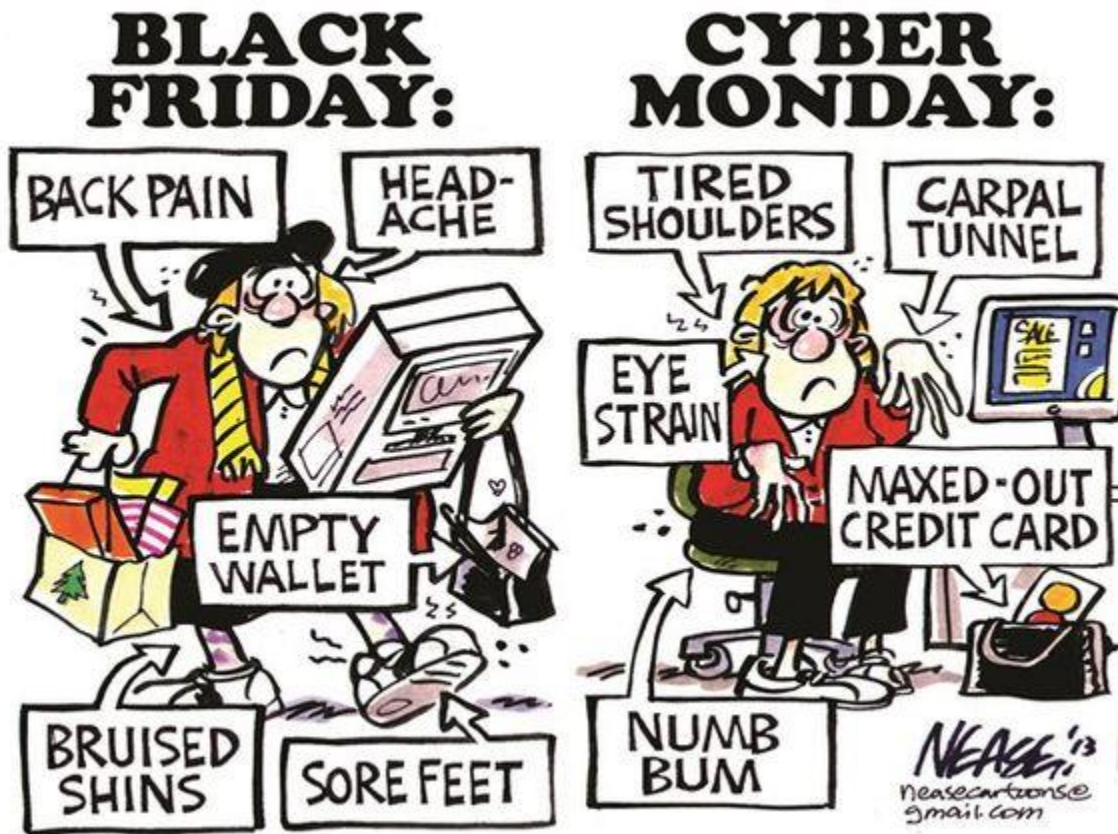




**PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION
NEWSLETTER #11 – December 2017**

PRESIDENT'S GREETING from Cathy Van Herwaarden:

I hope that you survived Black Friday, Cyber Monday, and Giving Tuesday. Oh boy...



Wishing you all an AMAZING Christmas with your loved ones!

Much accomplished, still more to do one year after the BCTF's historic Supreme Court win "One full year after the BCTF's historic win at the Supreme Court of Canada on November 10, 2016, BC schools have seen a lot of positive changes that are worth celebrating-even as the work to fully implement teachers' restored collective agreement language continues," said BCTF President Glen Hansman.

"It's been a busy, challenging, and exciting year since we won our landmark victory at the Supreme Court of Canada last November," said Hansman. "Teachers' restored collective agreement language means smaller class sizes, more specialists like counsellors working with students, full-time teacher-librarians back in libraries, and even the re-opening of some closed schools.

"Across BC, we have welcomed over 3,000 new teachers into our schools and there's still more to come. These positive changes are due to the hard work and determination of BCTF members right across our province."

"Unfortunately, we're seeing some school districts play shell games with specialist-teacher ratios and other support levels for students. This is getting in the way of making the improvements to class composition that our schools and students need. The shell games, combined with an ongoing shortage of teachers teaching on call, means children with special needs are not always getting the support they need and are entitled to. Too often, specialists are getting reassigned from their work with small groups of students to cover absences in classrooms."

Hansman also shares the concerns raised by the BC Confederation of Parent Advisory Councils (BCCPAC) last week, following the release of a parent survey on support for children with special needs. BCCPAC's survey of parents found that too many children with special needs are being denied their specific educational program, being sent home early, or being told to stay home entirely due to understaffing.

"In addition to specific problems in certain districts, many areas - especially northern, rural, remote, and Francophone schools - are still struggling to fill vacancies in speciality areas and get enough members on their teachers teaching on call lists."

Despite these ongoing challenges, Hansman said he is proud of what the BCTF has accomplished since the landmark victory at the Supreme Court of Canada one year ago.

"Much has been gained that is benefitting our students, but we still have a long way to go. BC teachers will continue to push school districts, the government, and the BC Public School Employers' Association to properly implement the restored collective agreement language and provide the necessary resources to improve every student's learning conditions."

BCRTA News – New, Improved WEBSITE: <http://bcrt.ca/>

Terry Green - Chair
BCRTA – Well-Being Committee

Dear Branch Presidents:

As a result of strategic planning sessions and a re-organization conducted by the BCRTA beginning in late 2016, the Social Concerns and Health and Housing Committees have been amalgamated into a new committee called the Well-Being Committee. This committee held its first meeting on Oct. 24, 2017. At that meeting the following mission statement was adopted and later approved by the board of directors of the BCRTA:

Well-Being Committee Mission Statement:

The Well-Being Committee works to support the objectives and goals of the BCRTA in promoting and advocating the positive health and welfare of its members.

Well-being is defined as the interconnected dimensions of the physical, mental, material, emotional, social and spiritual health of the members of the BCRTA including awareness of developments and issues relating to the wellbeing of retired teachers and seniors in general.

Responsibilities to promote wellbeing:

- Provide research on issues affecting members
- Provide information and advice on such issues
- Inform the Board and members on the issues
- Advocate for members
- Assisting branches in meeting needs of members
- Focus on one issue each year
- Work with other like-minded committees and organizations with similar goals

As well, the following objectives were adopted for 2017-2018:

- 1) Commit to providing 4 pages to each PostScript Magazine
- 2) Provide a brief article to the Winter PostScript regarding the organization of the Wellbeing Committee
- 3) Focus on advocating for a National Single Payer Pharmacare Plan

I would like to propose and encourage Branches to also amalgamate similar committees at their level as one Well-Being Committee. If yours is a Branch that did not have one or both of these committees I would ask you and your executive to consider establishing a Well-Being Committee. This way the BCRTA would have a contact person from your branch with which to share information and projects. I would like to have local branches keep us informed of those issues related to well-being that impact your members or seniors either for good or for bad. Also we will then have the contacts for initiatives and information that we are pursuing at a provincial level.

Thank you in advance for considering this matter and I look forward to hearing from you in the near future.

Sincerely,
Terry
BCRTA

PQRTA Vice-President Report to PQRTA Executive Committee Contributions to Students - November 13, 2017

Context:

At a recent social event, a member asked whether the RTA had a common way to donate school supplies to schools in District 69. Discussion followed and included donations of materials to SD69 teachers and new teachers as well. President Cathy delegated researching options to me and this is what I found out.

Re: Donations of school supplies:

I expanded this to include working more closely with the schools in general and approached Rollie Koop (Superintendent), who discussed these ideas with Principals and Vice-Principals. His response is as follows:

"Principals and Vice-Principals were very interested in support from the RTA, but they felt that school supplies were well covered off both through our own operating budget as well as the additional money that came from the MOE to reduce costs to parents. Their interest was in money to assist students with clothing or shoes in those cases where kids have extreme needs. They also expressed an interest in supplementary funding to support meal programs for our neediest kids. The final suggestion was a discretionary fund that schools could draw on to cover field trip costs/team fees for families where this is a barrier."

Re: Donations of materials:

I spoke with staff at the DRC regarding contribution of materials from RTA. They will take books and they cautioned that most donated materials are too out of date or do not meet the needs of the new curriculum.

I spoke with Bobbi Coleman re: student teachers and materials. Her response was similar to the one above. She suggested that any paper based lessons were now being on-line and that, unless the books are "Classics" they are usually of little use.

Within the last two weeks an article regarding Springwood's "Bagel Café" and their needs appeared in the local paper. I have more information, if this is an interest.

Further Action:

- Submitted for discussion at the Executive Committee Meeting
- Possible further discussion at an upcoming General Meeting

Respectfully Submitted,

Elaine Young – Vice President
Parksville Qualicum Retired Teachers' Assoc.

Addendum by Cathy Van Herwaarden (PQRTA President):

When I contacted RR Smith (charitable arm of BCRTA) about collection of school supplies, they informed me that they only deal with money for supplies, as they do not have the physical space or manpower to deal with actual items. Suggestion to connect with charity groups: Love Guatemala, Seeds of Hope, Families for Children, etc.

Personally, I have taken a few supplies (crayons, felts, loose-leaf paper, and library books) to my previous elementary school (Qualicum Beach Elementary). All items were welcomed.

PQRTA PROGRAM

BoMé Café and Cheese Shop in Coombs



Horst making feta cheese



Jonas had lots to tell us about the cheese process.



Cheese trays, soups, Pork Donar, desserts, coffee and tea were on the menu for us!



Bibi added to our knowledge, too.



So much to learn! Thank you Jonas, Bibi, and Horst! We love CHEESE!!!!

TUMAINI FUND CANADA:

by Cathy Van Herwaarden (PQRTA – President)



On behalf of Parksville Qualicum Retired Teachers, I was asked to write a letter of support to include with a grant application for Tumaini Fund Canada to receive funds from RR Smith (BCRTA's charitable arm).

Not knowing anything about Tumaini, I attended a Crafter's Meeting at St. Mary's Anglican Church on Powder Point Road in Nanoose Bay where I met a small, but dedicated group of people working diligently for the sake of helping orphaned children in Kagera, Tanzania. Through this group's assistance, children receive life-saving items: sweaters, blankets, toques, personal care kits, dresses for girls, and shorts/shirts for boys. As well, through their fund-raising efforts, these children receive other necessary items to attend school.

In 2010, Dr. Susan Wilson (medical doctor from Guernsey UK and founder of Tumaini UK) travelled to Canada to speak to this group about her personal experiences in Kagera. She explained the work of her charity with needy children and shared her hopes for the future of Tumaini. Upon learning that Tanzania is one of the ten poorest countries in the world with its northwest province of Kagera being furthest from Tanzania's southeast sources of wealth, this small group became inspired to sew clothes and knit items to help these AIDS orphans.

In 2013, Tumaini became a registered Canadian charity and expanded their work to include fundraising activities, in order to provide the essentials of life: food, shelter, water and education for AIDS/HIV orphans in the province of Kagera, Tanzania, Africa.

Over the years, they have shipped many items, such as: pallets of clothing and blankets (including Izzy dolls), containers of medical equipment, multiple sewing machines for Home Economics students to create school uniforms towards the education of children. Also, they have sent money for essentials to be purchased in Tanzania.

Tumaini has no administration fees and they take great effort to ensure that all donated funds go directly to the children. On the third Wednesday of every month from 1:30 to 4:00, they hold a Crafter's Meeting to continue their charity work with volunteers who come from Nanaimo, Parksville, and Lantzville. If you are interested to sew and knit or crochet for them, they are always looking for volunteers to work at home or at the Crafters' Meeting.

Tumaini means Hope in Swahili and HOPE is what they provide for the poorest of the poor in Kagera, Tanzania.

As part of the HOPE, Tumaini passes along Izzy dolls to these orphans. Included on the next pages, you will find the history of the Izzy doll and a pattern to create them. Do you need a knitting or crochet project???

For more information: <http://www.tumainicanada.org/>



THE IZZY DOLL:

The Legacy of the Izzy Doll

For the past two decades, Canadian soldiers and health care workers have given out more than 1.3 million of these tiny toys to children in war-torn countries and regions affected by natural disaster. Recently, the RCMP took 800 Izzy Dolls with them to Haiti.

The dolls were inspired by and named after Master Cpl. Mark Isfeld of No. 1 Combat Engineer Regiment who was serving on peacekeeping missions in Kuwait and Croatia in the early 1990s. There, he often came across children with no toys or personal possessions, so his mother, Carol Isfeld, knitted little woollen dolls that he could give away to the kids he met.

In 1994, Mark was killed in Croatia while removing landmines. Mark's comrades in 1 Combat Engineer Regiment asked Carol to keep making the dolls for them to still give to children.

Before Carol passed away, she gave her blessing to carry on creating and distributing the Izzy dolls with three conditions:

- The dolls are to be used to benefit children
- The dolls are not to be bought or sold
- The work is done to honour the memory of Master Corporal Mark Isfeld

IZZY DOLLS – Notes about Construction & Materials:

- They must be light in weight, so the soldier can carry several in his or her pocket without problem, and is not burdened with extra weight.
- They are made without any metal, or plastic, or anything sharp or abrasive so as not to injure either the child receiving them, or the person carrying them.
- By keeping them "on the small side," materials are conserved, enabling production of many more with a given amount of material, saving time and enabling more children to become recipients.
- Synthetic materials are used to prevent shrinking, if doll gets wet.

For more information:

<http://ottawacitizen.com/news/local-news/izzy-dolls-comfort-refugee-children>

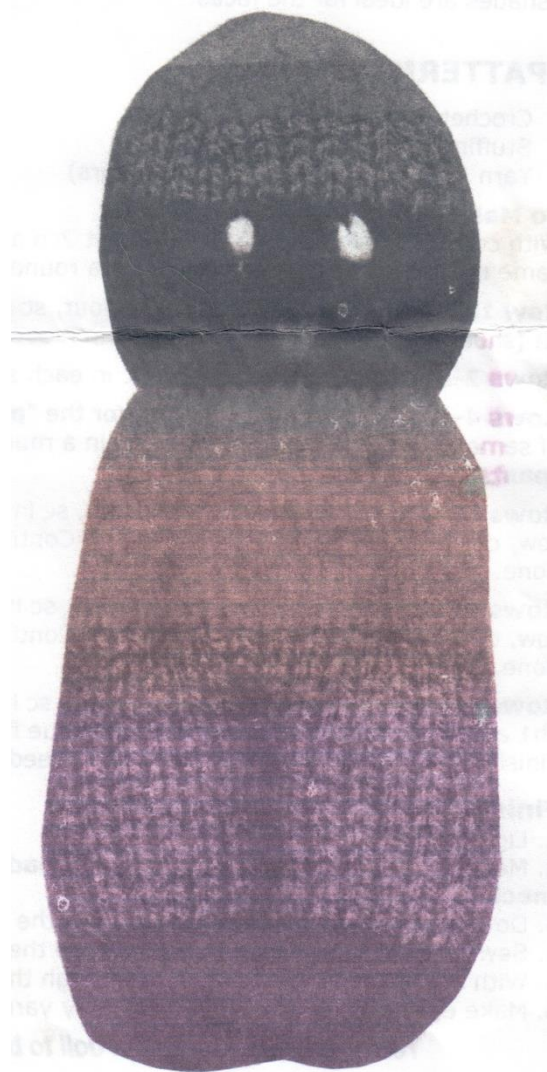
The Izzy doll is also known as Comfort Doll, Dazusa Doll, Pocket Pal, Softies, or Peace Pal.

ACTUAL SIZE OF FINISHED DOLL

Approximately 7" x 2 1/2"

Embroider hair and facial features

Add hats, belts and decorate as desired to give each doll desired personality



See next pages, for knitting and crochet patterns to create Izzy Dolls. Pass along any knitting and crochet projects to Cathy Van Herwaarden: cathyvanh@gmail.com OR 250.248.0412

IZZY DOLLS

Comfort Dolls of Joy

ICROSS CANADA uses Comfort Dolls or IZZY Dolls to pack around medical supplies and breakable items to keep them safe during their container journey to Africa.

Once supplies are unloaded, the dolls are given to AIDS/HIV orphans and families of the poorest of the poor.

To make an Izzy Doll, begin at the feet and change yarn colours for each segment of the doll, (some knitters prefer using 4 needles which eliminates sewing up the back seam). The design can be changed by increasing or decreasing the rows in each part of the doll.

PATTERN

NEEDLES: 1 pair 2.25 mm

YARN: small amounts of Sayelle or similar weight yarn

Tapestry needle : Polyester fiberfill



Finished size approx 7" x 2 1/2"

To Make:

Work in stocking stitch throughout. Cast on 32 stitches (or 33 stitches 3 x 11 if using 4 needles)

Work 4 rows for feet. Change yarn

Work 14 rows for pants. Change yarn

Work 12 rows for sweater. Change yarn

Work 8 rows for face. Change yarn

Work 11 rows for hat as follows:

Rows 1-4: Work evenly in stocking stitch

Row 5: Decrease 5 stitches evenly across the row in stocking stitch (27 stitches)

Row 6: Purl across the row.

Row 7: Decrease 5 stitches evenly across the row (22 stitches)

Row 8: Purl across the row.

Row 9: Decrease 5 stitches evenly across the row (17 stitches)

Row 10: Purl across the row.

Row 11: K1. then K2 together until the end of the row.

Draw yarn through the remaining stitches and pull up tightly.

To Finish:

1. Sew sides together to form a centre back seam
2. Stuff the head. Weave a single strand of matching yarn across the first face row. Draw up the yarn to form the neck and secure the ends.
3. Repeat for the body, drawing in at the ankles.
4. Stuff the feet and sew up the bottoms, pulling in as much as possible.
5. With matching yarn, form arms with tiny back stitches through all layers from the waist to 2 rows beneath the neck. Define the legs in the same way, from the bottom to just below the waist.
6. Embroider hair and facial features as desired, using your imagination to create dolls with different characters.

You have made a beautiful doll to bring comfort to a needy child. Thank You.

ICROSS Canada = International Community for the Relief of Suffering and Starvation

IZZY DOLLS

Comfort Dolls of Joy

ICROSS CANADA uses Comfort Dolls or IZZY Dolls to pack around medical supplies and breakable items to keep them safe during their container journey from Canada to Africa. Once supplies are unloaded, the dolls are given to AIDS/HIV orphans and families of the poorest of the poor.

To make an Izzy Doll, begin at the feet and change yarn colours for each segment of the doll. Use your imagination to create dolls with different characters. For African dolls, brown shades are ideal for the faces.

PATTERN

Crochet Hook (3.5)
 Stuffing (Fibrefill)
 Yarn (medium weight, various colours)

To Make:

With colour for **"shoes"**, chain 30. (Last 2ch are first stitch in first row). Slip stitch in first st. of same row, ch 1 and start next row (in a round).

Row 1 Continuing with the **"shoe"** colour, sc in second st from hook and in each of the remaining ch (should be 28) Ch 1 and slip stitch in first st of same row, ch1 and start next row in a round.

Rows 2-3 Still with same colour, sc in each st across. Finish off. The **"shoes"** are complete.

Rows 4-12 *With colour you want for the **"pants"**, sc in each st across. Slip stitch in first stitch of same row. Ch1 and start next row in a round. Continue from* until you have eight rows of **"pants"** colour done. Finish off.

Rows 13-19 **With colour for **"shirt"**, sc in each stitch across. Slip stitch in first st of same row, ch 1 and start next row in a round. Continue from ** until you have 6 rows of this colour done. Finish off. The **"shirt"** is complete.

Rows 20-27 ***With colour for **"head"**, sc in each stitch across. Slip stitch in first stitch of same row, ch1 and start next row in a round. Continue from *** until you have 7 rows of this colour done. Finish off. This is the **"head"**.

Rows 28-36 **** With colour for **"hat"**, sc in each st across. Slip stitch in first st of same row, ch1 and start next row in a round. Continue from **** but decrease a few stitches in each row. Finish off and draw the stitches in with a needle to make the pointed top of the **"hat"**.

Finishing:

1. Lightly stuff.
2. Make a gathering stitch between the **"head"** and the **"shirt"**. Pull in enough to delineate the **"neck"**.
3. Do the same between the **"pants"** and the **"shoes"**.
4. Sew the bottom of the **"shoes"** to keep the stuffing in.
5. With a fine backstitch, sew right through the layers to make arms and legs. (See sample doll).
6. Make eyes and mouth with embroidery yarn. Make the face happy and say a little prayer!

You have made a beautiful doll to bring comfort to a needy child. Thank You.

CROCHET PATTERN



Finished size approx 7" x 2 1/2"

MISH-MASH of MEDICAL NEWS:



GERD Diet – Foods to Eat and Avoid:

<https://www.davidwolfe.com/gerd-diet/>

How Cinnamon Can Help You To Burn Holiday Fat:

https://www.medicalnewstoday.com/articles/320140.php?utm_source=fb_mnt_chatbot&utm_medium=fb_messenger&utm_campaign=NONHCP_20171122

Generous People Listen To Their Hearts, Quite Literally:

https://www.medicalnewstoday.com/articles/320103.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Generosity Makes You Happier:

<https://www.medicalnewstoday.com/articles/318406.php?iacp>

Aerobic Exercise Helps the Brain:

https://www.medicalnewstoday.com/articles/320065.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Nuts Strengthen Your Brain:

https://www.medicalnewstoday.com/articles/320080.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Benefits of Chamomile Tea:

https://www.medicalnewstoday.com/articles/320031.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Getting Chores Done May Add Years To Your Life:

https://www.medicalnewstoday.com/articles/320110.php?utm_source=fb_mnt_chatbot&utm_medium=fb_messenger&utm_campaign=NONHCP_20171119

Mushrooms May Prevent Aging:

https://www.medicalnewstoday.com/articles/320034.php?utm_source=fb_mnt_chatbot&utm_medium=fb_messenger&utm_campaign=NONHCP_20171110

Cold or Flu?

<https://www.medicalnewstoday.com/articles/5161.php?sr>

8 Benefits of Lemons:

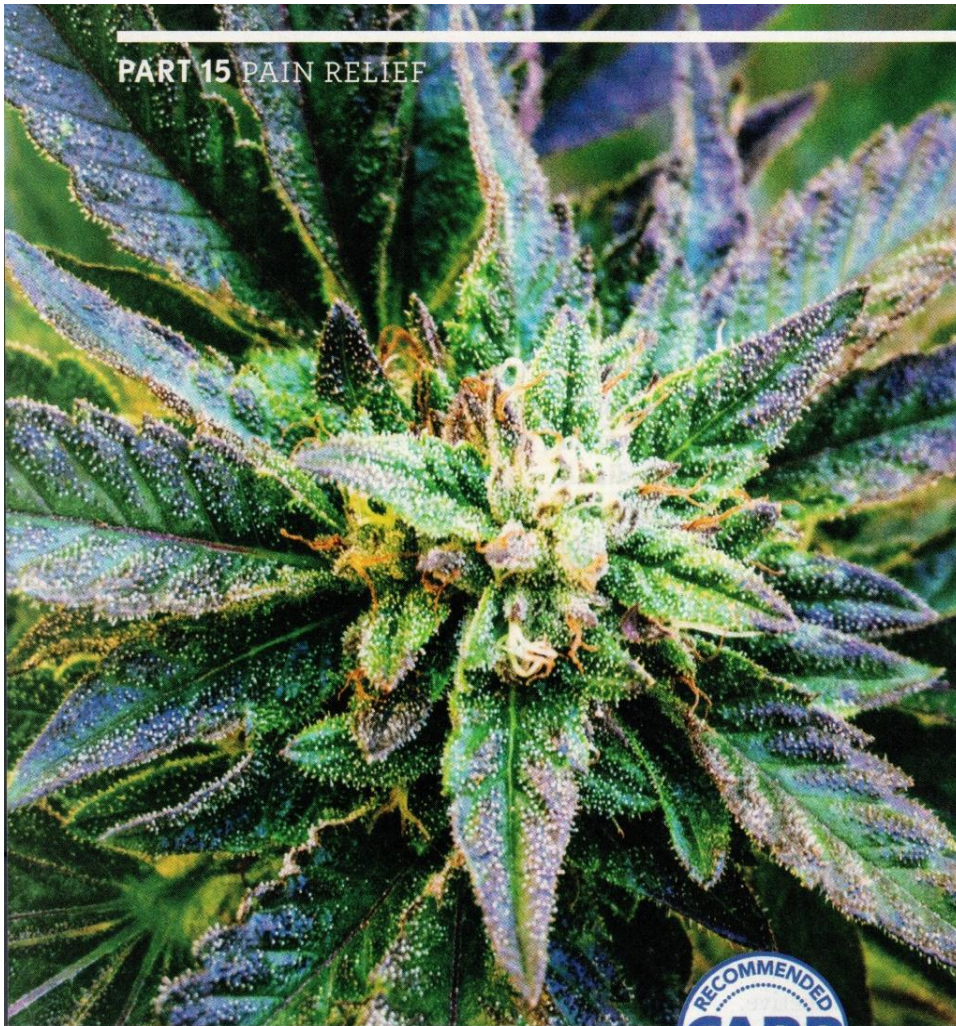
<https://www.facebook.com/DavidAvocadoWolfe/videos/10155003418256512/>

10 Natural Remedies for the Flu:

<https://www.davidwolfe.com/natural-remedies-flu/>

Handwashing: Cold water just as good as hot

<https://www.medicalnewstoday.com/articles/317712.php?sr>



CANNABIS TO REDUCE OPIOIDS

Dr. Lionel Marks de Chabris, a pain and addiction specialist in Sudbury, sheds light on why we need to reduce our opioid use and how cannabis can help relieve pain without the risks.

CANADIAN SENIORS ARE BIG OPIOID CONSUMERS

Canadians are the world's second largest per capita consumer of prescription opioids after Americans, and our opioid use is highest among seniors.

OPIOIDS RELIEVE PAIN WHEN USED PROPERLY

Opioids are medicines that relieve acute or chronic pain by acting on specific nerve cells in the spinal

cord and brain. Examples of opioids are morphine, oxycodone, fentanyl, hydromorphone, and OxyNEO.

THERE ARE SIGNIFICANT PROBLEMS WITH OPIOIDS

"Opioids are fantastic medicines short-term. If you break your leg, you want to have opioids. In the medium term, they are good for a lot of people. But in the long term, we're starting to realize that opioids have significant issues, particularly at a high dose."

In the older population, opioids cause sleepiness, constipation, reflux, and problems with the endocrine systems. They increase the risk of diabetes and reduce testosterone. Using opioids long-term can lead to increased tolerance, dependence, and withdrawal symptoms. Opioids have dangerous, unpredictable effects, including addiction, overdose, and death.

SENIORS IN PARTICULAR ARE AT RISK

People over age 65 have the highest rate of hospitalization for opioid poisoning in Canada, according to a 2016 report from the Canadian Institute for Health Information and the Canadian Centre on Substance Abuse. Almost 25% of all opioid-related hospitalizations in 2014–2015 were for seniors, yet we represent only 16% of the population. We're at higher risk for adverse drug reactions because of the number of drugs we take, our prevalence of chronic conditions, and age-related changes in the body.

NEW GUIDELINE RECOMMENDS REDUCING OPIOIDS

The 2017 Canadian Guideline for Opioids for Chronic Non-Cancer Pain recommends restricting opioids for new users to less than 50 mg of morphine equivalent a day (MED). For patients who are already using high-dose opioids, the guideline suggests gradually tapering them to below 90 mg MED, potentially even discontinuing them entirely. Under the previous 2010 guideline, the watchful dose was 200 mg MED.

OVERCOME THE FEAR OF WITHDRAWAL

Tapering opioids, particularly from a high dose, should be done carefully and slowly over a long period of time to avoid increased pain and withdrawal issues. "Unless you're doing it wrong, your patient shouldn't have a great deal of withdrawal. If you taper down in a reasonable way and you educate and support, then

you can get people down from very high doses of opioids to much more moderate doses of opioids with relatively little discomfort. The big problem is the underlying pain and how you're going to deal with that." Until fairly recently it's been tough to do because there was nothing else to offer.

MEDICAL CANNABIS IS A REASONABLE OPTION

Cannabis helps patients reduce or completely eliminate opioids. "As a long-term management strategy for pain, medical cannabis is safer than opioids, has limited side effects—in fact, people who are regular users report no side effects or limited side effects— and may be synergistic with opioids." More and more of Dr. Marks de Chabris's older patients are interested in cannabis because they've been through the side effects of various medications—including fatigue, difficulty sleeping,

depression, weight gain, and heart problems—and they're not willing to take chances.

THE RISK IS LOWER

With medical cannabis, the risk is significantly lower than opioids. "You can't die by overdosing on medical cannabis. You could easily die by overdosing on a strong opioid," he says. This is because the body has many opioid receptors in the brainstem (which regulates respiration and heart rate), whereas there are very few—if any—cannabinoid receptors in the brainstem.

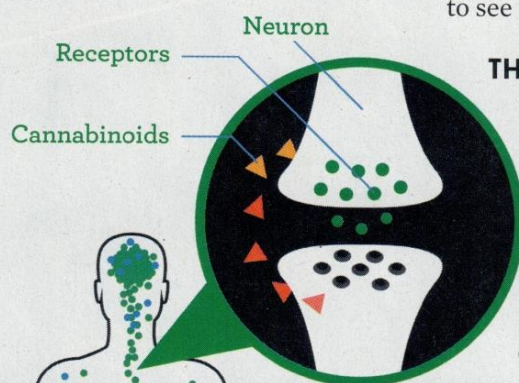
TALK TO YOUR DOCTOR

Have an honest conversation with your doctor about reducing the use of opioids and work with them to find a reasonable, rational, and safe titration or taper down of your opioids. If while you're tapering your pain worsens, tell your doctor you'd like to try medical cannabis to see if that helps relieve it.

with severe physical disabilities, and people in palliative care. Oils are ingested by applying droplets under the tongue or by adding them to foods or drinks. They have no noticeable odour, so they can be used discreetly whenever and wherever you want. And because oils are processed through the gut, the effects last longer than inhaled cannabis.

CHOOSING THE RIGHT CANNABIS

The quality of the medical cannabis you use is important. For patients who suffer from serious illnesses that impact their immune systems, the health risks of consuming contaminated cannabis can be potentially fatal. Make sure that your cannabis comes from a licensed producer. It's illegal to purchase from compassion clubs or storefronts, and licensed producers have extensive quality, safety, and security requirements. CanniMed Ltd. is the only licensed producer to grow and manufacture their cannabis following Good Manufacturing Practices—the same standard used for all traditional pharmaceutical products—including 281 points of quality control. It's grown in a controlled, sanitary environment, and every batch is tested for bacteria, toxins, and moulds. The result is a consistent, trusted supply of pharmaceutical-grade cannabis.



THE BENEFITS OF OILS

Cannabis oils are convenient, easy to use, and ingested rather than inhaled, making them appropriate for a wide range of patients, including people with chronic breathing problems (such as asthma, chronic bronchitis, or emphysema), people

Why Cannabis Works for Pain

The Endocannabinoid System

Each of us has an endocannabinoid system (ECS), just like a nervous system and a digestive system. It's involved in many bodily processes, including pain-sensation. Some medical conditions affect the proper functioning of the ECS, leading to pain. The ECS naturally produces chemicals similar to those in cannabis. These

chemicals pass messages between the brain and body parts through neurons and receptors.

The Cannabinoids in Cannabis

The cannabinoids in cannabis supplement the cannabinoids normally produced by the ECS.

They bind to pain receptors and alleviate the pain signals sent to the brain. THC (delta-9-tetrahydrocannabinol)

causes the psychoactive effects or "high" felt from cannabis. It helps with symptoms such as inflammation and pain, insomnia, and nausea and vomiting. CBD (cannabidiol) has almost no psychoactive effect.

It helps with inflammation and seizures and acts as an antidepressant, working on similar receptors to medications that act on serotonin receptors.



By Nancy Knickerbocker, BCTF Communications and Campaigns Director

Every year, the Oxford English Dictionary (OED) reflects the changing nature of the English language by declaring a “Word of the Year.” In 2013, it was “selfie.” In 2015, for the first time ever, it was not a word but a pictograph—the much-shared “Face with Tears of Joy” emoji. In 2016, the word of the year was “post-truth.”



THE OED’S CHOICE reflected the disturbing new reality in which “fake news” trumps truth, junk science obscures real research, anonymous trolls spew hatred online, networks of bots manipulate political discourse, 16-year-old Macedonians spin alt-right blog postings for a living, audio and video manipulation can make virtually anybody appear to say anything, and ultimately nobody knows what to believe anymore.

So, what does it mean to search for truth in the post-truth era?

That’s the profound question Ron Darwin asked to kick off his keynote presentation at the PSA Superconference. Darwin, from UBC’s Department of Language and Literacy Education, defined fake news as intentionally false or sensational stories meant to mislead the public. “And,” he added, “we know what fake news is not. It is not real news that you don’t agree with.”

Darwin cautioned that there’s an important distinction between fake news and satire, one that students may not always be aware of. He mentioned *The Beaverton* in Canada, along with *The Onion*, and the famous (and often hilarious) Borowitz Report in *The New Yorker* magazine. Although Andy Borowitz’s columns are clearly labelled as satire, they have often been republished by major media as real news.

Why do people create fake news? There are many reasons: to spread political propaganda, for a joke, to make money,

to have an impact. And sometimes the impact can be significant—such as who gets elected to lead the most powerful country in the world.

Darwin cautioned that Canada is not immune from cyberwarriors. He pointed to propaganda targeting Canadian soldiers in Latvia earlier this year. The Russian-backed smear campaign used photos of a disgraced former commander, now a convicted murderer, posing in women’s underwear to suggest that the Canadian military is full of homosexuals who can’t be relied upon to help the Latvian people.

While this example might be easy to detect as misinformation, it’s increasingly difficult to distinguish between real news and fake because purveyors of propaganda have become so sophisticated. For example, Darwin showed two websites—the American Academy of Pediatrics and the American College of Pediatricians—and challenged teachers to say which one is the credible organization. Both look serious and professional, but the former was founded in 1930 and has 66,000 members while the latter is a fringe group that broke with the AAP over its stance in support of adoption by same-sex couples.

Darwin encouraged teachers to raise awareness of fake news with students, who live so much of their lives online. “After all,” he concluded, “we all play a role in protecting the truth.” He suggested that the best lesson would be to “let kids create their own fake news. Then they quickly learn how easy it is!” ■



How can we fight fake news?

Advice from Ron Darwin from UBC’s Department of Language and Literacy Education

- P**robe the source
- A**uthenticate the details
- U**se fact-checking tools
- S**ubstantiate the claims
- E**valuate the style

Google the reliability of sources. Search images to see whether they are duplicated from other stories. (Darwin illustrated this with multiple uses of the same shot of a beached giant squid.)

Use fact-checking sites such as snopes.com or politifact.com, with its fun Truth-O-Meter that gives rankings from “True” to “Pants on Fire!”

Evaluate punctuation and spelling. If a post is ungrammatical you can be quite sure it is not from a legitimate news outlet.

Cross-examine claims. Darwin showed his students photos of daisies said to have mutated because of nuclear fallout from the Fukushima disaster. Every single student believed it to be authentic news. <https://lis.gd/U5ZZHy>.

Study satire. Even Xinhua, the biggest and most influential media organization in China, has published some of Borowitz’s satirical columns as real news. <https://lis.gd/ZJfJ6B>.

“Post-truth” defined

An adjective relating to or denoting circumstances in which objective facts are less influential in shaping public opinion than appeals to emotion and personal belief. ■

Don't get SAD in winter

We are all familiar with the controversy B.C. is facing of whether or not to continue with Daylight Time. That practice could be changed; however, one thing that cannot be legislated is the fact that the days do get shorter as winter approaches. Right now our sunset is occurring at about 4:30 p.m. each day.

The early darkness affects people of all ages and can lead to depression. Some people suffer from a disorder called the 'SAD' disease (Seasonal Affectiveness Disorder), simply because they lack sunshine or bright skies. I have known individuals who will stock up on vitamin D, go to a tanning salon to get some light, or purchase a 'Happy Light' at Costco for \$47.99, which advertises that it alleviates Seasonal Affectiveness Disorder, fights fatigue and helps the user regain focus and concentration.

If you have a loved one suffering from dementia or Alzheimer's disease, Sundown Syndrome is a far more serious matter. Sundowning can be described as too much ac-

tivity or noise toward the end of the day, extreme fatigue, or low light causing strange shadows and hormone imbalances. These situations can affect a person's internal clock. Another opinion is that it is the brain's inability to process what is happening in real time due to neuro-chemistry, which is affected by physiology, metabolism and fractured light sources.

Before diagnosing sundowning, be sure to rule out any other possibilities of similar symptoms, such as medication interactions, urinary tract infection, pain or dehydration. These issues often have a similar effect on seniors, with or without dementia. In asking a doctor's help to diagnose this properly, you will find several ways in which symptoms from sundowning can be calmed and your loved one's mood stabilized.

The first thing the caregiver will notice in a loved one is con-

fusion, anxiety and agitation during the hours of twilight to sunset. Benefit can be gained from daily light therapy and reducing shadows. Turn on lots of lights and change the bulbs to a higher wattage, if the fixture will allow. Go for a walk well before it gets dark, if possible, even if just up and down the street, or walk around a well-lighted place like a store.

Afternoon naps can be incredibly disorienting. If a nap is necessary, be sure it is an early one. Having supper at 4:30 or 5 p.m. instead of 6 p.m. slows down the evening, too. As darkness draws near, soothing music is a big help, or sounds of ocean breezes or bird noises can be very calming.

Try everything you can think of. What doesn't work today, may work tomorrow. Those are the twists and turns of dementia and dealing with

sundowning.

— Karla Reinhard lives in Qualicum Beach, where she explores seniors' issues and personalities in the area. For story tips or questions, she can be reached at karlainpqb@gmail.com.

FOCUS ON SENIORS

By Karla Reinhard



Some people suffer from a disorder called the 'SAD' disease (Seasonal Affectiveness Disorder), simply because they lack sunshine or bright skies

KARLA REINHARD

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Keeping in Touch (KIT) Program

The Keeping in Touch (KIT) program is designed to assist seniors who may be concerned about having a fall or a sudden illness and being in need of help. KIT is a wonderful program for individuals who live alone, possibly with medical issues or recovering from surgery or a hospital stay and do not have regular contact with family or friends.

Community Safety Volunteers call KIT clients every day, between 9am and 10am to check-in and ensure they are OK. If there is no answer after two tries, a backup system goes into effect to determine if help is needed.

If you or a person you know would like to be on the KIT list, contact either Community Safety Office for more information. There is no fee for this community service program and new clients are always welcome.

OCEANSIDE COMMUNITY SAFETY VOLUNTEERS

100 Jensen Street East, Parksville • 250-954-2223

660 Primrose Street, Qualicum Beach • 250-752-2949

info@oceansideCSV.org

www.oceansideCSV.org

Eco-Therapy - The Nature Cure: by James Hamblin

<https://www.theatlantic.com/magazine/archive/2015/10/the-nature-cure/403210/>

NATURE DEFICIT DISORDER: Why some doctors are writing prescriptions for time outdoors

The first time J. Phoenix Smith told me that **soil has healing properties that can help thwart depression**, I just nodded slowly.



Smith is an eco-therapist, a practitioner of nature-based exercises intended to address both mental and physical health. Which means she recommends certain therapies that trigger in me, as a medical doctor, more skepticism than serenity: Listen to birdsong, in your headphones if necessary. Start a garden, and think of the seeds' growth as a metaphor for life transitions. Find a spot in a park and sit there for 20 minutes every week, without checking your phone, noting week-to-week and seasonal changes in a journal.

Eco-therapy is a fledgling profession, still unrestrained by such things as "standards of practice" and "licensing requirements." It can mean regular outdoor sessions with a therapist or simple exercises undertaken on one's own, and can be part of a general approach to well-being or a supplement to treatment for a medical condition. (It is not intended as a replacement for standard evidence-based treatments.)

Smith almost lost me at the part about not checking your phone. But I couldn't dismiss her out of hand. Her certainty that she is doing something great for people was disarming. Plus, she has a background in public health: She worked in HIV prevention for 20 years, until she was laid off in 2010.

After Smith lost her job, aimlessness led to stress, which led to depression. But she found solace on long hikes in the Northern California hills, and was inspired to volunteer at a garden in East Oakland. "I remember walking into the garden, and I immediately felt better," she told me. "I just saw wealth and abundance. There was food growing, and flowers. It really helped to shift my thinking."

Smith became so convinced of nature's healing powers that she decided to start a consulting company, EcoSoul, predicated on the idea that "bringing forth your medicine is a way of honoring your ancestors, your highest self, and the earth." The next year, she was part of the first class to graduate from the eco-therapy certificate program at John F. Kennedy University in Pleasant Hill, California.

Eco-therapy training programs are springing up around the country, but the one Smith attended was launched by a pioneer of the movement: Craig Chalquist, the chair of the East-West Psychology Department at the California Institute of Integral Studies. When I tracked him down, he shared some familiar advice: "If you hold moist soil for 20 minutes," he told me, "the soil bacteria begin elevating your mood. You have all the anti-depressant you need in the ground."

As Richard Louv puts it, **when we don't spend enough time outdoors, we develop "nature-deficit disorder."**

What was it with these guys and dirt? It turned out that Smith and Chalquist were referring to a study published in *Neuroscience*, a prestigious journal that had found that soil bacteria called *Mycobacterium vaccae* increase serotonin in the brains of mice, much like Prozac and similar medications. It's a stretch to apply this preliminary finding to humans—ask your doctor before replacing your psychoactive medications with dirt.

But other research, conducted with actual humans, does support the idea that **spending time in nature makes people healthier**. Children with ADHD who regularly play in parks have been found to have milder symptoms than those who spend more time indoors, for example, and therapeutic-camping programs have been found to decrease relapse rates in substance addicts. Such findings generally have more to do with mood and behavior than basic biology—but mood and behavior are intimately tied to physical well-being. Social connection, for instance, is one of the most important factors in human health. And communal green spaces foster that.

The idea that **nature exposure is important to human health** goes way back, predating fears about iPad addiction by a few generations. In an 1862 issue of *The Atlantic*, Henry David Thoreau praised the vigor-inducing virtues of walking in nature: "Think of a man's swinging dumbbells for his health, when those springs are bubbling up in far-off pastures unsought by him!" Also in this magazine, the next year, when tuberculosis was believed to account for one-third of all deaths in "the civilized world," a physician wrote, "No doubt the lives of thousands would be saved by destroying their houses, and compelling them to sleep in the open air."

I was disappointed that none of the eco-therapists I interviewed encouraged me to destroy houses. But some of the simple principles behind eco-therapy are gaining acceptance even in mainstream medicine. And when nature therapy is recommended by a doctor, it tends to carry more weight.

At his office in Washington, D.C., Robert Zarr, a pediatrician, writes prescriptions for parks. He pulls out a prescription pad and scribbles instructions—which park his obese or diabetic or anxious or depressed patient should visit, on which days, and for how long—just as though he were prescribing medication.

Zarr says it's important to give concrete advice instead of repeating the vague admonitions (Exercise more! Get outside!) that people are used to hearing. "If you came in to me with bacterial pneumonia," he told me, "I wouldn't say, 'You just go to any pharmacy, pick up any antibiotic you'd like, take it for as many days as you'd like, with or without food, and I'll see you in a month, buddy.'" He doesn't necessarily tell patients what to do at the park, however—just to go.

Zarr is part of a small but growing group of health-care professionals who are essentially medicalizing nature. He relies on a compendium of 382 local parks—the product of meticulous mapping and rating of green spaces, based on accessibility, safety, and amenities—that he helped create for DC Park Rx, a community-health initiative. The Washington program was one of the first in the United States; there are now at least 150 others.

Park prescriptions are a low-risk, low-cost intervention that, in Zarr's experience, people are quick to accept. And sure, people are more likely to move around in a park than they are when watching TV, but there may be more to it than that. Researchers in the United

Kingdom found that when people did physical activities in natural settings instead of “synthetic environments,” they experienced less anger, fatigue, and sadness. A 2015 study in *Proceedings of the National Academy of Sciences* reported that walking in a park reduced blood flow to a part of the brain that the researchers claimed was typically associated with brooding. And in one of the most famous studies on the topic, patients recovering from gallbladder surgery healed faster and with fewer complications when their room looked out on trees rather than a wall.

Why would natural venues be more therapeutic than built environments? “That gap, we don’t fully understand,” Richard Louv told me. Louv is a journalist whose 2005 book, *Last Child in the Woods*, is widely credited as the impetus behind the modern American nature-exposure movement. He points to research that says people are attracted to and feel restored by looking at images of nature, particularly savannas. Also restorative, according to an influential essay on health-care-facility design, are slow-moving water, foliage, and “birds or other unthreatening wildlife.”

Roger S. Ulrich, who co-authored that essay and led the study on hospital-room views, explains the effect in evolutionary terms: Natural environments trigger positive emotional reactions because **observing nature was once important for humans’ survival**. According to E. O. Wilson’s not-dissimilar biophilia hypothesis, we’re genetically hardwired to “affiliate with other forms of life,” and when we don’t, we suffer. Or, as Louv put it in his book, we develop “nature-deficit disorder.” (Because everything seems to be a disorder now, the term has proved divisive. Some believe it trivializes psychiatric diagnoses. But Louv was describing a social condition, not a psychiatric ailment.)

The answer may also have to do with nature’s capacity to instill awe. At a conference in February at UC Berkeley, scientists gathered to discuss the latest research on the health benefits of awe, including reductions in levels of cortisol, a stress hormone. The awe explanation particularly speaks to J. Phoenix Smith. In my conversations with her and Chalquist, both were careful to stick to evidence-based arguments. But beneath those arguments is something more than an interesting but unconvincing mouse study about soil bacteria. Something spiritual.

What makes eco-therapy different from an attempt to “mine nature for its beneficial effects,” Chalquist explained—perhaps sensing that I was eager to begin mining nature for its beneficial effects—“is that we have to give something back.” He tells students that if they want to experience the full value of eco-therapy, they can’t just go touch a tree; they need to come to care about that tree and help preserve it for future generations.

Actually, I found this to be one of the more persuasive arguments for eco-therapy. If the practice leads people to volunteer in an urban garden (as Smith did) or to start a bird-watching club or to fall in love while chained to a redwood, it could legitimately improve their health by giving them a sense of purpose and fostering social connections. The same could be said of so many unconventional therapies (equine, acroyoga, glassblowing) that seem to be beneficial despite the lack of a clear biological mechanism. And even if you don’t “give back,” it’s tough to argue against doctors’ prescribing time in a park, crazy as it may seem that they need to do so. Soil-holding remains optional.

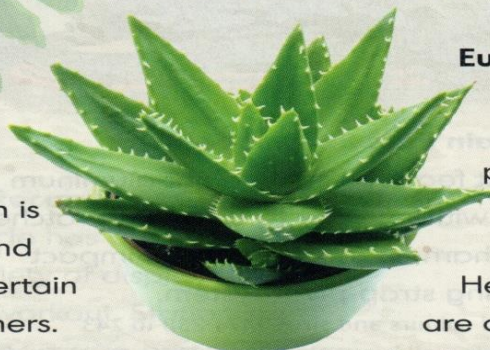
Video (5 minutes): <https://www.youtube.com/watch?v=yhUCG-9s8kA&feature=youtu.be>

TEN BEST HOUSEPLANTS TO IMPROVE YOUR INDOOR AIR QUALITY

The National Aeronautics Space Administration (NASA) began studying houseplants in the late 1980s as a means of providing purer and cleaner air for space stations. They discovered that many different houseplants can help to purify and free the air from harmful agents, making it much healthier to breathe. The good news is these common plants are readily available, and easy to add to your home.

Aloe Vera

Helps to keep your home free from benzene which is commonly found in paint and certain chemical cleaners.

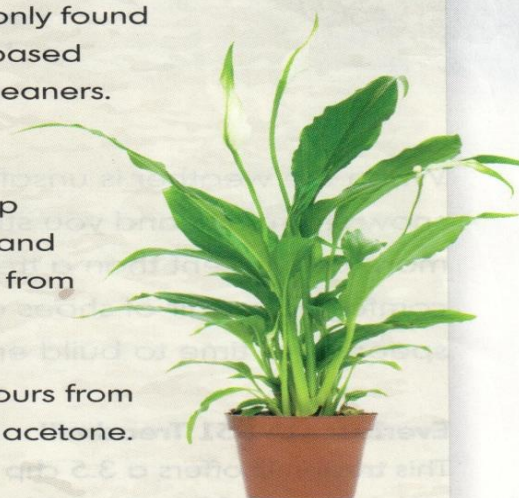


Eucalyptus

Breathing in the scent can help to lower congestion problems and ward off colds.

Chinese Evergreen

Helps to remove toxins that are commonly found in chemical based household cleaners.



Spider Plant

Helps to absorb harmful substances like mould and other allergens, and small traces of formaldehyde and carbon monoxide.

English Ivy

Helps to absorb trace amounts of benzene which is a chemical commonly found in office equipment.

Peace Lily

Helps to keep shower tiles and curtains free from mildew, and can absorb harmful vapours from alcohol and acetone.

Boston Fern

Acts as a humidifier and can help to restore moisture in the air.

Chrysanthemum

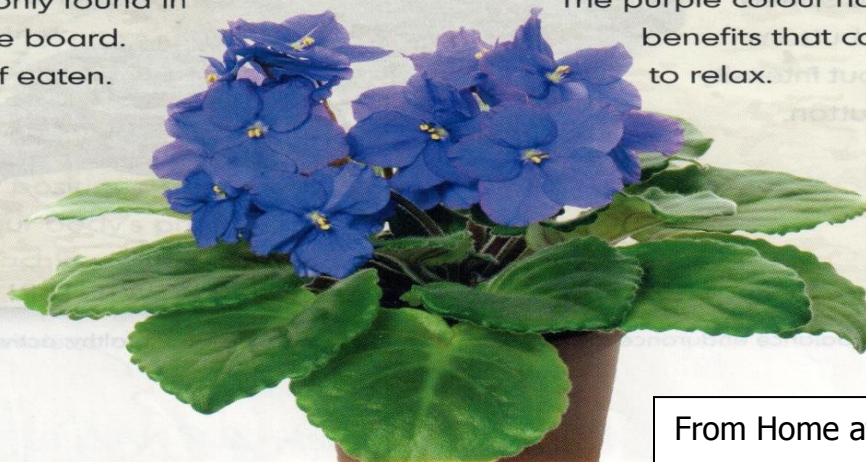
Helps to filter out benzene commonly found in detergents, paints, plastics and some glue products.

Heart Leaf Philodendron

Helps to remove the formaldehyde commonly found in particle board. Toxic, if eaten.

African Violet

The purple colour has health benefits that can help you to relax.



GRANDPARENTS CORNER: How to Instill Philanthropy in Children

When's the right time to talk about charity with kids?

Teaching Kids to Give Back:

https://www.investorsgroup.com/en/advice-and-stories/2017/07/teaching-kids-to-give-back/?consult=brian.dugaro?utm_source=Newsletters&utm_medium=email&utm_term=2&utm_content=More%20-%20Fall%202017&utm_campaign=EN%20MarketPlace%20Campaign



Start young to raise generous, civic-minded children.

Philanthropic priorities are strongly shaped by family behaviours. So parents and grandparents who give and volunteer are more likely to influence the next generations to do the same.

A study by the Indiana University Lilly Family School of Philanthropy and Vanguard Charitable showed that when we give, we create positive change in our communities. Being a donor is good for our mental and physical health and it reminds people how much they have and that there is other people out there who are less fortunate and need our help.

Here's how to get kids on the charitable giving path early.

Start talking

By three or four years old, many children are ready to understand the basics of charity. In fact, it's never too early to talk about giving. At the grocery store, hockey rink or shopping centre, you can easily find opportunities to talk about and demonstrate donating and helping.

Be age appropriate

Bringing a six-year-old to a shelter to serve Christmas dinner may be more of a hindrance than a help. It's important to tailor the activity to the child's abilities. This could mean helping make cookies for a charity bake sale or shovelling an elderly neighbour's driveway.

Make it easy

Involve kids in something you already do, such as donating old toys and clothes to charity. Explain that these clothes will help families in need and ask the child how they think the boys and girls receiving them will feel when they see their new things.

Let them decide

Set up a charity jar and let children decide how much of their allowance to donate as well as who should receive the proceeds. By being part of the decision-making process, children will feel more ownership and pride in helping out

It doesn't have to be complicated, but teaching children early about charitable giving can help them become lifelong philanthropists. Even if kids are older, it's never too late to get in the habit of caring for others. Start now: both your family and your community will reap the rewards.





OCEANSIDE VOLUNTEER ASSOCIATION

#2-692 Beach Rd., Qualicum Beach • (250) 594-2637

Volunteer Opportunities

see more at: www.oceansidevolunteer.org



Fall colours explode in profusion with continuing beauty.

Add to the abundance we enjoy in Oceanside by donating a few hours of your time each month in support of our communities.

1095 Assist primary school teacher of an independent school in the classroom. Teaching "ABCs" by reading to children or children reading to you. Qualicum Beach

1036 – 1053 Liaise with the office manager and board of directors to develop, expand and deliver wildlife refuge education program. Errington

1015 Parksville bakery requires front end cashier, who will be working with people facing multiple barriers.

1002 Greet people, sort, price, cashier, general tidiness; may be required to open and/or close thrift shop. Parksville

973 Assist with occasional repairs in pre-school facilities (Qualicum Beach, Parksville)

948 Local visitor centre requires volunteer(s) to chat with guests and promote attractions in the area. Parksville

904 – 909 Various opportunities at a local museum

826 Safety of vulnerable adults - Collect phone messages on 24-hour line from your own home phone; relay messages to appropriate service providers.

782 Parksville City Hall or Qualicum Beach Town Hall - provide public safety and crime prevention information.

664 Patrol Oceanside area in your vehicle; minimum 4 hours per month. Mileage compensation provided to driver of two person patrol.

Various opportunities at a local Qualicum Beach attraction: 717 Gift Shop / 716 Wednesday Gardener / 703 Tour Guides / 701 Trail & Woodland Steward / 428 Wedding Committee Support / 350 House Docent / 349 Welcome Centre Cashier

Visit our website at www.oceansidevolunteer.org for a complete listing of all our current volunteer opportunities or call us at 250-594-2637.

Our office is located at #2-692 Beach Road in Qualicum Beach, and we are in the office Tuesday to Thursday 10 a.m. to 12 p.m., and between 1 and 4 p.m.

Drop by at your convenience; we'd love to see you!

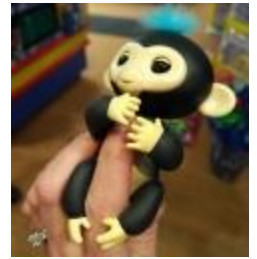
WE HAVE MOVED! #2 -692 Beach Rd., Qualicum Beach

Top Toy Picks for the Holiday Season:

<http://edmonton.ctvnews.ca/video?clipId=1264180>

[Julia Parrish](#), Web Reporter, CTV Edmonton - November 17, 2017

Last Christmas, the hot-ticket purchase was Hatchimals. It was a challenge to find one in stores – this year's popular product is Fingerlings.



Experts believe Fingerlings (right) will be one of the most sought-after toys over the holidays, but they will be hard to find. Mastermind Toys' expert Ryan Carr says Moonlite will be a popular pick as well.

Here's a rundown of some of the popular toys that might show up on wish lists this season.

1. Moonlite (Starter Pack \$29.99)
2. LiteHawk Remote Control Hovercraft with FPV Camera (\$169.99)
3. Brio Smart Tech Engine with Action Tunnels (Starter Kit \$64.99)
4. Soggy Doggy Game (\$29.99)
5. Build or Boom Game (\$24.99)
6. Lego Boost Creative Toolbox (\$199.99)
7. Aftershock Earthquake Lab (\$49.99)
8. Heely Shoes (Starting at \$69.99)
9. Heely Premium Lights – New this season
10. Paw Patrol Tower (\$119.99)
11. Our Generation Mane Attraction Horse Trailer (\$139.99)
12. Kid Darts Safety Tip Dart Board (\$24.99)
13. ThinkFun Roller Coaster Challenge Game (\$39.99)
14. Foldup Foosball Table (\$149.99)
15. The Ninjago Movie – Green Ninja Mech Dragon Lego (\$64.99)
16. Hydraulic Robotic Arm Building Kit (\$59.99)
17. Gigantic Keyboard Playmat (\$59.99)
18. Melissa & Doug Star Diner Restaurant (\$259.99)
19. Diary of a Wimpy Kid – The Getaway Book (\$16.95)
20. LiteHawk Hot Pursuit Slot Car Track (\$169.99)



Top Holiday Toys:

<http://www.ctvnews.ca/video?clipId=1265161>



'WORST TOYS' LIST

Fidget spinners, a plastic Wonder Woman battle sword and a remote-controlled Spider-Man drone are among the toys topping a consumer safety group's annual list of worst toys for the holidays.

WORST TOYS: The Associated Press - November 14, 2017

<http://winnipeg.ctvnews.ca/consumer-safety-group-unveils-its-worst-toys-list-1.3677266>

BOSTON -- Fidget spinners, a plastic Wonder Woman battle sword and a remote-controlled Spider-Man drone are among the toys topping a consumer safety group's annual list of worst toys for the holidays.

World Against Toys Causing Harm, or WATCH, unveiled the top 10 list Tuesday at a Boston children's hospital.

The non-profit organization has been releasing the lists for more than four decades to inform consumers about potential toy hazards.

The Toy Association, an industry trade group, dismissed the list as "needlessly frightening" to parents because all toys sold in the U.S. meet "rigorous" safety standards. It also criticized the organization for not testing the toys it focuses on.

National toy safety standards are "inadequate," as can be seen by the high number of recalls each year, WATCH President Joan Siff said.

The non-profit says there have been at least 15 recalls representing nearly 2 million units of dangerous toys since December.

Siff stressed the toys named each year have common hazards that the group sees year after year. She pointed to the "Pull Along Pony" by Tolo Toys that's marketed for children over age 1 but has a 19-inch cord.

"We don't need a testing lab to know that's a strangulation and entanglement hazard," she said.

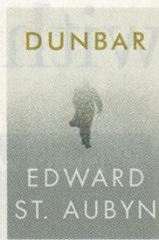
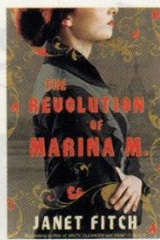
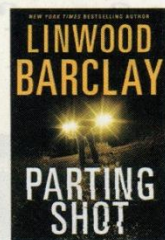
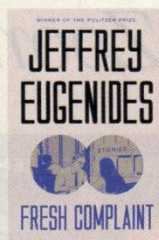
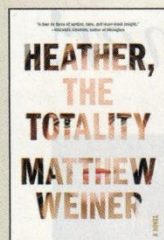
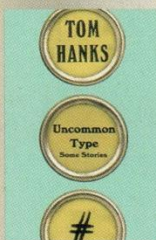
With consumers increasingly doing their holiday shopping online, it's more important than ever to have the most current information about the safety of a toy online, Siff said.

For example, Hallmark's Disney-themed "Itty Bittys" plush stacking toy for babies was recalled over the summer due to fabric pieces that posed a choking hazard. But the toy still is readily available online because many web sales -- particularly consumer-to-consumer and secondhand transactions -- are rarely monitored for recalls, Siff noted.

Among the other toys that made this year's list is Nerf's "Zombie Strike" crossbow, which the organization says poses the risk of eye and face injuries because it uses a pressurized, pull back lever to shoot soft projectiles.

Razor's "Heel Wheels" are strapped onto children's shoes to turn them into improvised roller skates but pose a burn risk because they include "real sparking action."

And "Slackline" is a tightrope-like device by Brand 44 meant to be anchored between two trees that WATCH says can lead to severe injury and death.



HIT THE BOOKS

FANTASTIC FICTION

WHEN ASKED to pen a blurb for his pal Tom Hanks' first work of fiction, comedian and fellow author Steve Martin offered the following assessment: "It turns out that Tom Hanks is also a wise and hilarious writer with an endlessly surprising mind. Damn it." This month, Hanks, 61, a two-time Oscar winner and avid typewriter enthusiast – he owns more than 100 and created a typewriter-themed smartphone app – enters the literary fray, much to Martin's dismay, with the short story collection **Uncommon Type**, where in each tale involves a typewriter.

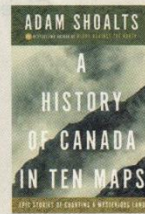
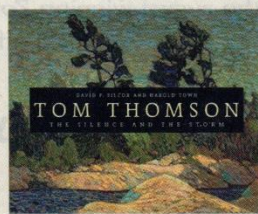
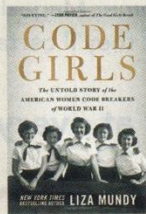
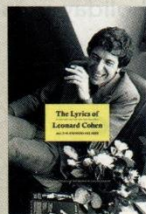
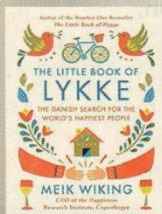
Another Hollywood heavyweight, *Mad Men* creator Matthew Weiner, also breaks into books with his first novel, **Heather, the Totality**, a chilling tale of a privileged family unit breached by a volatile outsider. Meanwhile, Pulitzer Prize-winner

Jeffrey Eugenides ventures into unknown territory with his first collection of short fiction, **Fresh Complaint**. Canuck master of the crime thriller Linwood Barclay follows his Promise Falls trilogy with a related tale, **Parting Shot**. Bestselling *White Oleander* author Janet Fitch returns with a novel exploring one woman's view of the Russian Revolution in **The Revolution of Marina M.** Edward St. Aubyn puts a modern spin on Shakespeare's *King Lear* via an aging media mogul's escape from a nursing home in **Dunbar**. And one of Canada's favourite humorists, the late Stuart McLean, is remembered with a collection of his classic and never-before-published holiday tales in **Christmas at the Vinyl Cafe**.

INSPIRING NON-FICTION

"To take you treasure hunting; to go in pursuit of happiness; to find the good that does exist in this world" – it's all part of the mission statement laid out by Meik Wiking, CEO of Copenhagen's Happiness Research Institute, in **The Little Book of Lykke: The**

Danish Search for the World's Happiest People. "Books," he adds, "are wonderful idea-spreaders," and we agree. Take **The Lyrics of Leonard Cohen: All the Answers Are Here**, which includes the famed troubadour's songs alongside unpublished photos and interviews with friend Malka Marom, or the much anticipated **Reckless Daughter: A Portrait of Joni Mitchell**, an intimate biography of the Canuck music legend by David Yaffe. Rock queen Stevie Nicks also gets her due in **Gold Dust Woman: A Biography of Stevie Nicks** by famed rock biographer Stephen Davis while Liza Mundy uncovers the pivotal roles of female cryptographers during the Second World War in **Code Girls**. **Tom Thomson: The Silence and the Storm** by David Silcox and Harold Town offers new reproductions and essays on the artist's work and Canadian voyager Adam Shoalts embarks on a cartographical journey in **A History of Canada in Ten Maps**. Art, travel and inspiring lives – as the Danish might say, what's not to lykke? —MC



BOOK READING: PQRTA MEMBER – Jule Brieese

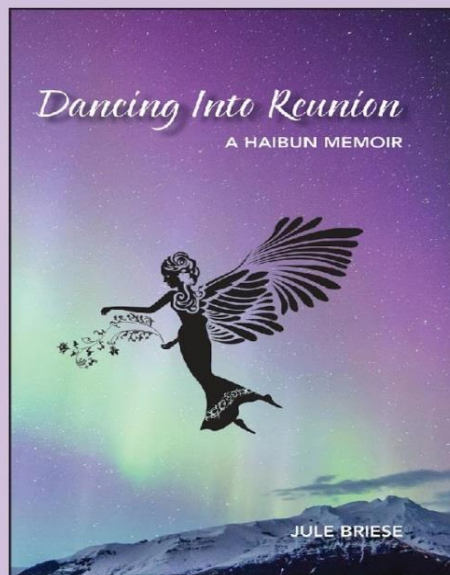
Vancouver Island Regional Library

100 Jensen Ave. E - Parksville

Tuesday Dec 12th - 10:30-11:30

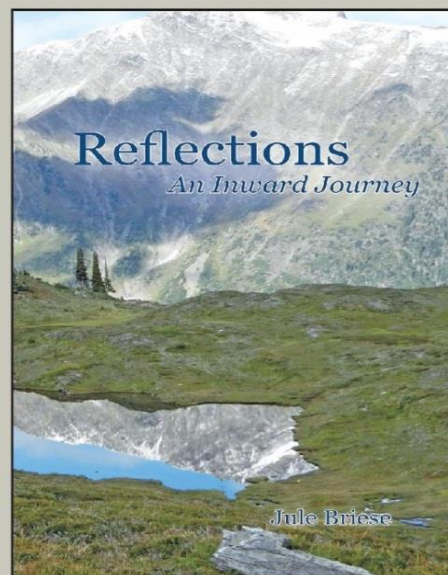
Jule will be reading from both of her recently published books *Dancing Into Reunion*, an adoption haibun memoir and *Reflections -An Inward Journey*, inspired by nature and the wisdom of her angels and guides. Come, relax, be inspired and enjoy.

JULE BRIESE Qualicum Beach Poet



DANCING INTO REUNION

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



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

Both books are available through tranquilshorescreative@gmail.com

Christmas is coming...Ho ho ho



Do you get Christmas Cards mailed to you?

Please Save Your Postage Stamps!

Did you know that "The Order of the Eastern Star" sells used postage stamps and makes personalized bandages for local cancer patients? As you get "real" mail, cut off the stamps, but leave some of the envelope around each stamp. When you have a collection, let me know and I will arrange pick-up or drop off: cathyvanh@gmail.com



Recycle stamps!



Teachers' Pension Plan	Canada Pension Plan
December 21	December 20
January 30	January 27
February 27	February 24
March 30	March 29
April 27	April 26
May 30	May 29
June 29	June 28



Question of the Month:

What was the best or most memorable present that you have ever received?



Lynn Mattson:

My youngest daughter, Ashley, was living in Victoria. She came home to Parksville one weekend. She walked into the house, carrying a gift bag. (It was shortly before my birthday). She said, "You should probably open this, Mom. It might go bad." I thought perhaps it was some biscotti; she had previously given me some and knew that I liked it. So, I picked the bag up, and, looking inside, saw a little blanket. Gently moving it aside, I found the sweetest little puppy I had ever seen. I picked her up, and all I could say was, Oh, my God! Oh, my God! I was SO thrilled!! My little Miss Mollie will be 11 years old in December. She is less than seven pounds, is very furry, as cute as can be and I absolutely adore her!



Eva Hilborn:

I was four years old when my sister and I received twin black baby dolls .We loved them .We did not call them nigger babies or negro babies . We always referred to them as our black dolls. I think it began my process of the acceptance of people of colour on an equal basis.

Val Dyer:

Fortunately, I have lived long enough to have received many wonderful gifts, over the years; it is hard to pick one but, perhaps, the arrival of another Christmas to spend with my loved ones is likely the "best gift"!

Eugenia Taggart:

Probably my first big doll which I was sure came from Santa! She was called Flossie and mother made her a little trunk of clothes. My favorite was a wine corduroy coat with brown fur cuffs and collar.

Nancy Whelan:

Sixteen Christmases with my late husband, Jack



Pat Nelson:

A garden shovel sprayed with gold paint. It proved to be quite useful and, because its size was on the small side, definitely not manly, nobody ever borrowed it.

Cathy Van Herwaarden:

As a wee child, according to family lore, I asked for lots of presents. And my wish was granted, of course! After all, I was the baby of the family and what "baby" wants, "baby" gets! Ha! Ha! That was the year that I was to receive a Barbie doll with multiple garments. My mother sewed dresses and my sister-in-law knit sweaters with each set of clothing individually wrapped, of course. I'm sure that it was just to keep me busy!!! I still have the small, round, red and white suitcase that holds these treasures. Now, that my mother is passed, it's all the more of a treasure waiting for a grand-daughter, perhaps. One day...

Sharon Cox-Gustavson:


The best Christmas gift that I ever received which is also the most memorable one is definitely not a diamond ring I received one Christmas from a suitoras that was a match that was never meant to be....and neither is it any of the other lovely gifts that I received from family, friends and students over the past 75 years.

It is a gift that came in a small brown paper bag during the late 1940s at the Coombs community annual Children's Christmas Party which was held in the original Coombs Community Hall

(building still in Coombs village now housing the Liquidator's Business).

Contained inside the brown paper bag was always old-fashioned hard rock candy, all stuck togethertoo sweet of candy which I never liked, a very small warm over-ripe Macintosh Apple....which I also didn't like because at home we had lovely cold crisp storage apples from our own Orchard.....and...the very delightful very symbol of Christmas giving.....inside the very same bag was the green paper wrapped Jap Orange....that is what we called them....a lovely golden orange shape which fit into my hand, with a peel that so easily rolled off to reveal the lovely little segments within....so easy to pop into my mouth and close my teeth upon, to always be rewarded with a lovely sweet orange taste.....the Japanese Mandarin Christmas oranges.....which have always been a special Christmas time treat in our family.

The pre-World War II Japanese residents of Coombs-Hillier were sent inland to internment camps after the Pearl Harbour bombing, and my mom said the mandarins only grew in Japan and were a lovely fruit gift sent to us in Canada to enjoy at Christmas time. Although mandarin oranges are available nearly all year around now in our grocery stores I always have only bought a box a week or two before Christmas, as that special Christmas gift

treat..... a Christmas memory . 

from Sharon Cox-Gustavson who grew up in Coombs, Vancouver Island, B C.



RED DRESS PROJECT



The Red Dress Project was started by Winnipeg-based artist Jamie Black in 2011 to focus on the issue of missing and murdered aboriginal women across Canada. The local chapter of the Canadian Federation of University Women (CFUW – PQ) are co-ordinating this initiative in the Oceanside area. Red dresses will hang during all 16 Days of “Activism for Elimination of Gender-Based Violence”, a project of the United Nations.

Red is a really powerful colour in Indigenous communities. It’s the colour of life and blood. It’s what connects all of us to each other. It’s a very sacred colour, and it also represents the violence that Indigenous women are facing.

Red dresses are a visual reminder of the staggering number of women who are no longer with us. According to the Native Women’s Association of Canada, Indigenous women are almost three times more likely to be killed by a stranger than non-Indigenous women. There are more than 1000 missing and murdered Indigenous women and girls in Canada. Nearly half of these cases remain unsolved.

During normal business hours from November 25 to December 10, Oceanside residents will see red dresses hanging at the following locations:

- Qualicum Beach Town Hall
- Qualicum Beach Civic Centre
- The Old School House (TOSH) – 122 Fern Rd. W in Qualicum Beach
- Parksville Community and Conference Centre
- McMillan Arts Centre (MAC) – 133 McMillan St. in Parksville
- Constituency Offices of Michelle Stilwell (MLA) and Gord Johns (MP)

During this period, residents and businesses are invited to add to the project by hanging a red dress on their own property.

For more information: <http://www.thereddressproject.org/> or <http://cfuwpq.ca/>

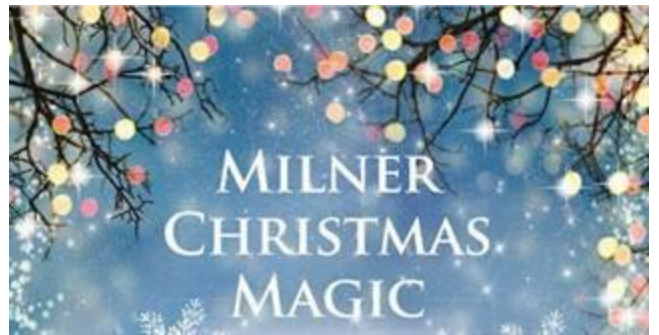
Milner Christmas Magic December 2017

December 1-3

December 8-10

December 15 -20

5:00pm - 8:30pm (last entry at 8:00pm)



The annual family festival of lights and music in the Garden, featuring:

- over 1 km of Festive Lights
- Holiday Displays
- Live Music
- Refreshments
- Special Christmas Gift Shop
- Santa Claus
- Teddy Bear Cottage
- Storytelling

Christmas Magic Musicians:

Fri Dec 1: Tangerine Swing

Sat Dec 2: Heart's Ease

Sun Dec 3: Spare Tyme

Fri Dec 8: Bruce Feltham

Sat Dec 9: Graffiti Quartet

Sun Dec 10: Qualicum Beach Ukelele Band

Fri Dec 15: Serendipity Jazz

Sat Dec 16: Brigitte, Carol & Margaret

Sun Dec 17: McShane Family

Mon Dec 18: Knox Retro Hand Bells

Tues Dec 19: Jesse Epp

Wed Dec 20: Fouray Quartet



Camellia Tea Room opens 5:00pm – 8:00pm during Milner Christmas Magic.

Please note: Reservations are not available for the Tea Room or Full Afternoon High Tea service during this special Christmas event.

Milner Christmas Magic is a fundraising event in support of Milner Gardens & Woodland

Address: 2179 West Island Hwy, Qualicum Beach, BC

Cost: Adult \$5; Children \$2.50; Family (2 adults & up to 3 children/youths <19 yrs) \$12

3rd Annual Magical Nights of Light at North Island Wildlife Recovery Centre

**Fridays and Saturdays
6:00 to 8:00pm
1240 Leffler Road, Errington, BC**

December 8 & 9
December 15 & 16
December 22 & 23

A Wild-light Spectacular Event , including:

- Magical Light Show
- Walk through at your own pace
- Hot Chocolate
- Colouring Contest
- Visit with Santa
- And more!

\$5 suggested donation for adult admission.
Children 12 and under are free



Arrowsmith Golf & Country Club
1st Annual Christmas Craft Faire
Saturday, December 2nd
10:00 to 4:00
2250 Fowler Road
Qualicum Beach, BC

- Local Vendors and Crafters
- Handmade items
- Christmas baking
- canning and much more
- Half-hour Prize Draws
- Photos with Santa 1-3pm
- Craft table for kids 1-3 pm

ENTRY by Donation
for Food Bank

Homemade Soup and Chili
Christmas Food and Drink Specials



Christmas Craft Faires

December 2nd & 9th

10:00 to 3:00

Two unique Christmas Craft Faires at Errington War Memorial Hall

1390 Errington Road
Errington, BC

Continuing a tradition that goes back to 1979, the Errington Hall will be full of local artisans and crafters this December, offering a wide variety of homegrown and handmade treasures just in time for Christmas. The popularity of this event has grown in recent years making it necessary to expand the show to two weekends, each with their own set of unique, talented, local vendors.

Admission is free to both events. Lunch and refreshments will be available on site. Draw tickets to win a luxurious Prize Basket filled with goods from participating vendors will be given out with any purchase. Proceeds from the event will benefit the Errington War Memorial Hall Association, a registered non-profit charity which supports the Hall, the Old Fire Hall, and the community park.

We invite you to come support your neighbours and the community while exploring the vast selection of original high-quality gifts, treats, and treasures. Each show has a different set of vendors and goods so plan to attend both weekends to experience the full variety.

Available craft items include: photography, art cards, candles and candle holders, soaps, bath and skin products, gnomes and Santas, silk-screened and tie-dyed clothing and accessories, pottery, jewellery, bee hive products, dolls, quilting, knitting, crochet, embroidery, weaving, felt and wool fibre art, mobiles, bead-work, leather-work, and more!

PLEASE NOTE:

At the December 9th Craft Faire, PQRTA member Christine Rivers will be selling the following items: cards of her tapestries, weaving, beadwork, and mala beads.

December 2nd & 3rd:



7th Annual
**A Christmas Faire
with Vintage Flair**
Hosted by Biscotti
Di Notte & More
Sunday, December 3rd
10:00 a.m. - 4:00 p.m.
Qualicum Beach
Community Hall
644 Memorial Drive
Admission by donation to
Food Bank
250-752-3637

St. Anne's/
St. Edmund's Church

Christmas Bazaar

Saturday, Dec. 2
10am-2pm

St. Edmund's Church Hall
407 Wembley Rd.
@ Church Road
(behind Save-On Foods)

Famous Christmas Cakes
• Baking • Preserves
Various Craft & Gift Vendors
& More • Coffee & Muffins



The Nanoose Bay
2017 Studio Tour

CHRISTMAS CRAWL

Saturday & Sunday
December 2 & 3
10am to 4pm

Discover beautiful and
original Christmas gifts or
that special work of art for
your home, on this

SELF-GUIDED TOUR
of Nanoose Bay Studio Tour
artists & artisans.

Pick up your Studio Tour Guide:
2925 Northwest Bay Rd
during tour hours.

Download a Studio Tour Map:
nanoosebaystudiotour.com

**FIRST NATIONS
ARTISANS
FESTIVAL**

Sat. Dec. 2, 9-4
Sun. Dec. 3, 10-3

**Qualicum First
Nations Band Hall
(QUALICUM BAY)**

Traditional & contemporary
arts, crafts & food. Enjoy a
festival atmosphere & meet
local First Nations artisans.

**CHRISTMAS
BAZAAR &
SILENT AUCTION**

Nanoose Bay
Library Centre
Saturday, Dec. 2
10am-3pm

2489 Nanoose Road
Crafts, Artisans,
Homemade Baked Goods,
White Elephant,
Soup and Refreshments.
250-468-9977



December 9th

**Christmas
Craft Fairs**

ROYAL CANADIAN LEGION L.A.

**CRAFT
FAIR**

Saturday, Dec. 9
146 W. Hirst Ave
Parksville

**TABLE
RENTALS
\$15.00**

Reserve early, space is limited.
Call Bev 250-248-2909

Donations of crafts,
baking & Christmas
items accepted.





Coombs Country Christmas Craft Fair Dec. 2nd and Dec. 3

**Arrowsmith Rec Hall
Coombs Fairgrounds
Ford Road, Coombs**

We have plenty of parking and a food concession. Funds raised at our Craft Sale support activities at the Coombs Fairgrounds. Vendors and shoppers alike enjoy our spacious hall, with wide aisles and good lighting for viewing the treasures on offer.

As one vendor reported, "Several customers commented on the wide aisles, good variety of crafts, baking and food, excellent music, bright and open building and many were happy that there was no charge to attend the show."

Darrill Hanscom Woodcraft Christmas Sale

Dec. 2-3 & 9-10
10:00am - 4:00pm
1590 Morello Road, Nanoose Bay

Sale of handcrafted wood items:

- Stools
- child sized rocking chairs
- trays
- large variety of unique gift items
- bowls
- salt & pepper mills
- and much more!





PQRTA EXECUTIVE needs **YOU!!!**

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

EXECUTIVE 2017/2018 – 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 seven 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!**

Email: laurie@bcrt.ca or **Toll Free: 1-877-683-2243**

BCRTA Membership Application Brochure:

http://bcrt.ca/images/BCRTA-Application_Brochure_Only_2017.pdf

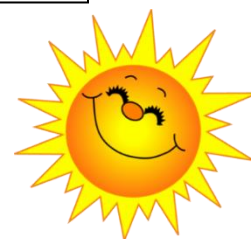
BCRTA Membership Application Form:

http://bcrt.ca/images/BCRTA_Membership_DOWNLOAD_to_Print_2017.pdf



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**



December Events - Parksville and Qualicum Beach Area
<http://www.visitparksvillequalicumbeach.com/events-2017-12/>

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

December 12 – Seasonal Lunch – Fairwinds Restaurant (Nanoose Bay) – Doors Open 11:30

December 25 – Merry Christmas!

December 26 – Happy Boxing Day!

December 31 – New Year's Eve

PQRTA EXECUTIVE (2017/2018) and CONTACTS:

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

Social Concerns Contact – Barb Brett

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

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

