



# PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER #13 – February 2018

## PRESIDENT'S GREETING from Cathy Van Herwaarden:



# THE FRUMIOUS BANDERSNATCH

THE LEAST RELIABLE SOURCE OF NEWS ON THE WEB – FREE AND WORTH TWICE THE PRICE

<http://www.bandersnatch.com/noah.htm>



"MR. NOAH, DON'T YOU THINK THE PROPHECIES OF A GLOBAL CLIMATE CHANGE ARE A BIT EXAGGERATED?"

## A Modern Noah's Ark

And the Lord spoke to Noah and said: "In six months I'm going to make it rain until the whole earth is covered with water and all the evil people are destroyed. But I want to save a few good people, and two of every kind of living thing on the planet.

I am ordering you to build Me an Ark," said the Lord.

And in a flash of lightning He delivered the specifications for an Ark.

"OK," said Noah, trembling in fear and fumbling with the blueprints.

"Six months, and it starts to rain" thundered the Lord. "You'd better have my Ark completed, or learn how to swim for a very long time."

And six months passed.

The skies began to cloud up and rain began to fall. The Lord saw that Noah was sitting in his front yard, weeping. And there was no Ark.

"Noah," shouted the Lord, "where is my Ark?" A lightning bolt crashed into the ground next to Noah, for emphasis.

"Lord, please forgive me," begged Noah. "I did my best. But there were big problems. First I had to get a building permit for the Ark construction project, and your plans didn't meet Code. So I had to hire an engineer to redraw the plans. Then I got into a big fight over whether or not the Ark needed a fire sprinkler system. My neighbors objected claiming I was violating zoning by building the Ark in my front yard, so I had to get a variance from the city planning commission."

"Then I had a big problem getting enough wood for the Ark because there was a ban on cutting trees to save the Spotted Owl. I had to convince U.S. Fish & Wildlife that I needed the wood to save the Owls. But they wouldn't let me catch any owls. So no owls. Guess the owls will end up like the unicorn. Then the carpenters formed a union and went out on strike. I had to negotiate a settlement with the National Labor Relations Board before anyone would pick up a saw or a hammer. Now we got 16 carpenters going on the boat, and still no owls.

"Then I started gathering up the animals, and got sued by an animal rights group. They objected to me taking only two of each kind. Just when I got the suit dismissed, EPA notified me that I couldn't complete the Ark without filing an environmental impact statement on your proposed Flood. They didn't take kindly to the idea that they had no jurisdiction over the conduct of a Supreme Being. The Army Corps of Engineers wanted a map of the proposed new flood plain. I sent them a globe.

"Right now I'm still trying to resolve a complaint from the Equal Employment Opportunity Commission over how many Croatians I'm supposed to hire, the IRS has seized all my assets claiming I'm trying to avoid paying taxes by leaving the country, and I just got a notice from the state about owing some kind of use tax. "I really don't think I can finish your Ark for at least another five years," Noah wailed.

The sky began to clear. The sun began to shine. A rainbow arched across the sky. Noah looked up and smiled. "You mean you're not going to destroy the earth?" Noah asked, hopefully.

"Wrong!" thundered the Lord. "But being Lord of the Universe has its advantages. I fully intend to smite the Earth, but with something far worse than a Flood. Something Man invented himself."

"What's that?" asked Noah.

There was a long pause, and then the Lord spaketh his Last Word, "Government."



## **BCTF NEWS – <http://bctf.ca/>**

**Teacher** – Magazine of the BC Teachers' Federation is now online. See the Jan./Feb. 2018 issue here:  
<http://www.bctf.ca/TeacherMagJan2018.aspx>

### **BCTF Online Museum:**

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



British Columbia  
Teachers' Federation

## **BCRTA NEWS - <http://bcrtta.ca/>**



While the Board of Trustees hasn't approved any cost of living increase to our Teachers' Pension yet, the Canadian Consumer Price Index showed an increase of 1.6%, year over year, for the month of September. Since we know that the Inflation Adjustment Account has a healthy balance we can predict that our **pensions will be increased by 1.6% starting at the end of January.** And once cost of living increases have been made they become part of our guaranteed pension.

How is it possible that our pension is in a healthy, sustainable position when the government and news reports that Defined Benefit Plans, like ours, are unsustainable? Active teachers and their School boards contribute sufficient funds during the active member's career. When that money is invested prudently over the life time of each member, it becomes enough to pay the lifetime pension.

You might be surprised to know that about 80% of the pension money you receive comes from investment income. About 10% for your pension is your original contribution coming back, about 10% is your employer's contribution coming back, but the huge majority of your pension is investment returns.

Our pensions are not subsidized by the taxpayers.

Interestingly, another Defined Benefit Pension Plan – The Canadian Pension Plan – has recently been shown to be sustainable for the next 75 years.

Sustainability of the CPP has been examined in this report:

[http://www.cppib.com/documents/1457/CPPIB\\_Sustainability\\_Backgrounder\\_Nov2016EN.pdf](http://www.cppib.com/documents/1457/CPPIB_Sustainability_Backgrounder_Nov2016EN.pdf)

# **NEWS from COSCO (Council of Senior Citizens' Organizations): Jan. 19, 2018**

First Vice President – Sheila Pither

- Recently COSCO received a \$25,000 grant from the New Horizons program to conduct workshops around the province for people who are facing mandatory driver assessment when they turn 80.
- In addition to this project there is another workshop that we want to take on the road. A workshop was created to educate people about Emergency Department procedures and protocols which were presented to the Sunshine Coast Branch on January 18th.
- Working on our three objectives:
  - Bill C-27 (the bill that allows defined benefit pension plans to be changed to target benefit plans) - working with the retired teachers on a plan
  - A National Pharmacare Plan
  - Universal Health Home Care

## **BC Poverty Reduction**

GUEST SPEAKER – **Omar Chu from the BC Poverty Reduction Coalition**

The BC Poverty Reduction Coalition is a coalition that includes community and non-profit groups, faith groups, health organizations, First Nations and Aboriginal organizations, businesses, labour organizations, and social policy groups. We have come together around a campaign aimed at seeing the introduction of a bold and comprehensive poverty reduction plan from the government of British Columbia that would include legislated targets and timelines to significantly reduce poverty, inequality and homelessness. We seek to improve the health and well-being of all British Columbians. We have over 70 Coalition Members and over 400 supporting organizations that have joined the call for a poverty reduction plan.

It's now more important than ever that the provincial government hear our collective voice loud and clear highlighting the pillars of a strong, comprehensive poverty reduction plan.

### **Poverty reduction is an economic investment for our province.**

We know that we all pay for the failure to address poverty. The cost of doing nothing to address poverty is \$9 billion per year, while the implementation of a comprehensive poverty reduction plan in BC would only be \$4 billion per year.

Let's stop mopping up the floor and fix the hole in the roof!

# **BC POVERTY REDUCTION RECOMMENDATIONS:**

## **Income Assistance**

Provide adequate and accessible income support for the non-employed

Welfare and disability benefits are far too low at \$710 for a single person and \$1033 (plus a \$52 transportation subsidy) per month for a person with a disability. And the eligibility rules and procedures make income assistance far too inaccessible for many.

Priority actions:

- ◆ Significantly increase welfare and disability rates to the Market Basket Measure, and index them to the cost of living.
- ◆ Increase earnings exemptions, and remove arbitrary barriers that discourage, delay and deny people in need.

## **Employment and the living wage**

Improve the earnings and working conditions of those in the low-wage workforce. Most adults living in poverty have a job, and the majority of poor children in BC live in families with parents who work in the paid labour force. The employment standards protections for vulnerable workers, which cover areas such as overtime hours and vacation pay, are far too lax.

Priority actions:

- ◆ Increase the minimum wage to \$15 an hour for all workers and index it to the cost of living. Encourage employers to adopt the living wage for families.
- ◆ Restore the coverage and enforcement of employment standards.

## **Health and Food Security**

Enhance community mental health and home support services, and expand integrated approaches to prevention and health promotion services. Poverty is a fundamental determinant of health, and the health care costs of poverty add up to \$1.2 billion per year. So, all of the other objectives will have a direct impact on improving the health of low-income people. That said, government provision of essential health services and community healthcare — home care, home support, assisted living, long-term care, and community mental health services — should be enhanced and expanded.

Priority actions:

- ◆ Expand essential health services in the public system, such as dental and optical care and community mental health services.
- ◆ Eliminate MSP premiums (already cut by 50% with a commitment to eliminate).
- ◆ Expand home support and residential care services, and increase the number of residential care beds.

## **Housing and Homelessness**

End homelessness and adopt a comprehensive affordable housing and supportive housing plan. BC has the worst record of housing affordability in Canada, and the numbers of homeless and under-housed people are increasing.

Priority actions:

- ◆ Recommit to building thousands of new social and co-op housing units per year. BC should be bringing on stream 10,000 such units per year.

## **Child Care**

Provide universal publicly-funded child care. The high cost of child care is a huge burden for many families and makes it completely inaccessible to others. Moreover, there is a shortage of child care spaces and the quality of care available is inconsistent across providers.

Priority actions:

- ◆ Adopt the \$10 a day child care plan produced by the Coalition of Child Care Advocates of BC and the Early Childhood Educators of BC, which will provide free child care for those earning less than \$40,000 per year, increase the number of child care spaces, support high-quality programming and ensure early childhood educators are paid a living wage.

## **Education**

Enhanced support is needed for training and education for low-income people. Without meaningful long-term training and education, people cannot access stable and well-paying jobs.

Priority actions:

- ◆ Reduce tuition fees by 50% and increase the availability of post-secondary grants for low-income students.
- ◆ Allow welfare recipients to attend post-secondary education and get apprenticeships.
- ◆ Adequately fund K-12 education to mitigate inequalities and to ensure adequate library, special needs and programs.

## **Equity**

Address the needs of those most likely to be living in poverty. Indigenous people, people with disabilities and mental illness, recent immigrants, refugees and temporary foreign workers (including farm workers and live-in caregivers), single mothers, single senior women, and queer and transgender people (particularly youth) have higher rates of poverty and homelessness. The poverty reduction plan must focus its efforts on the structural barriers faced by these groups.

Priority actions:

- ◆ Restructure federal and provincial funding to better address the needs of all Aboriginal people, including the large off-reserve population.
- ◆ Increase disability rates and index them to inflation.
- ◆ Guarantee access to income assistance for all, regardless of citizenship status.

For more background information: <http://bcpovertyreduction.ca/>

# APOCALYPSE MONTH: Jan. 11, 2018

## Woman trying to get through a month without spending money

By TAMARA CUNNINGHAM – Free Vancouver Island Daily

Donna Lee Criss, a Nanaimo resident, has put away her purse in a 31-day challenge to buy nothing but fuel. It's an effort to use what's already in her home.

Donna Lee Criss plans to get creative with what's in her cupboard during "apocalypse month" this January, a personal challenge where she can trade and accept goodwill from friends but will no longer buy things like food and clothing.

The idea behind the name is to think about what would happen if people couldn't go to the store and buy. Criss was inspired by a friend whose family of six undertook the initiative in November and thought if they could do it, so could she.



Criss didn't stock up in advance of the challenge kickoff Jan. 1 and plans to make use of what she already has in the house, like jars of preserves and dehydrated food. Since the start of the month she's also traded homemade gloves for honey and has cooked up soup with vegetables she's dug from Nanaimo Community Gardens, where she volunteers.

The only thing she'll open her wallet for is fuel, pointing out that she takes part in activities during the week that she can't walk to.

"I'm sure I'll save some money, but I am not doing it for that. I am doing it to use up what I've got," said Criss, who also said it'll free up time spent going to the grocery store.

"I've already been tempted," she said, laughing. "It's the third day. I don't know how I'm going to do it for a month."

Her runners were worn and she started to think January was a good time to shop before reminding herself she can't buy anything, and she wanted to stop by the store to get something she felt like eating.

"My biggest challenge is to create meals with what I've got," she said. "I am going to the back of the freezer, to the back of the cupboards and thinking gee, I am going to have to get creative here."

Interesting about the concept, she said, is to realize our reliance on convenience of being able to go and get something whenever we want.

## **COSCO (Council of Senior Citizens Organizations) – Dec. 8, 2017**

### **ENHANCED ROAD ASSESSMENT TO STRENGTHEN ROAD SAFETY**

Effective **March 5, 2018**, RoadSafetyBC will be making changes to the way drivers with medical conditions, including cognitive impairment, are assessed to determine if they are safe to continue driving.

One of the tools RoadSafetyBC currently uses is the DriveABLE assessment, which is administered by Insight Driving Solutions (IDS), whose contract expires on February 28, 2018.

RoadSafetyBC has taken the opportunity to review our assessment model, as well as those in other jurisdictions, to consider options for how we can keep improving B.C.'s model. They are committed to providing an option that improves public safety while balancing the concerns of British Columbians. This has resulted in the creation of the Enhanced Road Assessment (ERA), which is designed to assess drivers with cognitive, motor and sensory impairments.

The ERA will be used to assess both those drivers currently referred for an ICBC road test re-examination as well as drivers who would have been assessed by DriveABLE.

#### Frequently Asked Questions (FAQ)s

##### **Q: What is the Enhanced Road Assessment (ERA)?**

A: The ERA is a driving assessment that evaluates a driver's ability to safely operate a motor vehicle. It consists of tasks designed to assess driving skills and behaviours in situations of increasing complexity. The ERA will be administered by the Insurance Corporation of British Columbia (ICBC) on behalf of RoadSafetyBC. The results of the ERA will be reviewed by RoadSafetyBC along with any other relevant information on file in order to make a licensing decision.

##### **Q: Who will be referred for an ERA?**

A: As part of the process of making a Driver Medical Fitness determination, drivers with a medical condition that may affect the motor, cognitive or sensory functions required for driving may be referred to the ERA by RoadSafetyBC. Referrals to the ERA will not be made on the basis of a driver's age.

##### **Q: Why will drivers no longer be referred to DriveABLE?**

A: DriveABLE is currently administered under contract by Insight Driving Solutions. The existing contract with this company expires at the end of February 2018. We have taken the opportunity to review our assessment model, as well as those in other jurisdictions, to consider options for how we can keep improving B.C.'s model. We are committed to providing an option that improves public safety while balancing the concerns of British Columbians. This has resulted in the creation of the Enhanced Road Assessment (ERA), which is designed to assess drivers with cognitive, motor and sensory impairments that may adversely affect their ability to drive.

##### **Q: How is the ERA different from DriveABLE?**

A: The ERA is different from DriveABLE in a number of ways. There is no computer component to the ERA. The assessment is conducted on a single day in a vehicle provided by the driver, and consists of a pre-trip, on-road drive, and post-trip review. The on-road drive includes a feedback component, which gives drivers an opportunity to improve their driving for the remainder of the assessment.

**Q: How is the ERA different from an ICBC road test?**

A: An ICBC road test collects data on whether a driver can demonstrate specific driving skills when guided by a driver examiner in a structured environment. The components of the ERA are designed to assess driving skills and behaviours in a real-world environment, where a driver must be able to self-navigate and react to changing driving conditions. The ERA includes a feedback component, which gives the driver an opportunity to improve their driving for the remainder of the assessment. The ERA is not a test that a driver can pass or fail, it is an assessment that provides important information for RoadSafetyBC to review and consider, along with all other relevant information on file, in order to make a licensing decision.

**Q: Who have you consulted in developing the ERA?**

A: We have worked with a number of stakeholders as we developed the ERA. As we currently refer over 3000 drivers a year for an ICBC road test, we have consulted with ICBC on the future model. To design the ERA, we collaborated with a subject matter expert, who holds a Bachelor of Medical Rehabilitation in Occupational Therapy, a Masters of Rehabilitation Science, and a Graduate Certificate in Assessing Driver Capability. We have also consulted various seniors' advocates, the University of Victoria Institute on Aging & Lifelong Health, and other provincial driver licensing authorities from across Canada.

**Q: Have you considered the needs of seniors in creating the ERA?**

A: In developing the ERA, we have considered that the majority of experienced drivers, especially senior drivers, learned to drive when there were fewer road rules and may never have learned driving skills that are expected today. We have consulted various seniors' advocates and support groups, as well as the University of Victoria Institute on Aging & Lifelong Health to gain insight on the challenges seniors may face during the assessment process. There is no computer component during the assessment. Drivers referred to the ERA will be provided with information on what to expect from the assessment and how to prepare.

**Q: Are ICBC driver examiners qualified to perform an Enhanced Road Assessment?**

A: Driver examiners will be provided additional training to assess and record the driving skills and behaviours demonstrated during the ERA. The information gathered during the ERA will be forwarded to RoadSafetyBC, who will review the results, along with all other relevant information on file, in order to make a licensing decision.

**Q: When will RoadSafetyBC start referring drivers to the ERA?**

A: Drivers may be referred to the ERA as of January 2, 2018. ICBC will begin administering the ERA on March 5, 2018. Drivers will be notified in their referral letter of the timeframe for completing the ERA.

**Q: Will drivers get three chances to pass an ERA, as was previously available for an ICBC road test re-exam?**

A: The ERA is not a "test" that can be passed or failed. It is an assessment that provides important information for RoadSafetyBC to consider when making a licensing decision. Once a driver has taken an ERA, RoadSafetyBC will review the results, along with all other relevant information in the driver's file, to determine if the driver will maintain their licence or if the licence will be cancelled. In some cases, RoadSafetyBC may decide that another ERA is required in order to make the licensing decision. However, additional ERAs are not guaranteed and will be at the discretion of RoadSafetyBC, based on all of the relevant information in a driver's file.

**Q: What happens if a driver is referred for an ERA but does not wish to take it?**

A: As is the case currently with referrals to Driver Medical Fitness assessments, drivers referred to the ERA will be required to take the assessment in the timeframe provided. If the ERA is not completed in the required timeframe, the driver's licence may be cancelled. If a driver chooses to retire from driving they may surrender their driver's licence and obtain a British Columbia Identification (BCID) card free of charge.

**Q: Is there a charge for the ERA?**

A: There is no fee charged to the driver for the ERA. If a driver owes ICBC money or has any outstanding fines, they will be required to be paid.

**Q: Will drivers still be required to complete a Driver Medical Examination Report (DMER) at age 80 and every two years thereafter?**

A: Yes. When a driver reaches age 80 and every 2 years thereafter, they will continue to be required to have a DMER completed by their physician and submitted to RoadSafetyBC. However, this does not mean they will be required to take an ERA, or other assessment.

RoadSafetyBC will review the information provided in the DMER, along with all other Relevant information on file, and determine whether further information or assessment is required.

Referrals to the ERA will be made based on the entirety of the information on a driver's file, which may include information from medical professionals, police, and the individual's driving record.

For further information on the ERA, please visit:

<https://www2.gov.bc.ca/gov/content/transportation/driving-and-cycling/driver-medical/driver-medical-fitness/enhanced-road-assessment?keyword=enhanced&keyword=road&keyword=assessment>

## Fun With Paraprosdokians

**Paraprosdokians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected and is frequently humorous.**

Winston Churchill loved them.

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you ... but it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up -- we only learn how to act in public.
6. War does not determine who is right, only who is left.
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I didn't say it was your fault, I said I was blaming you.
10. In filling out an application, where it says, "In case of emergency, notify...", I answered "a doctor".
11. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
12. You do not need a parachute to skydive. You only need a parachute to skydive twice.
13. I used to be indecisive, but now I'm not so sure.
14. To be sure of hitting the target, shoot first and call whatever you hit the target.
15. Going to church doesn't make you a Christian, any more than standing in a garage makes you a car.
16. You're never too old to learn something stupid.
17. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

# CHINESE NEW YEAR: Friday, Feb. 16<sup>th</sup>

<http://www.telegraph.co.uk/news/0/chinese-new-year-2018-year-dog/>

<http://metro.co.uk/2018/01/14/chinese-new-year-february-change-year-7228017/>



Dancers perform during the opening ceremony of the Spring Festival.

Traditionally, the New Year is the most important and longest public holiday in China. It's a time to be spent with friends and family, feasting and looking forward to a prosperous year ahead.

While in our Gregorian calendar, we celebrate New Year on January 1st, the Chinese New Year celebrations begin at a different time each year.

The reason it's held at a different time each year is because, while our years correspond to the earth's cycle around the sun, the Chinese year is based around the moon. Also known as a Lunar New Year, it differs annually because a lunar month is around two days shorter than a Western month. Chinese New Year always falls on the second day of the new moon after the winter solstice.

This year festivities will get underway on February 16th. The new year in China is also known as the Spring Festival. The festivities usually start the day before the New Year and continue until the Lantern Festival, the 15th day of the new year.

Businesses also shut down for a period of time, and people wear symbolic red to promote good fortune for the coming months. There's a longstanding tradition whereby people give gifts of money in small red envelopes.

Each Chinese New Year is characterised by one of 12 animals which appear in the Chinese zodiac - and this is the Year of the Dog.



The Chinese zodiac is divided into 12 blocks (or houses) just like its western counterpart, but with the major difference that each house has a time-length of one year instead of one month.

This year, the Year of the Dog, is the 11th animal in the cycle. Last year (2017) was the Year of the Rooster and the next Year of the Dog will be in 2030.

## Which Chinese Zodiac Sign Are You?

Your sign is derived from the year you were born in the Chinese lunar calendar.

**Rat:** 2008, 1996, 1984, 1972, 1960, 1948, 1936, 1924

**Ox:** 2009, 1997, 1985, 1973, 1961, 1949, 1937, 1925

**Tiger:** 2010, 1998, 1986, 1974, 1962, 1950, 1938, 1926

**Rabbit:** 2011, 1999, 1987, 1975, 1963, 1951, 1939, 1927

**Dragon:** 2012, 2000, 1988, 1976, 1964, 1952, 1940, 1928

**Snake:** 2013, 2001, 1989, 1977, 1965, 1953, 1941, 1929

**Horse:** 2014, 2002, 1990, 1978, 1966, 1954, 1942, 1930, 1918

**Sheep:** 2015, 2003, 1991, 1979, 1967, 1955, 1943, 1931, 1919

**Monkey:** 2016, 2004, 1992, 1980, 1968, 1956, 1944, 1932, 1920

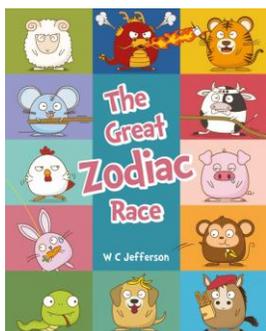
**Rooster:** 2017, 2005, 1993, 1981, 1969, 1957, 1945, 1933, 1921

**Dog:** 2018, 2006, 1994, 1982, 1970, 1958, 1946, 1934, 1922

**Pig:** 2019, 2007, 1995, 1983, 1971, 1959, 1947, 1935, 1923



The years above are a rough guide; bear in mind that if you were born in January or February it may be slightly different as the New Year moves between January 21 and February 20.



The years allocated to each animal are in a very specific order. According to an ancient Chinese folk story, the Jade Emperor had called 13 animals to a meeting and announced that the years on the calendar would be named according to the order they arrived in. This led to 'The Great Race'.

Here's a reading of 'The Great Race' picture book: (7 minute video) <https://www.youtube.com/watch?v=YH0hOC3xPwI>



**Summary of the Great Race:** The rat travelled on the back of the ox, leaping from its back to nab first place. The pig stopped for a snack and a nap and arrived last; a cat was also in the race; but drowned during the competition, leading to their only being 12 animals in the zodiac.

## What Does Your Chinese Zodiac Sign Mean?

In Chinese astrology, the twelve animal zodiac signs each have unique characteristics.

**Rat:** Intelligence, adaptability, quick-wit, charm, artistry, gregariousness.

**Ox:** Loyalty, reliability, thoroughness, strength, reasonability, steadiness, determination.

**Tiger:** Enthusiasm, courage, ambition, leadership, confidence, charisma.

**Rabbit:** Trustworthiness, empathy, modest, diplomacy, sincerity, sociability.

**Dragon:** Luckiness, flexibility, eccentricity, imagination, artistry, spirituality, charisma.

**Snake:** Philosophical, organised, intelligent, intuitive, elegant, attentive, decisive.

**Horse:** Adaptable, loyal, courageous, ambitious, intelligent, adventurous, strong.

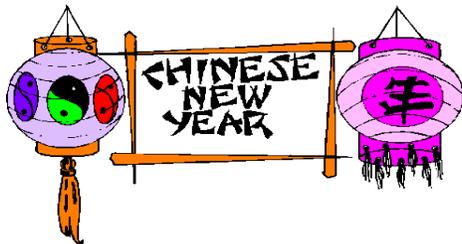
**Sheep:** Tasteful, crafty, warm, elegant, charming, intuitive, sensitive, calm.

**Monkey:** Quick-witted, charming, lucky, adaptable, bright, versatile, lively, smart.

**Rooster:** Honest, energetic, intelligent, flamboyant, flexible, diverse, confident.

**Dog:** Loyal, sociable, courageous, diligent, steady, lively, adaptable, smart.

**Pig:** Honorable, philanthropic, determined, optimistic, sincere, sociable.



## Chinese New Year's Day Taboos

There are many superstitions surrounding Chinese New Year. Here's some things to avoid on the first day of the festival:

**Medicine:** Taking medicine on the first day of the lunar year means one will get ill for a whole year.

**New Year's Breakfast:** Porridge should not be eaten because it is considered that only poor people have porridge for breakfast - and people don't want to start the year "poor".

**Laundry:** People do not wash clothes on the first and second day because these two days are celebrated as the birthday of Shuishen (the Water God).

**Washing Hair:** Hair must not be washed on the first day of the lunar year. In the Chinese language, hair has the same pronunciation and character as 'fa' in facai, which means 'to become wealthy'. Therefore, it is seen as not a good thing to "wash one's fortune away" at the beginning of the New Year.

**Sharp Objects:** The use of knives and scissors is to be avoided as any accident is thought to lead to inauspicious things and the depletion of wealth.

**Going Out:** A woman may not leave her house otherwise she will be plagued with bad luck for the entire coming year. A married daughter is not allowed to visit the house of her parents as this is believed to bring bad luck to the parents, causing economic hardship for the family.

**The Broom:** If you sweep on this day then your wealth will be swept away too.

**Crying Children:** The cry of a child is believed to bring bad luck to the family so parents do their best to keep children as happy as possible.

**Theft:** Having your pocket picked is believed to portend your whole wealth in the coming year being stolen.

**Debt:** Money should not be lent on New Year's Day and all debts have to be paid by New Year's Eve. If someone owes you money, do not go to their home to demand it. Anyone who does so will be unlucky all year.

**An Empty Rice Jar:** A depleted receptacle may cause grave anxiety as the cessation of cooking during the New Year period is considered to be an ill omen.

**Damaged Clothes:** Wearing threadbare garments can cause more bad luck for the year.

**Killing Things:** Blood is considered an ill omen, which will cause misfortunes such as a knife wound or a bloody disaster.

**Monochrome Fashion:** White or black clothes are barred as these two colours are traditionally associated with mourning.

**Giving Of Certain Gifts:** Clocks, scissors, and pears all have a bad meaning in Chinese culture.



# PQRTA PROGRAM: Wednesday, January 17, 2018

**Lunch – Rusted Rake Farm** – 3106 NorthWest Bay Rd, Nanoose Bay

**Learn – Tumaini Canada** – Charity to help AIDS orphans in Kagera, Tanzania  
Crafters meet every month on third Wednesday at St. Mary's Anglican Church hall – 2600 Powder Point Road, Nanoose Bay



PQRTA members learning and working with Tumaini Crafters



Jan Graham and Eva Hilborn admire cotton dresses shown by Val Davies of Tumaini.



Sally Hemingson learns about templates used for cutting out items for personal care kits.



Val Davies (left) tells the PQRTA group about the many ways that the Tumaini charity helps the AIDS orphans of Tanzania.



Val Davies shows some of the many knitted items that are donated to help keep children warm at night.



Izzy dolls are given to children of Tanzania.

For more information:

<http://www.tumainicanada.org>

**Wednesday, February 21<sup>st</sup>** is the next meeting! Join me! [cathyvanh@gmail.com](mailto:cathyvanh@gmail.com)

# Save your Soap

If you have any small soap samples from hotel stays, Tumaini Canada can use them as part of their personal care kits that are packed for children of Kagera in Tanzania, Africa. Pass along to Cathy Van! Thanks! [cathyvanh@gmail.com](mailto:cathyvanh@gmail.com) or 250.248.0412



## Ongoing Bottle Drive for Tumaini Canada Charity

Tumaini Canada has an account at the Parksville Bottle Depot, if anyone ever wishes to donate their recyclables; however, the donor has to sort the bottles at the depot and must say that the amount is for Tumaini before the worker starts to put the numbers into the register. If you are unable to drop off recyclables, call for home pick up, at the following: VAL DAVIES: [250.468.7539](tel:2504687539)



## Save Your Postage Stamps!

Did you know that "The Order of the Eastern Star" sells used postage stamps and makes personalized bandages for local cancer patients? As you get "real" mail, cut off the stamps, but leave some of the envelope around each stamp. When you have a collection, let me know and we can arrange pick-up or drop off: [cathyvanh@gmail.com](mailto:cathyvanh@gmail.com) or 250.248.0412

Recycle stamps!

# Pink Shirt Day February 28<sup>th</sup>



## Did you know?

- 1 in 5 kids are affected by bullying
- 300,000 shirts sold
- 59,000+ youth impacted by Pink Shirt Day with funded programs in 2017
- \$1,800,000+ net proceeds distributed to youth anti-bullying programs throughout Western Canada

# MISH-MASH of MEDICAL NEWS:



**Beets:** 10 Health Benefits

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

**5 Tips for a Happy Life**

[https://www.medicalnewstoday.com/articles/320480.php?utm\\_campaign=trueAnthem%253A+Trending+Content&utm\\_content=5a454f9a04d3011b41d18f89&utm\\_medium=trueAnthem&utm\\_source=facebook](https://www.medicalnewstoday.com/articles/320480.php?utm_campaign=trueAnthem%253A+Trending+Content&utm_content=5a454f9a04d3011b41d18f89&utm_medium=trueAnthem&utm_source=facebook)

**Five Ways To Boost Concentration**

[https://www.medicalnewstoday.com/articles/320165.php?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=weekly](https://www.medicalnewstoday.com/articles/320165.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly)

**Brazil Nuts:** 5 Health Benefits

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

**10 Minutes of Exercise is Enough to Boost Brain**

[https://www.medicalnewstoday.com/articles/320486.php?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=weekly](https://www.medicalnewstoday.com/articles/320486.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly)

**Gaming Disorder as Mental Health Condition**

<https://globalnews.ca/news/3936303/gaming-disorder-mental-health-condition-who/>

**Walk 4000 steps every day to boost brain function**

[https://www.medicalnewstoday.com/articles/320463.php?utm\\_campaign=trueAnthem%253A+Trending+Content&utm\\_content=5a45256a04d30156df6cc8e8&utm\\_medium=trueAnthem&utm\\_source=facebook](https://www.medicalnewstoday.com/articles/320463.php?utm_campaign=trueAnthem%253A+Trending+Content&utm_content=5a45256a04d30156df6cc8e8&utm_medium=trueAnthem&utm_source=facebook)

**Macadamia Nuts:** 10 Health Benefits

[http://www.foodmatters.com/article/10-fascinating-health-benefits-of-macadamias?utm\\_source=drjoshaxe&utm\\_medium=socialswaps&utm\\_content=drjoshaxe](http://www.foodmatters.com/article/10-fascinating-health-benefits-of-macadamias?utm_source=drjoshaxe&utm_medium=socialswaps&utm_content=drjoshaxe)

**Eat fish for better sleep and higher IQ**

[https://www.medicalnewstoday.com/articles/320441.php?utm\\_campaign=trueAnthem%253A+Trending+Content&utm\\_content=5a3beaea04d3017ab9884b23&utm\\_medium=trueAnthem&utm\\_source=facebook](https://www.medicalnewstoday.com/articles/320441.php?utm_campaign=trueAnthem%253A+Trending+Content&utm_content=5a3beaea04d3017ab9884b23&utm_medium=trueAnthem&utm_source=facebook)

**Reverse COPD Damage with these foods**

<https://www.davidwolfe.com/plant-compounds-reverses-copd-lungs/>

# WELCOME to NEW MEMBERS:



**Wes Carmody** - I lived in White Rock, BC for the majority of my life. I did spend many years in Smithers, BC in the 70's and 80's. I taught Industrial Arts and Mathematics for 25 years with School District 36 Surrey before moving to Qualicum Beach and now on some acreage in Errington, where I live with my wife Faye. It keeps us very busy as we both love gardening. A full time job!

Prior to my life as a teacher I was a ticketed carpenter and an electrician with my own business. My wife Faye was also a teacher. She taught English and Art with district 69 at Kwalikum Senior for many years. She is from North Battleford and moved to the Island in the 80's. We have 3 daughters, all over 35 years old. One grandchild age 9. (Man-oh-man, you'd think with three daughters we would have more than one grandchild!)

We just adopted a dog (1 year old lab cross ) from the SPCA in Nanaimo.

**Bill Gamble** - My wife and I, recently relocated from Quesnel, where I taught high school PE, hockey skills and Business for 32 years. Jan, my wife, worked at the College of New Caledonia, as a Student Advisor. She retired in May, after 19 years at the College, and I retired in June. We had been looking for a home in the Qualicum area for a few years and finally purchased one near the airport in early July. We returned to Quesnel for the summer of forest fires and finally arrived in Qualicum Beach in September.

We do have some links to the island. Jan and I met in the late 70s, on the North Island, while working summer jobs during our university days. Jan lived in Esquimalt and went to U Vic, while I came from the Killarney area of Vancouver and went to UBC. After university, we moved up to Quesnel, where we raised two sons, who are currently living in the lower mainland.

As a youngster, I visited relatives on the island regularly. My grandfather lived in Duncan and I had cousins in Victoria. My father had an uncle in Qualicum Beach who lived to 102, and a cousin who fished out of French Creek.

We are looking forward to enjoying a longer season for paddling, hiking, swimming and biking, as well as spending time with the many activities the ocean provides. Jan is an avid gardener, who is thrilled to have moved from a zone 3 to a zone 7. We are also looking forward to being able to travel outside of the peak times that teachers are relegated to. I am looking forward to playing golf, pickle ball, and perhaps some old timer hockey and slo-pitch. We have a fourteen year old shepherd/border collie cross who likes shorter, slow walks. We are excited to be back on the coast and we are looking forward to this next part of our lives.

## **Ralph Martin**

For me, it will be 10 years in February, since I last taught in the Qualicum district. Who knows where the time goes? I think it will be fun to see some of the old gang at the PQRTA events.

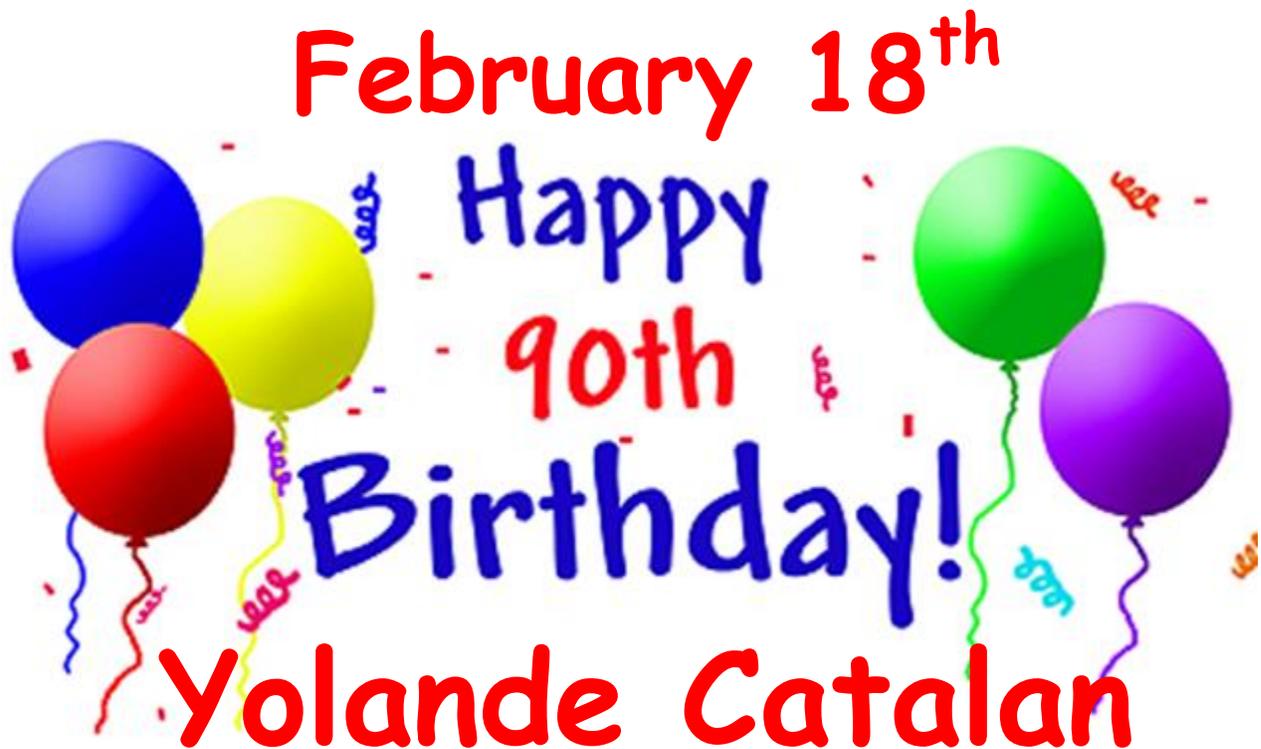
My wife and I bought a little house in Dashwood (not far from where we lived 30 years ago), so we could do a bit of travelling. We have done quite a few home exchanges in Europe and Australia and New Zealand. We also have a camper and have had a few road trips. I even wrote a book about my travels! It is quite satisfying to see it in print.

I still keep busy from time to time with house renos and repairs, but am trying to give it up. Besides working on a second book and marketing the first, I have an old motorcycle that I like to shine up in the winter. I like to watch the grandkids grow up and tell them my old stories and jokes.

*Learn more about Ralph's books: [ralphsbooks.com](http://ralphsbooks.com)*

**Catherine MacFarlane** - My 40 year career and education in environmental education and adult learning was wonderful throughout Canada and the world. I taught only for the last few years here in BC, so I don't really have a lot in common with BC teachers. But, I do look forward to hearing about BCRTA news and activities and lunch get-togethers.

**Vera Lorraine Ross** – still waiting to hear from her!



# QUESTION OF THE MONTH:

## What book are you reading?

### Wayne Searle

"Harry's Last Stand" by Harry Leslie Smith

### Irene Searle

"Fire and Fury" by Michael Wolff

### Neil Worboys:

The book I am reading is "Y is For Yesterday" by Sue Grafton. Unfortunately, she has passed away before completing her alphabet series.

### Claire Hynes:

I have two on the go.... re-reading "All the Light We Cannot See" (Doerr), and "Still Life with Bread Crumbs" (Quindlen).

### Gerry Galey:

"This Changes Everything" by Naomi Klein About climate change and a bit heavy reading! Pub.2015. Klein is a Canadian author, social activist, and film maker. Her more recent book (also read) is "No Is Not Enough" which focuses on Trump's politics and the financial world he represents. Controversial. Pub. June 2017.

### Barb Thorsell:

I'm reading Alex Haley's "Queen" - the story of an American Family.

### Eugenia Taggart:

I am into colouring with felts, these days!

### Andrea Vevers:

Just started: "Walking Since Daybreak:" Modris Eksteins. Recommended by a person who worked at Toronto Latvian Cultural Centre; now living in Nanaimo (Eastern Europe, WW2. Baltic Nations during and after WW2 Partly Autobiographical.) Chosen because, my husband is just translating stories from Latvia 1913-1944+ written by his father. (Daughter -sister, Ausma, taught in SD69.)

### Eileen Edwards:

"Galileo's Middle Finger" by Alice Dreger. Scientific research about heretics, activists, and the search for justice in science. Fascinating, actually!

### Barb Brett:

The book that I am reading (on kindle) is *The Juggler's Children*. This is non-fiction, about the author's search for her ancestral family, using not only traditional research methods, but also DNA. Her hunt bounces from India to England to China to Jamaica—with the family currently living in Canada. She writes with humour and detail, but particularly good for anyone with an interest in family history.

### Marge Nestibo

"One Day Closer" by Lorinda Stewart-- a mother's quest to bring her kidnapped daughter home!



### **Kathy Zahar**

The book I just finished and enjoyed a lot was "I Am the Messenger" by an Australian writer, Markus Zusak.



### **Lynn Luke**

It's not what I'm reading, but it is my most recent favourite.

"A Man Called Ove" It is a Swedish book. Translated beautifully. Story of an old man who has lost his wife and wants to kill himself. Not a gruesome story at all though. There is a movie that follows the book super well which is on Netflix.

### **Yolande Catalan**

"The Broker" by John Grisham. The President in his final hours in office grants a pardon to a guy name Joel Backman who is a very powerful broker in Washington. The CIA is involved. He is then smuggled out of the country with a new name, a new identity in Italy. There he has to learn the language AND FIGHT ALL HIS WAY TO GO BACK HOME.

### **Marg Hoverman**

I have just finished "Into That Darkness: an Examination of Conscience" by Gitta Sereny. It is definitely not a feel-good book. It is based on extensive interviews with Franz Stangl, the commandant of Treblinka, the largest of the five Nazi extermination camps. Gitta Sereny covered his trial on behalf of a London newspaper. Stangl was imprisoned for life.



### **Jan Jones**

I don't usually get into these, but I am reading Temple Grandin's "Animals Make Us Human". It is fascinating. I have had animals all my life, and on a farm (cows, horse, lots of dogs, cats etc.). I have learned so much about how they function, what the need and why they do the things they do. Great stuff about the friends we spend our lives with and sometimes take for granted.

### **Maureen LaFleche**

"Wonder" by R. J. Palacio - about a young boy named August "Auggie" Pullman. He has a facial deformity which result in a lot of surgeries. His mother has been homeschooling him because she is trying to protect him from being bullied at school. His parents decide to send him to middle school where he faces many difficulties: cruel comments and bullying. In the end, he makes new friends and is accepted as August/Auggie. It makes you realize how difficult it is for some people to make their way in this world. It is a good story to share with students about differences, empathy and acceptance. It is a great story, but you need some tissues nearby 😊

### **Nancy Whelan**

Now ... *which* book ... my breakfast book? 'The Promise of Canada' (Charlotte Gray); my time for a nap book? 'The Names of Things' (Susan Brind Morrow); or my going to bed book? 'Canoe Country' (Roy MacGregor)



### **Lynn Buchanan**

I just finished "A Gentleman in Moscow" by Amor Towles. Absolutely delightful! Wise, funny, touching, well researched and well written. I would recommend it to anyone!

## Eva Hilborn:

Books I've read this month ;

1. Celia's Song , Indigenous author: Lee Maracle

" Disturbing and heartbreaking , but also uplifting and inspirational " Smaro Kamboureli .

2. History's People ..Personalities and the Past.. Author : Margaret MacMillan...a light read !



## Lynn Mattson

"Apple Turnover Murder", by Joanne Fluke. Just a fun read -- good for bedtime!



She has written a series of food-related murders. She includes lots of nummy sounding recipes. I also have "Key Lime Pie Murder". They are not intense, like a lot of the murder mysteries that I read. Just kind of cute!

Chief Inspector Gamache series by Louise Penny. "Still Life" is #1. I enjoyed that one. I think my favourite is #8, "A Beautiful Mystery". Much of it takes place in a monastery some distance from Montreal, a place that you can reach only by plane or boat. I didn't care for "The Hangman", but I enjoyed the rest of them.

Books by P. D. James - Excellent!! Pretty intense reading, but SO good!

Daniel Silva: The Gabrielle Allon series. First in the series:. "The Kill Artist". Amazing author!!

Simple Abundance by Sarah ban Breathnach: daily readings -- one of my favourites. I've read it so many times.

Vicki Delany. "In the Shadow of the Glacier". #1 in the Constable Molly Smith series. I read them all. The setting is in Trafalgar, a fictional town in B.C. near Nelson. One of the schools in Nelson is called Trafalgar, and I think there might have been a railway siding called Trafalgar. Really hit home for me, as I was born in Trail, lived there until I was 7, then moved to Salmo, where I finished public school. Later returned there to teach in the Elementary and Secondary Schools which I had attended as a student. Also lived and taught in Nelson. Making a very long story short, but this series really resonated with me. Good mysteries, but not Daniel Silva or P.D. James intent. Fun reading!

## Yvonne Zarowny

Innocence by Dean Koontz. Highly recommend for those of us who enjoy "mysteries"; not seeing the plot coming a mile away; the illustration of different perspectives; suggestions on why we might not like or be liked by certain people; the affirmation that love, compassion and hope are the way ... and the use of language ... almost as a character ... to illustrate a different perspective without telling you what is going on – took me a while to figure that one out as I got increasingly impatient with his use of language ... now thinking of re-reading it to pay more attention to how he does it! However – as much as I like some of the ending ... not as I would like it or write it. Too Indigo Adult for me!

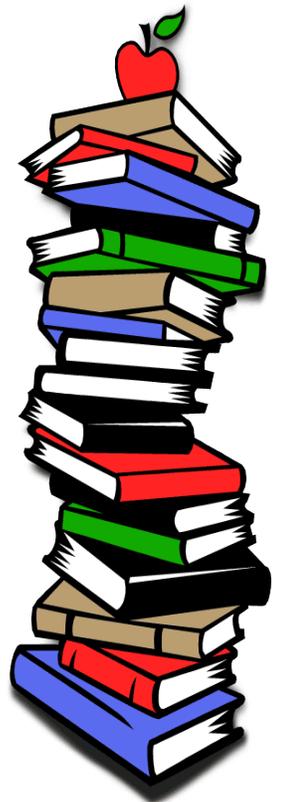
## Pat Nelson

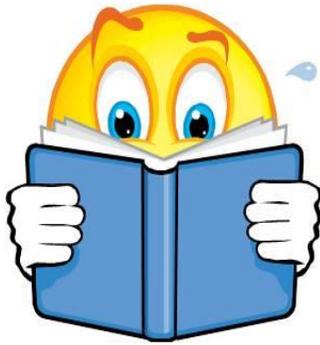
"The Happy Isles of Oceania" by Paul Theroux. The book is better than its corny title. Travel writer, Paul Theroux, spends months living very simply while paddling through 51 Pacific Islands in his folding kayak. Quotes:

"Tourists don't know where they've been."

"Travellers don't know where they're going."

"Travel is glamorous only in retrospect."





### **Suzanne Rush:**

1. "Being Mortal" by Atul Gawande (mentioned this one to a few members at the BoMé Cheese event). An earth shaking, thought provoking look at how we deal with death and dying today. About how can we make this better for our family members and ourselves.
2. "Stranger" by David Bergen - Good read, Giller nominee. Very simple, heart wrenching story of a Guatemalan women trying to get back her baby from the USA.
3. "Manhattan Beach" by Jennifer Egan. I am thoroughly enjoying this late WW11 story. Not what I expected at all.

### **Elaine Young**

I read primarily non-fiction and have just started "Beyond Reason: Using Emotions as you Negotiate" by Roger Fisher and Daniel Shapiro of the Harvard Negotiation Project. So far, it hasn't added much to my understanding. I have found the works of Marshall Rosenberg (Non-violent Communication) much more useful. It will be interesting to see what others think as I will be attending a Rotary sponsored International Peace and Sustainability conference next month.

### **Val Dyer:**

The book that I am reading is "Finding Gobi" by Dion Leonard – with sub-title descriptors of "The Amazing True Story" and "A Little Dog with a Very Big Heart". I have just started it so can't give a review, at this point, but the friends who gave me the book loved it. Just starting to read the book and it is very enjoyable.

Following is a snippet from the back cover:

*The miraculous tale of Dion Leonard, a seasoned ultramarathon runner who crossed paths with a stray dog while competing in a 155-mile race through China's Gobi Desert. The lovable pup – later named Gobi – proved what she lacked in size, she more than made up for in heart. Gobi ran with Dion across massive sand dunes and through the Tian Shan mountains, yurt villages and black sands of the Gobi Desert, keeping pace with him for nearly eighty miles.*

*As Dion witnessed Gobi's incredible determination and heart, he found his heart undergoing a change. He allowed Gobi to sleep in his tent, gave her food and water from his own limited supply, and carried her at times, even when he knew it might mean falling behind in the race, or even worse, not finishing at all.*

Spoiler Alert: Gobi and Dion do stay together once they finish the run; he brings her back to England where she is likely continuing to run with him, as I type this. (I peeked to see if the ending is a happy one and it is!!)



### **Jean Pennington**

I'm reading "On Hitler's Mountain" by Irmgard M Hunt. It is about a young girl and her family living in a Bavarian village near Hitler's Eagle's Nest retreat during World War 2. It is a beautifully written memoir.

### **Laurel Johansson**

"Manhattan Beach" by Jennifer Egan. Heroine is a young woman who works at the Brooklyn Naval Yards during the 2nd World War. Well written. Jennifer Egan won the Pulitzer Prize for an earlier novel, "A Visit from the Goon Squad."

**Sharon Cox-Gustavson**



"The Marine Biology Coloring Book" by Thomas M. Nielsen

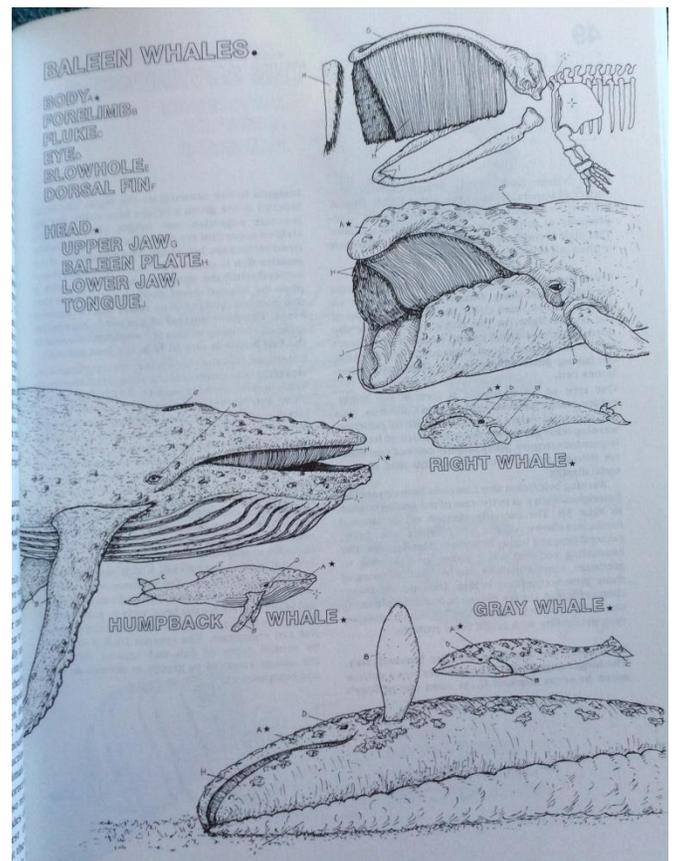
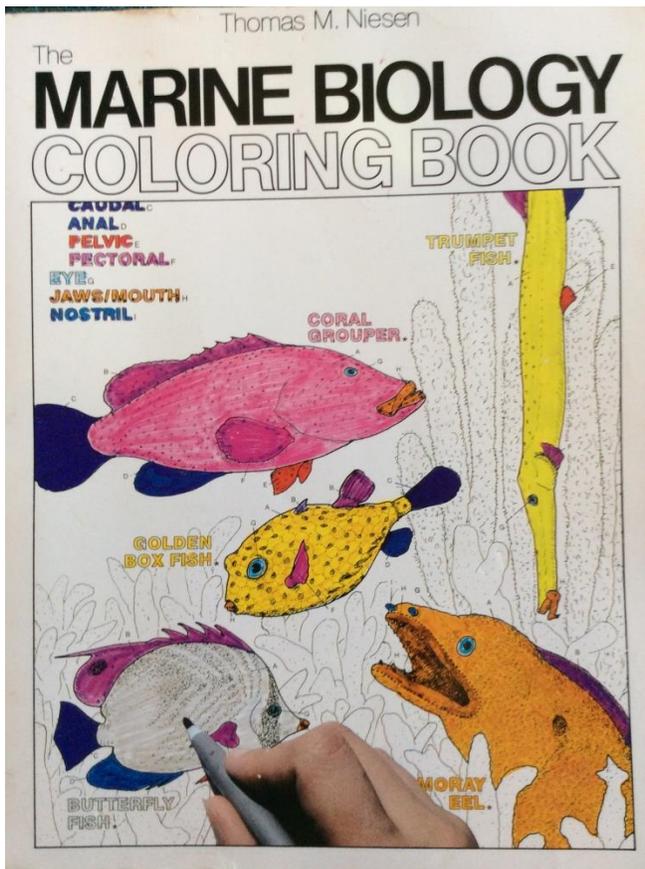
Is a very informative well illustrated manual which I recently came across. I bought it originally for my niece's daughter who is presently in grade 7 at school...with future plans of becoming a Marine biologist.....but I find that I want to devour the hundred pages myself



before sending this gift off... !!! In the recent news it is mentioned the Right Whale is on the endangered species list. Where did this whale get the name ?.....The Manual states..."the Right Whale was so designated by early whalers as the right whale to kill because it did not sink....due to the large head which takes up nearly one / third of the length of the creature's body."



Hey ...these advanced colouring books are pretty neat !



**Ralph Martin**

"True Confessions from the Ninth Concession" by Dan Needles - An easy read with glimpses of life in a rural setting - a few laughs and a few life lessons- thoroughly enjoyable.

"Hillbilly Elegy" by J.D.Vance - A look at growing up poor. The culture of hillbillies is pretty rough and tumble and pretty unpleasant. The author tells how he had the good fortune to escape..thought provoking but a little self-righteous.

"The Devil's Elixir" by Raymond Khoury - Poorly written spy thriller that I'm slogging through.

## **Cathy Van Herwaarden**

"The German Girl" by Armando Lucas Correa: Based on a true story, about a young Jewish girl in 1939 and the indignities that she suffered. Finally, her wealthy family gives up everything and gets ship passage to Cuba. Fast forward to present day, when another young girl in New York receives a package from her aged aunt in Cuba, thus inspiring a trip to Cuba to find out about her family history.

## **VANCOUVER ISLAND UNIVERSITY ELDER COLLEGE:**

### **What is VIU ElderCollege?**

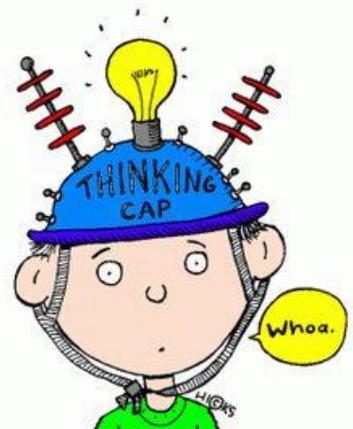
Established in 1993, VIU ElderCollege (VIU EC) is a group of volunteer members formed as an unregistered BC society. Its purpose is to provide life-long learning opportunities for people who are 50 years or better in the communities served by VIU, namely the regions of Nanaimo, Cowichan Valley, Parksville-Qualicum, and Powell River.

### **Why VIU ElderCollege courses are different**

- a participatory learning experience
- no quizzes or grades
- lively, fun and full of discussion

### **How you can participate**

- take a course
- instruct a course
- recruit new members
- volunteer on committee or the Board
- volunteer in support roles
- VIU ElderCollege courses run in Nanaimo, Parksville and Qualicum



**Upcoming Events** ElderCollege membership not required. All welcome!

### **1. NEW! ONE DAY SESSION: "WHOLE CANADA"**

Canada has changed – grown larger – since Confederation. Indeed, its maritime areas continue to be enlarged. Prior to World War 2, a State's maritime jurisdiction stopped at 3 nautical miles from the coast, but since then jurisdiction has expanded – sometimes as far as 350 nautical miles, or even farther.

David Gray will outline how this has happened, and show Canada's geographical extent. He will also show where Canada has unresolved boundaries with its neighbours and describe some of the court cases involving illegal foreign fishing.

**When:** Friday, February 16<sup>th</sup> 10am – Noon

**Where:** VIU Parksville, 100 Jensen Avenue East, The Forum

**Cost:** \$10 cash/person at the door; \$5 cash University Students; Free under 18

## **2. SATURDAY SPEAKERS SPRING 2018 – SAVE THE DATES – SAT. 10:00 TO 12**

**Where:** Nanoose Place Community Centre, 2925 Northwest Bay Rd, Nanoose

**Cost:** \$10 cash/person at the door; \$5 cash University Students; Free under 18

**Saturday, March 24:** We Will Help Each Other Be Great and Good *presented by Louise Mandell, Lawyer & Chancellor of VIU*

**Saturday, April 7:** Earthquakes: Past, Present and Future *presented by Steven Earle, PhD*

**Saturday, April 21:** Pressing Problems of 21<sup>st</sup> Century Technologies: Robots, VR and AI (Oh My!) *presented by Richard Smith, PhD*

## **3. VIU'S ARTS & HUMANITIES COLLOQUIUM SERIES**

**Fri. Jan. 26, 2018** - Writing Sonnet's Shakespeare: A Poet Overwrites the Bard  
*Presented by: Sonnet L'Abbé, Creative Writing Department*

What if a woman of colour took Shakespeare's place? Letter by letter, Sonnet L'Abbé has settled her own language into the white space of Shakespeare's poems. Her current work is intent on overwhelming the original text and effectively erasing Shakespeare's voice by assimilating his words into hers. L'Abbé's process grappled with her own Black identity and settler privilege, and offers no easy resolutions.

All presentations take place from 10:00 to 11:30 am in the Malaspina Theatre on the Nanaimo campus. Courtesy parking is available. Come any time after 9:30 for coffee and snacks!

## **4. FACEBOOK FOR VIU ELDERCOLLEGE**

We are excited to share our VIU ElderCollege Facebook page. Here is the link:

<https://www.facebook.com/ElderCollegeVancouverIslandUniversity/>

Please 'Like' our page to see up to date information about courses being offered, what's new in our VIU ElderCollege community, event photos, upcoming Saturday Speaker Series, EC registration dates and much more.

If you 'Like' what you see, please 'Share' this page with your community.

Just a reminder that ElderCollege Registration is on-going for courses starting in March and May. Check out the Spring 2018 ElderCollege Course Calendar available in your community, or visit their website:

<https://www2.viu.ca/eldercollege/courses.asp>

### **Did You Know?**

You can show your ElderCollege membership card at Milner Gardens in Qualicum Beach for one free admission!





## PQRTA EXECUTIVE needs **YOU!!!**

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

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

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

#### **Secretary:**

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



#### **Historian:**

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

### **BC Retired Teacher Association Membership Committee:**

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



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

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

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

**Email:** [laurie@bcrt.ca](mailto:laurie@bcrt.ca) or **Toll Free: 1-877-683-2243**

#### **BCRTA Membership Application Brochure:**

[http://bcrt.ca/images/BCRTA-Application\\_Brochure\\_Only\\_2017.pdf](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](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](mailto: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](mailto:cocraig@shaw.ca) or **250.752.3762**



**March Events** - Parksville and Qualicum Beach Area  
<http://www.visitparksvillequalicumbeach.com/events-2018-2/>

**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](mailto:suzanne.c.rush@gmail.com) or 250.468.5445

- February 2, 2018 – Groundhog Day
- February 5, 2018 – PQRTA Executive Meeting
- February 7, 2018 – Bowling at Sunset Lanes in Parksville – 1:00 to 3:00
- February 12, 2018 – Family Day – BC holiday
- February 14, 2018 – Valentine's Day
- February 21, 2018 – Tumaini Canada Charity – Crafters Meeting
- February 28, 2018 – Pink Shirt Day (anti-bullying)
- March 2, 2018 – Lunch at Smoke 'n Water followed by speaker: Estate Planning - Kevin Holte
- April – North Island Wildlife Recovery Centre – to be announced
- May – Buddhist Temple Tour – to be announced
- June – General Meeting - Luncheon on the Beach (not Rotary Park)

## 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
- Well Being Contact** – Barb Brett
- Historian** – Vacant, but thanks to Jim Swanson for updating our website:  
<http://pqрта.blogspot.ca/> or <http://bcrta.ca/branches/>

