

**PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION
NEWSLETTER #3 – JANUARY 2017**



PRESIDENT'S MESSAGE from Cathy Van Herwaarden:

I hope that your new year is off to a good start! Mine sure is!!! As you read this, I am flying off to Cuba with my husband. Glad to leave the deep freeze behind! YIPPEE!!!

PAST EVENTS: R. Elaine Young (Program Chair)

November 30, 2016 - Parksville

Tour of Munchkinland, WOW (Words on Wheels) Bus & Technology Learning Centre

Four Retired Teachers were treated to an informative tour of the WOW bus, Technology Learning Centre and Munchkinland in Parksville. Judi Malcom, the Manager of Oceanside Building Learning Together (BLT), the society that runs all these positive programs, provided a good update of the resources available.

Even those folks who were involved with BLT of the past, were very, very surprised by the offerings these days. Munchkinland provides a great opportunity for parents and caregivers to bring children for open play. A Saturday morning program (running this winter) is widely attended by many parents, including dads. In the spring, the program moves outside to nearby Mark's Park, where children and parents can experience and explore nature first hand.

The WOW bus takes the programs on the road to many communities in the area. Building Learning Together (BLT) is retiring their current bus and will be outfitting a bus provided by School District 69.

The most "senior" friendly program is offered through the Technology Learning Centre (TLC). This program is focused on adults, and promotes financial and technological literacy. They are open regularly and provide many specialized workshops. Last year, the TLC offered a series of workshops that focused on financial health after retirement, wills, powers of attorney etc. Participants were very surprised by the width and breadth of the TLC Program.

December 14, 2016 - CHRISTMAS LUNCHEON – Nanoose Bay

Fifty retired teachers and friends donned their best "ugly" Christmas attire and gathered at Fairwinds Restaurant in Nanoose Bay for some scrumptious food and Christmas cheer. The room was filled with festive fun and frivolity! Maybe even the best yet!!!

This year, everyone received their meal at a reduced rate, as we have a bit of extra money to spend on our members. We gifted a poinsettia to three life members: Betty Harrower, Eva Hilborn and Art Skipsey. Other poinsettias were delivered to the homes of life members.

Bill Taverner (Past President of BC Retired Teachers Association) gave us a brief run-down on the New Societies Act and the repercussions for BCRTA and its local branches.

Bill Cave provided the background Christmas music and accompanied our carol singing. Also, many lucky people received door prizes: angel decorations, star candle holders, poinsettias, Santa candles, seasonal table runners, a stacking box snowman, a Santa doll, and a box of Purdy's chocolates.

Thanks to Barb and Al Brett for organizing the donations for Salvation Army. There was \$760 in monetary donations and a very large number of food donations. The Salvation Army was thrilled with this contribution. What a wonderful group of generous people!

Choose Your Resolution

By Renee Sylvestre-Williams / December 2016 (Investors Group)

New Year's resolutions don't have to be long lists of things you'll never get to. Instead, pick one cause or charity to support in 2017.

This is the time of the year when we make resolutions – to lose weight, to be better with our money or just to be a better person.

But instead of making multiple resolutions that most of us never keep, what if we just decided to do one thing in 2017 to help make our world a better place? Surely one resolution is easier to keep than many. Maybe focus on two things: something personal, and something that helps the greater world.



Figuring out what to do, though, can be a challenge – there are so many organizations that need help and so many ways to give back. If you're having trouble deciding on what cause or charity to concentrate on, there are ways to cut through the noise.

- Ask yourself what kind of impact you want to have on people.
- Consider creating a "multi-plan," where you'll write down several things you care about and then narrow it down from there.

Once you've decided on one or two causes to support, it's time to do a little research.

- Checking your charities' overheads, including administration costs, salaries and how much money they spend to raise money. The information is usually available on a charity's site or through the Canada Revenue Agency, and it can indicate how they're using their donations. Most of the money should go to fulfilling the charity's mandate.
- Also, consider calling and asking for a tour. This is a great opportunity to ask questions about how charities are meeting their goals, including what metrics they're using and how they're tracking them. Get as much reading material – such as annual reports – as you can, and read it all. People choose a charity with their emotions, but the final decision should be made with their heads.

When you do decide on what cause to support in 2017, remember that it's the start of a relationship and you should want that relationship to be a long one. Maybe attend local meetings and events, to see what's out there and how to contribute. Just listen and learn!

People Needing Assistance from Food Banks Increases



By Ken Kuhn, Liaison Priorities Newsletter Editor, Port Moody, BC
Liaison Priorities – December 2016

This year 3.4% of British Columbians are accessing the Food Bank. Our BC community food banks help 103,464 people in our province every month... one third of these are children.

There are over 100 food banks operating in BC. In Vancouver, there are 26,000 people assisted per week. Many of these people have a job—but may be low-paying jobs. But the high cost of living in BC is taking a toll—especially those people on fixed incomes. We have one of the highest rates of poverty here in BC but we are the only province without a strategy that raises welfare or provides housing and child care.

In 2015, BC had a child poverty rate of 20.4%. (First Call 2015 Child Poverty BC Report Card) More than half (50.3%) of all BC children in lone-parent families are poor. What is startling is the number of young people and seniors forced to stand in line. Across BC, 32% of users are kids & in Vancouver for seniors it is 19%. Many people are renting. Rents are high, income is low. Rent has preference to food (& drug prescriptions & health care) so people are accessing food banks.

We need the provincial government to step in & share the burden. The Liberal government likes to point out that BC has the strongest economy in the country right now. It's just a stat—that means very little—when thousands of people don't have enough to eat.

Mobility accessing food banks is a factor for seniors. Seniors need to be able to get to a food bank and be able to take the food away. There are other barriers that include the stigma of accepting help so many are reluctant to come because of the embarrassment and have not been used to this in their lifetime. There is less need for some seniors as they have been admitted into a care home so the stats are skewed as a percentage of the whole population.

Food Banks need your help! Donate money: Loonies or Toonies!!!

\$1 gets \$6 of food. Buying power increases with money!!!

http://www.parksvillesalvationarmy.ca/Food_Bank.html

It's Cold out There!!!

Check out the items that could be helpful for the homeless people in Oceanside area.

<http://www.mannahomelessociety.com/contactdonate/wish-list/>

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://bcрта.ca/bcрта-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!!!!**

5 Ways We Can All Improve Our Lives

BY ALEX MLYNEK / SEPTEMBER 2016 (INVESTORS GROUP)

As good as life may be, we can always get better. Here's how.

Canadians are, generally, a happy and satisfied bunch – we are the sixth happiest country in the world according to the 2016 World Happiness Report – but we know we can always do better. In fact, a recent Ipsos Reid poll noted that 88 percent of Canadians are always on the hunt for ways to boost their well-being. Fortunately, increasing well-being doesn't require radical change. Ready to get started? These five tips will help you turn that intention into a habit.

1. Eat Green

Ipsos Reid found that 65 percent of Canadians want to live a healthier lifestyle. Here's an easy way to do just that: eat more greens, says registered holistic nutritionist Peggy Kotsopoulos. "Green veggies, sea veggies and algae are loaded with chlorophyll, which helps increase the number of energy boosting, oxygen rich and revitalizing red blood cells," she says. So add a salad to your lunch routine, have some sautéed spinach alongside your breakfast eggs, or snack on roasted nori.

2. Find the Time

We all feel better when we spend time with friends and family – and, according to that Ipsos poll, 40 percent of those surveyed do want to spend more time with loved ones – but everyone knows that making time is easier said than done. Being around people you care about can actually do wonders for your mood, says Kotsopoulos, as it helps boost serotonin levels and reduces stress. If your schedule is packed, though, you'll either have to take something away from your calendar or find a way to combine priorities, says Clare Kumar, a productivity coach for executives. For example, if exercise is one of your goals, a walk date with a friend might do the trick, she says.

3. Change Your Mind

The only thing stopping you from improving your life is you. That's according to research done by Stanford University psychology professor Carol Dweck. Her theory is that people who think their talents are innate are likely to give up on a new activity if it doesn't work right away. However, if you approach trying new things with what she calls a growth mindset – you have to see talent as something that takes effort and practice to develop – you're more likely to keep at it even if you're not successful the first time. Try something with that mindset and you'll gain resilience along with a new skill.

4. Get Messy

It's time to stop feeling guilty about clutter and embrace your untidiness, says Jennifer McCartney, author of *The Joy of Leaving Your Sh*t All Over the Place*, a paean to saying yes to mess that's filled with practical, yet tongue-in-cheek, tips on how to do so. "We spend so much time trying to attain Pinterest or Instagram-worthy kitchens and coffee tables and it's a waste of brain power," says McCartney. "Plus, being messy can actually make you more creative." If you're naturally neat, you can get into messiness, too — you might find it liberating. "Don't force it, but give it a try for a week or just a day," she suggests.

5. Explore a Forest

As good as taking a walk is for you, talking a walk in a forest is even better. Research shows a stroll in the forest can lower stress hormones, decrease your pulse rate, boost mental health and improve blood glucose levels in diabetics. It's something that the Japanese have been doing for decades and they've even given it a name: Shinrin-yoku. It's a term the Japanese government gave to the concept of "forest bathing," which means to commune with nature in a forest. It's a big part of the country's preventative medicine practices. Give it a try!

Of course, there are many other ways to improve your life.

Studies show that an active social life can make you live longer.

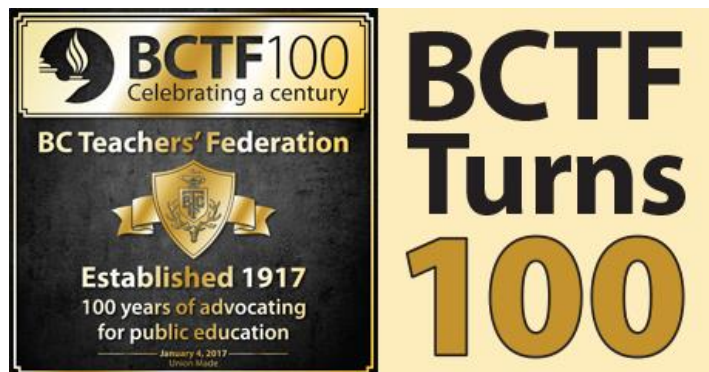
Friends With Health Benefits

One study, conducted by researchers at Brigham Young University and the University of North Carolina at Chapel Hill, concluded that strong social ties in general can be beneficial to both mental and physical health. They found that an active social life can be linked to lower risk of cancer and cardiovascular disease, greater ability to carry out physical tasks, improved happiness and better cognitive functioning.

An active social life can be linked to lower risk of cancer and cardiovascular disease, greater ability to carry out physical tasks, improved happiness and better cognitive functioning. Conversely, a relative lack of social ties is associated with depression and later-life cognitive decline, as well as increased mortality. One Harvard Medical School study found that a lack of strong social relationships increased the risk of premature death from all causes by 50%. People who smoke up to 15 cigarettes a day have the same kind of increased risk, according to the study.

Quality Over Quantity

There are many ways to keep an active social life in retirement, like volunteering or picking up a new sport or activity with your fellow retirees. There are also a number of communities in warm climates, like Florida or Palm Springs, that cater to active retirees. Of course, it might be easiest to revisit friendships that you let lapse during your working years. Just go out with the people who already care about you the most – and stay healthy in the process.



<http://bctf.ca/history/welcome.aspx>

BCTF News Release: January 5, 2017

More than 1,000 new teaching positions to be created as a first step in the process to implement the BCTF's landmark court win

The BCTF has reached agreement with the BC Public School Employers' Association and government on an interim measure to immediately create more than 1,000 new teaching positions while discussions continue on full restoration of teachers' unconstitutionally stripped collective agreement language.

"Since the BCTF won our court case back in November, we have been moving forward with two goals," said BC Teachers' Federation President Glen Hansman. "The first goal was to get as many teachers as possible back into schools and classrooms as quickly as possible. This \$50 million agreement is the first step. It means hundreds more teachers will be in schools working with students across the province in a matter of weeks. The second and most important goal- full implementation of the 2002 collective agreement language-will now be the focus of talks between the two parties."

Hansman emphasized that today's agreement is in no way a final resolution, nor does it impact a future agreement on full implementation of the restored language. While the new funding is badly needed, and will help many teachers and students, the government will have to provide significantly more funding to meet the requirements of the Supreme Court of Canada's ruling.

"With this interim measure agreed to, the parties can now turn to the crucial task of fully implementing all the language that was restored by the court," said Hansman. "The two sides will be meeting again next week to continue discussions. The BCTF's goal is to ensure these talks are not long or drawn out and that all Boards of Education, schools, teachers, students, and parents have certainty about how and when the language will be restored.

"It's important for parents and the public to understand how our contract language made a difference for kids. It guaranteed supports for students with special needs, and manageable class sizes for all. It ensured teacher-librarians, counsellors, English language and other specialist teachers were there to give students the individual attention they need," Hansman said.

"It has been almost 15 years to the day since then-Education Minister Christy Clark first brought in the unconstitutional legislation. The work to repair the damage to public education has only just begun.

"It's going to take a significantly higher investment than \$50 million to undo the damage this government has done to a generation of students. BC teachers will be looking closely at the February 21 provincial budget to make sure that funding is provided to implement the full scope of the restored language."

Key Points Of The Memorandum Of Agreement Include:

\$50 million in new funding from the Ministry of Education to create 1,000-1,100 teacher full-time equivalents (FTE) for the balance of the 2016-17 school year.

The new funding will be used to implement two priority measures: adding enrolling-teacher positions and non-enrolling positions in schools (for example: counsellors, teacher-librarians, special education teachers, and other specialists across all grades).

Allocation of the net new funding at the school district level needs to be jointly developed and decided through a district committee established by the Superintendent and the local union President. Decisions about what jobs will be posted and where needs to be decided by the local parties. There will also be a dispute resolution process if there is no agreement between local parties.

CANADIAN HARAMBEE EDUCATION SOCIETY (CHES) SPONSORSHIP:

Each year, our local branch has donated \$600 to the Canadian Harambee Education Society for one young woman to attend high school in Kenya. Because of the New Societies Act, we will need to change how we do fundraising and scholarships. More about that, at another time!



This year, we were still able to sponsor Mercyline Kirikita. A previous newsletter contained her extensive biography. Her new school year begins this 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

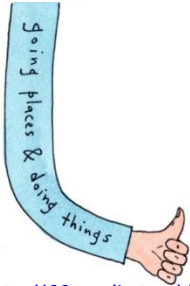


Here's a group of 4 generous people who sponsor their very own CHES student.

Congratulations to Elisabeth Pos, Jan Graham, Lorna Calder, and Sally Hemingson for promoting education around the globe!
Well done!!!

Who is interested in joining me in a group sponsorship of our own student?

Let me know: cathyvanh@gmail.com



<http://66.media.tumblr.com/>

GOINGS AND DOINGS:

What are you up to???

Please let me know for our next newsletter!

cathyvanh@gmail.com

Here's what we heard, this past December, in no particular order.

Tom Manson: canoed the Yukon River – Whitehorse to Dawson City

Daphne Manson: Elder College – very interesting, great people, new things to learn! Nous Chantons – francophone singing group. Curves – fitness

Christine Rivers: Tapestry weaving, yoga, hiking, cycling, running, rock climbing, Travel – tapestry tour in Europe, Cultural tours in Mexico

Gerry Galey: hiking, river cruising, tennis, Mexico, Meals on Wheels, Ireland

Josie Zbitnew: BC Royal Museum to see the 40,000 year old baby mammoth, a Great-Grandma, travelled with daughter to see 1 year old Eli in Winnipeg

Eileen Butts: Bard to Broadway Community Theatre

Laurel Johannson: City of Gardens Chorus – Langford, Bard to Broadway, Grand Kids

Elaine Young: going to Mexico in February to build a large classroom to add to a school

David Hobson: partner and I building a house on Gabriola Island

Wayne Searle: active in curling, golf and slow-pitch

Sandra Veenstra: with family for Christmas and then to Nova Scotia to visit my 101 year old mother – presently in hospital, but improving!!

Art Skipsey: have given my steam boat the Swan to the Marine Heritage Society in Port Alberni

Sally Hemingson: Volunteer Gardening at Milner Gardens and home. Made 2 quilts this year. Continuing work on family history. Trip to the Chilcotin.

Elisabeth Pos & Lorna Calder: Travelling – South America. Future trip to Baltic and Europe. Daily walks – 10,000 steps. Aquacise with friends.

Eva Hilborn: Chair – Canadian Federation of University Women. Early Childhood Education Project

Jan Graham: Volunteer Milner Gardens. Dining Discoveries – rotate houses for monthly meals. Magical Mystery Tour – taking Sally and Nancy out every third month. Hiking Group Thursdays – 4 to 6 walkers

Nancy Whelan: 3 trips coast to coast in Canada. Cruise – Boston, Maritimes, Montreal. Volunteer – The Gardens Seniors Residence and Milner Gardens. Dog walking. Writing (Island Woman, Seedy Saturday)

Neil Worboys: Attended the Supreme Court in Ottawa to hear the BCTF case for returning class size etc. to our Collective Agreement. YAHOO!!! We won!!!

Kay Howard: Going to Madagascar!

Val Morton: 5 weeks in Australia this fall, make quilts with Victoria Quilts for people undergoing cancer treatment

Margaret Sanou: lots of walks in our beautiful forests; taking a course on writing for children from The Institute of Children's Literature

Betty Kennaird: Caribbean cruise in October and again at end of January to Costa Rica via San Diego

Betty Ann Acres: Visit family (son) in Sweden in summer.

Barb Brett: Researching family history

Al Brett: Restoring old cars (Seaside Cruisers Car Club)

Bill and Marg Hoverman: Care of feral cats

Val Dyer: took up Karate when retired

Cathy Van Herwaarden: trip to Cuba!!!

What an amazing group of people with such varied interests!

So many TRAVELLERS!!!

Did you know that Collette Vacations is affiliated with BCRTA?

<http://bcrta.ca/collette-vacations>

Collette offers escorted tours to all 7 continents.

Since 1918, Collette Vacations has led the way in escorted touring. Through a process of constant innovation, our diverse roster of tours continues to meet the needs of today's savvy world travelers. Across 3 distinct brands, Collette provides a hassle free way to see the world while fulfilling the singular dreams of their customers.

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- Centrally-located hotels provide a home away from home.
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- Expert local guides provide insightful, personalized tours.
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- Welcome and farewell dinners feature local specialties.
- Receive complimentary roundtrip home to airport sedan service on all air-inclusive tours.

<http://www.collettevacations.ca/>

Park'N Fly through BCRTA discount Savings Program - <http://bcрта.ca/parknfly>

BC Retired Teachers Association Corporate Discount **#828626**
ACCESS EXCLUSIVE, LOWER THAN WEB RATES WITH PARK'N FLY

	Daily	Weekly	Monthly
Vancouver Regular Rates (plus taxes):	\$18.85	\$94.75	\$399.80
BCRTA Corporate Rates (plus taxes):	\$14.95	\$59.75	\$104.60

Park'N Fly Vancouver

Park'N Fly is located just minutes from Vancouver International Airport. Premium "Stress Free" Valet service in our well lit, fenced-in, and electronically monitored facility.

- Fast & efficient shuttle service, 24 hours a day
- Friendly and professional staff
- Luggage assistance
- Complimentary freshly brewed coffee and tea, local telephone calls, newspapers and seating area
- Time Saving Vehicle Maintenance Services available while you are away (ie. Car Wash, Oil Change)

How to Use:

Members can quote this number at the counter to receive the discount– can be used for both leisure and business travel. No reservation or pre-booking required!

OR

For Frequent Travellers: Join the Rewards Program

Individuals that travel frequently within your organization can register online to expedite their service and receive the discount automatically every time they park with us.

Join the Rewards Program with Park'N Fly Canada, please register by clicking below link. The discount code is embedded into this link

<https://www.parknfly.ca/Member/Registration.aspx?referralid=15180&coupon=828626>

Benefits Include:

- By Pass the counter line by using the card at our kiosk machines.
- Receive Corporate Discount Rates automatically every time you park– just swipe and save!
- 150 Aero plan points for each stay will be added to their profile per stay.
- Earn loyalty points which goes towards FREE PARKING
- Receive a text message when you land to have your car ready upon your return - No need to call in: click Yes to receive the text messages when registering. There are no news or deals sent via Text.

EXCLUSIVE BCRTA WORLDWIDE HOTEL & CAR RENTAL DISCOUNTS

BCRTA now offers members, friends and family exclusive discounts on unlimited worldwide travel. Our exclusive, password protected services offers discounts as high as 50%, and averages 10-20% savings below market on all hotels and car rental suppliers around the world. We provide the best inventory, availability and rate-type options.

Any hotel, any car, anytime, anywhere.

<http://travel.localhospitality.com/bcrta/travel-bcrta.html>

STRESS-FREE TRAVELLING CHECKLIST

<https://lighthouse.johnson.ca/h/i/305098731-stress-free-travelling-checklist>

Shopping for a new bathing suit and flip flops shouldn't be the only things at the top of your vacation "to do" list. Are your passports up to date? Are there any vaccines you may need for your specific destination? You probably only look at your passport when you need it and like most people don't even remember the last time you had a tetanus shot, so putting these items as a top priority, prior to take off will help ensure that your trip goes off without a hitch. To help you along, we created a simple checklist.

Make Health And Safety A Priority.

- ✓ Confirm well in advance if any vaccines or medications are needed before visiting the destination. If there are, make the appropriate appointments prior to your trip date.
- ✓ Check for government issued travel advisories for the country or region you are planning to visit. For example is it safe to drink the tap water?
- ✓ Carry sufficient prescription medication and allergy treatments in your carry-on luggage, as well as a copy of the original prescription. Some countries have strict laws, even against over-the-counter medications. A letter from your doctor is also a good idea.
- ✓ Share travel and destination information with loved ones in the event an emergency arises.
- ✓ Choose a trusted friend or relative to hold onto a photocopy of all your travel documents and passport in case of loss or theft.

Have The Proper Documentation.

- ✓ Check to make sure all members of your party, including children and infants, have a valid passport (and that it won't be expiring while you're away).
- ✓ If travelling outside your home province, carry provincial health cards, and driver's licences.
- ✓ Add (or keep) your insurance wallet card to your wallet so you have easy access to their phone number should you need to call them for assistance while away.
- ✓ Be prepared for potential entry or exit fees from certain countries. These fees are not included in the price of your flight and can range from \$25 to \$200. Having the proper currency can avoid potential stress and delays at the airport.

Get Travel Insurance Coverage

It's important to take out travel insurance when you're away on vacation, so that even if the unexpected happens, you can be prepared. To find out which travel insurance plan is right for you, check with Johnson: <https://www1.johnson.ca/travel-insurance>

Once you've checked these items off your to-do list, and your bags are packed, it's important to not forget about preparing your home. Find out the best ways to keep your home protected while you're away:

<https://lighthouse.johnson.ca/h/i/276054735-keep-your-home-protected-while-youre-away>



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://bcрта.ca/images/Final_BCRTA_Golden_Stars_Awards_Application_Revised_June_20_2016_.pdf

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





- ❖ Laurie Neville
- ❖ Jocelyn Robinson

Save Canada's Public Health Care:

For-profit clinic CEO Brian Day has launched a lawsuit against Canada's public health care system. If he wins, many Canadians won't be able to afford health care and we will have to wait longer for treatment.

Canadian Public Health Care

In Canada, everyone is covered by public insurance and we can get basic treatment and care, no matter how much money we have. Under our current laws, private insurance companies don't get to decide who gets care and who doesn't.

Cambie Surgeries Corporation CEO Brian Day wants to change that. He is trying to use the courts to change Canada's health care system so that:

Doctors can charge patients unlimited amounts for all procedures and services - from routine check-ups to hip surgeries.

We move to an American-style system with parallel private care and insurance (putting private insurance companies in the position to deny patients health care coverage for basic services like visits to the emergency room or cancer treatment).

If Brian Day wins, many Canadians won't be able to afford health care and we will have to wait longer for treatment - while the very wealthy pay to jump ahead in line.

We need real improvements to make our health care system work better for everyone, including shortening wait times.

Brian Day's lawsuit would make things much worse for regular Canadians. A win for Day would be a loss for us.

DONATE to the LEGAL FUND to fight Brian Day and save Public Health Care
<http://www.savemedicare.ca/>

If you want to want the Federal government to be accountable for their election promises, add your voice to CARP's (Canadian Association of Retired Persons) petition (Feet to the Fire Campaign):

<http://www.carp.ca/campaigns/federal-budget-2016/#addyourvoice>

If you're a news junkie:

<http://live.vancouverislandfreedaily.com/>

If you're looking to save some money:

<http://www.islanddailydeals.com/>

UPCOMING EVENTS:

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



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

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

Members who receive Pacific Blue Cross benefits from the Teachers' Pension Plan should have received 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>



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://bcrtca.ca/bcrtca-branches/107-parksville-qualicum>

