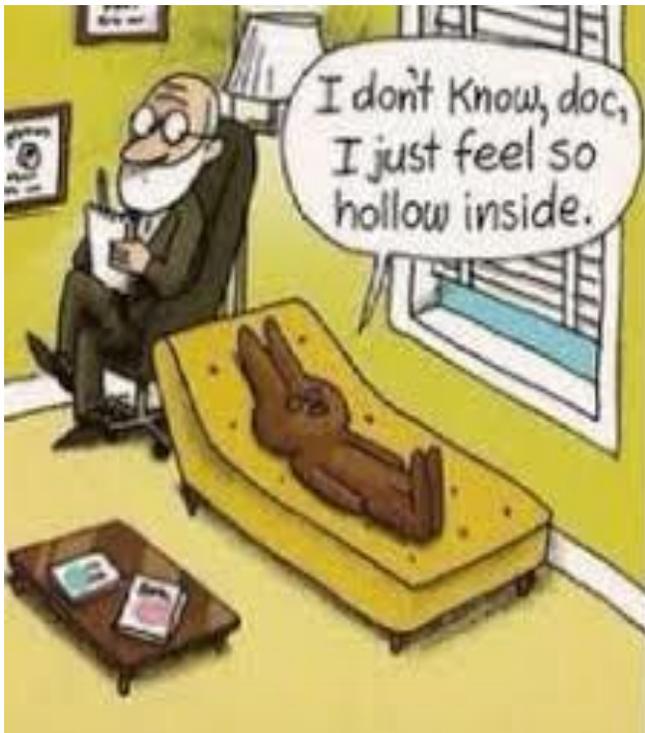
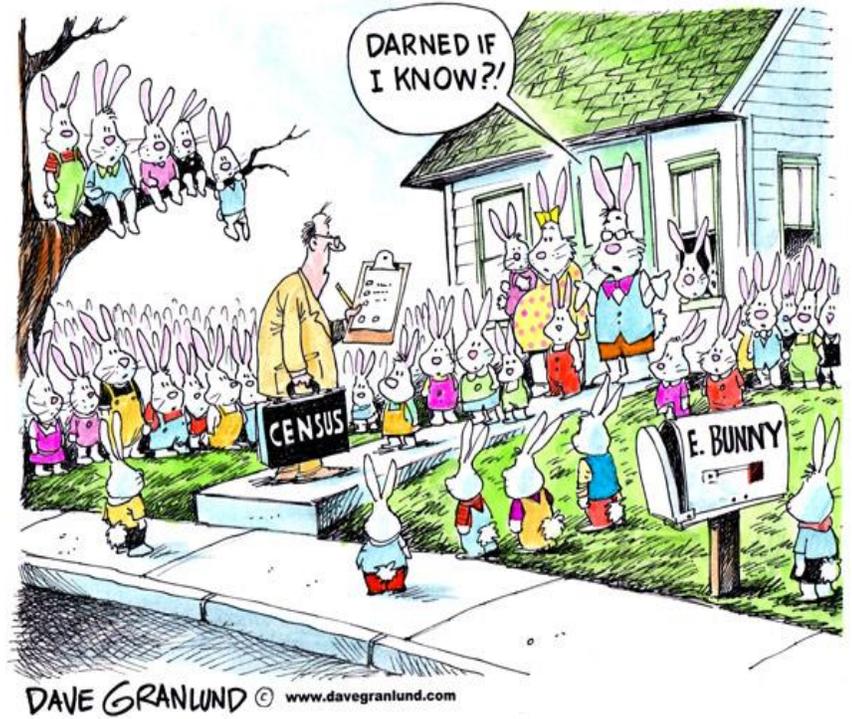




PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER #15 – April 2018

PRESIDENT'S GREETING from Cathy Van Herwaarden:
May your Easter basket be full of Joy, Happiness, & Peace!
Here are a few Easter chuckles for ya!



Why Is It Called Easter Island?

<http://www.islandtravelandcruise.com/why-is-it-called-easter-island>

That's actually a trick question. This tiny dot in the eastern South Pacific Ocean, but technically territory of Chile, is actually Rapa Nui.



The world over, Easter Island is synonymous with exotic mysteries of an impossibly distant, long-lost civilization and mind-boggling human endeavor.

It may be the most remote inhabited island on the planet. Only a few thousand people live on this remnant of oceanic volcanoes sticking out of the sea, and that's the first miracle itself. The closest inhabited island is 1300 miles away (Pitcairn Island with only 50 people) and the nearest continental point is Chile – over 2000 miles away. Local tales say a 2-canoe Polynesian expedition around AD 700 was the start of Rapa Nui's extraordinary story.



Today, Easter Island is on the map of global travelers who want to come face to face with the island's nearly 1000 moai at its UNESCO World Heritage Site.



These stately, solemn statues were carved during a 500-year period in the island's history, beginning a thousand years ago. The moai share artistic characteristics with Polynesian carvings, confirming the origin tale of the Rapa Nui people. Chiseled with only stone tools out of volcanic rock in the 'quarry' of an extinct volcano, each statue took a team of half a dozen artisans about a year to complete. The largest is over 30 feet long and weighs 90 tons. They were an incredible feat of creativity and production and organized society.

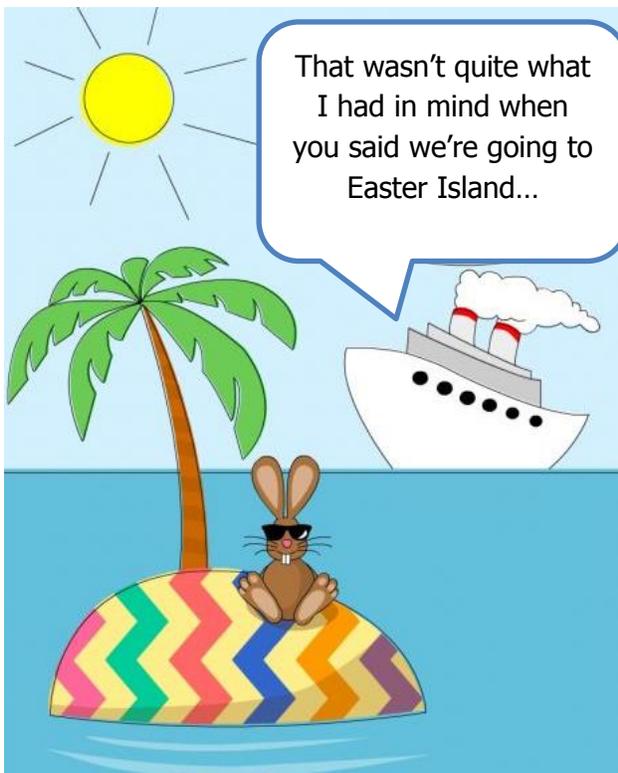
You probably think of them as 'Easter Island heads'. But the moai actually have torsos and some even have complete lower bodies; just buried up to their necks over the centuries by shifting sands.

These monumental statues represented deceased ancestry. And only about a quarter were originally installed, others left in the quarry or rest enroute to their intended locations. All but 7 faced inland, the spirits of the deceased 'watching over' the living and their lands. The 7 facing the sea were stood as way finders for travelers.



Many moai toppled after the mysterious collapse of the Rapa Nui society in the 19th century. In recent decades, local and international efforts have restored and re-mounted a number of moai. This dot on a map in Chilean Polynesia still seems as awe-inspiring with hidden secrets as when explorers first arrived.

Which brings us to: Why is it called Easter Island? The Dutch explorer who was the island's first-recorded European visitor arrived on Easter Sunday in 1722 – he came upon it while searching for another island. (He must have been pretty lost!) So 'Easter Island' it was dubbed and its current official Spanish name in Chile is still Isla de Pascua, while its Polynesian name is Rapa Nui, in local language: the 'naval of the world'.



There's more to Rapa Nui than the silent witness of the moai to the island's past. Visitors experience the local version of Polynesian culture, explore pink-sand beaches, caverns, and dive sites, cycle, hike or ride horses across prairies and volcanic hillsides, and even surf on those waves so distant from other shores.

How to get there? You can fly from both Chile and Tahiti, participate in tour packages offered by expedition and exotic travel experts, arrive by small or expedition cruise ship, or by private yacht.

There may be nowhere else in the world where a traveler can feel the greatness of human achievement and small in the face of a culture so far across the waves. Start your Trip!

For more information:

https://en.wikipedia.org/wiki/Easter_Island



Pharmacare: A Plan for Everyone

Far too many Canadians can't afford the medication they need. The Canadian Labour Congress has started a campaign in favour of a universal prescription drug plan for all Canadians.

Without a universal prescription drug plan, coverage in Canada vastly differs depending on where you live. British Columbia has the lowest rate of access to prescription medications in the country. Like Manitoba, access to public coverage is based on family income and requires a deductible, which has proven to reduce access.

- 29 percent of respondents in British Columbia – more than any other province in the country – said they or someone else in their household hadn't taken medication as prescribed because they couldn't afford to.
- Public spending in British Columbia covers less than half the cost of prescription medicine.
- An estimated one in three of the province's 2,306,200 workers – 768,733 – don't have health benefits.
- In Canada, only about 27 percent of part-time workers have prescription drug coverage. That means that in 2015, about three quarters of British Columbia's 482,200 part-time workers didn't have prescription drug coverage.
- BC's Fair Pharmacare Plan provides income-based coverage for both individuals and families, basing deductibles and maximums on household annual income. Once the deductible amount has been reached, the province's Pharmacare plan contributes to any additional eligible costs for the rest of the year. Beneficiaries are responsible for all co-payments up to an annual family maximum.
- Even charges as low as \$2 have been found to be a barrier to taking medication as prescribed.
- This patchwork coverage leaves many in British Columbia without access to the medication they need, either because they don't have a prescription drug plan or have plans that don't cover the cost.
- Everyone should have equal access to the prescription drugs they need regardless of where they live. It's time for a universal prescription drug plan.

Click here to see a powerful video about one family's impossible choice:

http://www.aplanforeveryone.ca/watch_the_video

Take a few seconds to sign the petition and send a pre-written message to your Member of Parliament.

http://www.aplanforeveryone.ca/sign_the_petition

Endorsed by BC Retired Teachers Assoc





BC Retired Teachers' Association NEWS

March 22nd - ZONE MEETING HIGHLIGHTS – Sterling Campbell (BCRTA Director)

- BCRTA has a total of 14,858 members including 24 associates. Last year we added 743 new members while the average in the past 4 years was 578 new members. Continue to get the word out that first year membership is free!
- April 26th is "The National Day of Mourning" for deceased workers
- April 26th – 6:00 to 8:00pm - Wine and Cheese reception at Westerly Hotel (1590 Cliffe Ave, Courtenay, BC V9N 2K4) aimed at the re-establishment of the Comox branch
- JoAnne and Dale Lauber to develop a Bill C-27 petition format to be presented to the House of Commons
- R.R. Smith, the charitable arm of BCRTA, reported grants totaling \$30,000 to various charities. Note PQRTA shared in a grant for their Tumaini Africa project. Well Done!

WELL-BEING COMMITTEE:

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

Do you, or anyone you may know, have articles on Well Being topics for publication in the PostScript magazine? Ideas or questions, please contact Terry Green (Committee Chair): terry.green@bcrtca.ca or 250.494.1406

GREEN SHIELD PLAN QUESTIONS:

The BCRTA office staff is spending quite a bit of time dealing with questions and issues around Green Shield Canada (GSC) – the Extended Health Benefit provider for members in the Teachers' Pension Plan. The move to Green Shield was a decision of the Teachers' Pension Board of Trustees – not the BCRTA. The decision was made following an open competition; other insurance companies were invited to submit proposals and GSC won the competition. The BCRTA plays no role in this as we have no direct contractual relationship with Green Shield Canada.

The GSC plan is like the former Blue Cross plan both in design and service. GSC has worked to ensure affordability by not increasing premiums this year and has also worked to be more precise, strict and consistent in interpreting the agreement and in accepting or denying claims.

If a problem occurs:

- a) Contact Green Shield directly and try to solve the problem with an agent.
- b) If you are not satisfied escalate your demands by asking to speak to a supervisor. To request an escalation in service call toll free 1-888-711-1119 Mon. to Fri. 5:30am to 5:30pm or email: customer.service@greenshield.ca Be specific.
- c) If still not satisfied, access Green Shield's Customer Complaint Resolution process at the following: <https://www.greenshield.ca/en-ca/get-in-touch/we-re-happy-if-you-re-happy>

You may also write the Teachers' Pension Board. TPBT@pensionsbc.ca

BCRTA MERCHANDISE:

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@bcrt.ca

BCRTA CONNECTIONS: New name for "Liaison Priorities"

Click here, for the February 2018 edition:

<http://bcrt.ca/wp-content/uploads/2018/02/bcrt-connections-february-2018.pdf>

BCRTA MEMBERS' ADVANTAGE PROGRAMS:

The BCRTA offers its members a number of ways to access savings and reduce costs on a variety of goods and services. Please see the BCRTA website's "Affinity/Advantage" section for more detail concerning specific items. <http://bcrt.ca/members-advantage-program/>

These members' benefits are in addition to those offered by the BCRTA official insurance provider, Johnson Inc. and by Blue Cross and Blue Advantage.

Canadian Public Employee Acquisition Club: An exclusive program for Canadian public employees or retirees. Many goods and services are offered. Access by going to the website: <http://cpeac.org/>

Collette Vacations: Offers extensive travel opportunities. See the Collette website for further information: <http://www.gocollette.com/en-ca>

Globus Travel: offers special travel deals that members can arrange through local travel agents. They also offer some "specialty travel tours". See the Globus website at www.globusjourneys.ca.

Worldwide Travel Discounts: offers private discount hotel booking and car rental services. See the website: <http://travel.localhospitality.com/bcrt/travel-bcrt.html>

Bestway Tours & Safaris: offers 'special interest' tours including such themes as culinary, textile, world heritage, photo safaris, etc. BCRTA members receive 5% off the lang costs from scheduled non-private tours.

See the website at <https://bestway.com/>

Local representative is Mahmood Poonja at 10800-663-0844.

Enjoy Tour and Travel - RR Smith affinity plan: Offers day trips and short multi-day trips for groups. For each booking, the RR Smith Charitable Foundation of the BCRTA receives a benefit. Local contact: Troy Oppen (604 630-2434). See the website: <http://www.enjoytourandtravel.com/>

Cruise Plus: A cruise specialist company headquartered on Vancouver Island. Cruise Plus will offer discounts to BCRTA members. Dave Fronton of Cruise Plus has ads in most issues of the Vancouver Sun. Contact Dave and his associates through their website: <http://www.cruiseplus.ca/>

Park 'N Fly Airport Parking: Offers BCRTA members discounted rates. See the BCRTA website for further information. See BCRTA website and then click on links for Park 'n Fly: <http://bcрта.ca/members-advantage-program/>

Perkopolis: provides BCRTA members with access to various discounted products and services including tickets, hotels, car rentals, gasoline, home services, etc. See <https://www.perkopolis.com/>

Endless Savings and More: offers a variety of goods and services discounts from hundreds of merchants through your smart phone. Members tap an icon on their smart phone to view the savings and 'redeem' offers by presenting the offer on their smart phone at the store, etc. Toll free phone number: 877-514- 2723. Watch Liaison Priorities for current information. By using this service, members generate income for the BCRTA.

Digital Rabbit Cellular: Offers discounts on cell phone unlocking and repair. See website: <https://www.digitalrabbitcellular.com/>

Staples Canada: Discounts are available on presentation of a "teacher card" from any jurisdiction. Teacher certification cards are recognized for life.

BCRTA Golden Star Awards invites teacher applicants

Do you have a program that connects your students with seniors in your community? If so, consider applying for one of six annual Golden Star Awards sponsored by the BC Retired Teachers' Association. Each winning school receives a cash prize of \$1,500 and an engraved trophy.

Programs should involve interaction between students and seniors at the classroom, department, school, district, or community level and have been in operation for one full school year.

For more information, visit www.bcрта.ca or call 1-877-683-2243 or 604-871-2260.

BRITISH COLUMBIA RETIRED TEACHERS' ASSOCIATION



Golden Star Awards

Five \$1,500 Awards
for programs K to Grade 12

Plus one \$1,500 award
Sponsored by the
Legion Foundation
(BC/Yukon Command)

Celebrating programs that feature the interaction of seniors and students

Awards will be given to current public school programs that

- feature the interaction of seniors and students
- require students to think and work creatively
- access and use the community as an information source
- require students to work cooperatively with each other and outside sources
- use a variety of media to record and display results.

Submission deadline: April 15

Submission guidelines and more information:

Web: www.bcрта.ca

Phone: 1-877-683-2243 or (604) 871-2260

Email: laurie@bcрта.com or kristi@bcрта.com



Do you know of any teachers that would be eligible for the Golden Star Award? Let them know! Deadline: April 15th

THE ENHANCED 11TH EDITION OF THE B.C. SENIORS' GUIDE

It includes information on Fair PharmaCare, MSP premium assistance, the Home Adaptations for Independence program, Shelter Aid for Elderly Renters, the bus pass program and the B.C. senior's supplement. It covers a range of topics, from transportation to housing, health services and healthy living. There is also a comprehensive directory including telephone numbers and website information and frequently used resources.

This guide is now available in print, PDF and new e-book formats.

For more information: <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/about-seniorsbc/seniors-related-initiatives/bc-seniors-guide>

For the PDF version, click here:

<https://www2.gov.bc.ca/assets/gov/people/seniors/about-seniorsbc/guide/bc-seniors-guide-11th-edition.pdf>

Aging Well' website (another resource):

<https://www.healthyfamiliesbc.ca/aging-well>

ACTIVE AGING CANADA: <https://www.activeagingcanada.ca/>

Active Aging Canada, in partnership with its members, encourages Canadian adults and older adults to maintain and enhance their well-being and independence through a lifestyle that embraces physical activity and an active living philosophy with the end goal of healthy active aging. It recommends 150 minutes of moderate-to-vigorous physical activity per week.



Statistics Canada reported that in 2017:

- Those over the age of 65 outnumber children under the age of 14. There are more seniors (5.9 million) than children (5.8 million) in Canada.
- In 2021, 1 in 5 people will be over the age of 65, and 1 in 3 over the age of 55
- In 2017, there are 8,230 Canadians over the age of 100, and there are five times more women in this group.

Active Living Helps Arthritis:

https://www.activeagingcanada.ca/assets/pdf/active-living-tip-sheets/ALT-Arthritis_ENG.pdf

Preventing Falls in Older Adults:

https://www.activeagingcanada.ca/assets/pdf/active-living-tip-sheets/ALT-PreventFalls_ENG.pdf

Aerobic Fitness for Older Adults:

https://www.activeagingcanada.ca/assets/pdf/active-living-tip-sheets/ALT-Aerobic_ENG.pdf

WHY DO WE HAVE APRIL FOOLS' DAY?

<https://wonderopolis.org/wonder/how-did-april-fools-day-begin>

If you see footage of penguins flying, check your calendar. There's a good chance it's April 1st! The first day of April each year is celebrated as April Fools' Day (sometimes called All Fools' Day).



Although it's not a legal holiday, April Fools' Day is celebrated all around the world as a day filled with practical jokes and general silliness. You may want to be a little more cautious or skeptical on April 1, since family members, friends, neighbors, co-workers, and even teachers may try to tickle your funny bone with a practical joke or a hoax of some kind.

So how did this tradition of craziness begin? In truth, it remains a mystery, although there are many theories about how April Fools' Day got started. Some believe the first association between April 1 and playing tricks can be found in Geoffrey Chaucer's *The Canterbury Tales* from 1392. In "The Nun's Priest's Tale," a fox tricks proud rooster Chauntecleer on syn March bigan thritty dayes and two.

Although Chaucer probably meant 32 days after March (May 2), many readers apparently misunderstood the line to mean March 32 — or April 1. Others believe that April Fools' Day was the result of a desire to celebrate the turning of the seasons around springtime. In fact, many cultures have historically held such celebrations around the beginning of April. For example, the ancient Romans had a festival named Hilaria on March 25. The Hindu festival called Holi is held in March and celebrates the arrival of spring. Still others believe April Fools' Day got its start because of the adoption of a new calendar in 1582. Many ancient cultures celebrated New Year's Day around April 1.

In 1582, Pope Gregory XIII ordered the use of a new calendar, known as the Gregorian calendar, which celebrated New Year's Day on January 1. According to legend, many people refused to recognize the new calendar or simply didn't know about it. These people continued to celebrate New Year's Day on April 1. Eventually, other people began to make fun of these "fools" by sending them to look for things that did not exist (called a "fool's errand") or tricking them into believing something false.

Although we can't really pinpoint how or when April Fools' Day got its start, people the world over still celebrate it with glee year in and year out. Pranks can be quite simple, such as telling a friend his shoe is untied, or very elaborate, like some of the hoaxes described on the next page.

Whatever the gag, it usually ends with the prankster yelling "April Fool!" when the victim falls for it. To give you a sense of how seriously some people take April Fools' Day, here are three of the greatest April Fools' Day hoaxes of all time:

Swiss Spaghetti Trees — In 1957, the British Broadcasting Company (BBC) news program *Panorama* announced that Swiss farmers were harvesting a record spaghetti crop thanks to the elimination of the spaghetti weevil. News footage showed Swiss peasants pulling spaghetti from trees. Thousands of viewers were fooled. The BBC reported receiving many calls inquiring how to grow spaghetti trees!

"Taco" Liberty Bell — In 1996, Taco Bell announced that it had bought the Liberty Bell to help ease the national deficit. When the company claimed it would be renaming it the Taco Liberty Bell, thousands of citizens were fooled and called to complain. The company revealed it was a practical joke a few hours later, but not before reporters asked White House press secretary Mike McCurry about the sale. Creating a joke of his own, he responded that the Lincoln Memorial had also been sold and would now be known as the Ford Lincoln Mercury Memorial!

"Left-Handed" Whopper — In 1998, Burger King ran an advertisement in *USA Today* announcing its new "Left-Handed Whopper," which was specifically designed for left-handed Americans by rotating all condiments exactly 180 degrees. Burger King revealed the hoax the next day but claimed that thousands of customers had requested the new sandwich at their restaurants!

QUESTION OF THE MONTH:

What is the best April Fools' Day prank/joke that you have ever heard of, participated in, or been the "butt" ?



Yolande Catalan:

My nephew was born that day at 7 months. Nobody was ready for him. When I was told, I really thought that it was a joke for April fool; but no, it was true. Quite a day!!!

Ralph Martin:

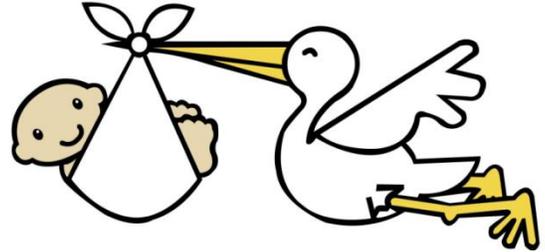
In high school French class, we learned that April Fool's was called "poisson d'avril" and involved making fun of people with a paper fish. I took a dead trout to school and painted it green with poster paint and slipped into the top drawer of the desk of our professeur. "Oh look, a plastic fish," she said as she grabbed it. When she realized she had a dead fish in her hand, she shrieked and we all had a good chuckle.

Marg Hoverman:

My personal best was some years ago when we were living in North Vancouver, not far from Carson Graham High School. I got up a little before Bill, looked out at the back yard which was very heavily treed, and said "Hey Bill ! You've got to see this! There's a bear in the back yard!!" I have never seen him get up that quickly, before or since. (I wasn't able to fool him again either.)

Eugenia Taggart:

My only baby arrived on April 1, 1947! My young brothers couldn't imagine anything worse for a little baby!

**Barb Thorsell:**

What a dull life I've lived. Nothing to report! Sorry, I think!!!

Suzanne Rush:

Best story I ever heard was about my Mum and her twin sister, Doris. My Mum was engaged to be married June 30th and the twins decided it was about time they played a practical joke on April Fools' Day. Each twin worked for a railway company in Winnipeg - CPR & CN as secretaries. They decided they would switch places at each other's office. Problem was my Aunt Doris wore glasses but my Mum did not. So, of course they had to go to work looking normal. As they always shared clothes that didn't make any one take notice but the fact that my Mum had to wear glasses and she couldn't see properly to type she was always holding the glasses up to make sure she wasn't making a mistake. My Aunt Doris, on the other hand, had to keep squinting to see. My Noon people started wondering what was wrong with each of them. They finally fessed up to the joke and the head of PR for each of the companies thought it was the best joke and they got the story into the Winnipeg Free Press. My grandmother was NOT happy. She hated the girls bringing attention to themselves but she had to admit it was a good joke.

Cathy Van Herwaarden:

1. When I was teaching, I used to give the kids a 'test' that said, "Before you do anything, read the whole paper to the end." At the end, it said: "Just put your name on the top of the paper, pretend that you are working and watch all the fools." Of course, most children madly completed all the tasks like circling words, drawing lines and colouring boxes. The best task was "Stand up and say I'm a fool, 3 times." That was pretty funny to watch. After the 'test' was over, most children could laugh at themselves, but sometimes children would get mad about it.

2. When I was going to university and still living at home, I was awakened to a radio disc jockey telling me that they were going to clean out the telephone lines and that if we didn't want our house full of dust, we needed to cover our phone handles with plastic bags. Bleary-eyed, I obediently began covering all the phones in our house. Lastly, I very quietly ventured into my sleeping parents' bedroom and began to cover their phone. Of course, my mom woke up and wanted to know what I was doing. As soon as I began to tell her about the phone lines, the light dawned and I realized that tom-foolery was afoot. Upon arrival at university that morning, I approached my group of friends and they were talking about the great April Fools' joke on the radio. One friend was saying, "And the best part is, there would be some fools out there actually covering up their phones." That's when I announced that they were looking at one of those fools! We had a good laugh, at my expense!
3. Our son was always good to play a few pranks in our house. He always liked to wrap a rubber band around the spray nozzle in the kitchen sink, so whoever turned on the water would get a free shower.
4. My carpenter husband got back at our son with a good prank! My hubby removed our mirrored closet door and placed it in front of our son's bedroom door, so when our son woke up in the morning he was very confused with seeing his own image upon opening his bedroom door.

A DISCUSSION OF OLD AGE:

Three men were discussing aging on the steps of the nursing home.

"Sixty is the worst age to be," announced the sixty year old. "You always feel like you have to pee. And most of the time, you stand at the toilet and nothing comes out!"

"Ah, that's nothing," said the seventy year old. "When you're seventy, you can't take a crap anymore. You take laxatives, eat bran - you sit on the toilet all day and nothing comes out!"

"Actually," said the eighty year old, "Eighty is the worst age of all."

"Do you have trouble peeing too?", asked the sixty year old.

"No ... not really. I pee every morning at 6AM. I piss like a race horse - no problem at all."

"Do you have trouble taking a crap?", asked the seventy year old.

"No, not really. I have a great bowel movement every morning at 6:30.

"With great exasperation, the sixty year old said, "Let me get this straight. You pee every morning at six o'clock and take a crap every morning at six thirty. What's so tough about being eighty? "

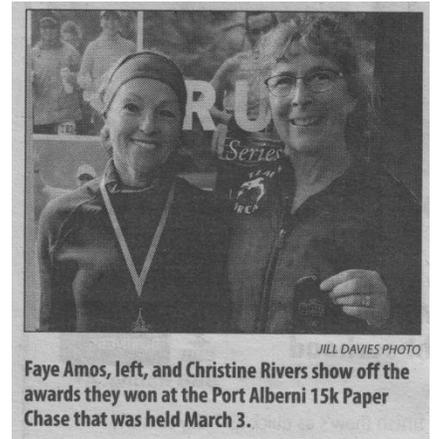
The eighty year old replied, "I don't wake up until ten."



PQRTA Member in the NEWS:



I Spy Christine Rivers...



JILL DAVIES PHOTO
Faye Amos, left, and Christine Rivers show off the awards they won at the Port Alberni 15k Paper Chase that was held March 3.

ORCA runners finish well at 15k Paper Chase

Members of the Oceanside Running Club Association had to endure a chilly start but still ended up finishing strong at the Port Alberni 15k Paper Chase.

The event, reincarnated last year as a 10k race, had an additional 5k added this year. It was the fifth of eight races in the Vancouver Island Runners Association's Winter Series. It was held March 3 and more than 200 runners came out including Team Orca.

The hilly route through the beautiful Cherry Creek area included a trail de-

tour through the McLean Mill National Historic Site. First place went to Dusty Spiller of Duncan with a time of 52:04, followed by John Vanderveen (53:45) and Mark Cryderman (54:05), both from Campbell River.

Among the members that represented Team Orca were graduates from earlier Learn to Run clinics, who performed in a most accomplished way.

On the podium with the first 10 runners called in each age division, Faye Amos once again ran a phenomenal race win-

ning her age division (F65-69) in a fast 1:15.38.

Christine Almond also ran a super-fast race to be placed fifth in a very competitive age group (F35-39) in 1.11.18 while Jill Davies won her age division (F70-74) in 1.39.56. Other podium places went to: Christine Rivers seventh (F65-69) in 1.36.10; Maureen Forscutt was eighth (F55-59) in 1.34.54; Jenny Hubner was eighth (F50-54) in 1.36.38; and Luke Hubner placed 18th (M60-64) in 1.36.27.

Thurs. Mar. 15, 2018 NEWS Staff

GOINGS AND DOINGS:

Gerry Galey and wife Joan in Ajijic, Mexico – March 2, 2018

Warm today. 26 C. Only 4 nights left. Sigh....



In my first encounter with Ajijic chess club, I won 1 against Mexican lady and lost a close one to a guy from Cranbrook, BC.



On the way home from the movie theatre

PQRTA PROGRAM: Lunch and Speaker – Smoke `n Water – Mar.2/18

We had lots of time to catch up with “old” friends and make some new friends, too.



We waited very patiently for our lunch.

Yummy food!



Lots of laughs!

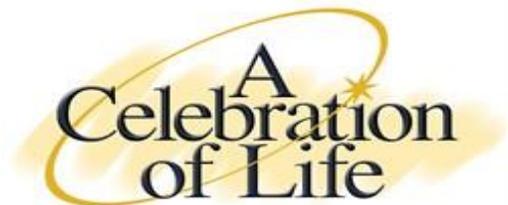


Kevin Holte: Living Well and Leaving Well Workshop

Kevin was a knowledgeable speaker about estate planning. His easy going manner and good sense of humour added some fun to this topic. We laughed and we learned.

Here's some notes to ponder:

- Get an Enduring Power of Attorney
- Living will is not legally binding
- Get a Representation Agreement
- Pre-plan your Celebration of Life



A Representation Agreement is the legally enforceable planning document for authorizing someone to assist you or act on your behalf for health and personal care decisions. It can also cover routine financial and legal affairs for some situations. There are two types of Representation Agreements: RA-7 and RA-9

An Enduring Power of Attorney is the most comprehensive legal planning document to cover financial and legal affairs.

EXECUTOR of ESTATE:

- You can name a bank, credit union, or lawyer as your executor, if your estate is complex or you foresee difficulty in settling it, or if no suitable executor is available.
- Make sure that your Executor has a copy of your will. Write on the copy where the original can be found.
- Photocopy all of your documents. Leave a note that your executor can get legal help, if needed.
- Give a gift to you Executor with an up to date record of your belongings: What you own, Where it is, and Who to contact
- Your executor is legally responsible for funeral arrangements, so get pre-plan your Celebration of Life to make it less stressful. Services are not for the “dead”, but for the family and friends to heal.

PROBATE:

- takes one to eight months
- process of the courts proving that the will is legitimate
- In BC, probate fees work out to 1.4% of the value of the estate assets on the day of death
- There are no probate fees on jointly owned items (“joint ownership with a right of survivorship”) and items with a named beneficiary (ie. RRSP, Tax Free Savings)
- Beware of jointly owning your assets with an adult child, unless only one child with an excellent spouse, as you are placing your asset in jeopardy. What if there’s a divorce, or if son/daughter is sued? Capital gains may become an issue, too!

Use experts, NOW! Spend now, to save estate cost later. Get help from tax accountants, financial planners, and funeral homes for cremation or burial - before it’s too late!!!



Take the quiz: Are your ducks in a row?

<http://www.livingwellleavingwell.ca/short-test/>

For more information:

http://www.nidus.ca/?page_id=13229

www.livingwellleavingwell.ca

www.executorprotection.com

QUESTIONS: Kevin Holte - Assurant Life of Canada
kevinholte@telus.net

MORE RESOURCES FOR “LEAVING WELL”:

Judy MacDonald Johnston: Prepare for a Good End of Life (5 min. TED Talk video)

https://www.ted.com/talks/judy_macdonald_johnston_prepare_for_a_good_end_of_life

“Good End of Life” Worksheets:

<http://www.goodendoflife.com/worksheets>

- The Plan
- Advocates
- Hospital Ready
- Caregiving Guidelines
- Last Words





ELDER COLLEGE - Administering an Estate: Guidelines for Executors and Administrators

Recently, the Province of British Columbia passed the Wills, Estates and Succession Act (WESA) and introduced new Court Rules for Probate. The procedures and forms for applying for an Estate Grant were substantially changed. This course highlights the steps that an Executor or Administrator must take and includes determining whether or not a Will must be probated, the legal requirements for drawing and submitting an application for an Estate Grant, calculation of probate fees and the basic steps that every executor or administration must be aware of. This is an invaluable course for someone who is administering an Estate or who has agreed to act as an Executor.

Parksville/Qualicum

Course ID: ELDS 073

Section: S18Q01

April 11th; Wednesday 1:00pm - 4:00pm

Instructor: John Hossack

Cost: \$9.52 + \$0.48 GST = \$10.00

To register, you must be enrolled in Elder College.

A membership fee can be added at the time of registration.

REGISTRATION:

Online: <https://students.viu.ca/SRS/cereg.htm>

Phone: 250-248-2096 OR **Toll Free:** 1-866-734-6252



**SATURDAY
SPEAKERS**

Everyone welcome!

Nanoose Place Community Centre - 2925 Northwest Bay Road, Nanoose Bay

\$10 cash/person at the door (free under 18)

\$5 cash for University students with valid student card

APRIL 7, 2018 – 10:00am to 12:00pm

Earthquakes: Past, Present And Future

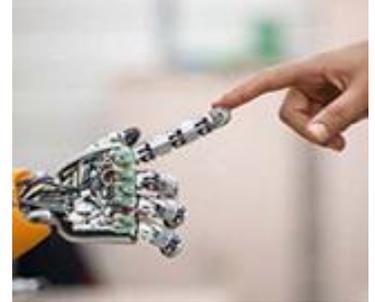
This talk will cover the geological setting of earthquakes in this region, the history of past earthquakes, the potential for future damaging earthquakes, and the things we can do – collectively and individually - to prepare ourselves for earthquakes.

Presenter: STEVEN EARLE has a BSc in Geology and a PhD in Geochemistry. He worked for 20 years as a mineral exploration geologist and then 22 years teaching a wide range of geology courses at VIU and at Thompson Rivers University.

April 21, 2018 – 10:00am to 12:00pm

Pressing Problems Of 21st Century Technologies: Robots, VR And AI (Oh My!)

An overview of the social implications of three emerging areas of new technology: virtual reality, robots and artificial intelligence. No special knowledge of any of these technologies is required. Following an introduction to the technologies, we will focus on how they may have an impact in our society, both positively and negatively, and what we might do to prepare ourselves to take advantage of them and reduce possible harmful effects.



Presenter: DR. RICHARD SMITH (BA, MA, PhD) is the Director for the Masters of Digital Media program at The Centre for Digital Media and has been a professor at the School of Communication at SFU for over fifteen years. He has also served as Director of SFU's Centre for Policy Research on Science and Technology (CPROST) and as an Associate Research Chair for Technological Change. His active engagement with local, national and international media on issues related to his research into the contemporary world of technology, social media and public surveillance has also made him a recognized public commentator. Dr. Smith has received the President's Award for Service through Public Affairs and Media Relations as well as the IEEE Consumer Electronic Society Service Certificate award. With academic training in communication and law, Dr. Smith has degrees from Carleton University (BA) and Simon Fraser University (MA and PhD). His diverse projects and creative works have explored such subjects as privacy issues in the use of mobile technology, electronic scholarly publishing, and the development of technologies for mobile media-rich, urban shared experiences.

For more information about ElderCollege courses and to register

Toll Free: 1-866-734-6252

Parksville/Qualicum: (250) 248-2096

OR email us at: eldercollege@viu.ca

PQ Retired Teacher Association NEWS:



LOGO Contest

- Are you artistic?
- Are you imaginative?
- Get creating!!!
- Winner receives a prize!!!
- (still to be determined)



Send your creations to cathyvanh@gmail.com

EARTH DAY: Sunday, April 22, 2018

<https://www.earthday.org/>

Close to 48 years ago, on 22 April 1970, millions of people took to the streets to protest the negative impacts of 150 years of industrial development. In the US and around the world, smog was becoming deadly and evidence was growing that pollution led to developmental delays in children. Biodiversity was in decline as a result of the heavy use of pesticides and other pollutants.



Earth Day is now a global event each year, and more than 1 billion people in 192 countries take part in what is the largest civic-focused day of action in the world. It is a day of political action and civic participation. People march, sign petitions, meet with their elected officials, plant trees, and clean up their towns and roads.

Earth Day 2018 will focus on fundamentally changing human attitude and behavior about plastics while mobilizing the world to **End Plastic Pollution**. Earth Day Network (EDN) will educate millions of people about the health and other risks associated with the use and disposal of plastics, including pollution of our oceans, water, and wildlife, and about the growing body of evidence that decomposing plastics are creating serious global problems.

EDN's multi-year campaign to **End Plastic Pollution** includes these goals:

- ending single-use plastics,
- promoting alternatives to fossil fuel-based materials,
- promoting 100 percent recycling of plastics,
- corporate and government accountability and
- changing human behavior concerning plastics.

PLASTIC POLLUTION

The invention of plastic in 1907 was considered a breakthrough. Plastic products soon became omnipresent in our daily lives. For many years, we only perceived the benefits of plastic and knew little of the damaging consequences for human health, natural ecosystems and the climate. Plastics are a problem, mostly due to their un-biodegradable nature, the materials used for plastic production (hydrocarbon molecules—derived from the refining of oil and natural gas), and the challenges behind properly discarding them.

PLASTIC AND CLIMATE

You may have thought that the only problem caused by plastic pollution is the negative effect that litter has on the environment, but that is not the whole story. Plastic is a petroleum product, just like refined gasoline. The EPA estimates that production of plastic products account for an estimated 8% of global oil production. The drilling of oil and processing into plastic releases harmful gas emissions into the environment including carbon monoxide, hydrogen sulfide, ozone, benzene, and methane (a greenhouse gas that causes a greater warming effect than carbon dioxide). The EPA estimated that five ounces of carbon dioxide are emitted for every ounce of Polyethylene Terephthalate produced (PET is the plastic most commonly used to make water bottles). Climate change is one of the most pressing issues we face as a planet today and consuming plastic products exacerbates climate change. This is an important reason to take personal responsibility and make a commitment to help **End Plastic Pollution**.

PLASTIC POLLUTION AND OUR HEALTH

Plastic pollution is not only damaging the health of our planet, but after decades of producing trillions of oil-based plastic items, the discovered negative consequences to human health are startling.

Chemicals leached from some plastics used in food/beverage storage are harmful to human health. Many plastics contain phthalates (DEHP) and the chemical bisphenol-A (BPA). If food or drink is stored in these plastics, they can be contaminated with these chemicals. If food is heated inside these containers in the microwave or if the plastic is ingested as in the case of a small child, these chemicals make their way into our food and into our bodies. Both chemicals are potentially harmful to human hormones, reproductive systems, and early childhood development. In fact, many correlations have been shown between levels of some of these chemicals, and an increased risk of the following health problems: Chromosomal and reproductive system abnormalities, Impaired brain and neurological functions, Cancer Cardiovascular system damage, Adult-onset diabetes, Early puberty, Obesity, and Resistance to chemotherapy. Even if you spend absolutely no time in nature, plastic pollution can still have a direct impact on your life. Many of the foods you eat and the beverages you drink come in plastic packaging. If the chemicals in the packaging make it into your food, there could be dangerous outcomes. Here are some facts:

BPA

According to the National Institute of Environmental Health Sciences, bisphenol A (BPA) is a chemical that is found in plastics with recycle codes 3 or 7, including some food and drink packaging. The BPA found in these containers is accountable for the majority of human consumption of the chemical. It leaches into food and drink from the container and accumulates in the body. The Center for Disease Control (CDC) concluded that BPA was found in 93% of urine samples they took from people above the age of six. Unless you only eat food that you grew yourself, you likely fall under this category as well. Animal studies show that BPA has effects on fetuses and newborns. Moreover, according to Mayo Clinic, BPA may be harmful to the brain and cause increases in blood pressure. In general, it is not recommended to heat food in plastic containers with the codes 5 and 7.

PHTHALATES

Another concerning chemical commonly found in plastics are phthalates. According to the CDC, phthalates are often referred to as plasticizers. They are used to increase the flexibility of plastics and are found within plastic packaging film and sheets, some children's toys, blood-storage containers, and others. Not much is known about the effects of phthalates on the human body, but animal research shows effects on the reproductive system. Other studies have shown a link between phthalate blood levels and childhood obesity. There are many alternatives to plastic packaging and as consumers, we should demand these products instead of the plastic ones that are drowning our planet and causing unknown health impacts to us and our children.

PLASTIC POLLUTION IN THE OCEAN

Decades of poor waste management policies that saw and continue to see plastic waste being dumped directly into the ocean have led to an international pollution crisis that threatens each of the world's oceans. Did you know that around the globe there are five massive patches of marine plastic? These huge concentrations of plastic debris cover large swaths of the ocean; the one between California and Hawaii is the size of the state of Texas. Sea creatures eat or get ensnared in plastic debris and can be killed or maimed. Plastic that is consumed by marine organisms, as well as the toxins they absorb from the water,

accumulate up the food chain making seafood potentially dangerous for humans as well. Scientists predict that if nothing changes in our plastic consumption habits, by 2050 there will be more plastic in the oceans than there are fish (by weight). We all need to work together to solve this problem and save the oceans for future generations. This is a problem that impacts all of us. Every human on Earth relies on the oceans to survive in some way or another.

WHY IS PLASTIC SO HARMFUL TO MARINE LIFE?

Do you know why marine life is so disproportionately impacted by plastic pollution? It's because it can cause harm to them in so many different ways. Many marine organisms can't distinguish common plastic items from food. Animals that eat plastic often starve because they can't digest the plastic and it fills their stomachs, preventing them from eating real food. Birds and other larger animals often become trapped or ensnared in plastic bags, fishing line, and other debris. Sea turtles specifically are highly susceptible. They both mistake plastic bags for jellyfish, and frequently are trapped in plastic debris, restricting their growth and movement. Plastic never fully degrades, over time it breaks into smaller and smaller pieces. Eventually it becomes small enough to enter the bloodstream of marine organisms. Since the organisms cannot ever digest or process the plastic, it remains present until the organism is eaten. This passes all the plastic on to its predator, which is usually fish. If that fish is caught, then the plastics will be passed on to whichever human consumes it.

MICROPLASTICS

When plastics break down due to exposure to water, sun or other elements they can break into tiny pieces - so tiny, most of them cannot be seen with the naked eye. These small plastic fragments are now everywhere. When you drink water, eat fish or other seafood, or when you add salt to your meals, chances are you can also be ingesting tiny pieces of plastic. Those particles - called microplastics - are a contaminant which is now present in the oceans, water ways, the soil and even in the food that we eat. Once plastic enters the bloodstream of an organism it will never be processed out. The plastic, and the toxins it has absorbed will bio-accumulate as they travel up the food chain to a top predator, often a human. The entire cycle and movement of microplastics in the environment is not yet known, but research is currently underway to investigate this issue further. Some microplastics start out as large plastic pieces, slowly eroded by water or exposure to the sun and the elements; others start off as microplastics specifically produced for certain uses. Some are microbeads, created for use in skin care products. They are very tiny pieces of manufactured polyethylene plastic that are added as exfoliants to health and beauty products, such as some cleansers, toothpaste, facewash, soap and shower cream. Others originate from plastic-based fabrics such as polyester and nylon that shed plastic fibers when washed. Several studies have shown synthetic fibers to make up the lion's share of microplastics found in oceans, rivers and lakes, and clothes made from synthetics (polyester, acrylic, nylon, and so on) are widely implicated as the source of that pollution. In addition, some industrial processes can produce microplastics that can contribute to the problem when mishandled. While there is some contention over their size, most agree that to be considered a microplastic, a particle should be less than 5 mm in diameter and have been found to evade filtration systems at water treatment plants, allowing them to be discharged directly into rivers, lagoons and the oceans. Governments are paying attention and passing legislation to limit or eliminate pollution related to microbeads and companies are working to replace them or phase them out from their products and processes.



As you can see, microplastics come from a variety of sources, including from larger plastic debris that breaks down into smaller and smaller pieces. Such litter should be controlled by better systems to collect, process and dispose of waste. You also might find it interesting to know that an important source of plastic pollution in the ocean is automobile tires. Since most plastic in the ocean is from beach plastics that break down and improper disposal of trash, if we can make a few behavioral changes we can severely limit plastic pollution.

What Can You Do About Microplastics?

The good news concerning microplastics is that there are many things you can do about the problem.

- Prevent the creation of microplastics by being careful not to toss plastic products in water ways, beaches or open spaces
- Pick up trash -especially plastics- whenever you see it, especially in ponds, streams, rivers, beaches, when possible
- Participate in organized clean-up activities as much as you can
- Look up products on the Internet and choose not to buy products containing microbeads. Choose products that have natural exfoliators instead
- Consider changing the way you wash your clothing to reduce the number of microfibers that are released. There are also bags and other devices you can use in your washing machine to collect the fibers
- Consider purchasing items made of natural fibers, when possible
- Do not wash off lint from your dryer down the drain. Dispose of it on the trash.

5 R'S: Reduce, Refuse, Reuse, Recycle & Remove

REDUCE:

Only consume what you need. Many plastic products you may frequently use are generally unnecessary – do you really need a straw to drink a glass of water? It is important to only consume what you need, especially when it comes to plastics. Many of the most commonly disposed of plastic products have viable alternatives. Always ask yourself, if you can get the same product without consuming plastic before you buy something.

If you are conscious of the harm that plastic is having on the planet, it should astound you how often we are offered free items of disposable plastic in our daily lives. As conscious campaigners against plastic pollution, it is important, whenever possible, to refuse plastic. Much of the most frequently discarded plastic items, with the shortest lifecycles, are those given to us for free. Plastic straws, grocery bags, plastic utensils, plates, and cups are all frequently given away with other purchases. All you have to do to eliminate this source of plastic pollution is to simply refuse to accept these items.

Refusing these giveaways in your everyday life will have a large impact on your overall plastic pollution footprint. If you can't outright refuse something, there is almost always a non-plastic alternative. Until around the middle of the 20th century, widespread use of plastics was not the reality. While plastic products have brought a certain level of convenience, there were already alternative products at the advent of plastics. Now, 70 years in the future, modern technology has created a host of new products that make most common plastic products obsolete. With a little preparation and planning, you can easily, refuse plastics.

REFUSE: Here are some tips...

- When you order a drink at a restaurant, you can tell the waiter that you don't want a straw. If you know you need a straw, you can purchase a metal or wood/paper based straw and bring that with you. You could also go a step further and ask the restaurant to stop providing plastic straws or to only provide straws to customers when requested.
- Plastic bags are one of the biggest sources of plastic pollution. Refusing the plastic shopping bags given away at retailers and grocery stores is easy. If you need a bag to carry your purchases, bring reusable canvas bags instead. And buy cloth or mesh bags to carry fresh produce to the cashier.
- Take a little extra time while doing your shopping, select products without plastic packaging and always be sure to avoid or even boycott products that are excessively wrapped in plastic (for example fresh produce).
- When you go clothes shopping, it is best to avoid fabrics with plastic microfibers such as nylon and polyester. Or check ways to collect the fibers in your dishwasher.



REUSE:

The next step we encourage you to take as part of your reduction of plastic consumption is to reuse. One of the main drivers of the massive plastic pollution problem is the incredibly brief life cycle many of these products have. A majority of the items we use one single time before disposal are plastic. This leads to unnecessary waste for low usability. Selecting products that are designed for multiple uses and making sure nothing gets thrown away before its usefulness is spent is another effective way to drastically reduce one's plastic pollution footprint.

Here are some ways to reuse:

- Get creative and reuse items for secondary purposes.
- Purchase specialty items that replace single use plastics and can be safely used again..
- Buy reusable mesh bags that replace the plastic bags you use for bulk produce.
- Purchase canvas shopping bags and leave them in your car for anytime you go shopping.
- Get a reusable water bottle instead of buying plastic ones and throwing them out.
- Get reusable wax lined bags and wraps that effectively replace single use sandwich bags.
- When you finally decide to get rid of old clothes, toys, furniture, or electronics, donate them rather than throwing them away.
- Use dishes, glasses, and metal silverware instead of their plastic counterparts.
- Consider trying washable reusable cloth diapers instead of disposable ones
- Many restaurant food containers are durable enough to be reused for kitchen storage.

RECYCLE

In a world where plastic is so ubiquitous, there are going to be instances where consuming plastic might be necessary and that's where recycling comes in. Recycling is far from the final solution to the Plastic Pollution problem, but it is an important part of it. It cannot replace the need for reducing consumption or refusing and reusing plastics when you can. If recycling is the best option, just follow the rules of the community in which you live. Educating yourself on proper recycling is crucial to its effectiveness. You can even make a sign explaining the rules and hang it near your recycling and trash cans. For more info about recycling and food waste collection: http://www.rdn.bc.ca/dms/documents/solid-waste-and-recycling/materials_preparation_guide.pdf

REMOVE

Unfortunately, the fact of the matter is that there is already an immense amount of plastic pollution dirtying our waterways and harming the planet's organisms. At this point, we as humans have to accept the fact that we need to do more than stop producing plastic pollution; we need to reverse the impact we have already made. We need to work to clean up the world's oceans and to find a way to deal with all the plastic we collect. Plastic/litter clean-ups are great community events that let you meet the people who live around you while cleaning up your local community at the same time. New technologies are being invented as we speak to collect the plastics in the world's oceans. New products are being created to take advantage plastics collected from the environment and recycled. The best way you can help the effort to remove plastic pollution from our environment is to support some of the great organizations working right now on that very issue. They need your support in resources to supply clean-up efforts around the world, and they need your physical presence to come out and volunteer for a beach clean-up. Some of these groups are researching and discovering new ways to remove plastic from our oceans. The other side of the equation is the demand for recycled plastic products. If consumers demand the products they buy come from 100% recycled materials, and they support innovative businesses that turn plastic recovered from the environment into new materials like clothing and building materials, there will be increased incentive for these groups to remove the plastic from the environment.

For more info: <http://www.earthday.org/wp-content/uploads/Plastic-Pollution-Primer-and-Action-Toolkit.pdf>

WOLF ISLAND CHOCOLATE MAKING!

Come to off-the-grid Wolf Island (near Lasqueti Island) for an adventure in chocolate making!

This one-day adventure has you leaving from French Creek near Parksville on the passenger ferry Centurion VII and arriving in False Bay, Lasqueti Island. From there you'll be whisked by boat across the bay to enchanting Wolf Island and into the kitchen of Wolf Island Chocolate.

The hands-on 4 hour workshop will teach you the basics of making your own truffles and then finishing them in luxurious chocolate. You'll master the art of tempering chocolate to a crisp, shiny finish all in a manner easy to replicate in your own home kitchen. At the end of the day, you'll have an impressive bounty to take home!

Cost: \$80.00 per person includes all class materials, welcome snack and lunch.

Group size: 6-8 people (No previous experience necessary!)

Date: Saturday, April 21 OR Saturday, June 9 2018 (or, other dates on request)

Timing: Leave French Creek at 9:45am and then depart False Bay at 4pm, arriving back in French Creek at 5pm.

For more information or previous participant testimonials, please contact Deb Perell at 250.927.4403 or by email debperell@hotmail.com

Check it out: <http://lasqueti.ca/wolf+island+chocolate>



Qualicum Beach Teen Draws on Personal Experience To Create Bullying Video – Wins \$5000 From SOS

- Seventeen-year-old **Emily Godfrey** is now a well-adjusted young adult, but her younger years weren't so kind.
- She was diagnosed with hearing loss when she was six years old. She needed hearing aids and that's when the taunting began.
- "So I had this little teddy bear clasp that was attached to strings that would connect to my hearing aids, which back then we're pretty chunky at the time with that technology," said Godfrey. "They would say like 'oh Emily's got aids.' It wasn't a good time."
- Then due to family circumstance, she would move from school to school, even to Mexico then back to Canada.
- The taunting and bullying continued until she entered high school.
- "I think it caused me to have a lot more social anxiety than what might've been natural for me," said Godfrey.
- She shared her trials and tribulations in a video that she created for a competition and she won the prize: a \$5,000 university scholarship
- "I wanted to express some vulnerability, so I could help people resonate with my experience so I was mainly focusing on elementary school," she added.
- The poignant 10-minute video even reaches out to bullies themselves.
- "People really never know what's going on in someone else's life and so even a bully might be going through some hardships in their life but they're just reacting to it differently. So I just thought if I could make this video and maybe they would see it and see how it affects a person," said Godfrey.

Click here for a good resource of information on abuse, bullying, addiction, health, internet safety, peer pressure, relationships, and teen suicide: <https://sossafetymagazine.com/>

Click here to watch Emily's ten minute video: <https://www.youtube.com/watch?v=FyyTi3kT4Wo>



**Government
of Canada**

**Gouvernement
du Canada**

Food Front-of-Package Nutrition Symbol Consumer Consultation



Health Canada is proposing a nutrition symbol that would be on the front of food packages. The symbol would help quickly identify foods that are high in:

- saturated fat and/or
- sugars and/or
- sodium

If you are a consumer, please:

<https://www.healthyeatingconsultations.ca/front-of-package>

Takes 5 minutes. Consultation closes April 26, 2018

MISH-MASH of MEDICAL NEWS:



Six Ways Your Pet Boosts Health and Well Being:

<https://www.medicalnewstoday.com/articles/317738.php?iacp>

Study: Pets Benefit our Mental Health

https://www.medicalnewstoday.com/articles/320950.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Just One Hour of Gaming May Improve Attention:

https://www.medicalnewstoday.com/articles/320943.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Playing Video Games May "Enhance Learning":

<https://www.medicalnewstoday.com/articles/319614.php?iacp>

Language Learning Boosts Brain Plasticity And Ability to Code New Information:

<https://www.medicalnewstoday.com/articles/312708.php?iacp>

Health Benefits of Being Creative:

https://www.medicalnewstoday.com/articles/320947.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

How Exercise Preserves the Aging Brain:

https://www.medicalnewstoday.com/articles/320944.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Stronger Muscles Lead to Stronger Brain:

<https://www.medicalnewstoday.com/articles/313686.php?sr>

Brain Stimulating Activities Reduce Risk of Cognitive Impairment in Seniors:

<https://www.medicalnewstoday.com/articles/315542.php?bl>

Vaginas: 10 Things to Know

https://www.medicalnewstoday.com/articles/320939.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Penises: 10 Things to Know

<https://www.medicalnewstoday.com/articles/320748.php?iacp>

Natural Remedies for Constipation:

https://www.medicalnewstoday.com/articles/320940.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Recently, I was diagnosed with A.A.A.D.D. –

Age Activated Attention Deficit Disorder. This is how it manifests:

I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide it needs washing.

I start toward the garage, I notice mail on the porch table that I brought up from the mail box earlier.

I decide to go through the mail before I wash the car.

I lay my car keys on the table, put the junk mail in the garbage can under the table, and notice that the can is full.

So, I decide to put the bills back on the table and take out the garbage first.

But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first.

I take my cheque book off the table, and see only one cheque left.

My extra cheques are in my desk in the study, so I go inside the house to my desk where I find the can of Pepsi I'd been drinking.

I'm going to look for my cheques, but first I need to push the Pepsi aside, so that I don't accidentally knock it over.

The Pepsi is getting warm, and I decide to put it in the refrigerator to keep it cold.

As I head toward the kitchen with the Pepsi, a vase of flowers on the counter catches my eye--they need water.

I put the Pepsi on the counter and discover my reading glasses that I've been searching for all morning.

I decide I better put them back on my desk, but first I'm going to water the flowers.

I set the glasses back down on the counter, fill a container with water and suddenly spot the TV remote. Someone left it on the kitchen table.



I realize that tonight when we go to watch TV, I'll be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers.

I pour some water in the flowers, but quite a bit of it spills on the floor.

So, I set the remote back on the table, get some towels and wipe up the spill.

Then, I head down the hall trying to remember what I was planning to do.

At the end of the day: the car isn't washed, the bills aren't paid, there is a warm can of Pepsi sitting on the counter, the flowers don't have enough water, there is still only 1 cheque in my cheque book, I can't find the remote, I can't find my glasses, and I don't remember what I did with the car keys.

Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all damn day, and I'm really tired.

I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail....

FIVE OF THE BEST APPS TO TRAIN YOUR BRAIN

<https://www.medicalnewstoday.com/articles/316684.php?sr>

By Honor Whiteman - Friday 31 March 2017

It is no secret that as we age, our brain function declines. However, studies have suggested that keeping mentally active - particularly when older - can help to maintain cognitive functioning. Brain training apps are considered a useful aid for mental stimulation, but which one is right for you? We present our pick of five of the best brain training apps around.



Research has suggested that brain training may be beneficial for cognitive functioning. Brain training is based on the premise that mental stimulation can improve neuroplasticity. This is the brain's ability to form and reorganize connections between brain cells in response to new tasks.

While some studies have failed to find a link between brain training and improved cognitive functioning, other research has found the opposite.

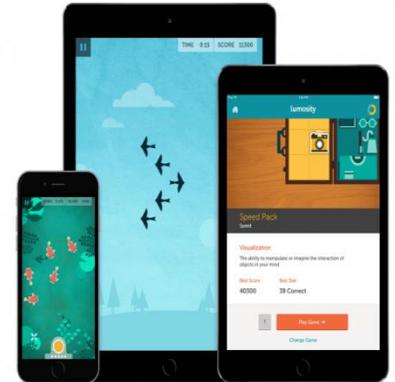
A study published in *PLOS One* in 2013, for example, found that young adults who engaged in brain training games demonstrated improvements in brain processing speed, working memory, and executive functions.

It is not only young adults who might benefit from brain training. Research presented at the 2016 Alzheimer's Association International Conference found that older adults who took part in ten 1-hour brain training sessions over a 5-week period were 48 percent less likely to develop cognitive decline or dementia over 10 years.

Such studies have fueled the development of hundreds of brain training apps, many of which claim to improve cognitive functions such as learning, memory, and concentration. With so many to choose from, however, how do you know which one is best for you?

Medical News Today has tried and tested five of the best brain training apps available to help you make an informed decision.

1. Lumosity: Colorful and fun <https://www.lumosity.com/>
Considered by many as the "original" brain training app, Lumosity is used by more than 85 million people across the globe. The app consists of more than 50 colorful and fun mini-games designed to train five cognitive functions: speed, memory, attention, flexibility, and problem-solving.



Lumosity's games have been created with the help of more than 100 researchers from around the world. Furthermore, their website cites a study of more than 4,700 adults that found that brain training with Lumosity improved cognition more than crosswords.

Lumosity has more than 85 million users worldwide and it is free to download.

Android: <https://play.google.com/store/apps/details?id=com.lumoslabs.lumosity&hl=en>

iPhone, iPad, & iPod: <https://itunes.apple.com/ca/app/lumosity-brain-training/id577232024?mt=8>

2. Elevate: Boosting 'productivity, earning power, and self-confidence'
While Elevate has fewer users than Lumosity, at 10 million downloads worldwide, it holds the title of iPhone's best app of the year for 2014. So what makes it stand out? The app consists of more than 40 minigames designed to boost math and speaking skills, as well as improve memory, attention, and processing speed.



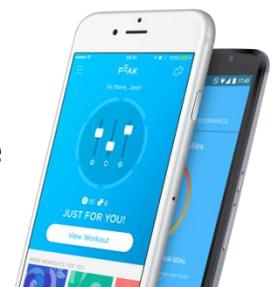
Elevate has more of an adult feel than many of the other brain training apps; the minigames take a more serious approach, focusing less on colorful illustrations and more on text.

Download Elevate for free, at the following links:

Android: <https://play.google.com/store/apps/details?id=com.wonder&hl=en>

iPhone, iPad, iPod: <https://itunes.apple.com/us/app/elevate-brain-training/id875063456?mt=8>

3. Peak: Flexible training and tracking
Peak offers more than 30 mini-games to help improve concentration, memory, mental agility, language, and problem-solving. These games have been developed with the help of scientists from respectable universities across the globe, including Yale University in Connecticut and the University of Cambridge in the United Kingdom.



Like Lumosity, there are a number of games that may appeal to children and adults alike. Based on performance in baseline tests, a personalized workout plan is provided, although the user is not limited to this plan.

Download Peak for free, at the following links:

Android: <https://play.google.com/store/apps/details?id=com.brainbow.peak.app>

iPhone/iPad/iPod: <https://itunes.apple.com/us/app/peak-brain-training/id806223188?mt=8>

4. Fit Brains Trainer: Targeting Emotional Intelligence

Fit Brains is a creation of Rosetta Stone - an education technology software company best known for their online language courses.

This brain training app boasts the largest variety, with more than 60 mini-games and more than 500 personalized training programs. With the input of neuroscientists, these games have been created to help exercise key cognitive functions, including concentration, memory, speed of thinking, and problem-solving.

What sets Fit Brains apart from other brain training apps, however, is that it also targets emotional intelligence through games that focus on social skills, social awareness, self-awareness, and self-control.

Unlike many other brain training apps, Fit Brains also has a school edition - a brain training package that aims to boost the cognitive functions of schoolchildren.



Fit Brains Trainer is free to download:

Android: <https://play.google.com/store/apps/details?id=com.vivitylabs.android.braintrainer>

iPhone/iPad/iPod: <https://itunes.apple.com/ca/app/fit-brains-trainer/id565200595?mt=8>

5. CogniFit Brain Fitness: For consumer, scientists and clinicians

CogniFit is perhaps the most advanced brain training app we reviewed, consisting of a variety of mini-games designed to train more than 20 cognitive skills, including short-term memory, planning, hand-eye coordination, and auditory perception. CogniFit provides tools that researchers and healthcare professionals can use to assess cognitive functioning in patients. The CogniFit developers are keen to point out that all of their brain training tools have been validated by scientists. We tested the brain training games for consumers, and we found them to be a good balance of fun and mental stimulation.

Assess & train your cognition
Personalized brain training



CogniFit is available to download for free

Android: <https://play.google.com/store/apps/details?id=com.cognifit.app&hl=en>

iPhone/iPad/iPod: <https://itunes.apple.com/us/app/cognifit-brain-fitness/id528285610?mt=8>

For more details about each of these five apps:

<https://www.medicalnewstoday.com/articles/316684.php?sr>

TUMAINI FUND CANADA – Help AIDS orphans in Kagera, Tanzania!

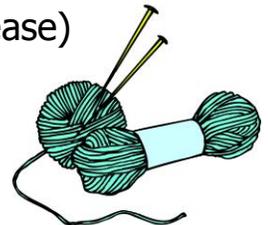
On **Saturday, April 28th** there is a yard sale and bottle drive at St. Mary's Anglican Church (2600 Powder Point Road) in Nanoose Bay. Funds will be used to purchase items for orphaned Tanzanian children to attend school: solar powered lamps, personal care kit materials, and mosquito nets for malaria prevention and more. Each child needs \$11.00 for ten special notebooks, in order to go to school. Every dollar that's donated goes to help AIDS orphans!

There is an ongoing bottle drive, too, for whenever it's convenient for you! Tumaini Canada has an account at the Parksville Bottle Depot, if you wish to donate your recyclables. Just sort your bottles at the depot and tell the cashier that it's for Tumaini before numbers are put into the register. If you are unable to drop off recyclables, call for home pick up: VAL DAVIES: 250.468.7539

Thanks to **Lorna Calder** for her donation of small soaps and to **Diane Williams** for new facecloths donated for the personal care kits. Also, thanks to **Jo Graham** and **Sally Hemingson** for donating knitted articles (sweaters and toques) to keep children warm during the cold mountain nights.

Do you have any of the following???

- **Buttons:** any size or colour
- **Cotton fabric:** bright colours and dark colours because light and white backgrounds get dirty quickly with the reddish soil and little water for washing (no camouflage and nothing with faces or animals, please)
- **Terry towel,** including good used dark coloured robes or dark coloured towels with no stains
- **Flannelette:** dark coloured fabric or sheets (nothing white or pale coloured)
- **Yarn** (bright colours are best, but any colour is good – even white or beige as it can be dyed)
- **Soap** samples from hotel stays



Please contact Cathy Van Herwaarden: cathyvanh@gmail.com or 250.248.0412
For more info or to donate funds: <http://www.tumainicanada.org/>



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 or phone: 250.248.0412



PQRTA EXECUTIVE needs **YOU!!!**

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

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

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

Secretary:

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



Historian:

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

BC Retired Teacher Association Membership Committee:

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



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

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

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

Email: laurie@bcrta.ca

Toll Free: 1-877-683-2243

BCRTA Membership Application Form:

http://bcrta.ca/wp-content/uploads/2017/07/BCRTA_Membership_DOWNLOAD_to_Print_2017.pdf

BCRTA Website: <http://bcrta.ca/>





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**



April Events - Parksville and Qualicum Beach Area

<http://www.visitparksvillequalicumbeach.com/events-2018-4/>

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

- April 1 – Easter Sunday and April Fools' Day
- April 2 – Easter Monday
- April 17 – North Island Wildlife Recovery Centre (waiting for tour guide confirmation)
- April 22 – Earth Day
- April 24 – COSCO Workshop in Nanaimo: Stay on the Road and Emergency Room
- April 26 – National Day of Mourning for Deceased Workers
- May 16 – Kathok Centre Buddhist Temple Tour – 1:00 to 3:00
- June 14 – General Meeting - Barbecue on the Beach (not Rotary Park)

PQRTA EXECUTIVE and CONTACTS for 2017/2018:

- 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



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