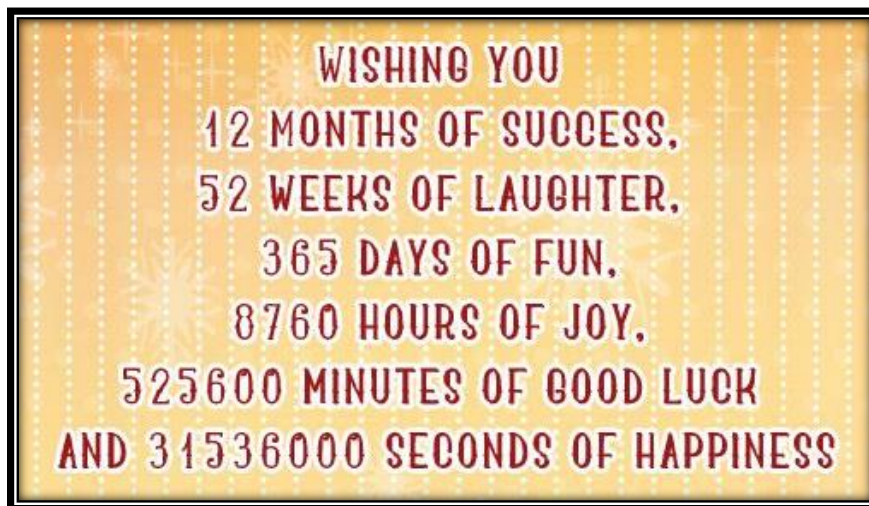




**PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION
NEWSLETTER #12 – January 2018**

PRESIDENT'S GREETING from Cathy Van Herwaarden:



BC Teachers' Federation NEWS – <http://bctf.ca/>

Stay up to date with BC education news with the *BCTF Buzz!*

The ***BCTF Buzz*** is a new online news hub for members and the public to read important stories on education, labour and solidarity, social justice, and other issues related to BC's public schools. Check it out!

<http://bctfbuzz.ca/>

BC Retired Teachers' Association NEWS - <http://bcрта.ca/>

Communication Update:

The Communication Committee recommended, and the Board agreed, that Liaison Priorities will henceforth be known as **BCRTA Connections**. It's here: **Dec. 2017** <http://bcрта.ca/wp-content/uploads/2017/12/bcрта-connections-december-2017.pdf>

Membership Update:

This year's "complimentary first year membership" campaign has resulted in a significant increase in BCRTA membership. The campaign is being extended in the wake of its success. The Committee is also looking at some other innovative strategies for membership enhancement.

We are working with Tim Anderson of Alphabet Communications to develop some promotional "swag" for BCRTA members and potential members. We are looking at different types of items. If you have any good ideas about the kind of things we should offer with the BCRTA logo as promotional items, please forward your suggestions to Steve Bailey at steve.bailey@bcрта.ca

BCRTA has set a record of 786 new members joining our association this year to date, thanks to our one-year free membership offer and our I-Pad contest. Johnson Insurance provided 10 I-Pad Mini tablets and all new members were entered in a draw to win one.

We congratulate these winners:

Shirley Wong, *Surrey Branch*
Laurie Faulkner, *Sunshine Coast Branch*
Vicki Hickenbotham, *Coquitlam Branch*
Doris Kuehn, *South Okanagan Branch*
Ann Kratzer, *Surrey Branch*
Stephen Fairbairn, *Elk Valley Branch*
Linda Wiens, *Langley Branch*
Jeannette Tabb, *Delta Branch*
Elliott, Kim D., *Coquitlam Branch*
Janice Gladish, *Campbell River Branch*

New members are welcome to join BCRTA and will receive free membership until September, 2018. However, the free I-Pad contest is now closed.

Sadly, we lost one of our members:



Bill Hoverman

BCRTA Board Meeting Highlights: Nov. 29th, 2017 - Vancouver

1. Some of our "Advantage" partners will be available to visit branches during the course of the year. For example: Johnsons Insurance, Collete Vacations, Merit Travel, BestWay Tours and Safaris, etc.
2. Watch out for scam e-mails purporting to be from people connected to your Branch or to people within the BCRTA. Phishing for financial information such as bank account numbers, etc.
3. The Complimentary BCRTA Membership drive has resulted in a substantial increase in the number of members. You will see, as reported in our Winter 2017 PostScript Magazine, that our membership is now up to almost 16,000. It is available all year for newly retired and loong-retired teachers!!
4. Please have a look at our newly designed/improved WebSite and FaceBook sites. Tim Anderson, Alphabet Communications, has been working with Table Officers and the Communications Committee to make it much easier to access information, follow links and to inform members about current issues.
5. Be on the lookout for our newly-named publication to be known as "Connections" instead of Liaison Priorities.
6. Almost 1500 members have now signed-up for the new "Prestige" Extended Health/Travel Insurance/Dental Plan being offered by the BCRTA and Johnsons Insurance. All members should have received a mail out describing the plan & what it costs.
7. We have had assurances from Johnsons Insurance that Income tax receipts will be available on-line for Travel Insurance Premiums paid (minus the cancellation portion) for those people who requested them this year.
8. Regarding your pension, remember:
"Investments play a critical role in the Teachers' Pension Plan's (plan) ability to provide your pension. Contributions from you and your employer are invested, and the returns from those investments are responsible for **roughly 80 per cent** of your pension payment; the contributions themselves account for the rest." One of the best ways bcIMC manages risk is through diversification—spreading investments across different markets and asset types.
9. Several of our Branches have been busy getting Members to write letters to their MP's regarding Bill C-27. Way to go! However, Bill C-27 may not make it to a Second Reading.

Please note that anybody who would like to see written committee reports or financial statements can do so by contacting us or contacting the BCRTA office: office@bcrt.ca or Toll Free 1.877.683.2243

Respectfully submitted,
Stefan Cieslik - BCRTA Director
North Vancouver Island Zone

Scholarship Update:

As you know, changes had to be made in how our association collects money and administers scholarships to students.



For our international student (Mercyline Kirikita) in Kenya, Cathy collects money and sends it along to the Canadian Harambee Education Society (CHES) who then sends tax deductible receipts to individuals.

For the purpose of collecting money for our local scholarship, we are now called **Oceanside Retired Educators (ORE)** and School District 69 is holding the funds in trust. This central administration manages our scholarship funds and provides individual charitable receipts to our donors. Our ORE group will still be the organizers of the education scholarship, including the advertising, application process, the determining of the recipient and ultimately the authority to release the funds.

Thanks to Elaine Young (PQRTA Vice-President) for setting up this central collection system with the Qualicum school district. Thanks to Qualicum School District for facilitating the collection of these scholarship funds.

Elaine reports:

- \$1040 has been deposited with School District 69 in trust for the ORES. A further deposit of \$190 has been collected. Thank you for your contributions.
- Your donation receipts will be mailed directly to you from the School District.
- Around 85% of those who promised to donate have done so.
- I am happy to pick up your donations. If you still have a donation for me, please feel free to contact me. I can be reached at 250-927-0375 or 250-586-8112.
- If you didn't commit to donating and would like to do so, please do.
- You can mail your cheque or money order to me at the following:
Elaine Young
255 - 330 Dogwood Street
Parksville, B C
V9P 1P8



PQRTA PROGRAM: Fairwinds, Nanoose Bay – Dec. 12, 2017

Everyone enjoyed a delicious buffet Christmas lunch, along with some gift exchange frivolity, followed by a lovely singalong to Bill Cave's wonderful Christmas piano playing and Life Members received poinsettias from PQRTA.

Members were asked to wear a Christmas decoration, so that's a wreath with lights and tree decorations that President Cathy Van Herwaarden is wearing on her head – all in the name of crazy fun!



Here's our Life Members with Cathy:

LEFT – Art Skipsey

LOWER LEFT – Betty Harrower

BELOW – Eva Hilborn



We had 46 members join in the fun this year! We hope that you can join us, next year!



Ruth O'Hara with Dave Hobson –
Such GREAT smiles!!!



A very Christmassy
Helen O'Connor



Kathy Zahar – Love those
reindeer deeley-boppers!



Yvonne Zarowny with Cathy Van



Bill Cave with wife Maddie

DOOR PRIZE GIFT SCRAMBLE - Included some wrangling!



Sally Hemingson and Kay Howard wrangled for the gift (not for Eva)!

Sally Hemingson took the gift from Jackie Worboys.



Gerry Galey did some gift wrangling, too!



And the winner of the coveted gift is Ellen Coates.

Thanks to Joan and Gerry Galey for delivering poinsettias to our life members in senior residences in Nanaimo.



Joan Galey with Margaret Stroyan (PQRTA life member)



Irene Maxwell (PQRTA life member) with Gerry Galey.

And thanks to Kay Howard for delivering poinsettias to our life members in Qualicum Beach. Our life members in Parksville had poinsettias delivered by Cathy Van Herwaarden.



Gerry Galey told us about an interesting newspaper called "The Senior Paper" that tells true stories about old time life on the prairies.

If there are folk out there interested in subscribing to the "The Senior Paper", here's what you do (2 choices) either:

1. Call toll free [1-877-908-8988](tel:1-877-908-8988)

or, if you'd like a look at the on-line copy in greater detail than what I was able to show you, then you can visit

2. www.theseniorpaper.com and have a look (and/or subscribe).

Lots of stories to bring back positive memories!

Cost per year is \$40 or 2 years for \$75.

Thanks to Gerry Galey for the following...

Heavens to Murgatroyd! LOST WORDS FROM OUR CHILDHOOD: Words Gone As Fast As The Buggy Whip! Sad Really!

Murgatroyd! Do you remember that word? Would you believe the email spell checker did not recognize the word Murgatroyd?

The other day a not so elderly lady said something to her son about driving a Jalopy and he looked at her quizzically and said "What the heck is a Jalopy?"

OMG (new phrase)! He never heard of the word jalopy!! She knew she was old..... but not that old. Well, I hope you are Hunky Dory after you read this and chuckle.

About a month ago, I illuminated some old expressions that have become obsolete because of the inexorable march of technology. These phrases included "Don't touch that dial," "Carbon copy," "You sound like a broken record" and "Hung out to dry."

Back in the olden days we had a lot of 'moxie.' We'd put on our best 'bib and tucker' to straighten up and fly right'.

Heavens to Betsy! Gee whillikers! Jumping Jehoshaphat! Holy moley!

We were 'in like Flynn' and 'living the life of Riley", and even a regular guy couldn't accuse us of being a knucklehead, a nincompoop or a pill. Not for all the tea in China!

Back in the olden days, life used to be swell, but when's the last time anything was swell? Swell has gone the way of beehives, pageboys and the D.A.; of spats, knickers, fedoras, poodle skirts, saddle shoes and pedal pushers...AND DON'T FORGET.... Saddle Stitched Pants

Oh, my aching back! Kilroy was here, but he isn't anymore.

We wake up from what surely has been just a short nap, and before we can say, Well, I'll be 'a monkey's uncle!' Or, This is a 'fine kettle of fish!' We discover that the words we grew up with, the words that seemed omnipresent, as oxygen, have vanished with scarcely a notice from our tongues and our pens and our keyboards.

Poof, go the words of our youth, the words we've left behind. We blink, and they're gone.

Where have all those great phrases gone? (My Favorite)" Let's all go to the beach Saturday"...

Long gone: Pshaw, The milkman did it. Hey! It's your nickel. Don't forget to pull the chain. Knee high to a grasshopper. Well, Fiddlesticks! Going like sixty. I'll see you in the funny papers. Don't take any wooden nickels. Wake up and smell the roses.

It turns out there are more of these lost words and expressions than Carter has liver pills.

This can be disturbing stuff! ("Carter's Little Liver Pills" are gone too!)

We of a certain age have been blessed to live in changeable times. For a child each new word is like a shiny toy, a toy that has no age. We at the other end of the chronological arc have the advantage of remembering there are words that once did not exist and there were words that once strutted their hour upon the earthly stage and now are heard no more, except in our collective memory.

It's one of the greatest advantages of aging.

Leaves us to wonder where Superman will find a phone booth...

See ya later, alligator!

Okidoki

Thanks to Val Dyer for this...

Let's Make Our Music To Suit Our Age!!!!

We caught two of our seniors talking about the good ol' days of music in the 60's, a way back when.

Lyle says to Gord "They just don't make the songs like they used to any more". "Yeh", says Gord " some of the artists of the 60's and 70's are revising their hits with new lyrics to accommodate us aging baby boomers who can still remember doing the Limbo as if it was yesterday". "Just look at these songs"!

Bobby Darin - Splish, Splash, I Was Havin' A Flash

Herman's Hermits - Mrs. Brown, You've Got A Lovely Walker

Ringo Starr - I Get By With A Little Help From Depends

The Bee Gees - How Can You Mend A Broken Hip

Roberta Flack - The First Time Ever I Forgot Your Face

Johnny Nash - I Can't See Clearly Now

Paul Simon - Fifty Ways To Lose Your Liver

The Commodores - Once, Twice, Three Times To The Bathroom

Leo Sayer - You Make Me Feel Like Napping

The Temptations - Papa's Got A Kidney Stone

Abba - Denture Queen

Tony Orlando - Knock 3 Times On The Ceiling If You Hear Me Fall

Helen Reddy - I Am Woman, Hear Me Snore

Leslie Gore - It's My Procedure, And I'll Cry If I Want To

And last but NOT least...

Willie Nelson - On the Commode Again



Recycle stamps!

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

VANCOUVER ISLAND FREE DAILY - Study Finds Dogs Smarter Than Cats:

Researchers look at neuron numbers to determine species' intelligence

by Lachlan Labere – Dec. 1, 2017



A new study suggests domestic house cats may not be as smart as our canine companions.

A newly released study may have put an age-old debate to rest: dogs are smarter than cats.

Despite the air of superiority cats are known for portraying, a team of U.S. researchers have found dogs to be their intellectual superiors.

Vanderbilt University associate professor of psychology and biological sciences, Suzana Herculano-Houzel explains the study focused on comparing different species of carnivorans to see how the number of neurons in their brains relates to the size of their brains.

Herculano-Houzel associates the number of “little-grey cells,” or neurons, with a species’ capacity for “thinking, planning and complex behaviour – all considered hallmarks of intelligence.”

“I believe the absolute number of neurons an animal has, especially in the cerebral cortex, determines the richness of their internal mental state and their ability to predict what is about to happen in their environment based on past experience,” Herculano-Houzel explains in a Vanderbilt University news release. The study found that domestic cats have approximately 250 million cortical neurons while dogs have about 530 million. Humans, by comparison, have about 16 billion.

“I’m 100 percent a dog person, but, with that disclaimer, our findings mean to me that dogs have the biological capability of doing much more complex and flexible things with their lives than cats can,” said Herculano-Houze. “At the least, we now have some biology that people can factor into their discussions about who’s smarter, cats or dogs.”

Eight species were included in the study: ferret, mongoose, cat, dog, raccoon, lion, hyena and brown bear.



While dogs may have larger brains than cats, the study shows that brain size doesn't always determine the number of cortical neurons. Rather, the study found that for the largest carnivores, the neuron-to-brain-size ratio is lower. An example of this is the brown bear. While its brain is 10 times larger than that of a house cat, they were found to possess about the same number of neurons.

Meanwhile raccoons, with roughly cat-sized brains, were found to possess a similar number of neurons as dogs. "Raccoons are not your typical carnivoran," said Herculano-Houzel. "They have a fairly small brain but they have as many neurons as you would expect to find in a primate... and that's a lot of neurons."

How Smart Are Dogs?

http://www.thisinsider.com/special-abilities-that-show-how-smart-dogs-are-2016-8?utm_content=bufferac757&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer-pets

Dogs Understand Praise:

<https://buff.ly/2yYPSBb>

Dog Behaviours and What They Mean:

http://www.thisinsider.com/how-to-know-your-dog-is-smart?utm_content=buffer04720&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer-pets

Why Dogs Kick Their Feet After Pooping:

https://animalchannel.co/dog-kick-feet-after-poop/?utm_source=k9i&utm_medium=facebook&utm_campaign=dogs

No Onions for Dogs:

<http://www.akc.org/content/health/articles/can-dogs-eat-onions/>

Health Benefits to Owning Dogs:

http://www.thisinsider.com/health-benefits-of-owning-a-dog-2016-8?utm_content=bufferdcde1&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer-pets

Your dog could help you live longer:

https://www.medicalnewstoday.com/articles/320104.php?utm_campaign=trueAnthem%253A+Trending+Content&utm_content=5a10231904d3012cb70f5bd6&utm_medium=trueAnthem&utm_source=facebook

MISH-MASH of MEDICAL NEWS:



Ten Remedies for Canker Sores:

<https://www.medicalnewstoday.com/articles/320015.php>

How to Get Rid of a Hangover:

https://draxe.com/how-to-get-rid-of-a-hangover/?utm_campaign&utm_medium=Social&utm_source=Facebook&utm_term=hangover

Seven Benefits of Pomegranate Juice:

https://draxe.com/pomegranate-juice/?utm_campaign&utm_medium=Social&utm_source=Facebook&utm_term=pomegranate

Five Benefits of Cream of Tartar:

<https://www.davidwolfe.com/5-cream-of-tartar-benefits/>

Vanilla Extract to Prevent Psoriasis:

https://www.medicalnewstoday.com/articles/320238.php?utm_source=fb_mnt_chatbot&utm_medium=fb_messenger&utm_campaign=NONHCP_20171203

Six Home Remedies for Restless Leg Syndrome:

<https://www.davidwolfe.com/restless-leg-syndrome-treatment/>

25 Uses for Peppermint Oil:

https://draxe.com/peppermint-oil-uses-benefits/?utm_campaign&utm_medium=Social&utm_source=Facebook&utm_term=peppermintoil

What You Should Know About Rose Water:

https://www.medicalnewstoday.com/articles/320216.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Nine Health Benefits of Turmeric Tea:

<https://www.medicalnewstoday.com/articles/319638.php>

What Does Lack Of Sleep Do To Your Body?

<https://me.me/i/davidwolfe-com-naked-science-youtube-this-is-what-lack-of-sleep-10891756>

Head Nodding Makes You More Popular:

https://www.medicalnewstoday.com/articles/320230.php?utm_source=fb_mnt_chatbot&utm_medium=fb_messenger&utm_campaign=NONHCP_20171203

8 Reasons Why Pineapple Is Good For You:

<https://www.davidwolfe.com/8-reasons-start-eating-pineapple/>

How You Sit Reveals Your Personality:

<https://www.davidwolfe.com/sitting-position-reveals-personality/>

6 things that lowers IQ:

<https://www.prevention.com/health/healthy-living/things-lower-iq>

How often should you poop?

https://www.medicalnewstoday.com/articles/319879.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Friends Keep You Sharp:

https://www.medicalnewstoday.com/articles/319978.php?utm_campaign=trueAnthem%253A+Trending+Content&utm_content=59fee37a04d3011cec9f916f&utm_medium=trueAnthem&utm_source=facebook

Strength Training May Lower Early Death:

https://www.medicalnewstoday.com/articles/319975.php?utm_campaign=trueAnthem%253A+Trending+Content&utm_content=59fec75904d3015220954d13&utm_medium=trueAnthem&utm_source=facebook

Pink Himalayan Salt:

https://draxe.com/pink-himalayan-salt/?utm_campaign&utm_medium=Social&utm_source=Facebook&utm_term=salt

15 Natural Sore Throat Remedies:

<https://www.medicalnewstoday.com/articles/318631.php?sr>

SmartPhone Addiction Does Harm Teen's Health (a Study):

https://www.medicalnewstoday.com/articles/320183.php?utm_campaign=trueAnthem%253A+Trending+Content&utm_content=5a22981904d301706cea06b0&utm_medium=trueAnthem&utm_source=facebook

Cell Phone Radiation:

<http://theheartysoul.com/radiation-cell-phones/?t=HHL>

Chronic Fatigue Syndrome – Changes in Brain Chemistry Found:

https://www.medicalnewstoday.com/articles/320051.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

True Cause of Gluten Sensitivity isn't Gluten:

<https://www.davidwolfe.com/cause-gluten-sensitivity-isnt-gluten/>

49 health facts debunked:

<http://www.businessinsider.com/health-food-nutrition-body-myths-truths-2017-11/#myth-milk-does-a-body-good-1>

Lack of Sleep: https://www.youtube.com/watch?v=tU_kP_GwcwI

<https://me.me/i/davidwolfe-com-naked-science-youtube-this-is-what-lack-of-sleep-10891756>

Effects of Sleep Deprivation:

<https://www.edubloxa.co.za/effects-sleep-deprivation-brain-function-health/>

How Much Sleep Do we Need?

<http://www.iqtestexperts.com/iq-sleep.php>

What Anxiety Actually Is, Because It's More Than 'Just Worrying'

<http://braininspired.net/anxiety-actually-just-worrying/>

by Kirsten Corley

Anxiety is the restless nights of sleep, as you toss and turn. It's your brain never being able to shut off. It's the thoughts you over-think before bedtime and all of your worst fears become a reality in dreams and nightmares.

It's waking up tired even though your day just started.

Anxiety is learning how to function with sleep deprivation because it took you until 2 am to shut your eyes.

It's every text you wonder 'how do I word this properly?' It's a double or triple text in case you messed up. Anxiety is answering texts embarrassingly fast.

Anxiety is the time you spend waiting for an answer as a scenario plays out in your mind of what they could be thinking or are they mad?

Anxiety Is An Unanswered Text That Kills You Inside, even though you tell yourself, 'maybe they're busy or will answer later.'

Anxiety is that critical voice that says 'maybe they're deliberately ignoring you.' It's believing every negative scenario you can come up with.

Anxiety is waiting. It always feels like you're waiting.

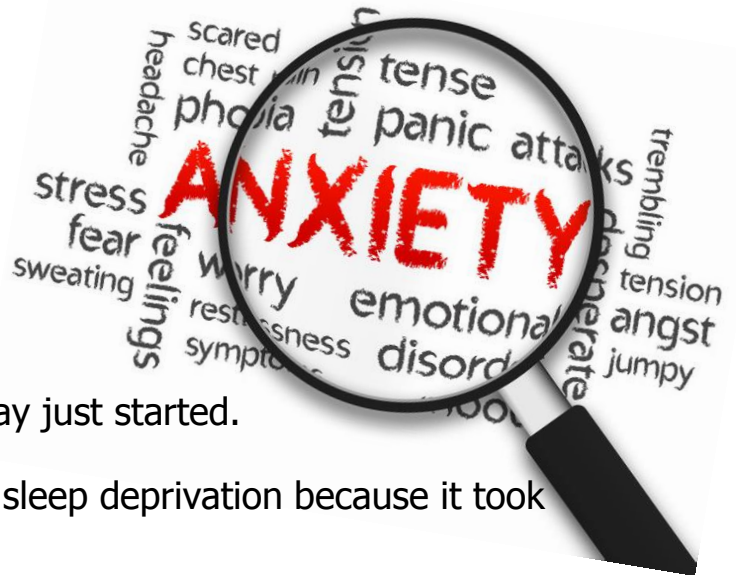
It's the inaccurate conclusions drawn as your mind takes off and you have no choice but to follow its destructive lead.



Anxiety is apologizing for things that don't even require the words, 'I'm sorry.'

Anxiety is self-doubt and a lack of confidence both in you, yourself and those around you.

Anxiety is being hyper aware of everyone and everything. So much so, you can tell if there's a shift in someone merely by their tone or word choice.





Anxiety is ruining relationships before they even begin. It tells you, 'you're wrong, they don't like you, and they're going to leave.' Then you jump to conclusions and ruin it.

Anxiety is a constant state of worrying and panicking and being on the edge.

It's irrational fears.

It's thinking too much and caring too much because the root of people with anxiety is caring.

It's sweaty palms and a racing heart. But on the outside, no one can see it. You appear calm and at ease and smiling, but underneath is anything but that.

Anxiety is the art of deception for people who don't know you. And for the people who do, it's a constant stream of phrases like, 'don't worry' or 'you're overthinking this' or 'relax.'

It's friends listening to these conclusions you've drawn and not really understanding how you got there. But they're there trying to support you, as things go from bad to worse in your mind.

Anxiety is wanting to fix something that isn't even a problem.

It's the stream of questions that make you doubt yourself:

- 'Did I lock the door before I left?'
- 'Did I turn off the stove?'
- 'Is the hair straightener still on?'

It's turning back around just to double check.

Anxiety is the uneasiness at a party because you think all eyes are on you and no one wants you there.

Anxiety is that extra shot you take and it seems like you're finally relaxing. Until you wake up the next day hungover, full of regret and wondering what you said to who and do you owe them an apology?

Anxiety is the overcompensating and trying too hard to please people.

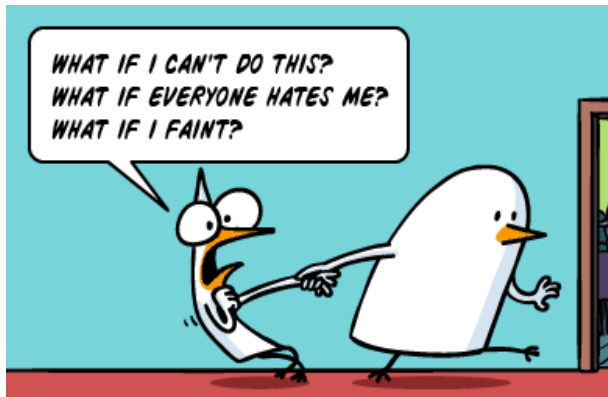
Anxiety is being everywhere on time because the thought of being late would put you over the edge.

Anxiety is the fear of failure and striving for perfection. Then beating yourself up when you fall short.

It's always needing a schedule or a plan.

Anxiety is that voice inside your head that's saying 'you'll fail.'

It's trying to exceed people's expectations even if you're killing yourself to do so.



Anxiety is taking on more than you can handle just so you are distracted and not overthinking something.

Anxiety is procrastination because you're paralyzed with fear of failing, so you hold it off.

It's the triggers that set you off.

It's breaking down in private and crying when you're overwhelmed but no one will ever see that side of you.

Anxiety is picking up and trying again because the only thing worse than overcoming other people is overcoming you and your own demons.

It's beating that critical voice that says, 'you really screwed up.' or 'you should feel awful right now.'

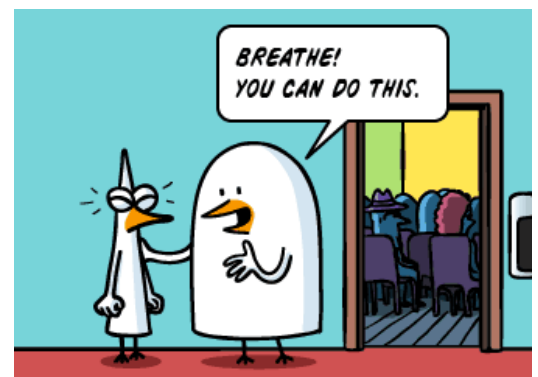
Anxiety is the want and the need to control things because it feels like this thing in your life is outside of your control and you have to learn to live with it.

But more than anything, anxiety is caring.

It's never wanting to hurt someone's feelings.

It's never wanting to do something wrong.

More than anything, it's the want and need to simply be accepted and liked. So you try too hard sometimes.



And when you come across friends who begin to understand, they help you through it. Then you realize this might be a battle you face every day, but it's one you won't have to face alone.

Ancient Japanese Technique relieves stress in 5 minutes:

Dec 22, 2016 <https://www.davidwolfe.com/ancient-japanese-technique-kills-stress-5-minutes/>

Stress in your life can take a measurable toll. In the short term, it takes an immediate effect on your body, but chronic stress puts your health at risk. Your body responds to stress by releasing hormones and boosting your heart and breathing rates. Which is okay, as long as we get our stress under control within a definable time frame.

If left untreated, stress can develop into something chronic. This includes symptoms such as irritability, depression, anxiety, heart attack, stroke, nausea, and vomiting. It can also interfere with our sex organs and damage our immune system, which makes us more susceptible to illness and disease.

There are many ways to cope with stress. Regular exercise, connecting with others, yoga, and massages are a few. However, there's also a Japanese self-relaxation technique that can be done anywhere in 5 minutes.

To give a quick background, each of the fingers in our hand represents a different kind of emotion or feeling.



Thumb helps fend off emotions like worry and anxiety.

Index finger helps you fight your fears.

Middle finger helps control feelings of rage and bitterness.

Ring finger aids in fighting melancholy and depression.

Pinky helps relieve stress and boosts your optimism and self-esteem.

HERE ARE THE STEPS!



Your goal is to balance all the opposing energy forces in your body. Start this by taking one finger at a time, grasping it with the opposite hand and wrapping every finger around it.

Hold each finger for one to two fingers. Wait until you feel the pulse. This is when you know it's working.

To aid in relaxation, apply slight pressure to the center of your palm with your opposite thumb and hold for at least one minute.

Practice this technique every day, to stay calm and re-establish the balance within yourself, enabling you to deal with stress much more effectively.

To see these steps in action, check out the following 3 minute video:

<https://www.youtube.com/watch?v=m3-O7gPsQK0>

The 10 Best Fitness Apps:

Fitness apps are designed to keep you motivated while running, walking, cycling, or taking part in any other physical activity.



http://www.medicalnewstoday.com/articles/317720.php?utm_campaign=trueAnthem%3A+Trending+Content&utm_content=593082a904d3014b6f8fd8e0&utm_medium=trueAnthem&utm_source=facebook

© Randy Glasbergen
www.glasbergen.com



“If I don’t go to the doctor, he can’t find anything wrong with me. That’s how I stay healthy!”

6 Health Benefits of Being Outdoors:

https://draxe.com/health-benefits-being-outdoors/?utm_campaign=Article-November-2017&utm_medium=Social&utm_source=Facebook&utm_term=healthbenefits

As the weather gets cooler, our natural inclination is to stay inside. Cozy fires, comfort food and the sweet elasticity of sweatpants — why brave the outdoors? As it turns out, we aren't. Did you know that Americans spend 90 percent of their lives indoors? Between commuting to and from their jobs, spending 8+ hours a day working and going about their normal daily business, they see nature more on our TVs than in real life.

Not only is that a depressing statistic, but there are real health benefits of being outdoors that we're missing out on when we're confined to our homes and office buildings. From improving our moods to feeling more chill, being outdoors is something we all could use more of. Here's why:

1. Breathe better air

Between pollution, seasonal allergies and creepy crawlies outside, some of us would prefer staying inside as often as possible. But if you thought you're breathing better air inside, I hate to break it to you: indoor air pollution can be up to 10 times worse than what you're inhaling outdoors.

Most of us think of pollution as factory smoke or car exhaust, but indoor air pollution means our homes are loaded with it too, and often at levels significantly higher than what you'd find outside. Inadequate ventilation, paints, chemicals from household and personal products and mold all contribute. So if you need to get a breath of fresh air, it's time to head outside.

2. Soak up that vitamin D

One of the most common deficiencies among American adults is a vitamin D deficiency. What makes the vitamin different from most of the ones we need is that our bodies actually produce most of the vitamin D we need, instead of relying on the foods we eat to supply it. Our bodies convert the sunshine we soak up into chemicals that turn it into the vitamin D we all know and love.

However, if we don't get outdoors enough, our body struggles to get enough sunshine to make vitamin D. Whenever possible, try to get at least 10 to 15 minutes of unprotected time in the sun each day and reap the health benefits of being outdoors.

3. Help counteract seasonal affective disorder

While this might apply only for half of the year, it's a big one. Seasonal affective disorder, or SAD, is a type of depression that strikes in early autumn and

worsens in the winter. While researchers aren't sure what causes it exactly, a lack of light and vitamin D is suspected to play a role.

Even if you don't have SAD, a lack of natural light during cooler weather can really affect your mood. Mitigate the effects and increase your vitamin D intake at the same time by heading outside.

4. Indulge in forest bathing

No, it doesn't involve an outdoor shower. It's closer to camping. But forest bathing, or forest therapy, is based on the Japanese concept of Shinrin-yoku, which emphasizes spending time away from the hustle and bustle of the cities and embracing nature.

The Japanese, already wise with their Okinawa diet, are on to something. Getting into nature can boost activity of a type of white blood cell that helps fight infection and tumor cells. It also helps lower your blood pressure and reduce stress, something we can all use.

5. Ease anxiety

Feeling anxious about something? Taking a stroll outside can help. Researchers have found that just being outdoors in nature can improve your overall feelings of well-being and reduce anxiety. Escaping the indoors and heading outside can also boost creative juices — it's a reason why walking meetings are becoming more popular.

6. Practice your grounding

Have you heard of grounding, or "earthing", before? It's a way of connecting to the earth's energy by going barefoot. Our feet draw in the earth's electrical charges, allowing them to flow through us. The results are improved sleep, reduced inflammation and more time in nature — all wins. And of course, you need to be outside to connect with the earth; carpet or hardwood floors don't have the same effects!

HOW TO SPEND MORE TIME OUTDOORS

Struggling to figure out how you can add the health benefits of being outdoors into your lifestyle and spend more time outside? It's not as difficult as you think.

Exercise outside. Take your yoga sessions to the backyard or skip the treadmill and visit the park instead.

Take a walk. Break up the mid-afternoon slump with a short walk outside, or go on a walk as you chat on the phone.

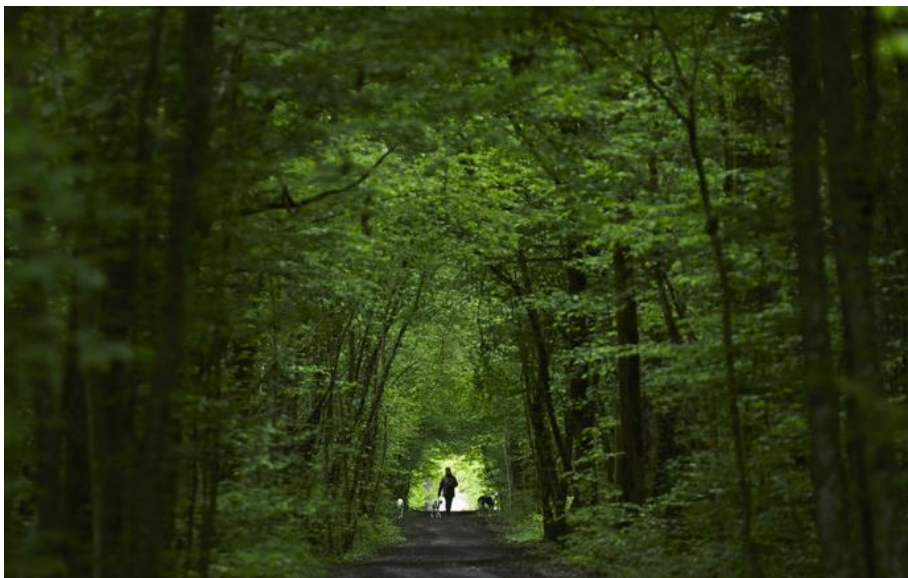
Eat outside. Enjoy a change of scenery and eat your meals outdoors.

Embrace seasonal activities. Is it cold outside? Play in the snow, head to the park or go for a brisk walk. Or, is it warm out? Try hiking or watching your favorite baseball team play.

So no matter what the season, it's time to get off the couch and enjoy the great outdoors. Your health will thank you.

The Japanese practice of 'forest bathing' is scientifically proven to be good for you

https://www.weforum.org/agenda/2017/03/the-japanese-practice-of-forest-bathing-is-scientifically-proven-to-be-good-for-you?utm_content=buffer1c549&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer



Research has shown the health benefits of 'forest bathing', the act of being among the trees.

Now, there's scientific evidence supporting eco-therapy. The Japanese practice of forest bathing is proven to lower heart rate and blood pressure, reduce stress hormone production, boost the immune system, and improve overall feelings of wellbeing.

Forest bathing—basically just being in the presence of trees—became part of a national public health program in Japan in 1982 when the forestry ministry coined the phrase shinrin-yoku and promoted topiary as therapy. Nature appreciation—picnicking en masse under the cherry blossoms, for example—is a national pastime in Japan, so forest bathing quickly took.

Just be with trees! No hiking, no counting steps on a Fitbit. You can sit or meander, but the point is to relax rather than accomplish anything.

Forest air doesn't just feel fresher and better—inhaling phytoncide seems to actually improve immune system function. This is due to various essential oils, generally called phytoncide, found in wood, plants, and some fruit and vegetables, which trees emit to protect themselves from germs and insects.

Forest environments promote lower concentrations of cortisol, lower pulse rate, lower blood pressure, greater parasympathetic nerve activity, and lower sympathetic nerve activity than do city environments. In other words, being in nature made subjects, physiologically, less amped. The parasympathetic nerve system controls the body's rest-and-digest system while the sympathetic nerve system governs fight-or-flight responses. Subjects were more rested and less inclined to stress after a forest bath.

Trees soothe the spirit too. A study on forest bathing's psychological effects showed subjects significantly reduced hostility and depression scores, coupled with increased liveliness, after exposure to trees. "Accordingly," the researchers wrote, "forest environments can be viewed as therapeutic landscapes."

City dwellers can benefit from the effects of trees with just a visit to the park. Brief exposure to greenery in urban environments can relieve stress levels, and experts have recommended "doses of nature" as part of treatment of attention disorders in children. What all of this evidence suggests is we don't seem to need a lot of exposure to gain from nature—but regular contact appears to improve our immune system function and our wellbeing.

Julia Plevin, a product designer and urban forest bather, founded San Francisco's 200-member Forest Bathing Club Meetup in 2014. They gather monthly to escape technology. "It's an immersive experience," Plevin explained. "So much of our lives are spent interacting with 2D screens. This is such a bummer because there's a whole 3D world out there! Forest bathing is a break from your phone and computer...from all that noise of social media and email."

Before we crossed the threshold into the woods in Oakland, Berman advised the forest bathers to pick up a rock, put a problem in and drop it. "You can pick up your troubles again when you leave," he said with a straight face. But after two hours of forest bathing, no one does.

Joy Chiu, a leadership and life coach on the forest bath led by Berman, explained that this perspective on problems lasts long after a bath, and that she returns to the peace of the forest when she's far from here, feeling harried. "It's grounding and I go back to the calm feeling of being here. It's not like a time capsule, but something I can continually return to."

Nature: http://30x30.davidsuzuki.org/?utm_campaign=30x30Challenge-colourOutside-en-19aug2017&utm_source=facebook&utm_medium=description-link

When you love nature, nature loves you back.

A growing chorus of scientists and researchers agree: time spent in nature makes us happier, healthier and less stressed. It increases creativity and lowers risk of heart attacks. It even makes us nicer, more empathetic humans, with more meaningful relationships and increased community involvement.

Evidence shows that being regularly immersed in a natural setting, like a park, wetland or woodlot reduces blood pressure, anxiety and stress levels and boosts immunity. Simply having a view of nature leads to faster patient recovery times in hospitals and higher job satisfaction and increased concentration in office workers. Outdoor exercise increases energy levels and reduces anger, depression and obesity.

For children, studies show that time outdoors, especially unstructured time in more natural settings, can increase curiosity, creativity and problem solving ability. It also improves their physical fitness and coordination and reduces symptoms associated with attention deficit disorder. It can even reduce the likelihood of needing glasses for near-sightedness (which is on the rise in children).

MEATLESS MONDAYS: [HTTP://MEATLESSMONDAYS.CA/](http://meatlessmondays.ca/)

Meatless Monday is global movement with a simple message: once a week, cut the meat. Our goal is to reduce meat consumption by 15% for our personal health and the health of the planet.

Meatless Monday is not a new idea. During World War I, the U.S. Food Administration urged families to reduce consumption of key staples to aid the war effort. "Food Will Win the War," the government proclaimed, and "**Meatless Monday**" and "**Wheatless Wednesday**" were introduced to encourage Americans to do their part.

WHY MEATLESS? [HTTP://WWW.MEATLESSMONDAY.COM/ABOUT-US/WHY-MEATLESS/](http://www.meatlessmonday.com/about-us/why-meatless/)

Because going meatless once a week may reduce your risk of chronic preventable conditions like cancer, cardiovascular disease, diabetes, and obesity. And going meatless once a week can also help reduce our carbon footprint and save precious resources like fossil fuels and fresh water.

For Your Health:

Reduce Heart Disease and Stroke—Vegetables, fruit, and whole grains have been shown to protect against cardiovascular disease. One study found that each daily serving of fruits or vegetables was associated with a 4% decline in coronary heart disease, and a 5% lower risk of stroke. Another study found that a diet of 2.5 or more servings of whole grain per day was associated with a 21% lower risk of cardiovascular disease (heart disease, stroke, fatal cardiovascular disease).

Limit Cancer Risk—There is convincing evidence that red meat and processed meat consumption increases the risk of colorectal cancer. There is also limited but suggestive evidence that red meat increases the risk of esophagus, lung, pancreas, and endometrium cancer and that processed meat consumption increases the risk of esophagus, lung, stomach, and prostate cancer. In contrast, a diet rich in fruit and vegetables decreases the risk of several types of cancers, including mouth, pharynx, larynx, esophagus, and stomach, evidence suggests.

Fight Diabetes—Research suggests that plant-based diets, particularly those low in processed meat, can reduce your risk of type 2 diabetes. Eating a plant-based diet can decrease total calorie consumption which helps you obtain and maintain a healthy weight, a key component to preventing and treating diabetes.

Curb Obesity—Several large studies in Europe and the United States have demonstrated that people on plant-based, vegetarian diets tend to have a significantly lower body weight and body mass index (BMI). This may be in part because plant-based diets are rich in fiber (which is not found in animal products). Fiber contributes to fullness, resulting in lower calorie intake and less overeating.

Live Longer—Evidence suggests that eating a diet rich in fruits and vegetables, and a limited amount of red meat can increase longevity, whereas red and processed meat consumption is associated with increases in deaths due to cancer and cardiovascular disease.

Improve The Nutritional Quality of Your Diet—Going meatless encourages consumption of plant-based sources of protein, like beans and peas. Consuming beans and peas results in a higher intake of fiber, protein, folate, zinc, iron, and magnesium. Also, diets high in beans and peas are associated with lower intakes of saturated fat and total fat.

For Your Wallet:

Curb Healthcare Spending—Each year in the United States, chronic diseases like heart disease, stroke, cancer, and diabetes cause 7 in 10 deaths, and account for 75% of the \$2 trillion spent on medical care. In 2008, the estimated health care costs related to obesity were \$147 billion. By reducing our risk for these conditions, we can curtail healthcare spending nationwide.

Cut Weekly Budget—Many people save money by adding meatless meals to their weekly menus. Meatless meals are built around vegetables, beans and grains—instead of meat, which tends to be more expensive. This is partly because producing meat requires extra expenses like feed and transportation. Though it can be challenging to serve healthy meals on a budget, going meatless once a week can help conserve money for more fruits and vegetables.

For the Environment:

Minimize Water Usage—The water needs of livestock are much greater than those of vegetables and grains.

- Approximately 1,850 gallons of water are needed to produce a single pound of beef.
- Approximately 39 gallons of water are needed to produce a pound of vegetables.

Americans consume nearly four times the amount of animal protein than the global average. When compared with current food intake in the US, a vegetarian diet could reduce water consumption by up to 58% per person.

Reduce Greenhouse Gases—Studies show that meat production produces significantly more greenhouse gases than vegetables, including carbon dioxide, Methane and Nitrous Oxide – the three main contributing sources of greenhouse gas. Beef was found to produce a total of 30 kg of greenhouse gas (GHG) per kg of food, while carrots, potatoes and rice produce .42, .45 and 1.3 kg GHG per kg of food, respectively.

Reduce Fuel Dependence—About 25 kilocalories of fossil fuel energy is used to produce 1 kilocalorie of all meat based protein, as compared with 2.2 kilocalories of fossil fuel input per 1 kilocalorie of grain based protein produced. The meat industry uses so much energy to produce grain for livestock that if instead we used the grain to feed people following a vegetarian diet, it would be enough to feed about 840 million people.

Recipes for Meatless Mondays:

<http://www.kraftcanada.com/brands/renees/recipes/all-recipes>

Thanks for purple caps for babies:



Sent: Friday, October 27, 2017

Hi Val,

Yesterday I delivered the 81(!) little purple hats that we collectively knitted/crocheted to the maternity unit at Nanaimo hospital. I met with the nursing manager there and she was gracious enough to open the (large) bag and take several out to look at them. She was delighted at the donation and remarked that seeing all these beautiful hats so lovingly made for newborns made her think about having another baby herself! There were five of us on the purple hat team this year (you, me, Claire Wilson, Anne, and Eva Hilborn). Thank you so very much for the many, many hats you knitted! I know that we will make a difference to new parents and if even one baby is not shaken due to this education and the wearing of a purple hat, it will have been worth the time and effort we gave to the campaign.

Warm regards,

Nancy Stocker (Val Dyer's friend who spearheaded the Purple Cap Project)

"PERIOD OF PURPLE" CRYING CAPS – CLICK FOR BABIES:

It's time for you or someone you know, to get clicking those knitting needles!!! Or, crochet hooks get chaining!!! Create some purple caps, to help educate and/or raise awareness of the prevention of Shaken Baby Syndrome. Have caps ready by the end of September!

The 'rule' is that each cap should be at least 50% purple to support the program's linking of the colour purple to the normal period of crying in newborns.

A few days before the end of September, the collection of purple caps are delivered to the Nanaimo Health Unit near Nanaimo Regional General Hospital. All of the caps collected on the Island, stay on the Island for distribution to mothers delivering babies in the month of November, as part of the education package that they receive about Shaken Baby Syndrome.



Check out the website: <http://clickforbabies.org/partners/british-columbia.php>

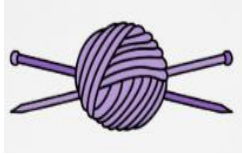
Shaken Baby Syndrome:

http://webcache.googleusercontent.com/search?q=cache:http://dontshake.ca/&gws_rd=cr&ei=LzAXWbLcK4mqjwP99pewDA

Each and every day infants across North America are shaken and abused because the person caring for them became frustrated with their crying. Many times the abuse could have been prevented had the person caring for the infant only known that early infant crying may be normal.

"Click for Babies" is a North American initiative to help educate caregivers about normal infant crying, how to cope with crying and the dangers of reacting to crying in frustration by shaking or harming an infant.

Knit 1



Knit or crochet a soft to the touch purple colored cap! Send your completed caps to your local jurisdiction by September 30, 2017. Caps will be distributed to families in November and December alongside the *Period of PURPLE Crying* program.

Tell 2



Spread the word about CLICK for Babies, the *Period of PURPLE Crying* and Shaken Baby Syndrome verbally, through social media and/or by hanging up flyers around the community. Visit your local organization's social media page for local information to share.

Give 3



Monetary donations will be used to help prevent shaken baby syndrome and improve the overall care of infants. Give a local crafter soft-to-the touch washable yarn. Or give your time and volunteer!

Purchase



Purchase any shade of soft-to-the-touch, baby-friendly **purple** yarn from your local yarn shop or craft store! Other colors of yarn can also be used in your cap, but be sure that the cap is **at least 50% purple** in color.

Start



Start knitting or crocheting! Infant heads come in a variety of sizes. As a general rule, caps should have a circumference of 14 inches (13 to 15 inches) and a height of 4 to 6 inches.



Parents select their favorite hat from the dozens that are on display in their birth centers. The most popular hats have common characteristics. These guidelines will increase the likelihood of YOUR hat going home with a family.

YARN: Hats that are either KNITTED or CROCHETED will need to be made with new, clean, SOFT-TO-THE-TOUCH and WASHABLE yarn. *"VALUE" yarns are sometimes scratchy and tend not to be selected by new parents. Test softness on your cheek if you're unsure!*

SIZE: Of the thousands of beautifully hand crafted *PURPLE* caps that are donated each year, many hundreds cannot be used because the size is either too big or too small. These hats will be worn by 1 or 2 day old infants. The average newborn head circumference is 14 inches (13"– 15") and hats should be approximately 4 to 6 inches high. Remember that knits will give, so a **7 inch circumference usually stretches to 14 inches**. "Try on" your finished caps using any spherical object that measures 14" around: inflated balloon, ball, bowl, jar, doll's head, stuffed animal head, etc.

COLOUR: Hats NEED to be **50% or more** of any shade of **PURPLE** for the *Period of PURPLE Crying*.

Please help us meet families' requests for more "BOY-FRIENDLY" hats by using yarns with darker purples, and stripes of blue, orange, or gray.

STYLE: Please use EITHER: all Gender-Neutral (Unisex) styles and colors OR: an equal number of Girl-Friendly and Boy-Friendly styles and colors.

SAFETY: *Please help us keep babies safe from choking and strangulation risks.*

DO NOT ATTACH DECORATIONS: pom-poms, tassels, straps, bows, ribbons, buttons, etc.

WARMTH: These hats keep babies' heads warm outdoors during the colder winter months. Smaller stitches result in a warmer hat. The large, loose stitches (typically made by looms) tend not to provide enough warmth.

LOOMS: This type of knitting is allowed, but should be used with caution. Please ensure that the caps are not too LOOSE or too TIGHT for a comfortable fit around the baby's head.



PURPLE CAP SIZING GUIDELINES:

http://clickforbabies.org/pdf/15_CLICK_Cap_Sizing_Guidelines.pdf

KNIT PATTERNS FOR GIRLS:

<HTTP://CLICKFORBABIES.ORG/STITCHERS-CLUB/KNIT-GIRLS.PHP>

KNIT PATTERNS FOR BOYS:

<HTTP://CLICKFORBABIES.ORG/STITCHERS-CLUB/KNIT-BOYS.PHP>

CROCHET PATTERNS FOR GIRLS:

<HTTP://CLICKFORBABIES.ORG/STITCHERS-CLUB/CROCHET-GIRLS.PHP>

CROCHET PATTERNS FOR BOYS:

<HTTP://CLICKFORBABIES.ORG/STITCHERS-CLUB/CROCHET-BOYS.PHP>



Deliver your completed caps **to Val Dyer by September 15, 2018**, for delivery to Nanaimo by September 30th! Caps will be distributed to Vancouver Island families in November and December alongside the *Period of Purple Crying* program.

QUESTION OF THE MONTH:

What are your hopes, wishes, resolutions, or goals for 2018?



Eugenia Taggart:

At 94 years of age, my goal is to make the most of everyday!

Yolande Catalan:

At my age (almost 90), my only resolution is to stay healthy and enjoy life just the way I do every day. Happy New Year to you, your family and everybody else!

Yvonne Zarowny:

Finally publishing volume 1 of a 3 set of resources (Navigating Uncharted Waters) I have been working on, as health permits, ever since I had to be off work decades ago! I am close!

And enjoying ... off to Australia and New Zealand mid-February to end of March for more "bucket list" experiences! And that is as far as I have gotten with 2018!

Many happy and awe-inspiring blessings on you!

Nancy Whelan:

HAPPY NEW YEAR TO ALL!



For 2018 ... Hmmn ... mmn ...mn...

I hope for a great summer to come, with gentle rain at night only; I wish good health for all my family ... I resolve to do at least one nagging little job every day... and my goal is to have a productive garden in 2018.

Cathy Van Herwaarden:

This year, I plan to do MORE exercise every day. I'm going to try Meatless Mondays and cook a meal with pulses: chickpeas (garbanzo beans), lentils and dry peas. This spring, I'm organizing a 45th high school reunion for 200 grads of '73 from of Hillside Secondary (West Vancouver). This summer, my husband and I plan on travelling to Haida Gwaii and we look forward to other happy camping adventures in our wee Trillium trailer with our two dogs.



PQRTA EXECUTIVE needs YOU!!!
We need a SECRETARY and an HISTORIAN, PLEASE!!!

EXECUTIVE 2017/2018 – calling for volunteers!!!

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

Secretary:

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



Historian:

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

BC Retired Teacher Association Membership Committee:

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



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

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

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

BCRTA Membership Application Brochure:

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

BCRTA Membership Application Form:

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



Have you moved or changed your contact information?
Remember to let us know!
Communication Chair: **Val Dyer**
tvdyer@shaw.ca or **250.752.8824**

Do you know of a PQRTA member who needs some sunshine in their life, due to illness or a loss in their family? Please, let us know!

Sunshine Chair: **Colleen Craig**
cocraig@shaw.ca or **250.752.3762**



December Events - Parksville and Qualicum Beach Area

<http://www.visitparksvillequalicumbeach.com/events-2018-1/>

What's On Digest – Events in Parksville Qualicum Beach & Area

<http://parksvillequalicum.whatsondigest.com/next-month>

Eyes on BC – Life on the West Edge

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

Vancouver Island Free Daily News:

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



UPCOMING EVENTS and REMINDERS:

For Programs, Contact Chair Suzanne Rush: suzanne.c.rush@gmail.com or 250.468.5445

January 2018 – Speaker – to be announced

February 2018 - Friendship Gathering – to be announced

March 2018 – North Island Wildlife Recovery Centre – to be announced

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://bcрта.ca/branches/>

