



PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER #7 – MAY 2017

PRESIDENT'S MESSAGE from Cathy Van Herwaarden:

If the old adage is true that "April showers bring May flowers", then beware of the bountiful flowers coming this month! Hopefully, beautiful bouquets will be in time for Mothers' Day! Speaking of mother, thanks to those of you that "played" the question of the month. And yes, I am just like my mother!!! Special thanks to Sharon Cox- Gustavson for her May Day musings and photo!

BC RETIRED TEACHERS' ASSOCIATION (BCRTA): SENIORS' ISSUES FOR THE 2017 PROVINCIAL ELECTION

- Access to Health Care
- Integrated Health Care
- BC Medical Services' Plan
- Education Under-Funding
- Homeowner Expense Referral Grant
- National Pharmaceutical Strategy
- Transportation (Health related)
- Pension Reform
- Canada Health Accord Re-Negotiation and Funding
- Dementia

For the complete booklet of information from BCRTA, see the inclusion in the Postscript Magazine for Retired Educators (Spring 2017) or at the following:
http://bcrt.ca/images/BCRTA_Seniors_Issues_Provincial_Election_2017_Booklet.pdf

REPORT - Monitoring Seniors' Services

From the Office of the Seniors Advocate - December 2016

The report focuses on 2015-16 data and highlights key services under the Advocate's legislated mandate. This detailed, full-of-information 76 page report offers information, graphs, and examples from throughout BC on the topics of health care, housing, transportation, income support and elder abuse.

For the full report:

<https://www.seniorsadvocatebc.ca/app/uploads/sites/4/2016/12/OSA-MonitoringReport2016.pdf>

REPORT - Poverty and Inequality among BC Seniors

By Iglia Ivanova, Canadian Centre for Policy Alternatives - April 2017

The 56 page report makes the following recommendations to better meet the needs of vulnerable seniors and address gender and income inequality in all generations:

1. Implement a poverty reduction plan with targets and timelines to address the increase in seniors' poverty over the last twenty years.
2. Enhance home and community care to help more seniors stay healthy and independent in their homes even if they can't pay for these services privately.
3. Improve retirement security by further enhancing the CPP and increasing old-age income supports for low-income seniors.
4. Tackle income inequality in all generations with provincial and federal tax reform and accessible, quality public services and social programs that contribute to a greater quality of life for all British Columbians.
5. Address gender inequality in all generations by eliminating the gender pay gap and investing in \$10-a-day child care and other programs that shift the burden of caregiving from the shoulders of women and makes them a collective, societal responsibility.
6. Invest in a diverse range of affordable housing options, including for renters.
7. Introduce a universal Pharmacare program to improve the access to health care regardless of family resources.

For the full report:

https://www.policyalternatives.ca/sites/default/files/uploads/publications/BC%20Office/2017/04/ccpa-bc_seniors-inequality.pdf

BC TEACHERS' FEDERATION (BCTF) NEWS RELEASE:

All of us who care about kids and public education know it's time for change! This May 9, Election Day, make sure the candidate you vote for supports:

- significantly increased investment for better learning conditions
- a bold plan for new school construction and timely seismic upgrades
- more funding and resources to implement curriculum change
- a poverty reduction plan and increased funding for mental health supports
- more resources to support children in care and other vulnerable kids

Together, we can make a difference for all BC kids. Change is possible!

It's time for change: The Numbers Tell the Story – download the pdf

<http://bctf.ca/uploadedFiles/Public/Issues/EdFinance/ItsTimeForChange.pdf>

PROMISES VS. DEEDS



"Seniors deserve better" is the theme of a BCGEU campaign to focus attention on the need to improve home support services.

The volunteer directors of BC FORUM, pictured above, believe all British Columbians deserve a government that works for them.

What she said, what she did

SOME COMMENTATORS say that Christy Clark is a great campaigner. She certainly makes lots of promises. Here's a short comparison of what she promised four years ago and what she actually did.

Freeze personal income taxes

- Gave a 2 per cent income tax cut to people who earn more than \$150,000 a year. Tax giveaways to the wealthiest 1% average \$38,711 per person per year.

Families first

- Hit ordinary families with a huge shift to regressive taxes and fees while ensuring the richest British Columbians pay a lower rate of tax than everyone else.

Provide affordable energy rates for families

- BC Hydro rates up 28 percent.

Affordable housing

- While the dream of owning a home died for thousands of ordinary families, Christy Clark pocketed millions in donations from real estate developers. She refused to close loopholes for speculators.

Improve health care

- Health care spending per person

reduced from second to eighth in Canada.

- Access to home support reduced by 30 per cent.
- Access to residential care beds reduced by 20 per cent, while shifting to private for-profit care.
- Failed to meet minimum staffing requirements at nine out of ten residential care facilities.

Recognize the unique struggle facing persons with disabilities

- Took away their bus passes.

Address classroom size and composition challenges

- Fought against it every step of the way until the Supreme Court of Canada ordered her to do so, the culmination of a 15 year battle started by Christy Clark when she was minister of education.

Grow a strong forest industry

- Six fold increase in raw log exports.
- 100 mills closed.
- 30,000 jobs lost.

Create and support jobs in the province's technology sector

- Government expenditure on information technology: just under

\$700 million a year.

- Amount that goes to B.C. firms: less than 10 per cent.
- The big winners: multinational corporations.

Support shipbuilding in B.C.

- New B.C. ferries built in Germany and Poland.

Protect our coastline

- Approved a seven-fold increase in oil tanker traffic.

LNG: "It's no fantasy"

- Hired former Liberal Leader Gordon Wilson as an LNG advocate at \$150,000 a year.
- Number of LNG facilities built: 0.

Christy Clark's "Debt free BC"

- Increased the provincial debt from \$45.2 billion to \$65.3 billion.
- Increased the debt to GDP ratio from 21.7% to 26.7%.
- Increased provincial debt per capita from \$9,969 to \$13,942.
- Approved long-term contractual obligations – mostly for expensive private for-profit power generated on public rivers and streams – that now total \$101 billion, far higher than any other province.

BC ELECTION PARTY PLATFORMS:

BC Liberals: <http://www.bcliberals.com/platform/>

BC NDP: <https://action.bcndp.ca/page/-/platform-book.pdf>

BC Greens: <http://www.bcgreens.ca/platform>

DEMENTIA IN CANADA - A National Strategy for Dementia Friendly Communities (Standing Senate Committee on Social Affairs, Science & Technology)

Dementia is a progressive and degenerative condition that robs an individual, over the course of many years, of the ability to live and function independently. The primary risk factor for dementia is age, and this proportion of individuals with dementia increases with age. That is, approximately 7% of people over the age of 65 is affected, but this proportion increases to 35 or 40% for individuals aged older than 85 years, according to testimony offered by the Canadian Institutes of Health Research (CIHR). As such, the number of Canadians living with dementia is expected to grow along with the proportion of the population aged 65 years and older.

Canada, like most industrialized countries in the world, has an aging population. In 2010, the first of the “baby boomers” turned 65 years of age. Although the proportion of seniors has been increasing for decades due to longer life expectancy, the proportion of seniors has been increasing even faster since 2010. According to the Canadian Institute for Health Information’s Health Care in Canada, 2011: A Focus on Seniors and Aging, the proportion of the Canadian population aged 65 years and older increased from 10% in 1986 to 14% in 2010. The report projects that between 2011 and 2031, during which time all baby boomers will turn 65, the proportion will continue to rise to almost 25%.¹ This means that within the next 15 years, one in four Canadians will be over the age of 65.

According to data from Statistics Canada, that projection is being realized. Population estimates for July 2015 indicated that “for the first time, the number of persons aged 65 years or older exceeded the number of children aged 0-14 years.”

Persons affected by dementia can continue to live independently for some time; however, as their condition progresses, they require increasing levels of care, first within their home but usually ending within a long-term care setting. It was within this context — increasing numbers of Canadians affected with dementia requiring considerable health and social service support — that the committee undertook this study to determine the actions that should be taken to most effectively and efficiently meet this challenge.

TYPES OF DEMENTIA

- a) **Alzheimer's Disease** is the most common type of dementia and it accounts for about 60-70% of all dementia cases. A small proportion of individuals with Alzheimer's disease, less than 5%, develop the disease earlier in life, on average around the age of 50 years. This condition is called early-onset Alzheimer's disease. Late-onset Alzheimer's disease accounts for about 95% of Alzheimer's disease cases and is diagnosed after the age of 65 years. According to testimony from the Alzheimer Society, women account for more Alzheimer's disease cases than men, making up about 72% of all late-onset Alzheimer's disease diagnoses.
- b) **Vascular Dementia** is the second most common type and it can be caused by strokes that impair blood flow to the brain, which in turn results in oxygen deprivation and cell death. This form of dementia accounts for 15 to 20% of dementia cases. Some individuals may be afflicted with both vascular dementia and Alzheimer's disease.
- c) **Lewy body Dementia** is another type of dementia in which protein deposits called Lewy bodies form in the areas of the brain used for movement and thinking. This type of dementia, which makes up 5-15% of dementia cases, is associated with Parkinson's disease and can also occur along with Alzheimer's disease.
- d) **Frontotemporal Dementia** accounts for 2-5% of dementia cases and usually occurs in individuals younger than 65 years of age. This form of dementia affects the front and side lobes of the brain, areas primarily associated with speech and behaviours.

B. SYMPTOMS, DIAGNOSIS AND PROGRESSION OF DEMENTIA

Dementia causes the slow and progressive deterioration and loss of brain function. The Alzheimer Society of Canada (ASC) has developed a list of 10 warning signs that is used by health professionals across the country:

1. memory loss affecting day to-day abilities;
2. difficulties performing familiar tasks;
3. language difficulties;
4. disorientation in time and space;
5. impaired judgement;
6. problems with abstract thinking;
7. misplacing things;
8. changes in mood and behaviour;
9. changes in personality; and,
10. loss of initiative.



The Alzheimer's Society of Canada (ASC) emphasizes that anyone concerned about themselves or a loved one with respect to the signs listed above should see a doctor. It is also important to note that factors other than dementia may produce one or more of these symptoms, such as medication, depression and stress. Following the elimination of other causes such as those listed above, usually by a family physician, through physical examinations, blood tests, medical history reviews and mental health assessments, screening for dementia involves assessment of cognitive ability, or mental acuity. This type of test assesses the ability to recall words, draw simple shapes, spell dictated words, answer questions, make simple calculations, etc.

If dementia is suspected, the physician may refer the patient to a specialist, such as a geriatrician or neurologist, who will likely conduct additional mental acuity questionnaires as well as order various types of imaging such as X-rays, electroencephalograms (EEGs), computerized tomography (CT) scans, magnetic resonance imaging (MRI) scans, and positron emission tomography (PET) scans, to try to isolate the affected areas of the brain.

Research using some of these types of neuroimaging techniques has shown that physiological evidence of damage can be seen up to 25 years before the onset of symptoms. Once diagnosed, individuals affected by dementia can continue to live independently during the early stages of their disease, and with the appropriate support can continue to live in their home until the later stages.

Over the course of many years, individuals with dementia will no longer be able to live at home as they become unable to perform the activities of daily living such as dressing, eating, toileting and bathing and will often display behaviours that caregivers may find difficult to address.

In the last stage of dementia, individuals lose the ability to convey when they are in pain, as well as to walk, talk, chew and even swallow.

C. PREVENTION OR DELAY OF DEMENTIA

The cause or causes for the majority of dementia cases are not known. Genetics and heritability of the condition do not appear to play a major role in this regard. While some genes have been identified that are associated with dementia, there is a multitude of interacting factors that appear to increase or decrease a person's chances of developing the condition. These factors also affect the age of onset and the rate of progression of dementia. While genetics and age are risk factors that cannot be modified, many other risk factors are within the control, to some degree, of each individual.

In this regard, several lifestyle factors have been identified as being protective against developing dementia, or to delaying its onset or speed at which it progresses. These factors include physical exercise, a healthy diet, proper management of chronic disease, moderate alcohol consumption, not smoking, intellectual stimulation and social engagement. As well, avoiding brain injury, stress and depression, to the extent possible, can also delay the onset or progression of dementia.

D. TREATMENT AND SUPPORT

Currently there are no effective drugs to cure or to stop the progression of dementia. Some dementias present specific symptoms that can be treated with drugs; but they do not reverse, slow down or stop the neurological damage within the brain. Rather, various non-pharmaceutical approaches have been and continue to be developed that aim to stimulate the brain, provoke memories and induce calmness and peacefulness.

More Efforts and Coordination are needed:

- Increased Investment in Research
- Improved Public Awareness to Reduce Stigma
- Enhanced Health Human Resources: Training and Education
- Early and Improved Diagnosis
- Greater Support for Informal Caregivers
- Integration of Health Services
- Emphasized Home and Community Care
- Affordable Housing

*I Have Dementia
My eyes do see, my ears do hear
I am still me, so let's be clear
My memory may fade,
My walk may slow,
But I am ME inside
Don't let me go!*

CONCLUSION:

Dementia currently affects close to one million Canadians, robbing them of their quality of life and stretching our social, health and housing resources. Decisive action by the federal government is urgently needed as the proportion of seniors continues to grow over the next two decades. Now, is the time for Canada to implement a National Dementia Strategy! An impressive amount of work has been done by healthcare professionals, researchers, dementia advocates, housing providers and governments of all levels. However, a greater coordination of efforts is essential to effectively meet the oncoming surge in dementia cases. This situation needs to be a public health priority.

The Government of Canada must lead the way by working with all jurisdictions and relevant stakeholders to implement a National Dementia Strategy. Such a strategy would help to ensure adequate care for individuals suffering from dementia, the availability of appropriate housing options, funding for research and innovation to develop treatments and disease management, and facilitate the translation of new discoveries into practice.

Full report with **29 RECOMMENDATIONS for National Dementia Strategy**

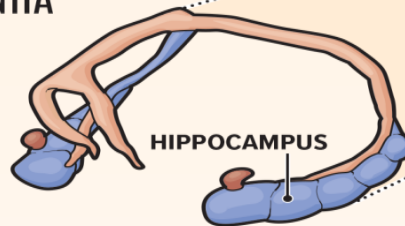
http://www.parl.gc.ca/content/sen/committee/421/SOCI/Reports/SOCI_6thReport_DementiaInCanada-WEB_e.pdf

THE MIND IN DECLINE

As a recent Senate Social Affairs, Science and Technology report notes, dementia encompasses a variety of brain disorders that cause memory loss, mood changes and problems with communication, judgment and reasoning severe enough to impair a person's ability to cope with day-to-day living. Dementia is a degenerative condition; it is irreversible and symptoms invariably worsen over time. Damage is cumulative — harmful buildups form within individual cells and broad regions of the brain eventually atrophy.

TYPES OF DEMENTIA

The most common type is Alzheimer's disease, affecting about 60% of dementia patients. Vascular dementia, in which the blood supply to the brain is crippled by a series of small strokes, is the next most common, accounting for about 20% of cases.



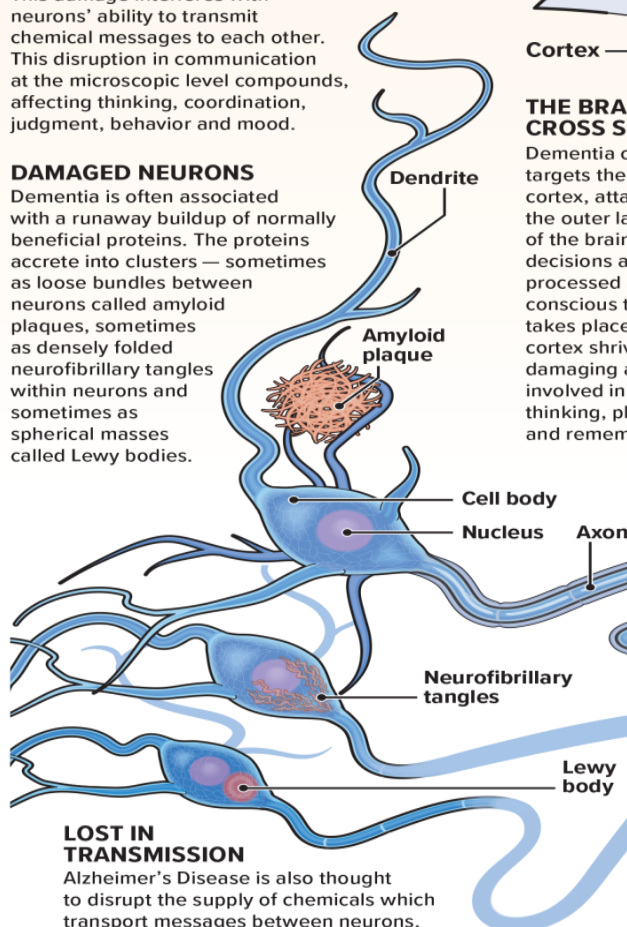
This region deep within the cortex is crucial to forming new memories and is often impaired by Alzheimer's.

CAUSES OF DEMENTIA

Dementia is caused by damage to brain cells, called neurons. This damage interferes with neurons' ability to transmit chemical messages to each other. This disruption in communication at the microscopic level compounds, affecting thinking, coordination, judgment, behavior and mood.

DAMAGED NEURONS

Dementia is often associated with a runaway buildup of normally beneficial proteins. The proteins accrete into clusters — sometimes as loose bundles between neurons called amyloid plaques, sometimes as densely folded neurofibrillary tangles within neurons and sometimes as spherical masses called Lewy bodies.



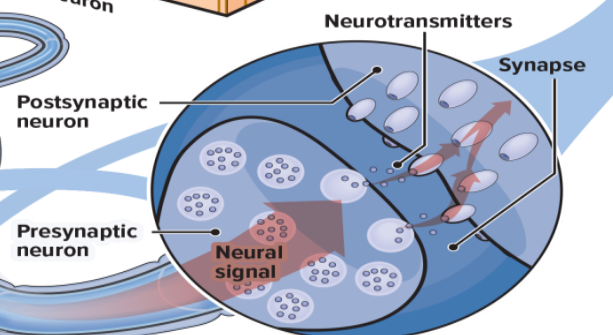
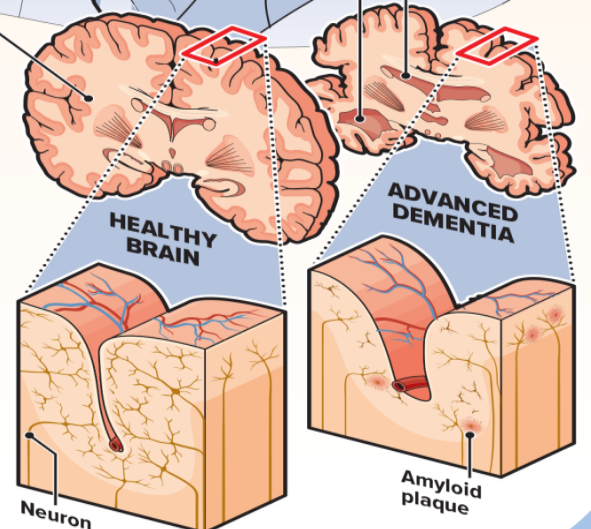
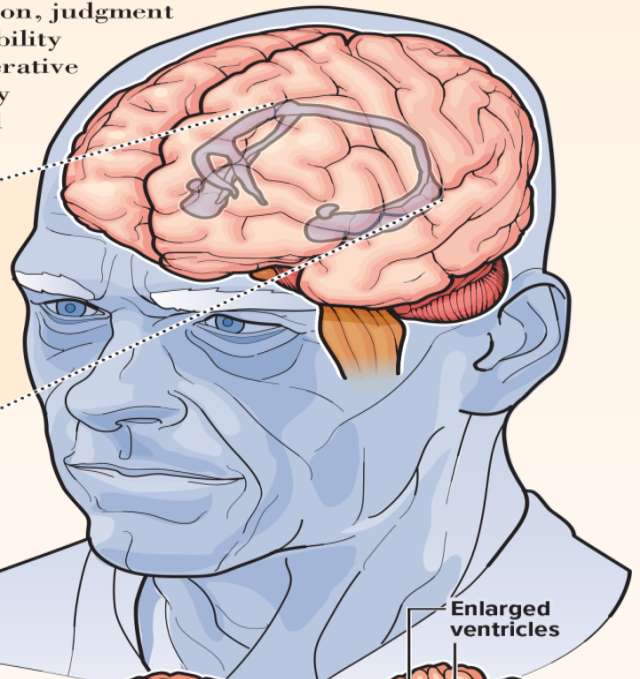
LOST IN TRANSMISSION

Alzheimer's Disease is also thought to disrupt the supply of chemicals which transport messages between neurons.

Cortex

THE BRAIN IN CROSS SECTION

Dementia often targets the cerebral cortex, attacking the outer layer of the brain where decisions are processed and conscious thinking takes place. The cortex shrivels up, damaging areas involved in thinking, planning and remembering.



CLOSEUP OF A SYNAPSE

Messages pass from neuron to neuron across this gap.

STAGES OF DEMENTIA

Symptoms of dementia worsen over time, although the rate of decline varies. The loss of cognitive ability happens in stages and may take decades to unfold.



Mild cognitive impairment (MCI)

- Cognitive changes are serious enough to be noticed by the individuals experiencing them but not severe enough to interfere with daily life



Early stage

- Recent mild memory loss
- Repeating questions
- Depression and apathy
- Mood swings
- Mild language problems
- Failing sense of direction



Middle stage

- Persistent memory loss
- Inability to recognize friends and family
- Delusions and aggression
- Coordination problems
- Requiring assistance with daily living



Late stage

- Inability to process information
- Mood problems and hallucinations
- Inability to care for oneself
- Increased communication difficulties

COMBATting DEMENTIA

There is no cure for progressive dementia and no treatment can halt its progression entirely. Nonetheless, adapting certain crucial lifestyle changes can slow or reduce dementia's onset.



Quit smoking

This is the single most effective lifestyle change a person can make for the sake of their long-term health. This is particularly true when it comes to mental health.



Maintain a healthy diet

High cholesterol and high blood-sugar levels can trigger a number of conditions, including dementia. Low-fat diets that are good for the heart tend to be good for the brain.



Get regular exercise

Regular exercise has long been known to combat the ravages of age. Recent studies, moreover, suggest exercise is particularly effective at preserving, and even improving, cognitive function.



Maintain cardiovascular health

Damage to blood vessels deprives brain cells of oxygen and nutrients. Damage to cerebral blood vessels is linked to the second most common form of dementia, vascular dementia.



Be mentally active

Studies show that intellectual and social engagement can delay or limit the onset of dementia. Studying a language or playing music seem to be particularly effective.

DEMENTIA'S SOCIAL AND FINANCIAL TOLL

Treating people suffering from dementia will be a major concern in the future. Within 20 years, more than one in four Canadians will be over 65 years of age and 62% of the healthcare budget will be dedicated to the care of seniors. The number of Canadians suffering from dementia or its precursor, mild cognitive impairment, is expected to almost double in the next 15 years.

750
thousand

Number of Canadians with dementia or mild cognitive impairment, in 2011.

1.4
million

Projected number of Canadians with dementia or MCI in 2031.

60%

Number of people in Canada with mild cognitive impairment who progress to dementia and experience disability.

\$33
billion

Estimated 2015 direct and indirect costs of caring for dementia patients in Canada.

\$293
billion

Projected 2040 direct and indirect costs of caring for dementia patients in Canada.

Are you a 'SuperAger'? Why some brains age twice as slowly.

By Dennis Thompson of HealthDay

<http://www.orlandosentinel.com/health/aging/sc-superagers-brain-volume-health-0419-20170406-story.html>

People lose a significant amount of brain volume to aging, but average elderly people experience a much faster loss than that of so-called "SuperAgers" who remain mentally astute well into old age.

Researchers studied "SuperAgers" to discover what factors might set these super-sharp seniors apart from their peers. Brain scans showed they experience brain aging twice as slowly as average folks their age. According to the senior researcher, "SuperAgers lose brain volume at a much slower rate than average agers."

For the study, researchers measured brain aging by examining the thickness of each person's cortex — the outer layer of folded gray matter in the brain. The cortex is where consciousness lies, and where all of the neurons that fire thoughts and movements are located. It is a critical part of the brain for higher-level thinking, memory, planning and problem-solving.

Another neurologist explained it this way:

"Brain shrinkage occurs in the natural progression over time, and when you lose brain volume, you lose function."

Previous research has shown that the cortexes of SuperAgers look less worn than their average 80-year-old peers, and about the same as people in their 50s or 60s.

But a question remained — were the SuperAgers born with brains that have more volume, and thus could better withstand the travails of aging? Or are their brains the same size as everyone else's, and simply aging less rapidly?

To answer that question, the researchers tracked changes in cortex thickness for a year and a half in 24 SuperAgers and 12 average elderly people.

Both groups lost a significant amount of brain volume to aging, but average elderly people experienced a loss more than twice that of the SuperAgers — over 2.2 percent versus 1.1 percent.

Part of the reason why they may have different brain volumes is because over the decades they've been losing their brain volume at a different rate.

At least part of the brain advantage of SuperAgers is genetic, with some people simply gifted at birth. But there are likely to be environmental influences that also contribute to healthier brain aging, particularly in the womb and in early childhood. For example, research has shown that children raised in poverty tend to have smaller brains.

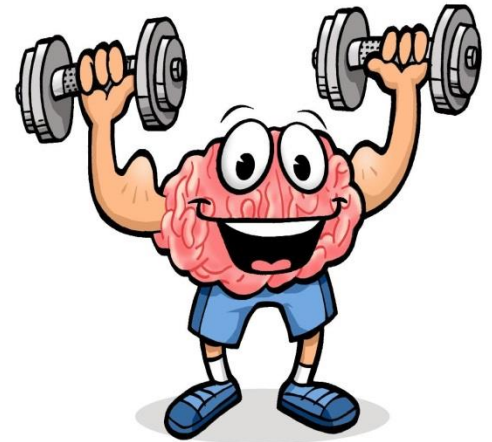
Future research will focus on genetic factors that influence brain aging, which hopefully will provide researchers with anti-aging "targets" that could be manipulated with medications or other therapies.

While there's currently no proven method to preserve cortex volume, research has shown specific lifestyle changes that seniors can perform to help keep themselves sharp as they age include:

- Regular physical exercise, including strength training.
- A healthy and balanced diet.
- Brain workouts that involve challenging puzzles or tasks.
- An active social life.

TRY THIS AT HOME:

At the annual international conference of the Alzheimer's Association held in Toronto in 2016, there was lots of excitement about a study showing that the risk of dementia can be nearly halved with a unique brain speed-training exercise. **Double Decision is an online cognitive training exercise** that increases visual processing speed, both at the centre of gaze and on the periphery.



Studies have shown that it improves cognitive measures (including speed and attention), as well as functional abilities and well-being (including depressive symptoms and health-related quality of life). It's even been shown to improve driving safety and mobility (including reduced at-fault crash risk and better on-road driving safety).

It's the first time that anything – brain training program, physical exercise, diet, nutrition or drug – has been shown to reduce the risk of dementia.

BrainHQ is an online brain-training system that represents the culmination of 30 years of research in neurological science and related medicine. It was designed by an international team of neuroscientists, led by Michael Merzenich—a professor emeritus in neurophysiology, member of the National Academy of Sciences, co-inventor of the cochlear implant, and Kavli Prize laureate.

It takes less than five minutes to do each BrainHQ level, so you can use it in tiny bites or long blocks, depending on your schedule. Plus you can use BrainHQ on almost any computer or mobile device, so you can take it on the go. If you want, you can set up personal training goals and have BrainHQ send you training reminders when you want them.

Try **Double Decision** online at <https://www.brainhq.com/>

CARBS AND COGNITION: BOOST BRAIN POWER

Zoomer | January 22nd, 2014

Studies show that consuming too many simple carbohydrates -- table sugar, for example -- increases the risk of dementia as we age. Instead, we should be eating enough complex carbs, such as whole grains, to keep our brains in top shape.

"We need healthy or normal insulin function in the brain -- it's a component of learning and memory processing," says Dr. Carol Greenwood, a senior scientist at Baycrest's Rotman Research Institute. But poor quality carbs can damage insulin metabolism, she says, promoting diabetes, cognitive decline and Alzheimer's disease.

In her e-book, *MINDfull* Dr. Greenwood explains different ways to nourish the brain, and the key role carbohydrates play in that process. The brain uses the glucose from carbs for fuel and to produce compounds, such as acetylcholine, needed for communication between brain cells.

Choose the right carbs

- Eat more fruits and vegetables
- Choose whole grains, cereals, beans & pulses (dried peas, lentils, chickpeas)
- Consume good fats, such as omega 3s from fish
- Avoid bad fats, such as saturated fat from red meat
- Avoid highly processed foods, including those high in sodium

8 BRAIN FOODS TO POWER YOUR LIFE

Zoomer | March 15th, 2017

From berries to oysters, these 8 brain foods boost memory, help us to think clearly, and contribute to overall good health.

The old maxim "You are what you eat," turns out to be true.

Research on so-called "brain foods" shows that some chemicals in the foods we eat go right to our brain cells. Sounds pretty powerful!

But can food really make us more intelligent, give us smarter kids, improve memory, help us think more clearly, and maybe even forestall those so-called "senior moments," or worse, dementia?

The answer is a qualified "yes." Although no one "miracle" food is going to boost your brain power instantly, make your kid a genius, or cure Alzheimer's, regularly adding certain foods to your diet will help you function at your personal best, both physically and mentally, throughout your lifetime.

Brain Food #1: Berries

Berries are full of memory-boosting nutrients. Here's how they work: When we talk about getting "rusty" at certain tasks, we may not be far off. Oxidation, the process that causes metal to rust, can also damage brain cells. This "oxidative stress" as it's called, plays a part in many diseases associated with aging from dementia and Alzheimer's to Parkinson's.

Getting beneficial anti-oxidative compounds like vitamins C, E, beta-carotene and other nutrients through food may help prevent, or at least curtail, the damage, because they can disarm potentially cell-injuring free radicals circulating throughout the system.

Research has shown that beneficial chemicals called ellagatannis in raspberries, strawberries and blueberries are also found right in the hippocampus, the brain's memory control center. Talk about a direct hit!

Blueberries also contain proanthocyanins, which gravitate toward the striatum, which is more closely related to spatial memory. Scientists believe that that these compounds may enhance the performance of those parts of the brain, and indeed, actual animal studies have substantiated the evidence that they do improve memory.

Brain Food #2: Cherries

Oxidation is not the only process associated with diseases of aging. Inflammation also plays a big role in everything from heart disease to dementia. Cherries are nature's own little anti-inflammatory pills. They contain Cox 2 inhibitors similar to those found in pain medications such as Vioxx and Celebrex, but they also contain compounds called polyphenols that keep platelets in the blood from clumping together, so they don't produce undesirable side effects -- like heart attacks and strokes -- which are risks associated with the manufactured drugs. Isn't Mother Nature clever?

Brain Food #3: Apples

That old adage about "an apple a day" is right on target. It turns out that apples contain a group of chemicals that could protect the brain from the type of damage that triggers neurodegenerative diseases like Parkinson's and Alzheimer's. One of those compounds, a flavonoid called quercetin, has been shown to protect the brain from oxidative injury in animal studies.

Other chemicals such as phenolic acids and different flavonoids protect the apple itself against damage by bacteria, viruses and fungi -- and if they protect the fruit, just imagine what they can do for us! Studies suggest that eating apples not only may help reduce the risk of cancer, but diminish the risk of neurodegenerative disorders too.

Brain Food #4: Curry

Turmeric, the yellow spice found in many curries, contains curcumin, which also has powerful anti-inflammatory and antioxidant properties. It may even prove useful in treating Alzheimer's; one study showed a reduction in beta amyloid deposits, the plaques associated with the disease, in the brains of animals fed curcumin-enhanced food. In another study, elderly people who ate curry often or very often did better on tests of mental performance than those who never or rarely ate curry.

Brain Food #5: Eggs

The egg has gotten bad press because of its cholesterol-rich yoke and the associations between dietary cholesterol and heart disease. However, that same yolk contains one of the most important nutrients for building better brains: choline.

Getting adequate amounts of choline, especially early in life -- during fetal development and early childhood -- may help us learn more readily and also help us retain what we learn. What's more, sufficient choline intake early on may give us the mental building blocks we need to help keep memory intact as we age.

Brain Food #6: Sardines

We've all heard that fish is "brain food," and there's good reason for it. Fatty fish like budget-friendly sardines contain omega-3 fatty acids, which are thought to be instrumental in maintaining brain function from early development throughout life. DHA, an omega-3, is present right in the brain, so having those good-for-you omega-3s in your diet is thought to boost brain function.

In addition, components of fatty acids in fish go straight to the synapses of nerve cells, so they play an important role in how neurons communicate with one another, which may have a positive effect throughout life on learning and memory.

Brain Food #7: Oysters

Speaking of seafood as brain food, consider the oyster, which is one food rich in both iron and zinc. If your mind wanders or you have memory lapses here and there, you may need more of the minerals zinc and iron in your diet.

A lot of research has linked decreased iron and zinc levels with poorer mental performance in children, but newer studies on adults suggest these elements help keep grown-ups' minds sharp as well. In those studies, marginally low iron reserves reduced adults' ability to concentrate, and lower levels of zinc slowed test participants' ability to recall words.

Brain Food #8: Cocoa

When it's time for a treat, chocolate is not a bad way to go, for your brain as well as your taste buds. Several studies have shown that eating flavanol-rich cocoa can improve blood vessel function, boosting circulation throughout the body and blood flow to the brain. The beneficial compounds found in cocoa may even reduce the formation of damaging clots, which may cause heart attacks and strokes.

However, while cocoa, the ingredient that carries "chocolate" flavor, is rich in beneficial compounds, it's often combined with high-fat ingredients in chocolate bars and other desserts, so it's best to keep chocolate treats to a healthy minimum.

How Probiotics in Yogurt Protects Your Brain

By Shawn Clark - May 27, 2016

Ever since its introduction to the global population, yogurts have been the subject of many scientific studies.



The main objective of each investigative study is to unearth the comprehensive range of health benefits that the body experiences through consuming this unconventional snack. However, each discovery process has yielded many interesting facts that were previously unknown. Perhaps the most astonishing piece of news is that yogurts were accidentally discovered. Milk manufacturers had previously stored their products in containers made of animal stomachs. As a result of the chemical reaction between milk and the animal stomach, the resulting substance soon became known as yogurt.

Unlike the majority of the words in the English dictionary, the word yogurt does not have a Greek origin. Instead, the term is derived from Turkish background. Although Turkish people have been consuming yogurts as early as 3000 BCE, this healthy snack was only given global recognition in 1542. When the French king Francois was suffering from recurring gastrointestinal issues, all the finest doctors could not find an effective cure. The Sultan of the Ottoman Empire, Suleiman the Magnificent, then sent over his own doctors to help with the French king's condition. The subsequent prescription of yogurt soon restored the king's health.

Proven Mental Health Benefits:

In recent times, yogurts are fast becoming a favorite snack amongst health enthusiasts. With more attention placed on healthier food options, this food product has established itself as one of the best choices available. Many women also believe that yogurt is beneficial for health aging. Naturally, their rise to the top is well supported by scientific evidence.

5 Health Benefits That Individuals Can Derive From Incorporating Yogurts into Their Daily Dietary Plans:

1. Stress Relief

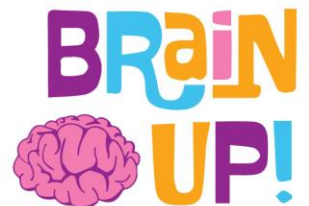
According to a research study released by the University of California, Los Angeles in May 2013, the health experts established the association between ingesting healthy bacteria and enhanced brain functions. A total of 36 women were enlisted to participate in the research, each aged between 18 and 55. All the participants were randomly assigned to three different groups. The first group was given yogurts packed with probiotics, the second group ate a similar product but contained no probiotics while the last group was not given any additional food products at all. Each participant was required to eat their pre-assigned foods twice daily, for a total of four weeks.

A comparison was made between the functional magnetic resonance imaging (fMRI) scans taken before and after the experiment. It was soon discovered that compared to the other groups, women who consumed probiotic yogurts had their innate stress response reduced significantly. This is primarily due to the healthy management of gut bacteria that directly affects chronic stress. In addition to stress relief, the health experts also discovered that the altered brain functions can be seen in both a resting state and an active state.

2. Boost Mental Capacity

In a separate study published in 2015, scientists aimed to determine the effects of regular yogurt consumption in relation to mental health and capabilities. A total of 70 test subjects were enrolled for this clinical trial, where they were randomly divided into three groups. The primary group had 25 participants who were given probiotic yogurt with a placebo capsule. The second group also had 25 participants but were given conventional yogurt with a probiotic capsule. The last group only had 20 participants and served as a control to the experiment, consuming only conventional yogurt with a placebo capsule.

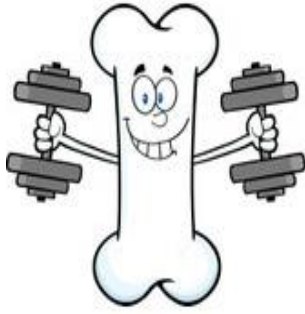
At the end of the 6-week trial period, it was discovered that all participants who were prescribed any form of probiotics recorded significant improvements in mental capabilities and mental health. On the other hand, participants who were given conventional yogurts displayed no improvements in their mental prowess.



3. Manage Depression and Anxiety

The Dartmouth Medical School made this breakthrough discovery which offered renewed hope to patients with brain injuries. It recognizes the fact that severe brain injury tends to result in fundamental neurobehavioral and social functioning changes that can impair the patient's ability to adjust to its situation. Without effective management techniques, these patients expose themselves to a significant risk of developing depression and anxiety.

According to the study, patients with a history of brain injury were selected and randomly assigned to various treatments such as ingesting yogurt in a medicine cup, taking a 5-minute tour of the facility, or music therapy for a 5-minute period. Interestingly, patients who were prescribed with the yogurt medications recorded the most improvements in their cognitive functions. While further investigative studies are required to determine the effects of yogurts, this study serves as a stepping stone for other professionals to formulate effective treatments of brain injuries by utilizing the probiotic yogurts.



4. Stronger Bones

In order to supply the body with its daily requirement of calcium intake, the experts recommend regular consumption of yogurts. Adopting this healthy habit from a young age not only helps an individual develop stronger skeletal foundations, but it also confers additional health benefits to them such as effective weight management and improved general health.

5. Healthier Skin

Last but not least, the most dominant evidence to support the regular consumption of yogurt is its presumed benefits to the skin. According to a study published in 2000, it was established that individuals who incorporated low-fat yogurts into their daily meals had experienced the least skin wrinkling throughout. It was further elaborated that due to the properties of yogurt products, the skin is given an additional layer of protection against cutaneous actinic damage. While other foods such as vegetables and legumes can offer similar benefits, it is believed that yogurts provide more protection than these foods.

Conclusion

It has always been presumed that yogurt contains extensive health benefits to all its consumers. However, recent scientific studies have sought to substantiate these claims and all of their findings have exceeded expectations. Other than offering general health benefits such as effective weight management and better skin foundation, further studies have also shown that regular yogurt consumption can help to improve cognitive performances. Individuals who consume more yogurts are known to be better at managing stress while patients with a history of brain injuries can benefit from this healthy habit as well.



In summary, the extensive benefits that can be potentially derived from eating yogurts firmly establish its position as one of the healthiest foods available.

Remember to eat **fruits & vegetables**, too!!!

COLD →

Carrot, Pineapple,
Ginger, Garlic



DEPRESION →

Carrot, Apple,
Spinach, Beet



HEADACHE →

Apple, Cucumber,
kale, Ginger, Celery



DIABETES →

Carrot, Spinach,
Celery



ULCER →

Cabbage, Carrot,
Celery



ASTHMA →

Carrot, Spinach,
Apple, garlic, Lemon



HIGH B.P →

Beet, Apple, Celery,
Cucumber, Ginger



ARTHRITIS →

Carrot, Celery,
Pineapple, lemon



KIDNEY DETOX →

Carrot, Watermelon,
Cucumber, Cilantro



KIDNEY STONE →

Orange, Apple,
Watermelon, Lemon



EYES →

Carrot, Celery



STRESS →

Banana, Strawberry,
Pear



CONSTIPATION →

Carrot, Apple,
Fresh Cabbage



FATIGUE →

Carrots, Beets,
Green Apple, Lemon,
Spinach



HANGOVER →

Apple, Carrot,
Beet, Lemon



MEMORY LOSS →

Pomogranate, Beets,
Grapes



NERVOUSNESS →

Carrot, Celery,
Pomogranate



INDIGESTION →

Pineapple, Carrot,
Lemon, Mint



COMPANION PLANTING:

<https://thehomestead.guru/companion-planting-2/>

<http://www.goveganic.net/article210.html>

Did you know that tomatoes hate cucumbers?

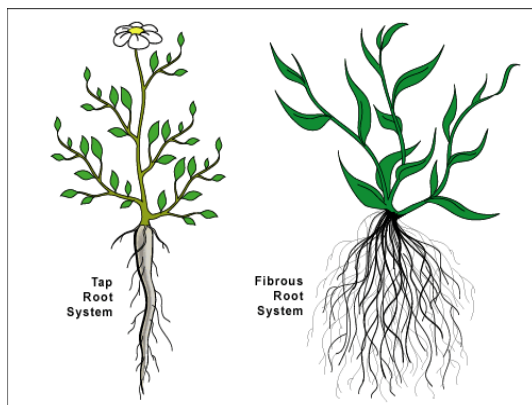
While they might taste great together in a salad, tomato plants actually dislike growing in close proximity to any member of the curcubit family, which includes cucumbers.

Tomatoes love carrots and basil, however – so planting these together will actually make them each grow more vigorously!

Sounds hokey? The idea that some plants and plant families are “friends” with others and grow better together is called companion planting, and it’s been around since the dawn of food cultivation.

Planting your veggies in neat rows with labels is satisfying to the eye, and easier to harvest. However, when we look to nature, we don’t see rows anywhere, nor do plants all grow clumped up in groups of the same thing together.

Mimicking nature’s biodiversity might make your garden look messy, but it’s been proven to help each individual plant to grow better but it’s been proven to help each individual plant to grow better. Plants in a polyculture are more resilient and tend to have fewer losses from insects or disease.



When planting, consider growing different species side by side in the same bed. This brings a mixture of root systems, with some roots spreading widely and improving soil structure, and other roots growing deeply, drawing nutrients to the surface.

Polycultures are also more resistant than monocultures, and tend to have fewer losses from insects or disease. Ensure that annual crops are grown in a different spot of the garden each year, to vary the fertility demands on the soil.

Gardening for biodiversity

Natural ecosystems have a wide diversity of plants, animals, and soil organisms, and ideally so should our gardens. One of the main aims of veganic gardening is to provide ourselves with food while respecting the environment and animals. We can accomplish this by growing a diversity of plants, especially heirloom crops and native plants, as well as accepting and encouraging a wide variety of insect and animal species. Long term ecological balance is based on biodiversity, and gardening is a way that we can participate in bringing biodiversity back to altered landscapes.

It’s also important to incorporate **native plant species** in your garden design, as they are adapted to your bioregion. Native plants are interrelated with other elements of the natural ecosystem, such as insects and soil organisms, and they contribute subtle functions that are important for the overall health of the ecosystem.



"Weeds" are unceremoniously lumped together as the category of "plants we wish weren't there". If we learn to recognize them, name them, and learn about their roles and functions, perhaps certain "weeds" will become your new favourite salad ingredient or source of fertility for your garden. Among common "weeds", dandelions are healthy and medicinal, clover fixes nitrogen, purslane is an excellent source of omega 3, and lambsquarters are more nutritious than most of the crops that you planted on purpose

"Weeds" are better referred to as "pioneer plants". If the soil becomes bare, nutrients are lost through wind and rain. Pioneer plants quickly establish themselves, and they perform the vital role of storing nutrients in their bodies and lessening erosion through the presence of their roots. They are the first generation of tough and hearty plants in the natural development of complex ecosystems. When we till or dig the soil to start a garden, is it any wonder that they show up and prosper? To lessen the influx of pioneer plants, we can do what nature wants: keep the soil covered at all times, either with mulch, a ground cover, or densely-planted crops. This will greatly diminish the time you spend pulling up or cutting down pioneer plants.

Things like **carrots, dill, parsley, and parsnip** will attract praying mantises, ladybugs, and spiders. These predator species of insects feast on the bugs who like to ruin your tomatoes, so it's a win-win for the tomatoes (and you)!

This is also why it's a great idea to interplant flowers with your vegetable plants—particularly **marigolds and nasturtiums**. These flowers will attract and feed beneficial pollinator insects, which will increase the fruit-set of many squashes, peas, cucumbers, tomatoes, and other veggies. Nasturtiums are edible flowers and look lovely in salads, and their nutritious root, called mashua, used to be a staple crop in South American regions.

Finally, some plants simply don't get along, and won't do well when they're forced to share root space. **Peppers and beans** don't like being next to each other, nor **do potatoes and tomatoes** (both members of the nightshade family). **Peas prefer being far away from onions**, and **lettuces do not like to be near broccoli** plants.





Nasturtium helps to deter nasty pests, like whitefly, caterpillars, and beetles and is a sacrificial plan for aphids. Nasturtiums are also edible: leaves, flowers and seeds!



Lavender is not only beautiful and fragrant, its a tough hardy plant that helps to repel bad insects like whitefly and moths, and draw in good insects, like bees.

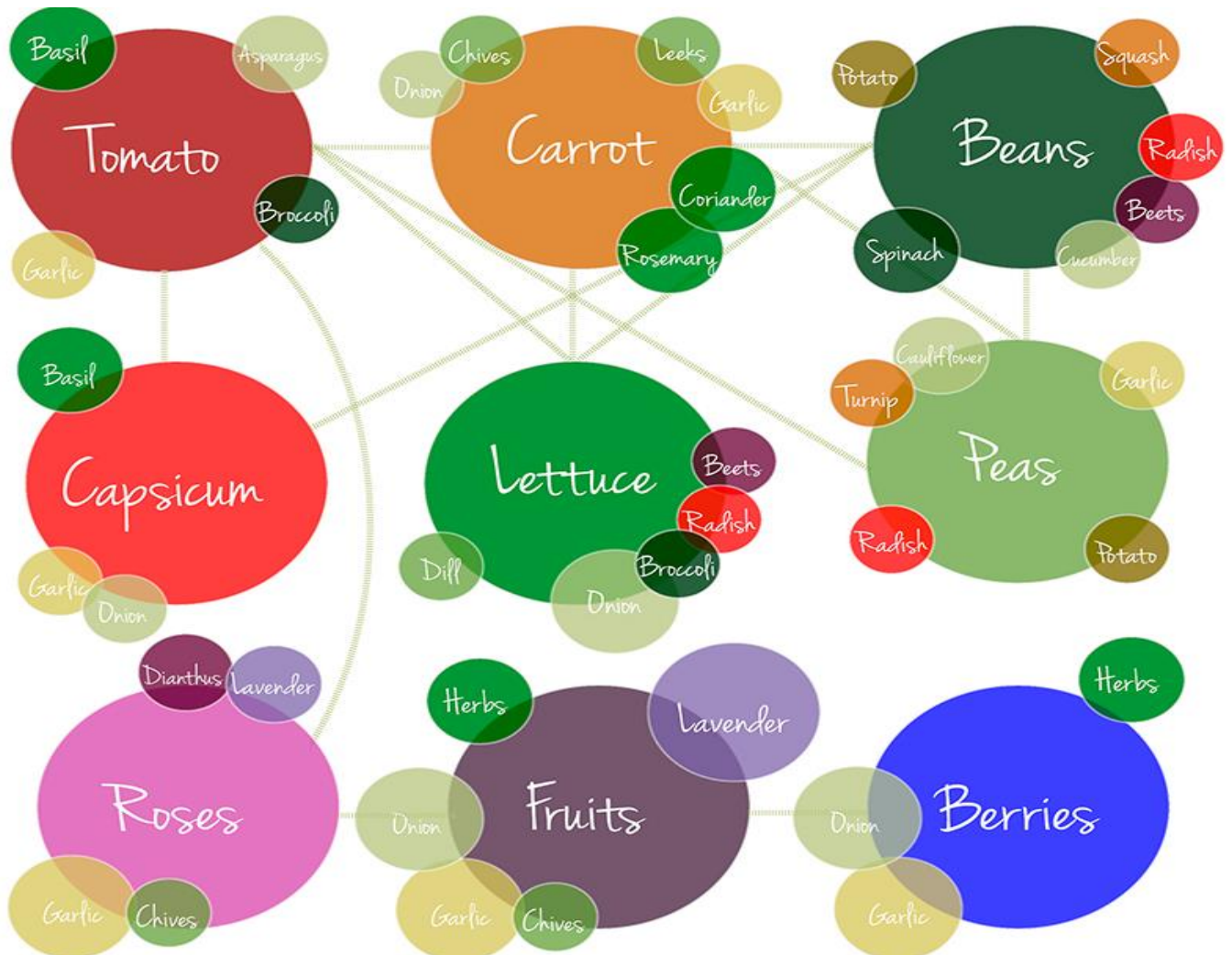


Mint is a tasty and helpful garden companion. Helps to deter nasty pests like moths, aphids, ants and rodents. Many varieties are highly invasive, so container planting is a good option.



Onions, chives, and garlic help to deter pests, improve soil, and reduce systemic diseases.

Other flowering plants that can help to reduce garden pests and/or draw pollinators into your home garden:



How to help wild bees



Wild bees collect nectar and pollen from flowers

Help attract and feed bees and other pollinators by:

- Choosing native plants from local growers
- Choosing wildflowers of a variety of shapes and colours
- Selecting plants that flower throughout each season

Wild bees make nests in the ground or in cavities

Give wild bees a home in your yard by:

- Growing a mix of shrubs, tall grasses and low-growing plants
- Leaving fallen branches and leaves for cavity-nesters
- Setting aside patches of bare soil for ground-nesters

To find out more, visit davidsuzuki.org/wildbees



Honeybee



T

Bumblebee



Wood Nesting
Augochlorine



Masked Bee



Solitary
Mining
Bee

There are more than 800 species of wild bees in Canada, such as bumblebees, mining, digger, leafcutter and carpenter bees, in colours ranging from red to metallic green.

Wild bees do not produce honey or live in colonies. Instead, they generally live solitary lives and make their homes in wood, pithy stems and soil or under rocks and leaves.

They collect nectar and pollen from flowers and can be 80 times better pollinators than honeybees.

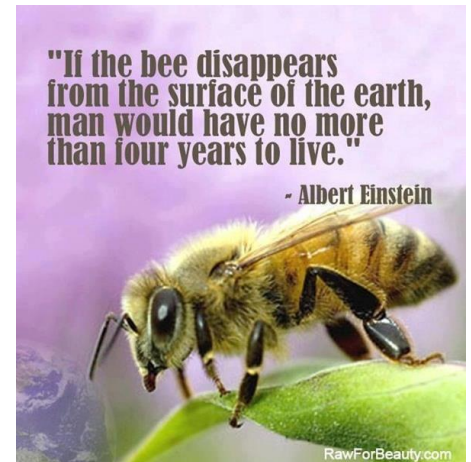
Honeybees found in Canada are a single species, introduced from Europe. With the help of human beekeepers, they produce honey to feed their colony over winter.

Native Wildflowers are THE BEST

<http://www.davidsuzuki.org/>

Gardening with plants native to your area has many advantages:

- Native plants are adapted to your local climate and need less care and watering
- They are adapted to local insects and soils and don't need fertilizers and pesticides
- Native plants provide seeds and berries for birds and nectar and pollen for insects, like bees and butterflies
- They can be used in virtually any style of garden, from formal, modern landscapes to country gardens



Western Canada

Plant these if you live in BC, Alberta, Saskatchewan or Manitoba.



BEE BALM

(*Monarda fistulosa*)



90 cm



60 cm



BLACK EYED SUSANS

(*Rudbeckia hirta*)



100 cm



30 cm



ECHINACEA

(*Echinacea purpurea*)



80 cm



60 cm



JOE PYE WEED

(*Eutrochium purpureum*)

240 cm



200 cm



LICORICE MINT

(*Agastache foeniculum*)



120 cm



90 cm



SHOWY MILKWEED

(*Asclepias speciose*)



100 cm



80 cm



Partial shade
okay



Drought
tolerant



Medicinal
properties



Water
often



More about Micro-plastics in our Oceans:

As mentioned in a previous newsletter - Micro-beads are tiny pieces of plastic, barely visible, that are being added to some toothpastes and body scrubs. Environmentalists are campaigning to ban the use of them, because they remain in the water supply and do not bio-degrade. Sewage plants cannot remove them as they are so small. There is great concern they are entering the food chain in marine life, which in turn could end up in humans.

Microplastics: which beauty brands are safe to use?

The tiny beads used in exfoliant scrubs and toothpastes are at various stages of being phased out by the industry. Until a blanket ban comes into force, here's a handy list of popular brands to help you choose which to use and which to avoid

For more information:

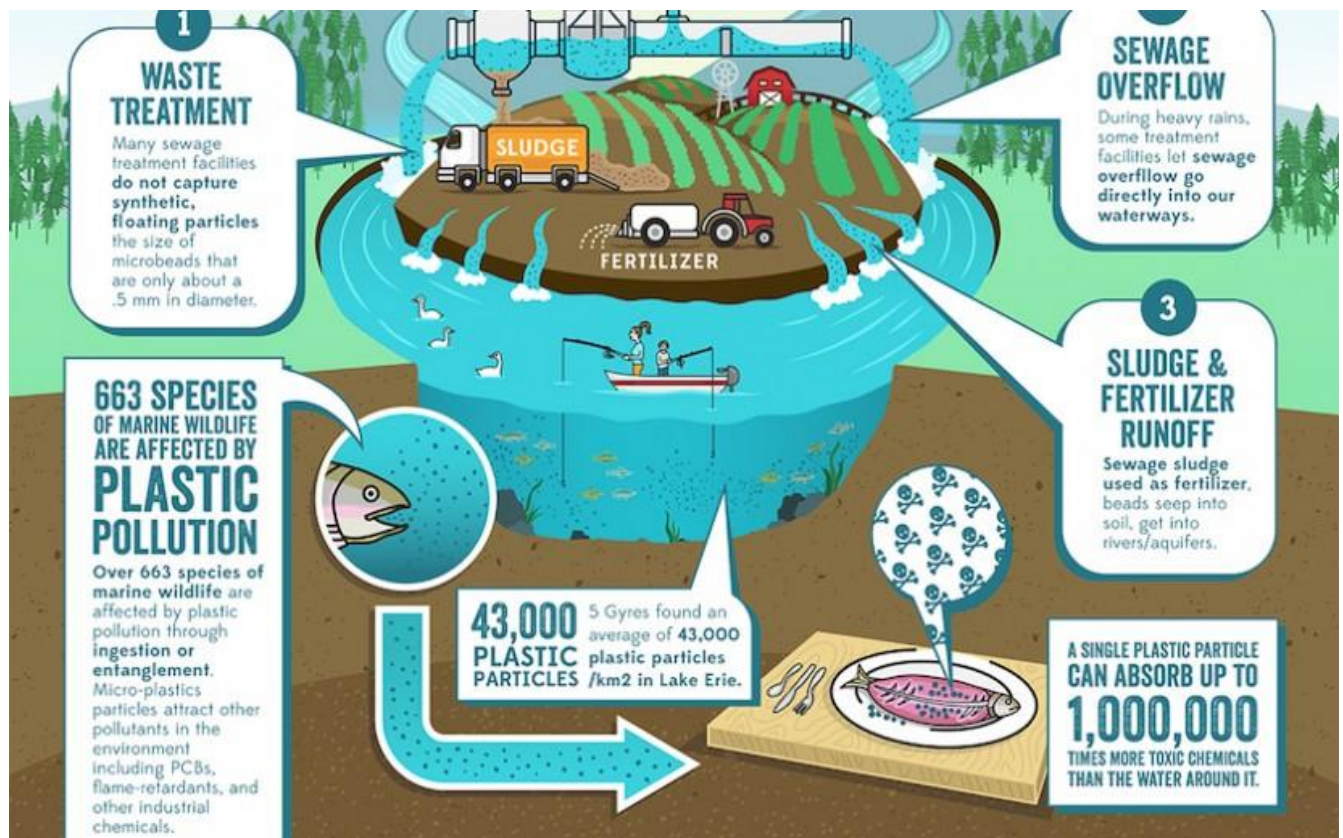
<https://www.theguardian.com/environment/2016/apr/19/microplastics-which-beauty-brands-are-safe-to-use>

Toothpastes with No Micro Beads

Most toothpaste is spat out; but there is always some left in the mouth, so these micro beads could be swallowed. Or, we could eat the fish that have ingested these bits of plastic!

Flora and Fauna International have researched hundreds of cosmetics and toothpaste and according to them, the following toothpastes, listed below, are FREE OF MICROBEADS. If the toothpaste you use is not listed, it is possible they have micro beads in them. They are sometimes called micro crystals on packaging. They are meant as a mild abrasive to help remove stains. Biodegradable alternatives are salt crystals and ground nut shells.

Go Micro-Bead Free: <http://www.gardenandgreen.co.uk/toothpastes-no-micro-beads/4592384166>



PQRTA - PAST EVENTS: R. Elaine Young (Program Chair)

Tues., April 11, 2017 – Kathok Centre Buddhist Temple <http://www.kathokcentre.ca/>

We had about twenty people join our very interesting tour of the Kathok Buddhist Centre that offers traditional Tibetan Buddhist meditation practices to reduce stress, increase health and senses of mental, physical, and spiritual well-being.



The Golden Shrine - Golden Buddha inside.



Huge Golden Buddha



Prayer Flags



Main Temple



Inside Main Temple

BC Retired Teacher Association Membership Committee

Thanks to BCTF (BC Teachers' Federation) who has generously stated that they will mail out BCRTA membership applications to teachers that are "about to retire". This will be a tremendous boost to reach upcoming retirees and entice new members!

March 24, 2017: The BCRTA Board endorsed **FREE membership** for any eligible new comers **to the BCRTA and its branches** to begin at any sign-up time after January 1, 2017 and extending to the end of the next membership year, July 31, 2018.

Those joining now will get a few extra months of free membership before the "official" start in June/July 2017. Any one joining since January 1, 2017 is eligible to apply for a refund as part of this free membership offer.

There are local **branch prizes** for the **most increased members**, so...

Let's see how many **new members** we can get to **join for FREE!!!**



Join BCRTA - Free 1st year

\$50 value!!!

Win 1 of 10 iPad Mini4's

Ask your friends and any others that you know are retired teachers

From here, there, or anywhere!!!

Have them try it **FREE for one year!!!**

They can always opt out, but we hope they stay with us!

Get them to contact BCRTA!

Email: laurie@bcrt.com

Toll Free: 1-877-683-2243

WELCOME TO NEW PQRTA MEMBERS:

- **Anne Aylward** – taught for 20 years in Newfoundland and then Dawson Creek, BC for the last 20 years before retiring to Parksville
- **Mary Cowan** - worked for the Muskoka School Board in Ontario in the 1980's, but the majority of years were spent in the Cariboo-Chilcotin (SD 27) before moving to Bowser
- **Claire Wilson** – lives in Qualicum Beach



Here's the BCRTA advertisement, aimed at new retirees:

IS RETIREMENT ON YOUR HORIZON? **HAVE WE GOT A *gift* FOR YOU!**

- ☒ The BC Retired Teachers' Association is giving you a one year **complimentary** membership in your retired professional association and a chance to win an iPad.
- ☒ Access group rates on a variety of insurance products through Johnson Inc.
- ☒ Members' Advantage Program partners offer incentives and discounts on a wide variety of goods and services
- ☒ A strong voice on things vital to you - pensions, health care, legislation affecting seniors and BC families
- ☒ PostScript Magazine: articles on wellness, travel, financial issues and retirement issues
- ☒ Local branch activities

So unwrap your retirement gift and join the BCRTA. The first year's on us!
Look for your application form in the mail or join online at www.bcrt.ca



Top 10 Reasons to join BC Retired Teachers Assoc. & local PQRTA

- 10** Ensure that we have an organization which speaks with one voice to guard the economic interests and promote the welfare of BC retired teachers
- 9** Have representation with the Canadian Association of Retired Teachers (ACER-CART) and Council of Senior Citizens' Organization (COSCO) which advocate on matters concerning senior citizens of Canada
- 8** Get up-to-date information about your pension and medical coverage and have input into benefit and pension plans, to ensure changes work for you
- 7** Have more options and choice in choosing an Extended Health Plan
- 6** Great insurance rates from Johnson: home, long term care, life, and travel
- 5** Affinity Partner Discounts: Park 'n Fly, Perkopolis, Endless Savings & More
- 4** Opportunity to partake in local fund-raising for educational projects
- 3** Receive **four magazines** and **six newsletters** from BCRTA and **monthly newsletters** from PQRTA about local events and articles of interest
- 2** Keep in touch with colleagues at luncheons, meetings, and social events
- 1** \$50 value **FREE** for first year & a chance to **win 1 of 10 mini iPads**

QUESTION OF THE MONTH:

1. Are you like your mother in any way? Why or why not?
2. What do you (did you) admire most about your mother?
3. What did you learn from your mother?
4. Anything else to share about your mother?



Sharon Cox-Gustavson

I've always been told that I look like my mother and as I grow older I realize myself, that could be true...my face, yes, but body type, no....She always presented a very attractive appearance in her dressappropriate to all occasions...farm working garb here at the Green Acres home, slack suits and coordinated outfits including the heels for all outings. She had a wardrobe which included beautiful underslips, hats , gloves and jewellery.....which just isn't the fashion in today's world.

There are 5 of us girls in our family and 1 boy...We all grew up happily here in Coombs to become career individuals in stable marriages . We also became kind and loving parents of our own children from the example we ourselves had experienced...mom always seemed to be there for all of us, she seemed to know what was needed...she supported all of us in our school work, our friendships and in many activities...We had the nice big dining room table to do our homework and a typewriter to practice that skill in the 1950's.....not one of our other friends had one in their home.....we had skis, toboggans, music and dance lessons, ball equipment.....as all of the neighbourhood kids played in our expansive property.....and.....our only brother, the very special one, enjoyed all of the fishing and hunting equipment a young Coombs' boy could desire.....and swimming...a must all summer, in the French Creek pools, at Qualicum Beach and Cameron Lake.....mom was always in her bathing suit in the water with us but we never knew till she confided one day at Cameron Lake in the water there in her bathing at the age of 72 that,,, being a "prairie girl" she had never learned how to swim.....well somehow we had all become water lovers from the time she had always spent over the years being with us and supporting our activities...which also included regular Sunday School , Church and Young Peoples' Group at the Salvation Army Church on the old Coombs Road.

I can't close off without mentioning that wonderful kitchen smell of the after school treat waiting for us after walking home each afternoon from school....my favorite was mom' s wonderful sticky cinnamon -raisin buns....wonderful dear mother of ours...

In our happiest memories forever, I am sure, we all hold our mothers dear.



Andrew Brown

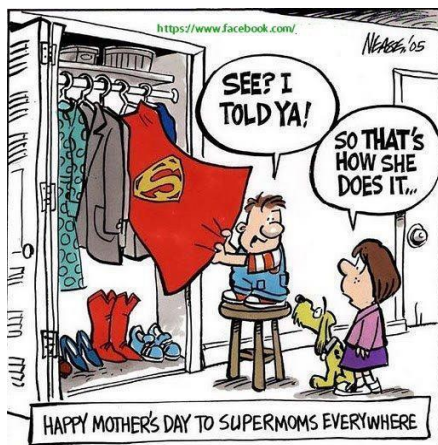
I can over-think things like her.
I loved how she could laugh until it shook her slight frame.
I'd love to laugh that hard.
I learned about depression from watching her.
How it can suck life and energy from a person!
My mother was complicated, as was my relationship with her.
I hope she is happier now, than she was when I was growing up.
Mom died when I was 34 years old, which is exactly 30 years ago.



Elaine Young

Every time I look in the mirror I see my mother....Aside from that, I don't know that I have inherited many of her personality traits. What I admired and often think about is my mother's resiliency. When my father left us high and dry, tried to squeeze her for money to sign a divorce settlement, my mother fought back. Every day (whether she felt grief or not), she went out to find work in a new community. Because she and my dad had run businesses together, she had no past work record and no standing in the community. She basically begged for work and, eventually, she developed a new career. That is something to admire. My mother was a master gardener and so I will be thinking about her a great deal as I visit Milner Gardens.

Colette Vaisius



- 1) I'm actually a lot different than my mother but I am reminded regularly that she had an eye for some of the finer little things in life: good chocolate and lovely basic desserts -chocolate cream pie, lemon meringue pie and pineapple upside down cake.
- 2) I think deep down inside I got my strong sense of kindness from both my parents.
- 3) I learned that my mother's life was not my life. She encouraged me to be a separate person.
- 4) I became the mother my mother wanted to be. I think she is smiling down on me.

Nancy Whelan

From my Mother, I learned how to cook ... and for that teaching I admire her patience! She left much too soon with recipes yet untaught.



Cathy Van Herwaarden

Yes, I am just like my mother, so it's a good thing that I admired her greatly! My mom was a strong, practical person with a "get 'er done" attitude. She raised six kids while helping to run the family logging business. She taught me how to bake, sew, knit and crochet. I learned that if you "love them", then "feed them"! Mostly, she taught me how to live life to the fullest with a positive outlook. I'm planning on living all of her 98 years and more! Have a goal, a passion, and a sense of humour!!!

MAY DAY MEMORIES by Sharon Cox-Gustavson

The 24th of May was actually the famous Queen Victoria's birthday. I so enjoyed the recent series on TV of the "Young Victoria", as I was brought up respecting the examples set by the Royal family of Britain.



As children, we all were down at Eagle Crest as Brownies, Girl Guides, Cubs and Scouts waving flags when Princess Elizabeth (present Queen Elizabeth of England) and Prince Phillip Mountbatton visited Qualicum Beach.

For us growing up, the 24th of May heralded in new white dresses, socks and shoes for all of us Cox girls.. as often we would be involved in some May Pole dancing event.....I really can't remember what happened for our only dear brother Weston, he probably got some new fishing gear.....our father was a Brit from Somerset, so I presume he went along with all of the celebrations. There always was the crowning of the May Queen in the old Qualicum Ball Park (today called the Community Park)...a girl chosen from the grade 8 class at Qualicum High School with two runners up her attendants, also, there were little flower girl attendants chosen from all of District 69's Elementary Schools, and a festive ceremony with accompanying refreshments: hotdogs, hamburgers, soft drinks and ice-cream Dixie cups.....(I remember dear brother ate far too much ice-cream one hot Empire Day and has never liked ice-cream since.)

The same weekend, in Nanaimo, our family would attend the Empire Days' parade and the circus usually came to the Hub City (as Nanaimo was known then) for that holiday weekend with rides, side shows and the Big Tent with trapeze artists, clowns and wild animals. I did not ever like the silly clowns. I particularly remember loving the elephants with their strange recognizable odor, and being terrified of the tigers.

The thought of Empire Days celebrations has always sparked excitement within me, though one memory made me become very vigilant of young children at crowded events.....one Empire Day, as a very young child, in the crowded Big Tent I lost contact of my Dad's hand, experiencing the fright of my life----lost amidst all of this humanity towering above me, I could not see a face just slacks and skirts ...what an overwhelming feeling.....when I heard him calling my name and his big hand clasping mine once more I was overwhelmed by the sense of security which completely embraced me.

As one may see, "Empire Days" are still alive and well in my memories each glorious May 24th. As an adult, I have taken my children to the last two places on our Island that still involves their community in the May Queen Celebrations: the old historic village of Cumberland, and Quadra Island's Rebecca Spit.

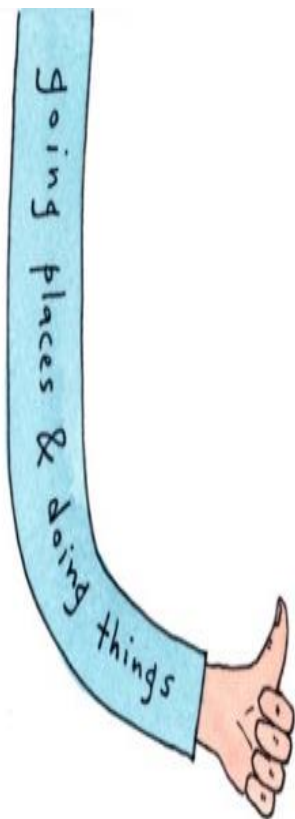
May Day Ceremonies at Qualicum Beach Ball Park – 1952



Thanks to Sharon Cox-Gustavson for this interesting photo.



Parksville Qualicum
Retired Teachers are
busy in the business
of retirement!!!



What are you up to???

Please let me know for
our next newsletter!
cathyvanh@gmail.com



GOINGS AND DOINGS:

Cathy Van

The cold/flu bug took hold and put me "off my game" for almost a month, but I got lots of lap blankets knitted for seniors' homes.

Yvonne Zarowny

Had a superb trip to New Zealand (Feb/March) ... the realization of a "bucket list" item from grade 3 when I had an exchange teacher from NZ who taught us Maori songs, dances and their world view which opened my mind and heart to others ways of understanding our world and place in it. NZ is stunningly beautiful, lots of fun, and delicious passion-fruit ice cream.

When health permits – writing a 3 volume set of resources ... hoping for volume 1 hoping for volume 1 to go to publication this year

and volunteering here and there ... again as health permits ... which hasn't been much lately.

Eugenia Taggart

Having had pneumonia twice since Christmas and giving up my car, I find myself spending time at home, much more than before. Rather than watch TV I read, use my iPad, colour, and do crosswords.

Sharon Cox-Gustavson

Been very busy the past few months doing the usual maintenance gardening at our own Green Acres' property here, plus the Coombs' Grace United Community Church gardens which my husband and I maintain.....have planted some red & white there for the tourists and locals to enjoy (tulips for Spring & Gladiolus for the summer) in celebration of Canada's sesquicentennial.

The Church holds an annual Springtime Plant Sale & Bazaar....also an annual Springtime Supper in the Arrowsmith Hall on the Fairgrounds.....both in which I am one of the volunteer workers.....hope to see some you retired teacher come out to enjoy these events one of these years.

Also this Spring, just to keep our family all a little more involved in each others' lives.....I organized the celebration dinner evening honouring one of my dear sisters and husband on the occasion of their 50 th Golden Wedding Anniversary.....and the wonderful days continue on in all of our "retired" livesRight ! !

Elaine Young

I attended the Annual General Meeting for BC School Trustees. Also, I attended the All Candidates' meeting at Ballenas Secondary.

Nancy Whelan

Going? Well, travelled from Lake Cowichan to Port Renfrew on a rainy day, on horrendous road through the logging devastation along the way ... in back seat of son's truck with a friend and three (3) dogs – small, medium, and large!

VOLUNTEERS:

One person willing to collect and record donated funds for **CHES** (Canadian Harambee Education Society)

Three or more people willing run **50/50 Raffle draws**



Margaret Jean Maaren:

died December 16, 2016

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



ELDER COLLEGE: Saturday Speakers – Everyone Welcome!

Nanoose Place Community Centre 2925 Northwest Bay Road, Nanoose Bay

- ▶ \$10 cash/person at the door
- ▶ \$5 cash for University students with valid student card
- ▶ Free for high school & elementary school students

May 6, 2017 - Great Solar Eclipse of 2017 - What's It All About?

Presenter: Dr. David Prud'homme

On August 21, 2017 there will be a total eclipse of the sun across the United States. It is creating a great deal of excitement. Why?

Learn what a solar eclipse is and what underlies the excitement. Hear about eclipse chasers who literally go to the ends of the Earth to witness them. This presentation will explain why eclipses happen and what makes a solar eclipse so much more significant than an eclipse of the moon. Maybe it's because the next solar eclipse in North America isn't until 2024... or perhaps it's much more than that!



Dr. Prud'homme is an amateur astronomer and a former president of the Edmonton Centre of the Royal Astronomical Society of Canada. David and his wife Linda have experienced three solar eclipses. He is a regular instructor with ElderCollege presenting two courses – "Introduction to the Night Skies" and "The Space Race: Quest for the Moon."

For more information about ElderCollege courses and to register call
Toll Free: 1-866-734-6252
Parksville/Qualicum: (250) 248-2096
OR email us at: eldercollege@viu.ca

Help Save the Waterpark!



The Parksville Waterpark is being **torn down** and the Ballenas Interact club, along with Rotary of Parksville AM is raising money to build a new one!

If Yourself or a family member would like to donate or contribute items (kids clothes, furniture, books, etc. **Pickup available**) for our garage sale at 8:30 on May 6th, then contact Spencer Hancock by Email: spencerjhancock@gmail.com or by Phone: **250-248-5949**

Text: **250-739-4242**

**Garage Sale in the Ballenas Parking
lot at 8:30 on May 6th!**

For Details of Parksville and Qualicum Beach Events in May

<http://www.visitparksvillequalicumbeach.com/events-2017-5/>

What's On Digest – Vancouver Island Events

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

Eyes on BC – Life on the West Edge

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

UPCOMING PQRTA EVENTS and REMINDERS:

For Program, contact Chair Elaine Young:

reyis3@shaw.ca or 250.586.8112

April 29 and 30 – Advance Polls for Provincial Election

May 11 – Milner Gardens: 11:00 Tour and 12:30 “High Tea” Lunch

May 6 – Fire and Ice Street Festival – Qualicum Beach
– Garage Sale for Water Park – Ballenas Secondary, Parksville

May 9 – Provincial Election – Remember to Vote!

May 28 – Family Day – Qualicum Beach

May 14 – Mothers’ Day

May 22 – Victoria Day

June 14 – AGM and Potluck Picnic at Rotary Park on Qualicum Beach

June 30 – Final Deadline to submit medical claims to Pacific Blue Cross



PQRTA EXECUTIVE and CONTACTS:

President – Cathy Van Herwaarden

Vice-President – Lucinda Hendren

Past-President – Kay Howard

Treasurer – Ellen Coates

Secretary – Marg Hoverman

Program – Elaine Young

Membership – Laurel Johannson

Heritage – Sharon Cox-Gustavson

Communication – Val Dyer

Phoning Contacts – Jan Graham and Nancy Whelan

Social Concerns Contact – Barb Brett

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

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

