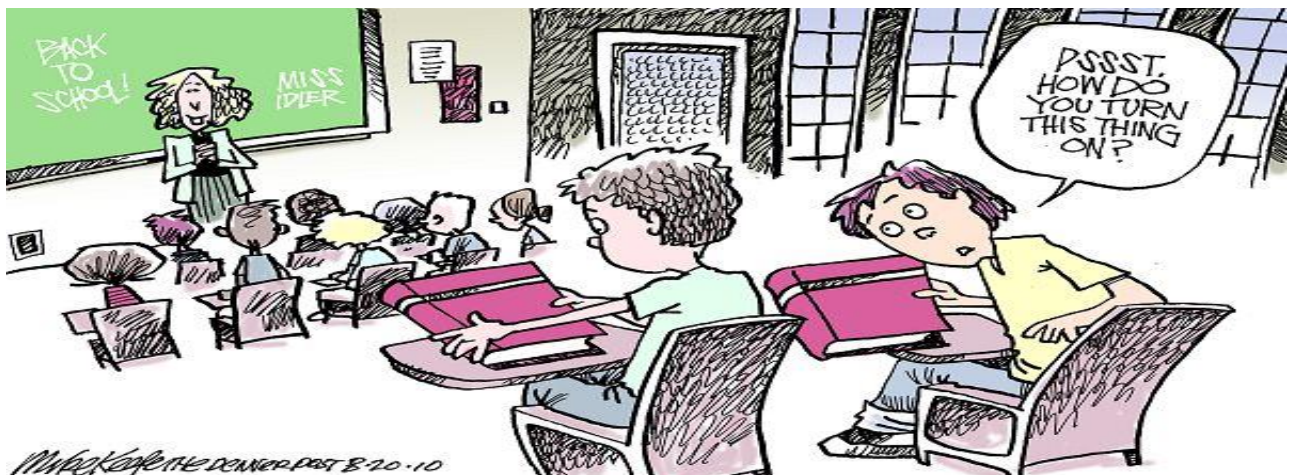




PARKVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER #18 – September 2018

PRESIDENT'S GREETING from Cathy Van Herwaarden:



BC Retired Teachers' Association NEWS



The Comox Valley RTA
Executive: (left to right)

Treasurer: Linda Wilkinson
Social Director: Sylvia Dakin
President: Devon Deputter
Secretary: Judy Berry

Absent: Members at large
Barb Angell, Lynn Hodge and
Joan Southern

A FRESH START

Sterling Campbell, a director of the BCRTA, and zone representative for the North Central Island shares some exciting news from Comox: The Comox Valley Retired Teachers' Association has been renewed!

The BCRTA has a significant history in the Comox Valley but, as sometimes happens, the local branch had experienced a low season in recent years.

Sterling reports, "Four years ago the former executive recommended that the branch be dissolved. I felt as Zone Director that it was time this year to revisit the establishment of the branch. I was fortunate to have the able assistance of fellow North Central Island zone director Stefan Cieslik. It is gratifying to be associated with such a dynamic executive who I'm sure will provide strong branch leadership."

The Comox branch will provide a local hub for the several hundred BCRTA members who live in the Comox Valley.

Congratulations to the Comox branch and special thanks from the BCRTA to Sterling Campbell and Stefan Cieslik for their initiative and leadership on this project.

SAY NO TO BILL C-27!!!



Defined Benefit Pension Plans (Teachers' Pension Plan)

- defines (calculates) your pension according to salary, years of service, & accrual rate
- pension promise can be calculated at any time during your years of contributing years
- When you retire, the calculation is finalized and that pension is guaranteed
- The lifetime pension cannot be reduced, at any time, in the future which is a very important part of our pension plan.

Target Benefit Plans are a lot less secure.

- The plan has a target that it attempts to pay, to you, on retirement.
- BUT - if the pension plan has some years of poor investment returns, the promised pensions to workers can be reduced
- AND, even pension being paid to retirees can be reduced, then, or at any time in the future. Quite shocking to retirees when that happens!

Bill C-27 (an act to amend the Pension Benefits Standards Act)

- applies to all federally regulated pension plans: federal government workers, RCMP, soldiers, airlines, railways, ports and banks.
- would allow Defined Benefit pension plans (which have guaranteed pension) to be converted to Target Benefit pension plans (which have benefits that may be reduced)
- transfers all the risk of financial market volatility to workers and retirees
- allows employers to abandon their commitments and walk away from their pension obligations

Manitoba has already followed the outline of Bill C-27 and proposed a similar process of eliminating Defined Benefit plans and replacing them with Target Benefit plans for workers in that province.

We negotiated pensions as a form of deferred wages and we do not want this 'disease' to spread to BC and our Teachers' Pension Plan.

Because Bill C-27 has not yet been passed in the House of Commons, we want Members of Parliament to know that we are opposed to this surrendering of Defined Benefit plan rights to Target Benefit plans (the word 'surrender' is used 14 times in C-27).

Bill C-27 does not directly affect us, yet! BUT - if passed, it could start a cross Canada trend of replacing Defined Benefit plans with Target Benefit plans. Say NO, to Bill C-27!!!



BCTF NEWS:

At the BCTF's 2018 Annual General Meeting, the Federation re-affirmed its commitment to the inclusion of all students in British Columbia's public schools. The policy specifically states that "every student can learn, and every student is entitled to an appropriate education and full range of education services in their community." For policy statement details:

<https://bctf.ca/IssuesInEducation.aspx?id=49955>



PQRTA NEWS:

WELCOME to NEW MEMBERS!

TINA KLYMCHUK

My family (my husband Roy, my son Spencer and my daughter Laura) and I moved to Nanoose Bay from Tsawwassen a couple of years ago, but I continued to take the ferry over each week to work in Richmond until I retired this year. Roy and I enjoy walking our dog, Riley, every day and we have just recently taken up pickle ball. I love to read as well, and plan to take up yoga soon. I would like to learn how to play bridge, so I will need to find someone who gives lessons. I look forward to becoming more familiar with my new Island area and meeting new people.



SUSAN SMITH

I was born on an island (UK), grew up on the prairie (Edmonton) and have relished living here in Parksville for 33 years!

I thoroughly enjoyed my SD69 years, mainly taught 5 - 8 year olds until I retired in 2012. I volunteer once a week in my friend's grade 3 classroom, plus I have great fun line dancing, tai chi, singing, Book Club and travelling.

I am the proud mom of an artist daughter and a graphic designer son, who both live in Vancouver. I am blessed to be 'Gramma' to my 19 year old grandson, who thankfully lives in Nanaimo!

Sadly, my husband Paul passed away in 2016, so I cherish time spent with my Mom, friends and family all the more.

Every summer, I have great fun hosting my Alberta siblings and their children.

Never a dull moment!!!

PAULA SAAR

I am a new addition and I would be over there right now, but our Surrey house has not sold yet and so I will have to play this by ear until we sell our home and purchase on the island.

I have only been retired a year and have been working as a TTOC to help me with the transition from full time to retirement. I taught for 30 years in Vancouver and was able to bring our woodle (Welsh terrier /poodle or Wheaton/poodle) to school for seven years.

We are currently looking for a dog, but have not found one yet that we like so until we get to the island we will have to wait as it is easier to move without a dog.

My husband's son is 24 as well and is an independent hard-scaper. He lives in Mission with his girlfriend.

Next on our list (after the house) will be to visit Australia and New Zealand.

I like to read, paint, ride bikes, and walk the dog.

I'm originally an Ottawa Valley girl but have lived in Toronto as well. My childhood was spent in the Maritimes as my mother was from Lunenburg.

We are hoping to settle in Qualicum or close by. I hope we get the chance to meet soon, as I am very anxious to move and leave the traffic behind.

SHARON PURVES:

Grew up in south western Ontario (near Brantford), graduated from Ryerson University, started teaching in Scarborough in 1965 (typing, shorthand, accounting, business English), taught at Ancaster High School near Hamilton until 1973, taught at Mohawk College of Applied Arts while children were young, moved to Belleville in 1979, taught at Quinte, Trenton, Centre Hastings, Centennial and Bayside (all secondary schools in Hastings County) teaching Accounting, Business, computers and Entrepreneurship, even Math, History and English for one semester until retirement in 2000. Continued teaching on occasional basis until 2017.

Married to Bob (formerly Bottling Supervisor for Corby Distillery in Belleville) for 52 years. Have 2 children, Lisa and Neil. Lisa is a landscaper, is married to Andrew and lives in Madoc Ontario. Neil is a secondary teacher at Immaculata in Ottawa, is married to Jennifer and has three children Katie 12, Alex 10 and Bradley 8 (They just returned from three weeks in Peru).

I enjoy quilting and belong to the Parksville Quilt Guild, Bob enjoys woodworking although he sold all his woodworking tools (so he is going through withdrawal) when we moved to Parksville in July 2017. We both volunteer three days a week at Work-ability which runs The Pie Factory and 2nd Chance Thrift Store in Parksville.

We are planning to return to Ontario for a month this fall to visit family and friends while the weather is reasonable--no snow or freezing rain (our Christmas visit). We enjoy the company of many people we have met through the Parksville Newcomers Club.

Question: know anyone who plays mahjong???

LORRAINE JOHNSON – as of July 9th

When I first started teaching, I did my practicum in West Van and then taught intermediate and Music there for 3 yrs. We moved to Coquitlam and I started teaching in the Coquitlam School District until my retirement. I mostly taught elementary and music. Then I went to middle school where I taught music, classroom Gr 6/7 and then student services. My favourite was elementary so I went back to Mundy Road (where I had taught twice before, and had taught some of the parents! What a fun experience!). I retired from a Gr 2/3 classroom position.

Sadly, I am presently pet-less. We travel frequently so that would be too challenging. We own rental properties in Florida so we go there a few times a year and often add on a trip to Mexico or a cruise. My husband likes European history and we have taken several trips to various parts of Europe.

My son is in Winnipeg and my daughter is working in Abbotsford. I see them as often as we can work it out.

We bought our house in Qualicum 4 years ago. We have done many renovations and are now working on the yard. I enjoy flower gardening and my husband has a veggie garden. I'm a crafter and love to poke around thrift stores and garage sales finding treasures. I'm hoping to join a ukulele group and get back to learning how to play.

We have a sailboat which is moored in Deep Bay. We're looking forward to getting out in it!

Oceanside Retired Educators' Scholarship (ORES)

Update - July 16, 2018

First of all, thank you to all for your generous donations last year. We were able to offer awards to Josh Rice (Ballenas Secondary) and Kabrin Ware (PASS – Parksville Alternate Secondary School for grades 10 to 12).

Next year, we would like to be able to do much the same thing, possibly offering more awards, if we have more donations.

Please consider a donation to the Oceanside Retired Educators Scholarship (ORES) fund. All donations are held in trust through School District 69 and because of that, donations are tax deductible! If you would like to be involved in selecting the award winners or in setting the terms for the awards, we would welcome you as a volunteer to ORES. The organization is easy and doesn't take much time. Selecting our award winners is fun and interesting.

To arrange a donation (in cash or by cheque)
or for more information, please contact:

R. Elaine Young
250-586-8112
255 – 330 Dogwood St.
Parksville, BC
V9T 1P9



Vancouver Island University – Elder College

WHAT'S YOUR PASSION?

Robotics

Writing

Fashion

Science

Do you have a passion that you would be willing to share with others? Vancouver Island University's Elder College Program will help you do that. As a volunteer instructor at either the Nanaimo or Parksville campus, you will have a group of students who are eager to learn and will actively participate in your course. Your commitment could range from a single two hour seminar to a series of six two hour sessions depending on your interest.

For more information: <https://adm.viu.ca/eldercollege> or eldercollege@viu.ca



PQRTA EXECUTIVE needs **YOU!!!**

We need a **Vice-President, Secretary, and Historian** to join our Executive Team, PLEASE!!!

EXECUTIVE 2018/2019 – **calling for volunteers!!!**

Vice-President:

- a) assume the duties of the president when the latter is unavailable;
- b) chair, or designate a member to chair, elections at the AGM;
- c) be a member, with the past president, of the AGM nominating committee;

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)

Merit Travel (BCRTA Affiliated): Long Stays Vacation

Long Stay Vacations are a collection of longer duration vacations, exclusively by Merit Travel. Spend up to 30 days in your favourite destination. Live like a local with the perks of a tourist!

Our itineraries include excursions. Some trips even have a dedicated host. We also include round-trip airfares making our itineraries and prices unprecedented.



We currently have a unique opportunity available for a tour leader for our 2019 or 2020 departures. This opportunity is open to any BCRTA member who wants to participate and is well connected in the association. If you have been on a Merit Long Stay program, this will be very helpful as you are then familiar with the product.

If you can get a group of 10 couples together, even if they are not BCRTA members, you may be eligible to host the group (with training) that would provide a complimentary Longstay for you.

Advantages of having a group would be that we can then arrange your own air and departure dates (availability dependent) and look after the booking at our Victoria and Vancouver office.

Last year we have had a group out of Calgary (CRTA) that went to Spain and this past March we hosted a group at the Monte Santo Resort in Portugal with retired teachers from Alberta and Ontario.

For 2019, ideal destinations for a Longstay group would be the Sunset Beach in Malaga Spain, or the Monte Santo or St Eulalia in the Algarve in Portugal. You can, of course, build a group for any of our Longstay destinations depending upon interest.

For more information:

https://merittravel.com/category-search-results/?wpv-category=longstays-vacations&wpv_filter_submit=Browse%C2%A0

Regards, David Teame Branch Manager
3617 Shelbourne St.
Victoria, BC. V8P 4H1
1-866- 341- 1777 ext. 7243

**Become a tour leader
and receive a Long
Stay Vacation for FREE!**



PQRTA Podcast Discussion Group

Parksville Qualicum Retired Teachers' Association

Proposal for Monthly Podcast Discussion Groups

Pilot Project Starting September 2018

To promote and facilitate continual learning opportunities that are social, fun and a chance to simply get out of the cave, starting this September 2018, I would like to offer to facilitate a pilot project with the PQRTA: a monthly Podcast Discussion Group.

It is essentially a book club but listening to a podcast instead of reading a book!

Similar to book clubs, 8 members per group is recommended for the sake of available discussion time and seating, whether in a pub, or restaurant or members' home.

Over time, if there is additional interest from members there could be simultaneously a few various podcast discussion groups with different themes and locations. Any member could initiate a group. They might also share the hosting and facilitating of each gathering.

For this September's pilot project, I am inviting 8 members to join me for monthly gatherings in the afternoon.

Type of Podcast Discussion:

Podcast Discussion & Dessert Group.

Theme or Focus:

This podcast discussion group will focus on ***positive and hopeful podcast stories from around the world.***



Choosing the Podcasts:

The host for each month will explore and identify a suitable theme-related podcast.
Our September podcast: TBA

Date and Time:

September 2018: To be determined, at a later date

Location:

To start the ball rolling, September will be at my house in Qualicum Beach.

Refreshments:

We will keep things simple. The host offers tea/coffee and one favourite dessert *mmmm. . . . Sounds yummy.*



How does it work?

1. Listen to the **podcast prior to the meeting in the comfort of your home.** To provide a bit of structure in our discussions, answer these four simple questions:

- a. Identify and describe briefly a key point that caught your attention.
- b. How might you relate this topic to our local scene?
- c. Describe any personal experiences you have had on this topic.
- d. If this podcast changed your thinking or awareness, describe how.



It might be helpful to write down a few notes and bring them along to our discussion. (Max 3-5 minutes please.)

2. Our code of conduct is always friendly and supportive. The host can welcome everyone and start the ball rolling for discussion. Everyone then has a chance to voice their thoughts, experiences, and feelings on the topic, about 3-5 minutes per person. Read your 4 answers if you prefer!

3. Once everyone has had a chance to speak, continue discussion by inviting questions and further comments.

4. Allow all to have a chance to respond and speak (about 1 minute each) before speaking again. Please consider others and our limited time.

5. Diversity can be a good thing. We do not have to agree with others. Therefore some helpful words to enable us to respond in a ***respectful way to each other*** might include:

- a. I hear what you are saying. However, I see it this way.
- b. My experiences are different. I see it from this point of view. . .
- c. I would like to add to the point that Charlie made earlier.

6. Once everyone has put forward what they want to, have seconds on the dessert and coffee and just have fun and socialize. 1 to 1 1/2 hours?

How to Participate:

So how can I be part of this pilot project? As a member of the PQRTA, simply sign-up at the September monthly club meeting, or contact me. 8 maximum.

Hope you can join us to check out our new fun and friendly learning opportunity!

Cathy MacFarlane
fiona3@shaw.ca
250.594.2260



RECYCLING NEWS: Parksville Bottle & Recycling Depot is participating in a pilot project to collect “Other Flexible Packaging”

OTHER FLEXIBLE PLASTIC PACKAGING CHARACTERISTICS (one or more):

- Has multiple layers of different types of plastics
- Is crinkly and loud when crumpled
- Is a flexible plastic that won't stretch
- Has a foil lining
- Is used to keep food fresh over time
- Has a zig-zag edge when sealed (like the edges of dried pasta bags or snack bars)
- Has a zipper lock seal
- Isn't a stretchy plastic (can't poke your thumb through it)

Stand-up and Zipper Lock Pouches

- Zipper lock pouches for frozen foods like prawns, berries, prepared food, etc.
- Zipper lock bags for fresh foods like grapes, berries, deli meat, etc.
- Stand-up pouches for baby food, hand soap refills, etc.
- Stand-up and zipper lock pouches for things like dried fruits, granola, sugar, oatmeal, quinoa, dish detergent pods, grated cheese, etc.

Crinkly Wrappers and Bags

- Bags for potato chips, candy, dried pasta, cereal, etc.
- Cellophane for flowers, gift baskets, etc.
- Wrappers for cheese slices, snack bars, instant noodles, etc.

Flexible Packaging with Plastic Seal

- Packaging for fresh pasta, pre-packaged deli meats, pre-packaged cheese, etc.

Woven and Net Plastic Bags

- Net bags for avocados, onions, oranges, lemons, limes, etc.
- Woven plastic bags for rice, etc.

Non-food Protective Packaging

- Padded protective plastic like plastic shipping envelopes, plastic air packets, bubble wrap

NOT collected as part of Other Flexible Plastic Packaging

- Plastic Squeeze Tubes
- Plastic-lined Paper
- Paper-lined Plastic
- Plastic Strapping
- 6-pack Rings
- Biodegradable or Oxo Plastic
- PVC/Vinyl
- Squishy Foam

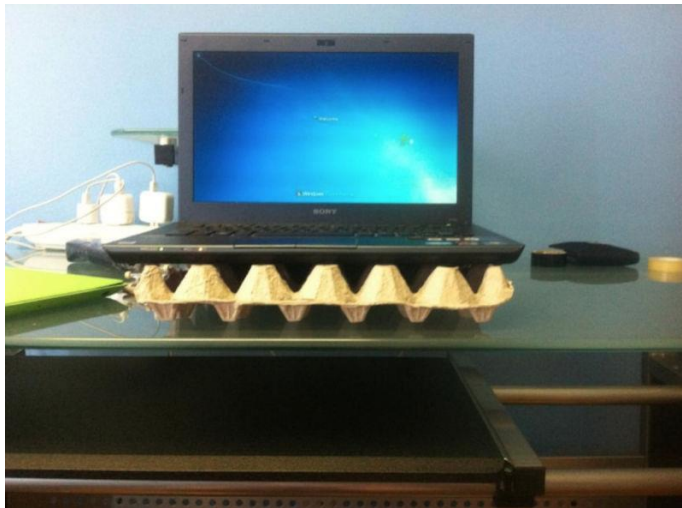


For more info: <https://recyclebc.ca/flexiblepackaging/#1526665769700-1846b822-6461>

Brilliant Life Hacks You'll Wish You'd Known Sooner

Life hacks are often no-brainers -- the kinds of obvious things that have you asking yourself, "Hey, why didn't I think of that?" Some, you might already know, but some might be a surprise! Best part – they don't cost much!!!

1. Use An Egg Carton To Cool Off Your Computer



Although laptops are made to sit on your lap, they can often overheat. If you hear the fan on your computer working overtime, set it up on an egg carton to help it cool off.

2. Use Gas Cap While Pumping Gas

By placing your gas cap between the lever of the gas pump, you can save yourself from having to stand next to your car and physically pump gas.

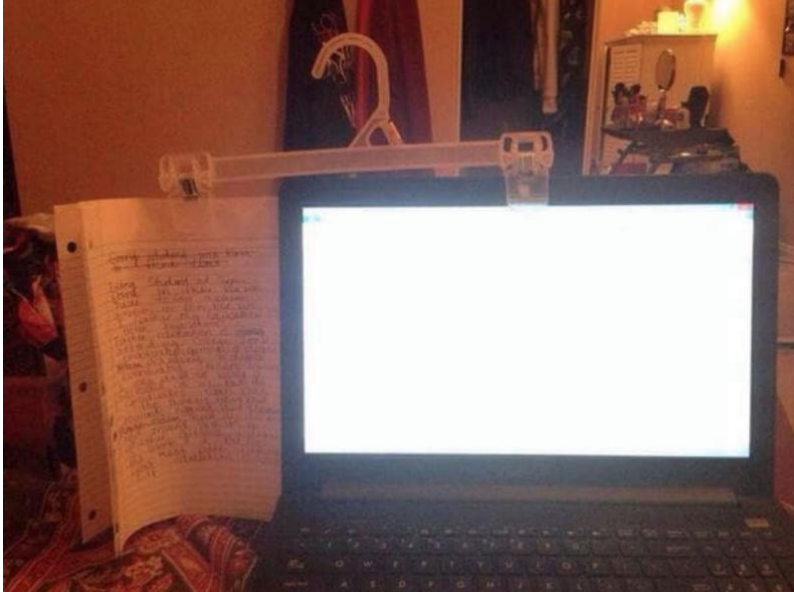


3. Don't Waste Anymore Soap



When your current bar of soap gets super low, simply leave it on top of a new bar and the two will mesh. Voila! No wasted soap.

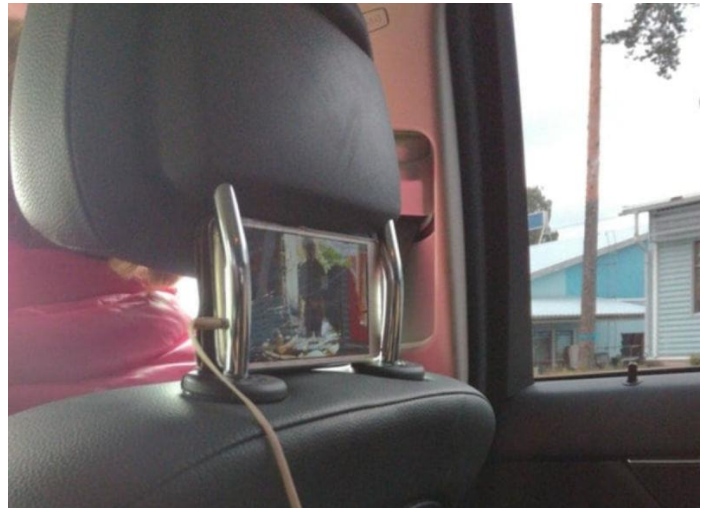
4. Use A Coat Hanger With Clips To Hold A Paper While Typing



Clip one side of a hanger to your computer and the other to the paper that you're reading off, to make it easier!

5. Use Your Car's Headrest To Hold A Cell Phone

No need to spend money having televisions installed in your car. Simply lift the headrest, place a phone behind the bars, and lower it down to secure the phone in place.



6. Use Dish Soap & Water To Find The Hole In Your Tire or Blow Up Toys

"Fill your tire full of air, take off your tire, and get some dish soap and water. Bubbles will develop wherever there is a leak." Also, works to find the leaks in "blow up" plastic toys, too!

7. Use Pool Noodles To Keep Your Boots Upright



The best way to store your fall and winter boots is to cut a pool noodle into fourths and insert a piece into each one.

8. Stripped Screw? There's A Hack For That

Place a rubber band over a stripped screw before trying to remove it with a screwdriver and it will come out with relative ease. Pretty simple, right?



9. Stop Watering Down Your Wine



Remember that whole "life is hard" thing? Use frozen grapes instead of ice cubes to keep your wine chilled after a long day. Problem solved.

10. Afraid Your Toilet Is Going To Overflow?



You actually don't have to call a plumber if your toilet seems like it's going to overflow. Simply turn the valve that is connected to the wall to shut the water off.

11. Diapers Aren't Just For Babies

If you bring your valuables to the beach and are afraid of someone stealing them while you go for a stroll, simply wrap them in a clean diaper. No one else knows it's clean and won't go near it!



12. Moving? Put Your Clothes In Trash Bags



If you're moving, simply put your clothes in trash bags and leave them on the hangers. It will protect them from getting dirty and it will be super easy to hang them back up when they arrive at your new abode.

13. Use A Hair Clip To Rally Wires

Do you have all kinds of cords plugged in next to your bed or your couch? Using a hair clip to keep them all together is pretty brilliant.



14. Stop Fighting With The Tape

Tape is sticky, that's no secret. In order to stop spending countless minutes trying to find the edge and tear it free, place a paperclip along the edge.



15. Trash Bag Keep Falling In The Trash Can?

Use a plastic stick-on hook upside down on the side of your trash can and loop the bag on it to keep it from falling in.



Be sure to SHARE these clever, but simple ideas with your family and friends!



The Crafty Blog Stalker

A WildSafe Yard

<https://wildsafebc.com/a-wildsafe-yard/>

WildSafeBC is a program designed to reduce human-wildlife conflict through education, innovation and cooperation. It has evolved out of the highly successful Bear Aware program and is owned and delivered by the British Columbia Conservation Foundation.



Landscaping To Remove Cover And Food For Wildlife

- Trim trees and shrubs so as to remove branches that could provide ground cover
- Design your yard with clear sight lines (don't have trees or shrubs that create blind-spots that allow wildlife to hide)
- Consider plants that are less attractive as a food source for wildlife
- Remove or limb trees that are adjacent to your home so as to prevent access points for arboreal animals such as raccoons, rats or squirrels

Fencing Your Perimeter

- solid fencing (such as wood panel fences) help deter deer as they usually will not jump a fence unless they can see where they will land
- continuous concrete foundations will deter animals that might otherwise dig under the fence

Using Electric Fencing To Protect Backyard Chickens, Bees, Or Fruit Trees

- Highly attractive assets like chickens, bees or fruit trees can be protected through the use of easily [installed electric fencing](#)

Storing firewood, lumber or other materials in a way so as to reduce its attractiveness as a home or hiding place for smaller animals

- Create small stands at least 15 cm off the ground to store materials like lumber on. Smaller mammals will not be afforded a hiding place once the material is off of the ground.

Blocking Off Access Points For Smaller Animals That May Be Looking For Nesting Cavities - always ensure no animals are inside of the area you are about to close off

- Use metal sheeting or heavy gauge mesh wire of small enough dimension to exclude your target specie(s)
- If excluding wildlife from under decks or sheds be sure to bury the mesh or metal sheeting and to have it angle back outwards
- If excluding wildlife from attics be sure to provide sufficient overlap of the mesh that is in turn covered (with boards or metal sheeting) to prevent wildlife from gnawing underneath the cove

How we manage our living space has a great deal of influence on the amount of human-wildlife conflict we experience. We recommend a yearly self-audit of your living space and encourage you to reduce the possibility of conflict by:

Removing Attractants (Things Animals Like To Eat) From Your Yard

- Do not store garbage outdoors
- Pick up fallen fruit
- Remove bird feeders or at least keep the area under the feeder clean and reduce the amount of seed you put out at a time (no more than a cup at a time)
- Do not feed pets outdoors
- Keep your barbecue clean

Managing Your Compost Correctly No Meat, Dairy, Or Bones

- Use equal parts of brown and green material
- Do not overload the compost with fruit - if need be, store material indoors (or freeze) and add gradually



Parksville Qualicum Savings APP

Get local discounts!!!

<https://save.visitparksvillequalicumbeach.com/checkout/100/parksville-qualicum-beach-tourism-association/268/parksville-qualicum-beach-savings-pass>

10 KEYS TO ACTIVE LONGEVITY

https://www.growingbolder.com/the-10-keys-to-active-longevity-3054115/?utm_source=Growing+Bolder+Newsletters&utm_campaign=d6cf24b3b5-EMAIL_CAMPAIGN_2018_08_08_03_07&utm_medium=email&utm_term=0_6413e8346a-d6cf24b3b5-296836097

Almost any area in country has the potential to be a great place to live but very few offer what it takes to thrive as we grow older. At Growing Bolder we've looked closely at the best residential communities in the country in search of those that not only offer a great home to live in, but incorporate the features important to active, engaged and healthy aging. Top 10!



1. Strategic Location:

It's not about where you live but rather what you're near. Optimizing the power, passion and potential of growing older requires walkability and connectivity to a dynamic community that delivers on all essential needs, desires and services.

2. A Launch Pad to What's Next:

The best adult communities provide access to lifelong learning opportunities and deliver the inspiration, tools and resources necessary to make the rest of your life the best of your life.

3. Health-Wealth Connection:

The single most important investment that we can make is improving our overall health and fitness. Leveraging the health-wealth connection can dramatically lower what will likely be our greatest expense as we age — healthcare. The best adult communities integrate fitness and wellbeing opportunities into daily life, helping lower future healthcare costs.

4. Arts and Entertainment Options:

Creative engagement is important to healthy aging. Access to a wide range of arts and entertainment options, both on-site and in the surrounding community, are essential to residents and their out-of-town guests, including grandchildren.



Does your community create opportunities to socialize with your neighbors and friends?
It should!

5: Volunteer Opportunities:

Purpose-driven engagement is a critical and often overlooked component of active longevity. The desire to make a difference in the lives of others and in the community in which we live only grows as we age. Having easy access to a wide variety of volunteer opportunities is critical to healthy aging.

6: World Class Healthcare:

Even if we active pursue health and wellbeing, occasional health setbacks are a fact of life, especially as we grow older. Life-saving advances in technology and medicine are occurring almost daily. Living in close proximity to world-class healthcare can help provide access to these breakthroughs.

7: Lock and Leave Security and Proximity to a Major Airport:

Active adults are on the move and benefit from the ability to lock and leave with confidence, knowing that everything is safe and secure and will be maintained. Easy access to a major airport is essential for traveling and the convenience of out-of-town guests.

8: Lifestyle Enabling Amenities:

Most active adults are anxious to downsize their home but not their lifestyle. Low-maintenance, energy-efficient living that doesn't come with a daily to-do list is critical. Open and flexible floor plans that facilitate entertaining and accommodate visitors, incorporate natural light and offer plenty of storage are important.

9: Intergenerational Opportunities:

Living in an enclave of like-minded adults inside or adjacent to a larger, intergenerational community is the ultimate win-win. Intergenerational relationships have been proven to increase self-esteem, improve mental health and boost performance.

10: Employment Opportunities:

There's a new life stage that holds an opportunity for three or four decades of active life beyond normal retirement age. Many will continue to work into their 70s, 80s, and 90s — some because they want to and others because they have to. Living near a business community that offers multiple opportunities for employment is important

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



Recycle stamps!

POINTS TO PONDER:



How Walking in Nature Changes the Brain

<https://well.blogs.nytimes.com/2015/07/22/how-nature-changes-the-brain/?smid=fb-share&r=0>

Nature Makes Us Happier and Kinder!

<http://www.yesmagazine.org/planet/we-know-nature-makes-us-happier-now-science-says-it-makes-us-kinder-too-20160312>

Climate Change and other Factors to Fuel Wildfires: by David Suzuki

https://davidsuzuki.org/story/climate-change-combines-with-other-factors-to-fuel-wildfires/?utm_campaign=scienceMatters-climateChangeCombines-en-31aug2018&utm_source=mkto-none-smSubscribers-link-readOnline&utm_medium=email&mkt_tok=eyJpIjoiT1dOaU16RmpPVGxrTXpZeiIsInQiOiJkekRWM0hmMnZLZWROS2JtemZkam0zZ05Nb0JOREZBelpBeDg5cWpVdk1hQ1dYcVntbExSeU5wREZYaHN0ZjFUMG9jWXdmaW1ZeGRsXC9KU1RwU1wvXC9yVVBkRWtjZ2FcL2Q2OXpSdE82WFBxZnYyYUR6ZEU5UWp4SmNkc2krXC9WUjNcLyJ9

Canadian Medical Association: Demand a Plan Survey

As per BCRTA Connections (July 2018):

The national body of retired teachers ACER-CART is notifying retired teachers across Canada about an online survey regarding Seniors Health Care.

Demand a Plan advocates for a national seniors care strategy. It is supported by Canada's doctors, whose job it is to serve you, the public, and see to your wellness. To that end, Demand a Plan has released a new survey to gauge the public's thoughts on new seniors care measures.

How do you feel about the health care system's ability to adequately meet the seniors' care needs for you and your family? Take the survey! Only SIX questions! Click here:

<https://www.demandaplan.ca/surveys/new-federal-seniors-measures>

Brian Day – Private Clinic Court Case

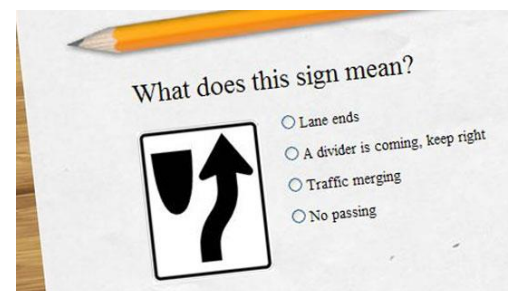
BCRTA supports the case against Brian Day. (\$5000 last year and \$5000 this year)

For more information and to sign the open letter, click here:

<http://www.healthcoalition.ca/sign-the-open-letter/>

Take the ICBC online driving knowledge Re-Fresher test:

<https://www.icbcdrivesmart.ca/?theme=2>



MISH-MASH of MEDICAL NEWS:



How to get rid of a migraine naturally?

https://draxe.com/how-to-get-rid-of-a-migraine/?utm_campaign=migraine&utm_medium=social&utm_source=facebook&utm_content=draxe

Benefits of Blackberries:

https://www.medicalnewstoday.com/articles/322052.php?utm_campaign=trueAnthem%253A+Trending+Content&utm_content=5b193cbb9ebbef000769c70f&utm_medium=trueAnthem&utm_source=facebook

How a Red Wine Compound May Prevent Cancer

https://www.medicalnewstoday.com/articles/322300.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

15 Foods to Lower Blood Pressure

https://www.medicalnewstoday.com/articles/322284.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Health Benefits of Cranberry Juice

https://www.medicalnewstoday.com/articles/322731.php?utm_source=newsletter&utm_medium=email&utm_country=CA&utm_hcp=no&utm_campaign=MNT%20Weekly%20%28non-HCP%20non-US%29%20-%20OLD%20STYLE%202018-08-15&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

Video - 9 Great Ways to Use Lemons Around the House

https://www.moneytalksnews.com/watch-this-5-great-ways-to-use-lemons-around-the-house/?utm_source=newsletter&utm_campaign=email-2018-08-21-pm&utm_medium=email&subscriber=yes

Strawberries Could Improve Inflammatory Bowel Symptoms

https://www.medicalnewstoday.com/articles/322751.php?utm_source=newsletter&utm_medium=email&utm_country=CA&utm_hcp=no&utm_campaign=MNT%20Weekly%20%28non-HCP%20non-US%29%20-%20OLD%20STYLE%202018-08-22&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

10 Best Breakfast Foods

https://www.medicalnewstoday.com/articles/322811.php?utm_source=newsletter&utm_medium=email&utm_country=CA&utm_hcp=no&utm_campaign=MNT%20Weekly%20%28non-HCP%20non-US%29%20-%20OLD%20STYLE%202018-08-22&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

Oregano Oil for Infections, Fungus and the Common Cold

https://draxe.com/oregano-oil-benefits-superior-prescription-antibiotics/?utm_campaign=oreganooil&utm_medium=social&utm_source=facebook&utm_content=draxe

PQRTA PROGRAM: June 2018



Our year end barbecue and AGM was GREAT FUN with 50 people at the Shoreline Club House. We had some "old" members, some "new" members, and some "might" become members! Thanks to ALL for making it a successful event!



PQRTA Member Gerry Galey says....

An American test. I failed much of it. I wonder what the Canadian equivalent would look like?

What it took to get an 8th grade education in 1895...

Remember when grandparents and great-grandparents stated that they only had an 8th grade education? Well, check this out. Could any of us have passed the 8th grade in 1895?

This is the eighth-grade final exam from 1895 in Salina, Kansas, USA . It was taken from the original document on file at the Smokey Valley Genealogical Society and Library in Salina, and reprinted by the Salina Journal.

8th Grade Final Exam: Salina, KANSAS - 1895

Grammar (Time, one hour)

1. Give nine rules for the use of capital letters.
2. Name the parts of speech and define those that have no modifications.
3. Define verse, stanza and paragraph
4. What are the principal parts of a verb? Give principal parts of "lie", "play," and "run."
5. Define case; illustrate each case.
- 6 What is punctuation? Give rules for principal marks of punctuation.
- 7 - 10. Write a composition of about 150 words and show therein that you understand the practical use of the rules of grammar.

Arithmetic (Time,1 hour 15 minutes)

1. Name and define the Fundamental Rules of Arithmetic.
2. A wagon box is 2 ft. Deep, 10 feet long, and 3 ft. Wide. How many bushels of wheat will it hold?
3. If a load of wheat weighs 3,942 lbs., what is it worth at 50cts/bushel, deducting 1,050 lbs. For tare?
4. District No 33 has a valuation of \$35,000. What is the necessary levy to carry on a school seven months at \$50 per month, and have \$104 for incidentals?
5. Find the cost of 6,720 lbs. Coal at \$6.00 per ton.
6. Find the interest of \$512.60 for 8 months and 18 days at 7 percent.
7. What is the cost of 40 boards 12 inches wide and 16 ft. Long at \$20 per yard?
8. Find bank discount on \$300 for 90 days (no grace) at 10 percent.
9. What is the cost of a square farm at \$15 per acre, the distance of which is 640 rods?
10. Write a Bank Check, a Promissory Note, and a Receipt

U.S. History (Time, 45 minutes)

1. Give the epochs into which U.S. History is divided
2. Give an account of the discovery of America by Columbus.
3. Relate the causes and results of the Revolutionary War.
4. Show the territorial growth of the United States.
5. Tell what you can of the history of Kansas.
- 6 Describe three of the most prominent battles of the Rebellion.
7. Who were the following: Morse, Whitney, Fulton , Bell , Lincoln , Penn, and Howe?
8. Name events connected with the following dates: 1607, 1620, 1800, 1849, 1865.

Orthography (Time, one hour) [Do we even know what this is??]

1. What is meant by the following: alphabet, phonetic, orthography, etymology, syllabication
2. What are elementary sounds? How classified?
3. What are the following, and give examples of each: trigraph, subvocals, diphthong, cognate letters, linguals.
4. Give four substitutes for caret 'u.' (HUH?)
5. Give two rules for spelling words with final 'e.' Name two exceptions under each rule.
6. Give two uses of silent letters in spelling. Illustrate each.
7. Define the following prefixes and use in connection with a word: bi, dis-mis, pre, semi, post, non, inter, mono, sup.
8. Mark diacritically and divide into syllables the following, and name the sign that indicates the sound: card, ball, mercy, sir, odd, cell, rise, blood, fare, last.
9. Use the following correctly in sentences: cite, site, sight, fane, fain, feign, vane , vain, vein, raze, raise, rays.
10. Write 10 words frequently mispronounced and indicate pronunciation by use of diacritical marks and by syllabication.

Geography (Time, one hour)

1. What is climate? Upon what does climate depend?
2. How do you account for the extremes of climate in Kansas?
3. Of what use are rivers? Of what use is the ocean?
4. Describe the mountains of North America.
5. Name and describe the following: Monrovia , Odessa , Denver , Manitoba , Hecla , Yukon , St. Helena, Juan Fernandez, Aspinwall and Orinoco.
6. Name and locate the principal trade centers of the U.S.
7. Name all the republics of Europe and give the capital of each.
8. Why is the Atlantic Coast colder than the Pacific in the same latitude?
9. Describe the process by which the water of the ocean returns to the sources of rivers.
10. Describe the movements of the earth. Give the inclination of the earth.

Notice that the exam took FIVE HOURS to complete.

Gives the saying "he only had an 8th grade education" a whole new meaning, doesn't it?!

NO! I don't have the answers!

FORTIS GAS REBATE:

Are you planning to have your annual check-up done on your furnace and/or fireplace, in preparation for the coming winter? The \$25.00 per appliance rebate for up to 2 appliances, from Fortis Gas, ends on September 30. In case you haven't taken advantage of this cost saving, in the past, your natural gas contractor can tell you more about it (the rebate is applied against your gas billing). Thanks to Val Dyer for this information.



\$25 rebate for natural
gas furnace/boiler or
fireplace servicing
fortisbc.com/servicerebate

SUMMER GOINGS AND DOINGS:

Gerry Galey in Bermuda: Wed. August 22nd



A typical street in St. George
Very British...drive on LEFT!

A 17 century relic.
Our ship Insignia in distance.



We listen to the town crier doing his
thing.

Drummer entertains in St George.



Tug pulls us away just before the pilot hops on board. Next stop, New York!

ELAINE R. YOUNG

WOW!! Summer flew by. I managed a bit of camping, trips to the lower mainland, and Gabriola Island both to see friends. This week My Rotary Group organized a successful and sold out RCMP Musical Ride. As a sponsor of the Ballenas Interact (Secondary School Rotary) Club, we were responsible for handling the food services at the event. Lots of work and a very positive experience for all. I have also accepted the role of the Youth Leader for Parksville AM Rotary.

Working with youth is a gift to me. These young people are exceptional in their will to put "Service Above Self." In fact, when travelling to the schools, I see many positive examples of students who are making positive change happen. The world will be in good hands with the coming generation.

September and October will bring campaigns and elections. I will be running for School Trustee in Parksville/Qualicum/Area G. Please get out and vote on October 20th!!!

BARB THORSELL: I had a great summer. Lots of family visits. One being from my older son and his wife, from Doha, Qatar. My son is a principal of a B.C. run school, there. And, another exciting time when my youngest great granddaughter came for a visit. She is my second great granddaughter and she had just turned one. I have the third great granddaughter due at the end of September. I also have two great grandsons! What a family! And, I love them all.

BETTY KENNAIRD

My summer has been disappointing My leg gave out under me again and broke just below the knee and I have been in NRGH since July 9 with no weight on that leg and probably won't be released until Sept however if one must be in hospital this is certainly a good one The staff are great

BETTY ANNE HAMILTON - Hello from OZ!

I rang bells & chimes with 300+ "dingalings" in Cairns Queensland at the International Handbell Symposium from Aug.6-12. After a few days in Ayers Rock & Alice Springs we're now in Adelaide where I'm catching up with 1995 teacher exchange friends. From here we'll visit friends & relatives in the state of Victoria including an aunt who's planning her 100th birthday party! We fly home from Melbourne Sept.7th. Best wishes to all who are able to attend the "To hell with the bell" breakfast & are ready to enjoy another year of purposeful healthy retirement!

EVELYN OWENS – (Age 93) is having summer fun swimming and kayaking with her daughter Linda, and grand dog, Jesse James.



**Way to
go,
Evelyn!**
**How to
stay
YOUNG!**

Sharon Cox-Gustavson:

Yes, I did enjoy our beautiful summer until this dreaded smoke blew in our way, and I feel so sorry for the people suffering the forest fires' consequences.

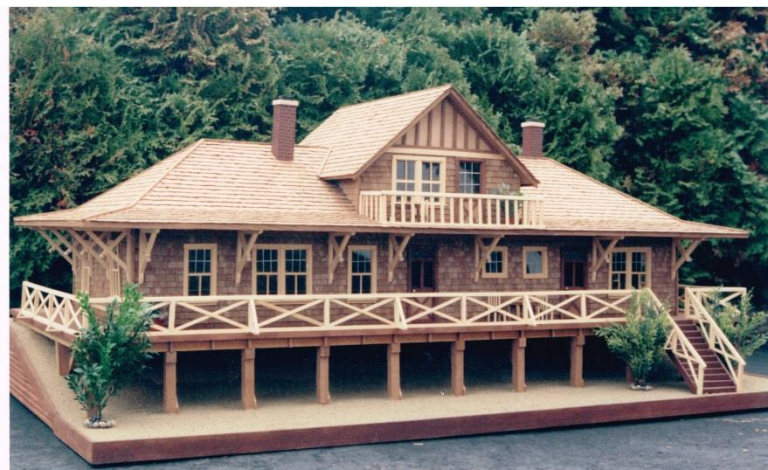
So..... I was busy prepping for the Coombs' Historical Display at the Coombs Fair, which included the fantastic models of three historical buildings created by Paul Rozak. Around 1912, the following three buildings originated with the coming of the railroad through Coombs to the Alberni Valley, along with the creation of the Arrowsmith Trail and the Coombs' Salvation Army Colony.

**Ford Log House**

Pioneer Walter Ford was the forest engineer who had the land cleared with the help of fifty Sikhs.

**French Creek School**

The first government built school to open in the district due to the Salvation Army's social awareness of human rights.



Cameron Lake CPR Lodge for the wealthy Victorians to have a holiday destination whereby they could enjoy the pristine wilderness of Vancouver Island.

Cathy Van Herwaarden:

An AWESOME summer of camping, travelling, attending a nephew's wedding in Squamish and backyard patio entertaining of family and friends!!! At the end of June, our camping began with a terrific trip to Quadra Island (off Campbell River). In July, we headed to the interior of BC (before the wildfires hit) and travelled through the Gang Ranch (used to be the biggest ranch in all of North America). We survived "the hill" in and out of Bella Coola, but never again!!! Then, we took the 7 hour ferry ride to Haida Gwaii and spent a week checking out the incredible sights. Every day was a new adventure of endless beaches, beautiful old growth forests, and towns with interesting things to explore: Pesuta shipwreck, Balancing Rock, Golden Spruce, abandoned Haida Canoe in the forest, a moss covered "Green" Cemetery, totem poles, gift shops, and museums. An AMAZING, INCREDIBLE experience!!!



Here's some pics!



Old Masset, now known as Haida



Vinnie, Ziggy and Cathy on North Beach. People are still allowed to drive vehicles on the beaches!!!



Here's the remains from the Pesuta that ran aground in 1928. Worth the 2 hour walk along the beach to see it!

My husband Allan, in front of the huge salmon sculpture in Sandspit on Moresby Island. That's quite the fish story!



Millennium ago, this balancing rock was left by a glacier.



I am a Seenager. (Senior teenager) I have everything that I wanted as a teenager, only 60 years later.
I don't have to go to school or work.
I get an allowance every month.
I have my own pad.
I don't have a curfew.
I have a driver's license and my own car.
I have ID that gets me into bars and the whisky store.
The people I hang around with are not scared of getting pregnant.
And I don't have acne.
Life is great. I have more friends I should send this to, but right now I can't remember their names.



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**



September Events - Parksville and Qualicum Beach Area
<https://www.visitparksvillequalicumbeach.com/events>

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
Sept. 6 – Gord Johns' Public Meeting on Affordable Housing (7:00pm Parksville Conf. Centre)
Sept. 22 – 6:54pm – official arrival of fall
Sept. 27 – Ravenskill Orchard on Gabriola Island – more details to come!
Sept. 27 – Teachers' Pension Plan "payday"
Sept. 26 – Canada Pension Plan and Old Age Security
Sept. 28 – Pro D Day in School District 69

PQRTA EXECUTIVE and CONTACTS for 2018/2019:

President – Cathy Van Herwaarden
Vice-President – VACANT – **We NEED you!!!**
Past-President – Kay Howard
Treasurer – Ellen Coates
Secretary – VACANT – **We NEED you!!!**
Programs – Suzanne Rush
Membership – Diane Williams
Communication – Val Dyer
Heritage – Sharon Cox-Gustavson
Historian – VACANT – **We NEED you!!!**
Phoning Contacts – Jan Graham and Nancy Whelan
Well Being Contact – Barb Brett
<http://bcrrta.ca/branches/>

