



PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER #18 – November 2018

PRESIDENT'S GREETING from Cathy Van Herwaarden:

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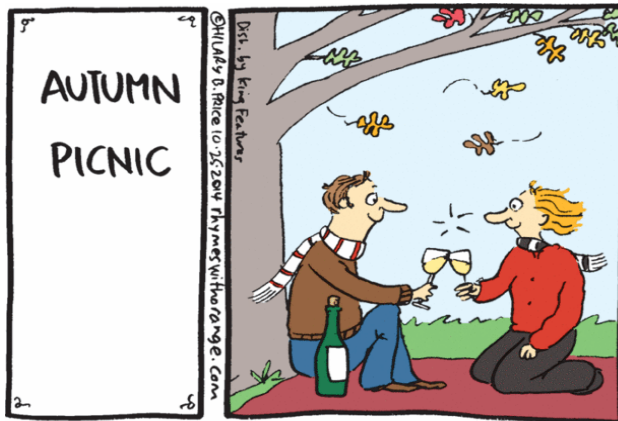


"I must be in the autumn of my life.
I feel like a pile of wet leaves."

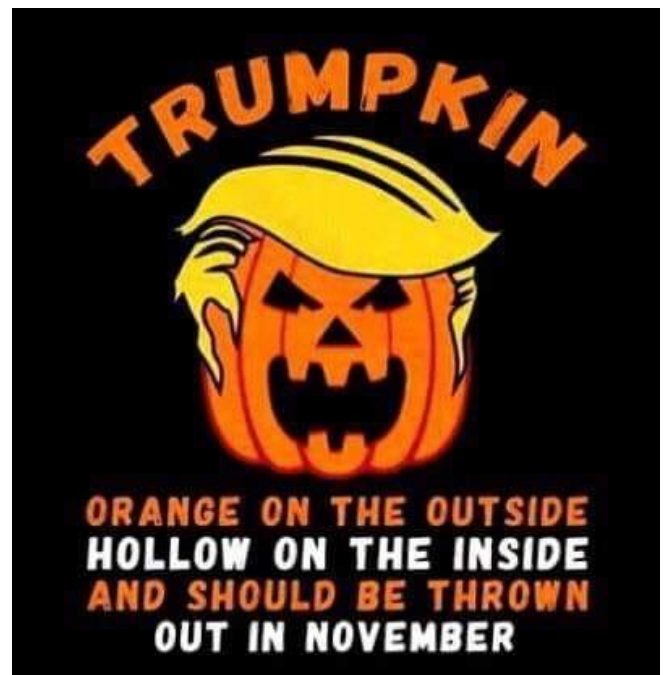
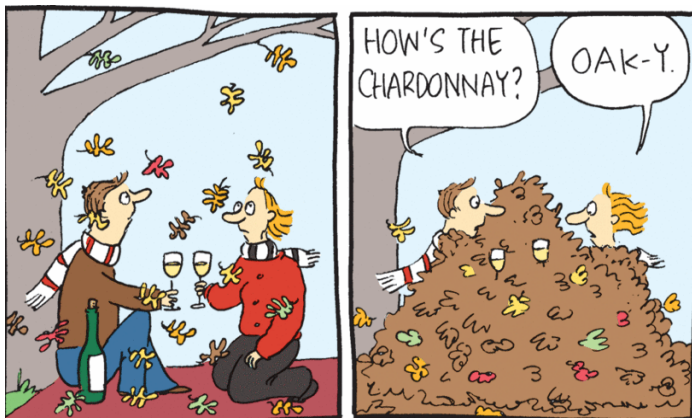
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Will you please pick up your clothes?



HAPPY AUTUMN



BCTF News

October 15, 2018



Union Win At Arbitration Means School Districts Must Address Teacher Shortages

The BC Teachers' Federation has won an important ruling in a provincial grievance filed almost a year ago. It alleged school boards breached the collective agreement by failing to hire enough certified teachers to meet class-size and specialist ratios language that was restored by the Supreme Court of Canada (SCC).

In a decision rendered October 11, 2018, arbitrator Jennifer Glougie stated that "the restored language is of great importance to teachers and was won after a hard-fought, protracted legal battle. The fact remains that, for almost a decade and a half, teachers have been deprived of these important rights which the SCC Decision acknowledges were unconstitutionally removed from their collective agreement."

Since the SCC's landmark ruling, Chilliwack and other school districts did not recruit enough teachers to meet the class-size limits nor the guarantees of services from specialist teachers. As a result, when classroom teachers are absent, teacher-librarians, counsellors, and other special education teachers are being pulled away from their specialist duties, in violation of the contract.

"Because of the failure to fill classroom teaching positions, students with special needs have been losing out," BCTF President Glen Hansman said. "Every time a specialist teacher is required to fill in for a classroom teacher, their special programs are set aside. Students with special needs should not be bearing the burden of school districts' reluctance to recruit pro-actively."

Evidence from the Chilliwack school district was used as an example in this arbitration, but the impact of Glougie's decision is by no means limited to Chilliwack. Rather, it will provide guidance in resolving similar issues in other school districts across the province, Hansman emphasized. "Chilliwack is not the only district that could have hired more teachers and chose not to," Hansman noted. "Hundreds more people applied for positions and some districts didn't hire them, or even interview."

Ever since the Supreme Court ruling, the BCTF has urged government to act. The previous Liberal government put \$50 million toward teacher recruitment in January 2017, and a further \$2 million for rural and remote districts later that spring. However, many districts, including Chilliwack, did not take advantage of all the available funding to help jumpstart hiring, and passed over certified teachers they could have hired, so the problem persisted into the 2017-18 school year.

The BCTF has repeatedly raised concerns with Education Minister Rob Fleming about the persistence of the failure-to-fill problem and the impact on students, especially those with special needs. Minister Fleming appointed a ministerial Task Force on Immediate

Recruitment and Retention Challenges, which reported back in December 2017, but only some of its recommendations have been implemented. Meanwhile, shortage problems have continued.

Hansman called on the Minister to implement the remainder of the recommendations urgently, and to direct school districts to ensure that day-to-day teacher absences are filled and that students are not deprived of the specialist services they require.

"It's now the seventh week of the school year and there are almost 400 teaching jobs advertised," Hansman said. "This shortage was predictable and avoidable. It must be addressed immediately."

For the full decision by Arbitrator Glougie's, click here:

<https://bctf.ca/uploadedFiles/Public/NewsAndEvents/NewsReleases/2018/BCPSEA%20-and-%20BCTF%20-%20ARBITRATION%20AWARD.PDF>

Anti-SOGI School Trustee Sues BCTF President



Chilliwack school trustee Barry Neufeld at the Oct. 2 board meeting. Neufeld filed a lawsuit Oct. 12th for defamation against BCTF president Glen Hansman. Barry Neufeld says Glen Hansman's words caused him "indignity," "personal harassment," and "anxiety" (Paul Henderson/ The Chilliwack Progress) – October 19, 2018

For the full story, click here:

<https://www.theprogress.com/municipal-election/anti-sogi-chilliwack-school-trustee-files-defamation-lawsuit-against-bctf-president/>

More on the story, click here:

<https://theyee.ca/News/2018/10/23/Chilliwack-School-Vote-Majority-Support-SOGI/>

Over the past two years, BC Retired Teachers' Association has given \$10,000 towards fighting Brian Day's extra billing for two-tier health

BC HEALTH COALITION NEWS: Brian Day Court Case, as of October 10, 2018

We are working to ensure that not only are Brian Day's false promises (that two-tier health care will improve wait times) are debunked, but that the public knows what this case is really about: removing the protections that ensure patients can get care based on their need and not their ability to pay.

We are at a turning point in the Cambie Case - the Plaintiffs (Cambie) will complete their part of the case by the end of this month. Starting in November, the other parties will have their say, including our intervener group: two courageous patients, along with two doctors, Canadian Doctors for Medicare, and the BC Health Coalition.

For more information about the intervener group: http://savemedicare-bchealthcoalition.nationbuilder.com/the_intervenors?utm_campaign=cambie_update_oct18&utm_medium=email&utm_source=bchealthcoalition

Brian Day's Cross-Examination:

As you know, Brian Day, CEO and President of Cambie Surgeries Inc., started this Charter Challenge back in 2006 after he learned his clinics were going to be audited by the BC Government. The audit was triggered by dozens of complaints by patients who complained they had been illegally overbilled at Cambie's clinics.

Finally, Brian Day took the stand and was cross-examined about his affidavits, his public statements and his business practices. His time on the stand was both confusing and illuminating at the same time, with Day contradicting himself repeatedly throughout the three days.

Day One – Confusing and Contradictory Evidence

Day Two – Doctor's Credibility gap widens

Day Three – The Mystification continues

For detailed description of Brian Day's cross-examination, click here:

<https://www.bchealthcoalition.ca/about/what-we-do/defend-public-health-care/brian-day-takes-stand-and-more/brian-day-cross-examination>

The provincial lawyer concluded his cross-examination by accusing Day of fraudulent billing activity at his private clinic, stating:

"I'm going to suggest, Dr. Day, that it's quite remarkable that your physicians are prepared to accept a cheque, the basis for which they have not been told, over a period of years, with no documentation anywhere, nothing in writing explaining what the basis of that payment is, and I'm going to suggest that that is a very suggestive arrangement, a very unusual and a very suggestive arrangement...of the company's awareness that what was going on was not legitimate, that it was, to...use your terminology, fraudulent."

The Case - What Comes Next?

Now, our lawyers are working with our two key experts before they take the stand to be cross-examined by Cambie's lawyers: on November 26, Dr. Marie-Claude Premont (an expert on the impacts of the Chaoulli decision in Quebec) and on December 3, Dr. David Himmelstein (an expert on the relationship and links between the US and Canadian health care systems).

Then, in January, the BC Government, who are the Defendants in this action, will argue their case. Their case will conclude by April 2019, followed by Closing Statements by all parties later that spring. Finally, there will be the Judge's ruling, which will come sometime in the months following the end of the trial.

Extra-Billing and the Injunction Application:

Extra-billing is a key focus of the Cambie case - Brian Day is trying to make it possible for doctors to extra-bill (to charge patients unlimited amounts for any procedure).

In April, the government enacted legislation increasing the fines that doctors and clinics could receive if they extra-billed patients for services covered by MSP, along with other protections for patients.

In reaction to this move, Cambie applied for an injunction to stop the enforcement powers (or in other words, to be able to continue to extra-bill) until after a judgement is made on the entire Cambie trial - which could be another year. Judge Winteringham, who heard the injunction application, will make her decision within the month. In the meantime, the start date for the new patient protections is on hold.

P.S. The work at the BC Health Coalition is coordinated by a small but mighty team of staff members, alongside many volunteers. Your donations ensure we have the resources to do the work needed to strengthen public health care. If you wish to donate:

<https://www.bchealthcoalition.ca/donate>

THE ADVOCATE - BC FORUM (Federation of Retired Union Members)

Now the truth comes out: BC Liberals really wanted to privatize health care

FORMER BC Premier Gordon Campbell – leader of the government that illegally ripped up the contracts of health care workers and teachers – has made it clear in a sworn affidavit that he really wanted to open the door to American style health care in BC.

Campbell volunteered his BC Supreme Court affidavit in support of the infamous health care privateer Dr. Brian Day. The affidavit confirms that his government passed the Medicare Protection Act (MPA) in 2003 as a ruse designed to mislead voters and the federal government.

“While the government considered formally eliminating the restrictions on access to private health care in the MPA, we did not take steps to do so

because of the possible loss of health transfer payments from the Federal Government,” he swore.

“It was this same concern about the loss of health transfer payments that caused the Government to introduce amendments to the MPA in 2003.”

However, his government did not proclaim the legislation and “continued to be pressured by the Federal Government to make changes or lose health transfer payments.”

In a final effort “to satisfy the concerns of the Federal Government” that BC was violating the Canada Health Act, the Campbell government proclaimed amendments which empowered the Medical Services Commission to audit private clinics

and to obtain an injunction.

Notably, neither his government nor that of Christy Clark ever proclaimed the section on financial penalties to enforce the act.

And unsurprisingly, Ottawa was not fooled. After an audit of private for-profit clinics, the federal government imposed a fine of \$16 million on BC.

B.C. Health Coalition co-chair Edith MacHattie says both Campbell and Day are “defending the inexcusable: breaking a law to make money and painting it like they’re concerned about choice.”

Day is in court trying to avoid fines now that the Horgan government has proclaimed the sections of the act that deal with enforcement.

Vote to make your vote count

By Irene Lanzinger
President, BC Federation of Labour
Chair, BC FORUM

I THINK we can all agree that government matters. And which political party controls the government affects the lives of working people dramatically.

Just look back at the 16 years of the BC Liberal government – stripping of collective agreements, erosion of employment standards and labour code protections, stagnant wages and the rise of precarious work, underfunded schools and oversized classrooms, hallway medicine and privatized seniors care, weakened health and safety rules.... the list could go on and on.

THE ACTIONS and choices of the BC Liberal government hurt working people.

But what also hurts is the fact that the BC Liberals could govern unchecked for 16 years, despite tens of thousands of British Columbians never voting for them.

That is because our current voting system – First Past the Post – allows a minority of voters to give 100% of the power to one political party. It just isn't fair.

So while government matters, how we elect our government also matters.

This fall we have a chance to change how we vote. And it's an opportunity we can't waste.

British Columbians are being asked if they want to move to a Proportional Representation (Pro Rep) model of electing our representatives.

Pro Rep is pretty simple at its core. The basic idea is that every vote counts--so if a political party gets 40% of the vote, they get 40% of the seats. Essentially, you get what you vote for!

Most democracies around the

world use a Pro Rep model of electing representatives. Because the outcome reflects the actual will of the voters, political parties must be more accountable and cooperative on the issues that matter to people. No more governing for a powerful minority.

THE REFERENDUM ballot you receive in late October will ask you if you want to replace the status quo model of electing representatives with proportional representation. Then it offers three Pro Rep models for consideration: Dual Member, Mixed Member, Rural-Urban.

I encourage you to learn about and explore the three models – they are each slightly different in how they account for local representation and regional breakdown.

What I want to stress – the outcome is what matters.

NO MATTER what Pro Rep system you prefer, the end result is a proportional breakdown based on how people cast their ballot.

All three made-in-BC Pro Rep models will strengthen our democracy, make political parties more accountable, and put people back in the driver's seat when it comes to electing our government.

Working people, like you and me, have a lot at stake when it comes to electing our government. Our current voting system works against us, no matter how hard we organize.

When votes don't count, people are discouraged. It's no wonder voter turnout is so low--people don't believe that their vote counts. And under the First Past the Post model, that is often true.

BY MOVING to a Pro Rep system, we are strengthening our voices-- as engaged individuals and as a collective movement. The issues we care about can no longer be pushed aside. Our rights cannot be undermined and eroded without consequence.

This is our chance to make a significant change to how we do politics in this province. A change for the better.

You should receive your ballot package in the mail by late October. Ask questions, get the information you need, and mail in your ballot by November 30.

You can learn more about proportional representation voting systems and join the campaign for change at www.VotePRBC.ca.



The writer of this article, Irene Lanzinger, was president of BC Teachers' Federation (2007 to 2010).

**BC Federation of Labour
Supports Proportional
Representation**

First-Past-the-Post Analogy

			
			
			
			
WINE	BEER	TEA	COFFEE

Ten friends meet up for drinks;
2 want wine, 3 beer, 1 tea and 4 coffee.
The most people want coffee,
so everyone gets coffee.
This is how First-Past-the-Post works,
which is our current voting system;
40% of the vote = 100% of the power.



If **Proportional Representation** is used:

- a party that wins 10% of the vote, will win 10% of the seats
- a party that wins 20% of the vote, will win 20% of the seats



BCGEU (Government Employees Union) Supports Electoral Reform

BCRTA Opinions For and Against

Two BCRTA Members Offer Thoughts on Proportional Representation:

There has been interest from BCRTA members to discuss the merits of Proportional Representation. As a member-led non-profit association, it is not the role of BCRTA to take a partisan position on political issues. But we do advocate for the well-being of our members, and effective democracy is something we all desire. So in the interests of fairness and balance, we've invited two BCRTA members with differing opinions to each make their case. Click on the links below to view the articles with two different opinions.

YES
PR ADVANCES REPRESENTATIVE DEMOCRACY
by Daryl Sturdy

<https://bcrtca.ca/opinion-yes-pr-is-a-good-idea/>

NO
WITH NO DEFINED OUTCOMES, PR MEANS TROUBLE
by Ros Kellett

<https://bcrtca.ca/opinion-no-pr-is-a-bad-idea/>

BCTF Advocates for Electoral Reform



Vote **YES**
PRO-REP
Referendum

Official referendum website: <https://elections.bc.ca/referendum>

About the author – Seth Klein

Seth is the outgoing BC Director of the CCPA. His research deals primarily with welfare policy, poverty, inequality and economic security. A social activist for over 30 years and a former teacher, Seth holds a BA in international relations, a BEd from the University of Toronto and an MA in political science from Simon Fraser University.

Seth is a past co-chair of the BC Poverty Reduction Coalition, an advisory board member for the Columbia Institute's Centre for Civic Governance, and an advisor and instructor for Next Up, a leadership program for young people committed to social and environmental justice.

Getting to Pro Rep: How I plan to rank the options

By Seth Klein



<https://www.policynote.ca/pr4bc/>

<https://www.policynote.ca/getting-to-prop-rep-how-i-plan-to-rank-the-options/>

During these weeks leading up to the electoral reform referendum, I've been giving a lot of talks, making the case for switching to a system of proportional representation (pro rep). Invariably, during Q&A, I get asked how I personally plan to rank the three reform options on the ballot's second question. Until now, I've resisted publicly answering this question; how one ranks the reform options is a personal choice.

But before I share how I will be voting, some important context:

- **You are not required to answer Question 2 on the ballot.** If you really don't have a preference, or don't want to take the time (I recommend half an hour) to investigate the three reform options, then you don't need to answer the second question. A ballot that only answers Question 1 counts just the same. (And conversely, those who vote to keep the first-past-the-post system in Question 1 are still entitled to weigh in with their preferences in Question 2.)
- **All three pro rep models are a huge improvement over the status quo**, so there are no wrong answers to Question 2. I like all three models.
 - **All three produce proportional outcomes**, meaning a party's share of the popular vote will be reflected in their share of seats in the BC Legislature.
 - **All three preserve local representation**, albeit in slightly different ways. And, contrary to the misleading claims of the 'No' side in the referendum, under each system no region will have fewer MLAs than they currently have.

That said, each of the three pro rep options has different strengths, and how you choose to rank them depends on what is important to you. We all value somewhat different things to different degrees when it comes to what we are looking for in our democracy, and your own values should guide your ranking.

- **We get to test drive any new system for two elections.** The Attorney General has done us a service by committing, in law, that should British Columbians vote to change the electoral system, there will be a second “confirmation referendum” after two elections under the newly chosen system. That’s great, as it takes the risk out of the choices before us, allowing us to experience a new system first-hand.

So, having established all the above, here’s what my ballot will look like:

Question 2			
If British Columbia adopts a proportional representation voting system, which of the following voting systems do you prefer? (Rank in order of preference. You may choose to support one, two or all three of the systems.)			
	1 <small>1st Choice</small>	2 <small>2nd Choice</small>	3 <small>3rd Choice</small>
Dual Member Proportional (DMP)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Mixed Member Proportional (MMP)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Rural-Urban Proportional (RUP)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Question 1	
Which system should British Columbia use for provincial elections? (Vote for only one.)	
The current First Past the Post voting system	<input type="radio"/>
A proportional representation voting system	<input checked="" type="radio"/>

Here is how I personally plan to rank the pro rep options; starting with my favourite (my explanation follows):

- 1. Rural-Urban Proportional**
- 2. Mixed Member Proportional**
- 3. Dual Member Proportional**

Under **Rural-Urban**, the large majority of British Columbians who live in urban and suburban settings would be voting using the single transferable vote (STV)—the same system that was recommended by the BC Citizens’ Assembly on Electoral Reform, and which was on the referendum ballot in 2005 and 2009.

I voted ‘Yes’ to STV both those times, and came to be a fan of the system. Of the options before us, STV gives the most power to individual voters, as it lets us rank as many individual candidates in our riding as we wish, regardless of their party affiliation. Each party will put forward a selection of local candidates, and we as voters are empowered to say which of them we most like. We are also free to “mix it up;” your first choice may be from one party, while your second choice could be from another, and so on as you rank as many as you want.

Under STV, every MLA is accountable to a local riding. STV is also the system most likely to see independent candidates (those running unaffiliated with any party) win some seats. That’s because in ridings electing between four and seven MLAs, a candidate can win a seat by securing the support of 15–25% of the local voters—something that an independent with a strong local profile and base could well achieve. So the independent-minded person in me finds this feature attractive.

The main critique of STV (and likely an important part of why it didn’t get a majority in the 2009 referendum) was that it has some downsides for rural ridings—most notably, rural ridings under STV have to become geographically very large in order to accommodate multiple MLAs.

The beauty of Rural-Urban is that it fixes this shortcoming: rural ridings under Rural-Urban wouldn't use STV, but instead would vote using Mixed Member. Consequently, instead of rural ridings needing to become two to four times larger, they only need to become about two-thirds larger than now (effectively the same size as they currently are federally). Given this, I see Rural-Urban as a very innovative solution to British Columbia's unique needs and geography.

For me, **Mixed Member** comes a close second. I like how it creatively combines local ridings and regional MLAs to produce an outcome that assures both local accountability and overall proportionality. And kudos to the Attorney General for "tweaking" how Mixed Member is used in other countries, making the party lists regional rather than for the whole province (as is conventionally done). By doing so, he is able to ensure that no region will have fewer MLAs than currently, and that every MLA is accountable to either a local riding or region.

My third place ranking of **Dual Member** is by no means meant to disparage it. Dual Member's principal strength is that every MLA would be tied to a local riding, just as they are now (so if that's very important to you, this system may be for you). But, in my estimation, while the ballots under Dual Member would be the simplest (and most similar to what we have now), I find it more complicated to explain how the votes are counted than under Rural-Urban and Mixed Member. And my sense is that, with only one vote for one pair of party candidates, Dual Member opens up less new choice to voters compared to the two other options.

That's my take. But like I said, a different ranking is entirely reasonable—it depends what you are looking for and value. So take a few minutes to dig into the options. There are great resources out there for doing so:

Elections BC has produced very clear and neutral descriptions of each system:

<https://elections.bc.ca/referendum/voting-systems/voting-systems/>

The Tyee has an excellent series by Andrew Seal, with an article explaining each system;

<https://thetyee.ca/Analysis/2018/10/08/BC-Proportional-Representation-Vote/>

Fair Vote – Why We Need Proportional Representation

<https://www.fairvote.ca/first-past-post-must-go/>



Watch This Video!

GREAT EXPLANATION!!! HERE!!!

CTV NEWS: Our last election with a Proportional Representation "Twist"!

<https://bc.ctvnews.ca/b-c-referendum-explainer-a-quick-look-at-the-3-options-1.4154640>



Whatever you do, don't let the fear-mongering and the misinformation coming from the 'No' side get in your way.

Vote For What You Want!

NOVEMBER 11TH, 1918 – One Hundred Years Ago!

<https://www.historylearningsite.co.uk/world-war-one/november-11th-1918/>

The last day of World War One was November 11th, 1918, known as Armistice Day. Despite November 11th being the last day of the war, on many parts of the Western Front fighting continued as normal. This meant, of course, that casualties occurred even as the people of Paris, London and New York were celebrating the end of the fighting.

After three days of intense negotiations in a rail siding just outside of Compiegne, the German delegation that had been brought to the personal carriage of Marshall Ferdinand Foch was ordered by its government in Berlin to sign any terms put on the table by the Allies. Potentially serious social upheaval had forced the government in Berlin into giving out this instruction as people had taken to the streets as a result of chronic food shortages caused by the British naval blockade. Therefore, the German delegation led by Matthias Erzberger signed the terms of the Armistice.

This was done at 05:10 on November 11th. However, the actual ceasefire would not start until 11:00 to allow the information to travel to the many parts of the Western Front. Technology allowed the news to go to capital cities by 05:40 and celebrations began before very many soldiers knew about the Armistice. In London, Big Ben was rung for the first time since the start of the war in August 1914. In Paris, gas lamps were lit for the first time in four years. But on the Western Front, many tens of thousands of soldiers assumed that it was just another day in the war and officers ordered their men into combat.

Quite a number of the final casualties were at Mons in Belgium – ironically one of the first major battles of the war in 1914. In a cemetery just outside of Mons in the village of Nouvelle, there are nine graves of British soldiers. Five are from August 1914 while four are dated November 11th, 1918.

The Commonwealth War Graves Commission (CWGC) states that their records show that 863 Commonwealth soldiers died on November 11th, 1918 – though this figure also includes those who died on that day but of wounds received prior to November 11th.

In particular, the Americans took heavy casualties on the last day of the war. This was because their commander, General John Pershing, believed that the Germans had to be severely defeated at a military level to effectively 'teach them a lesson'. Pershing saw the terms of the Armistice as being soft on the Germans. Therefore, he supported those commanders who wanted to be pro-active in attacking German positions – even though he knew that an Armistice had been signed. In particular, the Americans suffered heavy casualties attempting to cross the River Meuse on the night of the 10th/11th with the US Marines taking over 1,100 casualties alone. However, if they had waited until 11.00, they could have crossed the river unhindered and with no casualties. The 89th US Division was ordered to attack and take the town of Stenay on the morning of November 11th. Stenay was the last town captured on the Western Front but at a cost of 300 casualties.

The CWGC record shows that the last British soldier killed in World War One was Private George Edwin Ellison of the 5th Royal Irish Lancers. He was killed at Mons (where he had also fought in 1914) at 09:30, just 90 minutes before the ceasefire.

The last French soldier to die was Augustin Trebuchon from the 415th Infantry Regiment. He was a runner and was in the process of taking a message to his colleagues at the front informing them of the ceasefire. He was hit by a single shot and killed at 10:50. In total, 75 French soldiers were killed on November 11th but their graves state November 10th. Two theories have been forwarded for this discrepancy. The first is that by stating that they died on November 10th before the war had ended, there could be no question about their family's entitlement to a war pension. The other theory is that the French government wanted to avoid any form of embarrassment or political scandal should it ever become known that so many died on the last day of the war.

The last Canadian to die was Private George Lawrence Price of the Canadian Infantry (2nd Canadian Division) who was killed at Mons at 10:58. Officially, Price was the last Commonwealth soldier to be killed in World War One.

The last American soldier killed was Private Henry Gunter who was killed at 10:59. Officially, Gunter was the last man to die in World War One. His unit had been ordered to advance and take a German machine gun post. It is said that even the Germans – who knew that they were literally minutes away from a ceasefire – tried to stop the Americans attacking. But when it became obvious that this had failed, they fired on their attackers and Gunter was killed. His divisional record stated:

“Almost as he fell, the gunfire died away and an appalling silence prevailed.”

Information about German casualties is more difficult to ascertain. However, it may well be the case that the last casualty of World War One was a junior German officer called Tomas who approached some Americans to tell them that the war was over and that they could have the house he and his men were just vacating. However, no one had told the Americans that the war had finished because of a communications breakdown and Tomas was shot as he approached them after 11:00.

Officially over 10,000 men were killed, wounded or went missing on November 11th, 1918. The Americans alone suffered over 3,000 casualties. When these losses became public knowledge, such was the anger at home that Congress held a hearing regarding the matter. In November 1919, Pershing faced a House of Representatives Committee on Military Affairs that examined whether senior army commanders had acted accordingly in the last few days of the war. However, no one was ever charged with negligence and Pershing remained unapologetic, remaining convinced that the Germans had got off lightly with the terms of the Armistice. He also stated that although he knew about the timing of the Armistice, he simply did not trust the Germans to carry out their obligations. He therefore, as commander in chief, ordered the army to carry on as it would normally do as any “judicious commander” would have done. Pershing also pointed out that he was merely carrying out the orders of the Allies Supreme Commander, Marshall Ferdinand Foch, that were to “pursue the field greys (Germans) until the last minute”.



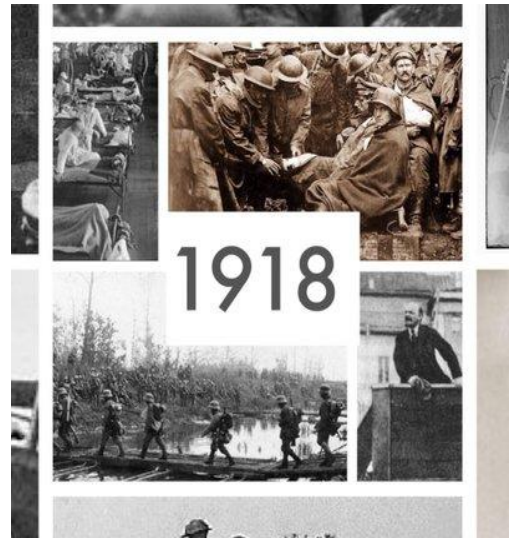
VIDEO (2:31) This Day in History: Nov. 11, 1918 – World War I Ends
https://www.youtube.com/watch?v=UTUr_Htnaw

VIDEO (54:55) Armistice: The End Game Of WW1 - Timeline
<https://www.youtube.com/watch?v=UhFRqy6FPp0&t=45s>

A BIT OF HISTORY - A Century Ago...

100 years ago, in the year 1918...

- The average life expectancy for men was 47 years.
- Fuel for cars was sold in drug stores only.
- Only 14 percent of the homes had a bathtub.
- Only 8 percent of the homes had a telephone.
- The maximum speed limit in most cities was 10 mph.
- The tallest structure in the world was the Eiffel Tower.
- The average US wage in 1910 was 22 cents per hour.
- The average US worker made between \$200 and \$400 per year.
- A competent accountant could expect to earn \$2000 per year.
- A dentist \$2,500 per year
- A veterinarian between \$1,500 and \$4,000 per year.
- And, a mechanical engineer about \$5,000 per year.
- More than 95 percent of all births took place at home
- Ninety percent of all Doctors had NO COLLEGE EDUCATION! Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as "substandard."
- Sugar cost four cents a pound.
- Eggs were fourteen cents a dozen.
- Coffee was fifteen cents a pound.
- Most women only washed their hair once a month, and, used Borax or egg yolks for shampoo.
- Canada passed a law that prohibited poor people from entering into their country for any reason.



The five leading causes of death were:

1. Pneumonia and influenza.
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke



100 years ago...

- The American flag had 45 stars.
- The population of Las Vegas, Nevada was only 30.
- Crossword puzzles, canned beer, and iced tea hadn't been invented yet.
- There was neither a Mother's Day nor a Father's Day.
- Two out of every 10 adults couldn't read or write.
- And, only 6 percent of all Americans had graduated from high school.
- Marijuana, heroin, and morphine were all available over the counter at local corner drugstores. Back then pharmacists said, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach, bowels, and is, in fact, a perfect guardian of health!" Shocking!
- Eighteen percent of households had at least one full-time servant or domestic help.
- There were about 230 reported murders in the ENTIRE U.S.A.!



What will it be like in another 100 years?

POINTS TO PONDER:



The DNA Journey: We're all cousins! No such thing as a pure race!
<https://www.youtube.com/watch?v=tyaEQEmt5ls>

9 Small Expenses Killing Your Budget – Money Talks News
<https://www.moneytalksnews.com/slideshows/9-small-expenses-killing-your-budget/2/>

Why are Raspberries Red and Bananas Yellow?
<https://www.cbc.ca/news/technology/fruit-colour-animals-1.4838033>

Why is Golf so Good? 14 Reasons
https://blog.everythingretirement.com/why-is-golf-so-good-here-are-14-reasons?utm_campaign=Newsletter&utm_source=hs_email&utm_medium=email&utm_content=66292837&hsenc=p2ANqtz-8YCB07z3SquARXQw0y1dgsUiPJ_9xkXMF8Ty30d4OzqgfIB0CvWLfzJNURxBvdRuKB5U-3ziVg7kT6X7rxFUpd1TVJ_g&hsmi=66292837

Warming Arctic speeds up climate change:
<https://www.cbc.ca/news/technology/arctic-climate-change-1.4857557>

“In Drag” Story Time a Hit (children learn diversity and acceptance)
<https://www.nelsonstar.com/community/video-drag-story-time-a-hit-at-kootenay-kids/>

Carbon Tax: What Is It And Will It Make A Difference?
<https://www.cbc.ca/news/technology/federal-carbon-tax-1.4874706>

Will The World Act On Climate Change Before It's Too Late?
https://davidsuzuki.org/story/will-the-world-act-on-climate-change-before-its-too-late/?utm_campaign=scienceMatters-willTheWorldActOnClimateChange-en-19oct2018&utm_source=mkto-none-smSubscribers-link-readOnline&utm_medium=email&mkt_tok=eyJpIjoiTldVeVIUYzBaRFprTXpJMSIsInQiOiJ6MDI kNVZVdURtcHdmR08rSHdEOUyUnhrc2NjMUINQ3pwaURRQ1wveWNLbUIBWVhxdGJFOWgzNE xUZWJUz3hibjMaEhJTjVsRnBxd0drN0k2QTcwdm4xV1YrNGRxTkZ3QjBlbDI5SEhDTG1xNGkzd WRNb3puVUxzdz1ZlUWlJdVEifQ%3D%3D

Regain Love of Nature, to Protect Nature – By David Suzuki
https://davidsuzuki.org/story/get-outside-and-save-the-world/?utm_campaign=scienceMatters-getOutsideAndSaveTheWorld-en-05oct2018&utm_source=mkto-none-smSubscribers-link-readOnline&utm_medium=email&mkt_tok=eyJpIjoiWVRKaVI6RmtNelZtWkdGbSIsInQiOiJSeGI YQ0ZUcXAwMHVWeGFpSG1IMm1aNG5KQTg3TUZMc3VmcDI2V1dUalpDelhYTHBHUIpyZ0l0Qld OWFdEa0QxUWF3UWFHTXNBemRQWEg4UERnQ05IZFNkQWhrNlJmVkZ3YTdYdnRvbXlQSVpX NUFTeDNnNzJPSHJ1aWRzRmJtaiJ9

MISH-MASH of MEDICAL NEWS:



7 Benefits of Hemp Seeds

<https://www.davidwolfe.com/benefits-of-hemp-seeds/>

9 Foods to Fight Depression

<https://www.davidwolfe.com/9-foods-fight-depression/>

10 High Protein Vegetables

<https://www.mindbodygreen.com/0-15464/10-highprotein-vegetables-you-should-start-eating-today.html>

11 Benefits of Being Outdoors in Nature

https://www.businessinsider.com/scientific-benefits-of-nature-outdoors-2016-4?mkt_tok=eyJpIjoiWVRKaVI6RmtNelZtWkdGbSIzInQiOiJSeGIYQ0ZUcXAAMHVWwGFpSG1IMm1aNG5KQTg3TUZMc3VmcDI2V1dUalpDelhYTHBHUIpyZ0I0QldOWFdEa0QxUWF3UWFHTXNBe mRQWEg4UERnQ05IZFNkQWhrNIJmVk3YTdYdnRvbXlQSVpXNUFteDNnNzJPSHJ1aWRzRmJtai J9#2-restored-mental-energy-2

Eating Fiber Can Delay Brain Aging

https://www.medicalnewstoday.com/articles/323079.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%202018-09-19&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

Ban on Trans Fat is in Effect

<https://www.cbc.ca/news/health/trans-fats-health-heart-disease-canada-1.4824852>

21 Ways to Fall Asleep Naturally

https://www.medicalnewstoday.com/articles/322928.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%202018-09-05&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

Coconut Water – Health Benefits

https://draxe.com/is-coconut-water-good-for-you/?utm_campaign=coconutwater&utm_medium=social&utm_source=facebook&utm_content=draxe

6 Health Boosting Herbs to Spice Up your Cooking

<https://forward.com/subscribe/403030/6-health-boosting-kosher-herbs-to-spice-up-your-cooking/>

10 Facts About Why We Fart

https://www.medicalnewstoday.com/articles/321866.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

5 Best Teas for Health

<https://www.medicalnewstoday.com/articles/321243.php?sr>

Everything That You Need To Know About Marijuana

<https://www.medicalnewstoday.com/articles/246392.php?sr>



People can smoke marijuana, inhale it through vapor, brew it as a tea, apply it as a balm, or eat it in products, such as brownies or chocolate bars.

Some people use medical marijuana to treat chronic pain, muscle spasticity, anorexia, nausea, and sleep disturbances.

What Is Marijuana?

- Marijuana comes from the dried flowering tops, leaves, stems, and seeds of the *Cannabis sativa* (hemp) plant.
- Humans have used marijuana for hundreds of years for fiber (hemp), seed oils, seed, medical treatment, and recreationally.
- There is some evidence that marijuana or some of its components — such as CBD — may be useful for relieving severe pain, inflammation, nausea, and chronic conditions.
- However, CBD is just one of at least 120 substances (cannabinoids) found in marijuana.
- The primary psychoactive ingredient in marijuana is delta-9-tetrahydro-cannabidiol (THC). It acts on specific brain receptors, causing possible mood changes, depression, suicidal thinking, memory issues, and disruption to normal learning abilities. It may also produce dependency.
- The compound is also known to stimulate appetite (informally known as "the munchies") and induce a relaxed state, as well as other effects on sense of smell, hearing, and eyesight. THC can also cause fatigue. In some people, THC may reduce aggression.

Effects of Marijuana:

- When a person smokes cannabis, THC is quickly absorbed into the bloodstream, reaching the brain within minutes.
- The body absorbs THC more slowly when it is eaten, delaying the onset of action for up to 2 hours and prolonging the duration of the effect.
- THC and other cannabinoids in marijuana are similar to cannabinoids produced by the body.

These natural cannabinoids act like neurotransmitters that send chemical messages between nerve cells (neurons) throughout the nervous system.

These neurotransmitters affect brain areas involved in memory, thinking, concentration, movement, coordination, sensory and time perception, as well as pleasure. The receptors that respond to these cannabinoids also react to THC, which can alter and disrupt normal brain function.



Some studies have shown that THC affects areas of the brain that control memory creation and attention. It also disrupts other parts of the brain, adversely affecting balance, posture, coordination, and reaction time. This can make it unsafe for a person using marijuana to drive a car, operate heavy machinery, or engage in sports or other potentially dangerous physical activities.

THC also stimulates specific cannabinoid receptors that increase the release of dopamine, a neurotransmitter related to feelings of pleasure.

People use marijuana to achieve a feeling of elation (a high), giddiness, and relaxation.

Marijuana also produces sensory perception changes; colors may seem brighter, music more vivid, and emotions more profound. Some people experience feelings of paranoia.

When people consume cannabis for recreational purposes, they might experience the following effects:

- changes in perception, due to a slight hallucinogenic effect that can create a distorted illusion of time and space
- mood changes, leading to euphoria, feelings of energy, or a state of relaxation
- higher heart rate
- reduction in blood pressure
- impairment of concentration and memory
- reduced psychomotor coordination
- nausea, even though some cannabinoids may help reduce nausea
- increase in appetite
- faster breathing



Depending on the length and amount of use, some traces of THC might still be present in a person's urine for several months after they last used marijuana.

Questions about Marijuana:

<https://www.cbc.ca/radio/whitecoat/everything-you-want-to-know-about-pot-your-questions-answered-1.4856021>

Is cannabis as hazardous as cigarettes?

"The same thing tobacco does to the cells in your lungs, cannabis smoke exposure is going to do to your lungs as well," answered Jeremy Hirota, McMaster University's Canada research chair. Children are more susceptible to damage because their lungs are still developing.

Will pot help me sleep?

Lots of people claim cannabis helps them to sleep better, but the scientific evidence is not yet there, said Dr. Benicio Frey, associate professor of psychiatry and behavioural neurosciences at McMaster University.

In studies on marijuana's effect on people with chronic pain, Frey said that there is evidence that some slept better. What's not yet clear is whether they slept better simply because their pain improved or if marijuana serves as an effective sleep aid.

On whether you'll feel clear-headed the next day, Frey said a lot depends on the concentration of THC over cannabidiol (CBD).

Is pot healthier than booze?

Dr. Jason Busse, co-director of the Michael G. DeGroot Centre for Medicinal Cannabis Research, stressed there's no safe way to inhale cannabis. But using a water-filled "bong" has some filtering advantages over a cannabis cigarette, said Busse, as the bong filters some of the particulates and water-soluble elements of the smoke.

But the science is still out on the long-term effects of cannabis use. It is not clear whether marijuana causes any damage to the heart, according to a review in *Annals of Internal Medicine*. Busse recommended regular physical exams by your doctor.

And, Busse added a warning for those trying marijuana edibles. While inhaling THC gives a high within minutes, edibles can take up to three hours, said Busse. That can lead people to ingesting too much and having a marijuana overdose.

How long does cannabis last?

James MacKillop, co-director of the Michael G. Degroote Centre for Medicinal Cannabis Research said that long after you smoke or ingest it, psychoactive THC can be released slowly over time from our fat cells.

There are dozens of compounds beyond THC and CBD in pot, called the minor cannabinoids and scientists are interested in researching how they interact in the body. These interactions are called the 'entourage effect,' and that's a hypothesis, not a proven reality," said MacKillop. "But one of the reasons there's interest in plant cannabis over the medical product is because there may be these interactions."

Grasmuck's question about how long it takes THC to "wash out" of the body and brain led to a debunking of why exercise won't help.

Legal Cannabis? Here's what you need to know:

<https://www.cbc.ca/news/canada/british-columbia/want-to-buy-legal-pot-on-oct-17-here-s-what-you-need-to-know-1.4827323>
<https://www.cbc.ca/news/canada/british-columbia/legal-cannabis-rules-in-bc-1.4865880>



Rules around legal weed vary from province to province. There are distinctions across the country with respect to age limits and retail models. Minimum age limits for purchasing and consuming cannabis vary, but most provinces mirror their rules for alcohol.

How much will it cost?

Much of the success of Canada's decision to legalize marijuana will be pegged to the price Canadians end up paying per gram of legal weed. Should legal cannabis turn out to be more expensive than pot on the black market, there may be little incentive for Canadians to quit buying from their current source.

A recent McMaster University study suggested that the sweet spot for consumers — the price where they'd buy legal weed instead of turning to the black market — was \$10 to \$12 a gram.

Where can I get some of that legal weed?

There is just one B.C. Cannabis Store in the entire province. This government shop, which is located in the Columbia Place Shopping Centre, will have 24 cannabis consultants. It will feature about 85 dried-flower strains of cannabis plus a selection of oils, capsules and pre-rolls approved by Health Canada

The online store: <https://www.bccannabisstores.com/>



The Liquor Distribution Branch (LDB) has entered into a contract with Canada Post to deliver online cannabis orders to customers. Online orders will be shipped from the LDB's distribution centre within 48 business hours of order placement.

Canada Post will undertake age-verification checks if a customer appears to be under the age of 25. If age verification fails, the product will be returned to the LDB and full purchase price and associated taxes will be refunded.

How much will it cost?

Here are some of the prices you can expect to pay for different legal pot items:

- For dried flower, prices range from \$6.99/gram to \$13.99/gram.
- Oils will be sold in 15, 20 and 30 millilitre bottles, with prices ranging from \$20.99 to \$139.99 (for a multipack).
- Capsules will be available in packages of 30 for \$34.99.
- Pre-rolls range from \$4.20 to \$54.99 depending on half-gram, full-gram or multi-pack option.
- Bongos are listed on the online site for \$54.99 and \$74.99.
- Customers will pay a \$10 shipping fee when ordering from the BCS online store.

Additional licensed cannabis retail stores will open in the next few months as retailers go through the regulatory and permit process, according to a statement from the B.C. government. Private and public retailers will be allowed to sell dried cannabis, cannabis oils, capsules and seeds that comply with federal requirements. These stores may also sell cannabis accessories like rolling papers, pipes and bongos.

What about all those private dispensaries in cities like Vancouver?

There's no indication these will be shut down right away. The province's new Community Safety Unit has pledged a crackdown, but only after more legal outlets become available. The B.C. government says it's received more than 100 applications for retail shops across the province.

In Vancouver, which began licensing illegal pot dispensaries in 2015, pot shops will need a development permit, a provincial retail licence and a new municipal business licence if they want to stay open.

Who's allowed to partake?

Like alcohol, the minimum age for possession has been set at 19. But unlike liquor stores, anyone under the age of 19 is banned from entering a cannabis dispensary, even if they're with an adult.

What can I buy?

For now, only dried cannabis, seeds and oils will be legally available, along with accessories like rolling papers, pipes and bongs

What about edibles?

All those pot-infused brownies and cookies will still be illegal on Oct. 17. The plan is for legal edibles to be available within a year.

And vaping?

Cannabis concentrates and vape juice won't be legal on Oct. 17, either. Health Canada says it needs more evidence about the risks.

How much pot am I allowed to have?

Adults can possess up to 30 grams of weed in public places or 1000 grams at home.

Where can I smoke up?

Toking will be banned everywhere that cigarette smoking is, as well as in vehicles, and places where children commonly gather, including school properties, playgrounds, sports fields and skate parks.

What are the potential penalties for breaking those rules?

Selling cannabis to minors will still be a federal crime, punishable by up to 14 years in jail. B.C. has also introduced some new cannabis offences, with fines ranging from \$2,000 to \$100,000 and jail time of three to 12 months.

What are the restrictions around driving?

Anyone in the graduated licensing program won't be allowed to have any THC in their system. For everyone else, the province says it's giving police "specialized training" and tools to identify drugged drivers. Both drivers and passengers are prohibited from smoking inside vehicles. Potential penalties include a 90-day driving ban.

Can I grow marijuana at home?

In most provinces and all territories, adults are allowed to possess four marijuana plants per household for recreational use — as long as the home isn't being used as a daycare. Those plants must not be visible from public spaces.

Could there be a weed shortage?

According to Health Canada, there are currently more than 120 licensed cannabis producers in the country — with many based in Ontario and B.C.

Several companies rapidly expanded ahead of legalization, but one of Canada's top cannabis producers recently said labour shortages and supply chain issues may cause "sold out" signs to pop up at pot stores soon after it becomes legal.



How does legalization work at the border?

Despite some changes at the state level, pot possession is still illegal under U.S. federal law. Ahead of legalization, Ottawa warned Canadian travellers that "previous use of cannabis, or any substance prohibited by U.S. federal laws, could mean that you are denied entry to U.S."

What can I take on a plane?

People flying within Canada will be able to pack up to 30 grams of cannabis. But travellers should remember they still can't bring weed aboard international flights.



That's 30 grams, in case you were wondering. Most people roll joints using roughly half a gram of cannabis.

What are the rules around driving?

Under new legislation passed in June, police can conduct roadside saliva tests of drivers they suspect to be under the influence of drugs. How drivers will be treated depends on how much THC, the primary psychoactive substance in pot, is found in their blood.

- Drivers with between two and five nanograms in their blood could face a fine of up to \$1,000.
- Drivers with either more than five nanograms, or who were drinking alcohol and consuming cannabis at the same time, could face steeper fines and jail time.
- People convicted in the most serious cases could face 10 years in prison.

What are the health effects of using cannabis?

Expect more research around cannabis and health — both in terms of health benefits and potential risks — in the years ahead. For now, campaigns are underway to try and educate people about cannabis and health, particularly groups deemed at risk of dangers linked to cannabis consumption, including pregnant women and children.

The outreach effort won't stop once pot is legal: Health Canada alone is slated to spend more than \$100 million over six years on awareness, public education and surveillance, The Canadian Press reported in September.



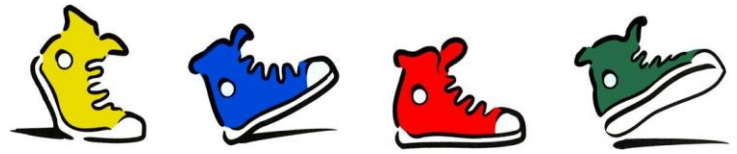
Parks Canada Says It's OK To Smoke Pot At Campsites:

<https://www.cbc.ca/news/politics/parks-canada-cannabis-aircraft-1.4863703>

For the purposes of marijuana consumption, Parks treats campsites as temporary private homes. Marijuana won't be permitted in common areas within campgrounds such as playgrounds, kitchen shelters, washrooms, etc.

In some provinces — British Columbia, Alberta, Ontario and Quebec, as well as Nunavut and the Northwest Territories — campers will be allowed to smoke marijuana on hiking trails, as long as those trails aren't within the campgrounds themselves.

Benefits of Walking:



Walking has been linked to protection against diseases, including:

- Obesity
- Diabetes
- Arthritis
- PMS Symptoms
- Thyroid Disorders
- Heart Disease, Hypertension and Coronary Artery Disease
- Depression and Anxiety Disorders
- Dementia, Alzheimer's and Cognitive Decline
- Hormonal Imbalances
- Fatigue and Low Energy Levels



In addition, walking...

1. Helps to maintain a healthy weight
2. Is low-impact and easy on the joints
3. Improves and preserves Heart Health
4. Fights depression and improves mood
5. Supports bone health
6. Can be done anywhere and requires no equipment

3 WHEELED "OFF ROAD" WALKER

- Invented by a Parksville Man!

PHONE: 403.200.3274

EMAIL: ra883r@shaw.ca

<http://robswalkers.com/>



New walker model FR-160 in the sand.

Finally, an all-terrain walker that allows you the freedom to enjoy the beach! This model has a 12" front wheel and two 16" rear wheels. The round handlebars are designed that way so your hands will be comfortable no matter where you place them. If you use a walker, you know how sore your wrists and forearms can with straight handlebars.

<https://www.cheknews.ca/parksville-man-invents-off-road-walker-490768/>

*** One of our PQRTA members has already placed her order!***



WELCOME to NEW PQRTA MEMBERS!

- Sylvain Chapdelaine
- Ken McClean
- Marlene Stahley

Judy Wood

I received my BPE, BEd and Admin diploma from the University of Alberta and taught in Edmonton and St. Albert for 23 years (interrupted by a year where we taught in Australia). Initially, I taught High School and in later years elementary.

We had holidays on the island for several years and decided this was where we wanted to retire- which we did in 1990 when we moved to Eaglecrest. However as I was only 51, I had decided I wanted a second career and took the training in Edmonton to be a Travel Agent. I worked part time at that, until about 3 years ago.

Upon moving here, I also supervised student teachers for Malaspina College and taught tennis lessons for the RDN- both for 6 years.

I played competitive tennis all my life, until two hip replacements, and about 3 years ago switched to pickleball.

I am newsletter editor for the Parksville Probus club, play bridge regularly in winter, volunteer at SOS, love gardening and travel.

Sadly my husband passed away in 2004, so he did not get the chance to see his grandsons grow up.

I have travelled to 140 countries and am always looking to see some new part of this world. I just returned from an expedition cruise to the Canadian High Arctic and Greenland which was amazing- only 103 passengers & 97 crew, beautiful fjords, glaciers, icebergs, mountains & colourful villages. Floating on zodiacs among the icebergs was a highlight. Here's some pics:



New BCRTA and PQRTA Life Member:



**Congrats
Doug
Willing**



Support for Our Colleagues:

More and more, we are becoming aware of members that could use a little extra support. As we age, or as we recover from a sickness, simple chores become more difficult and days may get a little lonelier. Here are some ideas where support might be required:

- ride to appointments or PQRTA events
- ride to an out of town visit
- help to get groceries
- chat over coffee or tea
- visit for companionship
- friendly telephone call
- help in the yard
- help to put together your Ikea purchase
- other: _____???



We know that it's difficult for an independent person to ask for help, but we also know that it feels good to help someone. So...

Do you need help or a little extra support??? We won't know unless you ask!
Or, can you help or give a little support??? We won't know unless you offer!

Please contact me!
Cathy Van Herwaarden
cathyvanh@gmail.com
250.248.0412

FREE Emergency Contact Card:

Thanks to Val Dyer for this info.

<https://freeemergencycontactcard.com/>

Takes 2 minutes to apply!



Question of the Month

What was an all-time favourite or most successful costume that you have worn in the past? Give us a word picture!!! Tell the story!

Suzanne Rush: My most successful costume was of a playing card. "10 of Hearts". My husband Graham's was the "Ace of Spades". I made them out of felt, so lots of works sewing on the pieces; but those costumes are still around today. They dry clean beautifully! They have been worn by our three girls over the years, me when teaching and loaned out numerous times to friends. Just needed a matching turtleneck and coloured leggings underneath. Super warm on a chilly October night, too. Here's a picture that taken in 1985.



Eugenia Taggart

Nothing special! Years ago, I do remember the wonderful Halloween a neighboring high school gave us (here at our seniors' home). There were slimy eyes and everything imaginable to scare the heck out of us!

Colette Vaisius:

As a kid growing up in the big city of Chicago, Halloween was a big deal. Didn't put much money into a costume but I remember collecting anything we had around home, assembling it on our bodies - ghosts, Raggedy Anns, sports players, train car jumpers (hobos), and witches. Once dusk arrived, we went out in hordes to fill our garbage bags or pillowcases. After 3 to 4 hours (yes, we covered lots of ground) we would arrive home, pour all our treats out on our beds and sort. What a candy bonanza!

Barb Thorsell

Once, when my husband and I were travelling, we saw two masks that we thought were great! We had two sons that were still at the age where they liked to go out trick or treating. So, we bought two identical masks for them.. When we got home, we went to a Square Dancing Halloween dance and wore the masks. No one knew who we were. It was great! Then came Halloween night. The boys dressed up and went out with their own group of friends. Things went well with the first one to go to a house. When the second one arrived there, the people told him that he had been there before. They remembered the mask. He had to tell the people that the first one that came was his brother! And so it went on all evening. When the boys came home, they said the next time we bought them masks, PLEASE, do not GET them THE same ONES. GOOD INTENTIONS GONE WRONG!

Yolande Catalan

Well I never had. Coming from France where we did not have Halloween. Also, I never did when I came to Canada. To tell you the real reason, I did not like it.

Cathy Van Herwaarden



50's Dance - 1982



Halloween 1982



Halloween 1983



Halloween 1985



Halloween 1987



Halloween 1988

My all-time favourite costume is a witch. The original costume won a prize as part of a Wizard of Oz group. My husband (Allan) attached some Scotch broom and a bicycle seat to a stick to create my "ride". I got lots of use out of that costume. One time, I donned the witch and cruised through multiple classrooms without anyone knowing who their visitor was. Hee-hee!

The Starkist Tuna fish can was inspired by the "Tunagate" scandal when large quantities of tuna that had been declared unfit for human consumption were sold to the public under order of the Minister of Fisheries and Oceans, John Fraser.

Lastly, the California Raisin inspired by the ad with the song, Heard it Through the Grapevine.

Nancy Whelan: FUN request!

In late 80's, pre-nine o'clock, October 31st at QBES ... I dressed *completely in black*, including hair under a black kerchief and hat, and black gloves (hands are a dead identity giveaway). I wore a face-covering shiny, '20's' vintage, Clara Bow mask with curly carrot-red hair, very narrow eye slits and bright red 'Cupid's bow' lips. For nearly a half hour I paraded the school's staff room and halls with primary graders tagging along, saying very little, and that in a squeaky voice, and enjoying the questions and guesses as to my identity! Just before the nine o'clock bell I returned to my classroom (the only one in the school with a small storage room attached); in there, having shed most of the Hallowe'en gear, I emerged to find school secretary, Shirley Leeson, about to open the little room's door ... good sleuthing, Shirley!

Stephanie Koropatnick: Three favourites come to mind:

One year, I dressed as half-man/half-woman by turning an evening gown and a three piece suit inside out lengthwise and stitching them together, then creating matching make-up/facial hair & hairstyles/footwear. I waltzed with myself! I actually won the prize for best costume with that!

One year, I was a big bunch of grapes, by pinning fully inflated purple balloons to a purple top and wearing green tights and a 'leaf hat'. (A bit of a challenge moving around the classroom).

Also, one year I was the Cat in the Hat (a couple of years before the movie came out and everyone was doing it!), with a hand-made red/white striped hat, full black & white cat make-up and white gloves!

TUMAINI FUND CANADA www.tumainicanada.org Charity Reg# 84352 7938 RR001

Christmas Gift Idea for Family or Friends

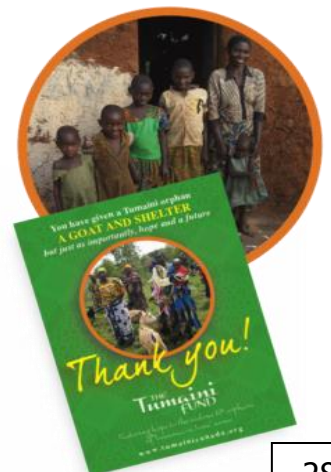
If you have folks on your Christmas list who don't need or want anything material, perhaps you'd consider a donation of **\$20** for the purchase and distribution of a **solar lamp** to help an orphan. Anyone making a donation of \$20 (or more) will be given a charitable tax receipt and a gift card(s) to hang on their Christmas tree or put in a stocking or give as a gift.

Dr. Susan Wilson, who founded Tumaini, suggested that solar lamps are a huge help for students who live without electricity and who need to do their homework when it is dark after completing their chores.

Please consider our **Christmas appeal** to send money for the purchase and distribution of **solar lamps**. One hundred percent of all donations go directly to improve the lives of orphans in Kagera, Tanzania.

Please make your cheque for payable to:
Tumaini Fund Canada
2341 Balsam Crescent
Nanose Bay, BC V9P 9G2

Thank you for helping some of the poorest of the poor.
For more info: <http://www.tumainicanada.org/donate-help/>

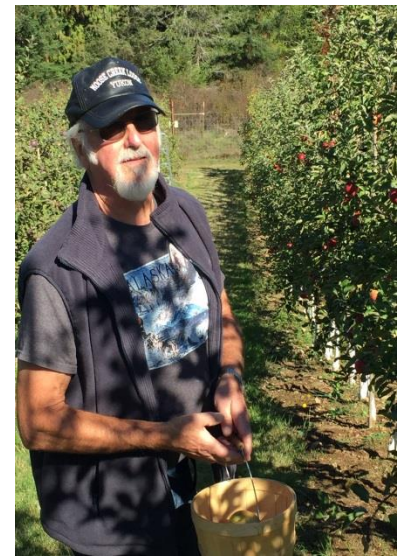


PQRTA PROGRAM – Sept. 27, 2018

Ravenskill Orchard – Gabriola Island

Photos by Nancy Whelan and Cathy Van Herwaarden





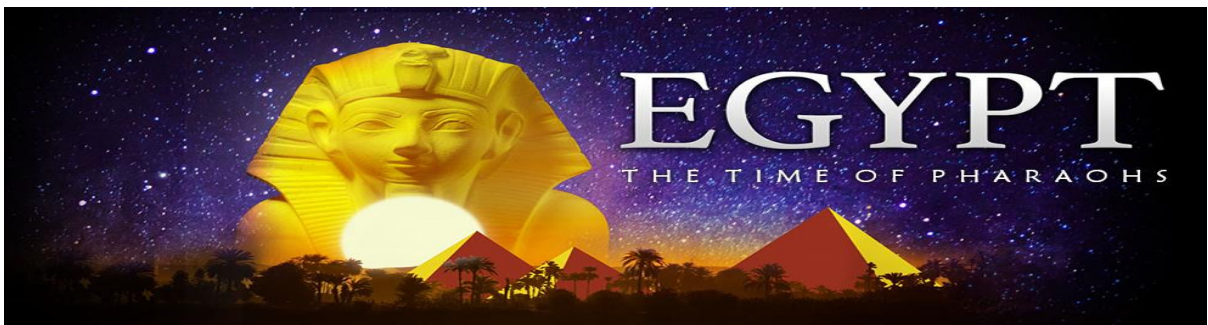
Fifteen of us: listened, learned, tasted apples, sipped cider, purchased apples and other goodies, relaxed in the sun, and enjoyed our day.





After the apple picking, we ventured out to the Malaspina Gallery rock formation. Then, we had a delicious lunch at the Surf Lodge. What a FABULOUS day!!!

Oct. 18, 2018 – A small group of four (Teri Hitch, Nancy McDonald, Suzanne Rush, and Suzanne’s friend Glennis) drove to the Royal BC Museum in Victoria to view the IMAX show (Mysteries of Egypt) and view the display (Egypt: The Time of the Pharaohs).



VIU ElderCollege

Saturday Speakers



When: Saturday, Nov. 17th

Time: 10am – Noon

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

Cost: \$10 cash/person at the door; Free for under 18

PART 1 – Do You Really Need that Pill?

About the talk: No pill for every ill. Explore the reasons why we take medications for treating an actual ailment to hoping to prevent an affliction.



Presenter: Dr. Susanne Voetmann – Family Physician

About the presenter: Dr. Susanne Voetmann has been a full time family physician on Vancouver Island, practicing long term care and commitment for patients from ages naught to 101. In the last few years, she has been focusing on polypharmacy reduction in the fragile elderly.

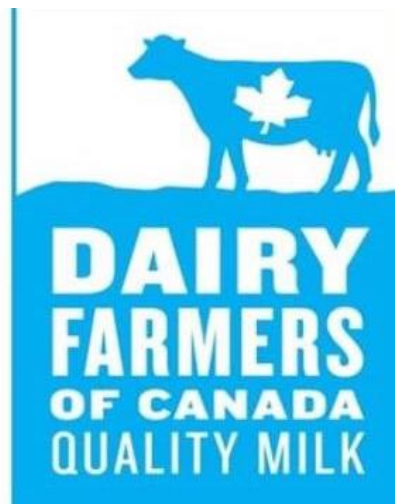
PART 2 – Medically Assisted Dying 101

About the talk: An overview of assisted dying legislation and eligibility in Canada

Presenter: Dr. Diane Wallis – Family Physician

About the presenter: Dr. Diane Wallis trained as a family physician in England where she worked for 30 years. She has been working in Nanaimo for 4 years and has been providing medically assistance in dying since June 2017.

Buy Canadian!!!
Look for these labels...





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**



November Events - Parksville and Qualicum Beach Area

<https://www.visitparksvillequalicumbeach.com/events-2018-11/>

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

Nov. 1 – All Saints' Day

Nov. 3 – Sadie Hawkins' Day

Nov. 4 - Daylight Savings – set clocks back!

Nov. 5 – Guy Fawkes Day

Nov. 11 – Remembrance Day

Nov. 28 – Canada Pension Plan and Old Age Security

Nov. 29 – Teachers' Pension Plan "payday"

Nov. 30 – Deadline for Referendum vote

PQRTA EXECUTIVE and CONTACTS for 2018/2019:

President – Cathy Van Herwaarden

Vice-President – **Stephanie Koropatnick**

Past-President – Kay Howard

Treasurer – Ellen Coates

Secretary – **Stephanie Koropatnick**

Programs – Suzanne Rush

Membership – Diane Williams

Communication – Val Dyer

Heritage – Sharon Cox-Gustavson

Historian – **VACANT**

Phoning Contacts – Jan Graham, Nancy Whelan and Marg Hoverman

Well Being Contact – Barb Brett

Thanks to
Stephanie for
volunteering!



BCRTA Website - <https://bcrt.ca/>