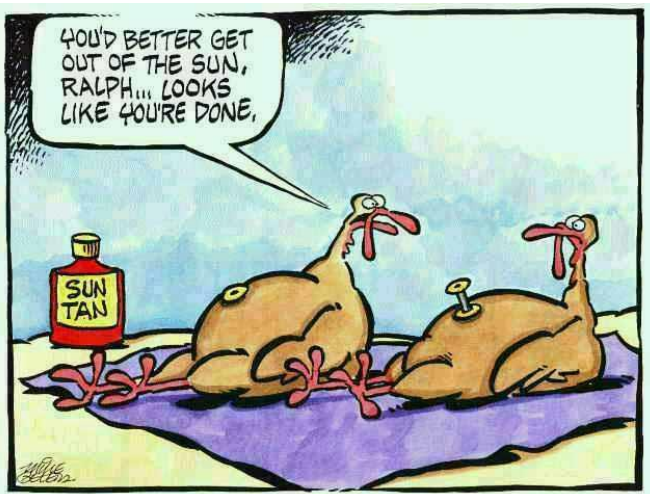
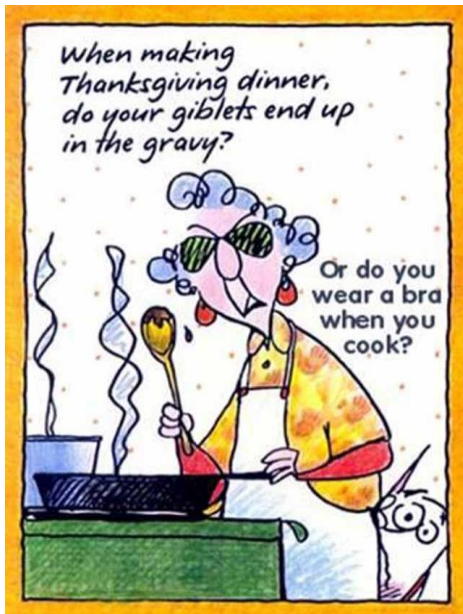


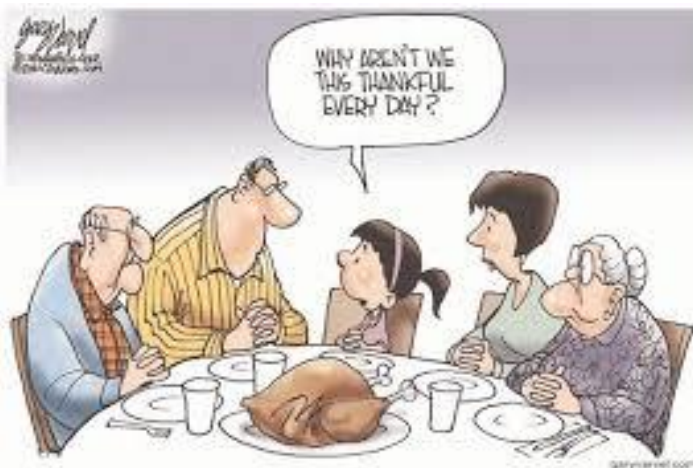


# PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER #19 – October 2018

## PRESIDENT'S GREETING from Cathy Van Herwaarden:



Happy Thanksgiving



Tom's family receives the horrible news.

# BC Retired Teachers' Association NEWS



## BCRTA Hires Executive Director – June 1, 2018



*BCRTA President Patricia Clough welcomes Tim Anderson as Executive Director*

The BCRTA's Board of Directors are very happy to announce that they have successfully reached an employment agreement with Tim Anderson, to serve the Association in the position of Executive Director.

In recent months, we have contracted with Tim's company, Alphabet Communications, to work with us to improve BCRTA's systems and communications in the areas of our website and print publications. Tim has done amazing work in those areas and continues to do so. He has impressed us all with his knowledge and skills, and with the thoughtful and cooperative way in which he has worked with Directors, Staff and Branch representatives.

We are hiring him to be our new Chief Operating Officer and, in particular, to be the staff person most responsible for helping us develop and implement our ambitious strategic plan, aimed at growing the BCRTA through greatly improving service to members.

He begins work for us in his new role on June 1st.

*Patricia Clough, BCRTA President*

## PROFILE – Tim Anderson

Tim Anderson is a communications professional with a long history of work in adult education, program development and marketing. His firm, Alphabet Communications, has an impressive client list, including BC's Ministry of Health, BC's Health Authorities, the Ministry of Education, Diabetes Canada and numerous others. You may know his work – he designed the BC Seniors' Guide: <https://www2.gov.bc.ca/assets/gov/people/seniors/about-seniorshc/guide/bc-seniors-guide-11th-edition.pdf>

Tim has extensive experience in working with small organizations in business systems development and media platforms in both public and private sectors. An accomplished writer and editor, he is Executive Editor of PostScript Magazine and is actively developing partnerships to enhance the BCRTA member experience.

Tim's wife Janet is an active teacher, and they have three grown daughters and two grandchildren.



## BCRTA Conference and AGM – Sept. 20 to 23, 2018 – Richmond

**Thursday, Sept. 20<sup>th</sup>** – Evening “Meet and Greet”

**Friday, Sept. 21<sup>st</sup>** – Annual Conference with Speakers: Travel Tips by Claire Newell (Travel Best Bets) and Moving Forward (Indigenous Education) by Brad Baker (Principal – North Vancouver School District), Jo Ann Lauber and MP Peter Julian (Bill C-27 Campaign Update) and Gerry Tiede (BCRTA President) Update on Strategic Plan & Pensions. More info to come! Zone Meeting with Powell River, North Island, Port Alberni, Campbell River, and Comox RTA's

**Saturday, Sept. 22<sup>nd</sup>** – RR Smith Memorial Fund Foundation AGM and BCRTA AGM



Delegate Val Dyer and PQRTA President Cathy Van Herwaarden had lots of crazy fun in the photo booth at the BCRTA Conference and AGM. We did LOTS of work, too!

# IRIS ADVANTAGE

Go to [iris.ca/benefits](https://iris.ca/benefits), then select **click here to register now**, choose BCRTA (BC Retired Teachers' Association) from the drop down menu and register yourself and family members.



## IRIS ADVANTAGE JOINS BCRTA ADVANTAGE!

Your exclusive benefits that are combinable with your extended health plan. There is no cost to join, it is easy to register and you receive all the benefits IRIS offers like direct billing to your insurance, interest-free financing, IRIS No Matter What Guarantee, AIR MILES® and more!

### YOUR EXCLUSIVE OFFERS

#### PRESCRIPTION EYEWEAR **SAVE \$150\***

When you purchase any frame with fully coated prescription lenses (lenses valued at \$250 or more) or prescription sunglasses.

#### REPLACE PRESCRIPTION LENSES **SAVE \$50\***

Save when you purchase a pair of fully coated progressive lenses for your current frames (lenses valued at \$250 or more).

#### CONTACT LENSES **SAVE \$50\***

When you purchase an annual supply of contact lenses.

\*These offers can not be combined with other IRIS offers, instant rebates, IRIS Cards, IRIS Certificates, Air Miles or any other offer or in-store promotion. Not applicable on Safety glasses, sports safety glasses, TruBlue glasses, RKS sunglasses for children, COOL KIDS packages for children or other IRIS eyewear packages. The IRIS Advantage Benefits Program offer can be modified without notice. No offer from the IRIS Advantage Benefits Program is transferable.



### REGISTER NOW IN THREE QUICK STEPS AND START RECEIVING YOUR IRIS ADVANTAGE BENEFITS TODAY!

- 1** Go to [iris.ca/advantage](https://iris.ca/advantage)
- 2** Click on **Register Now**
- 3** **Select BCRTA (BC Retired Teachers' Association)** from the drop down menu and fill in the online registration

#### Need help registering or accessing your benefits?

Contact us at [advantage@iris.ca](mailto:advantage@iris.ca) or 1.800.663.3937 ext 224

382 C East Island Hwy.  
Parksville, V9P 2G5  
[\(250\) 248-9922](tel:2502489922)  
[iris650@iris.ca](mailto:iris650@iris.ca)



674 Primrose Street  
Qualicum Beach, V9K 2R8  
[\(250\) 752-5636](tel:2507525636)  
[iris626@iris.ca](mailto:iris626@iris.ca)



# **PQRTA NEWS:**

## **WELCOME to NEW MEMBERS!**



### **Sandi Carter**

I grew up in Parksville and Qualicum Beach. Later attended Malaspina College where I met my husband, John. We have a daughter who is married and living in Errington with her husband and five year old son.

I received my teaching degree from SFU, and later, a Masters in Education from UBC. I taught in the Coquitlam School District for 26 years.

I had always been very active until rheumatoid arthritis hit me about thirty years ago. Since then I've found some good medications and was able to keep moving.

I love my Tai Chi group, and my walking group. I also enjoy reading,

When we retired in 2014, it just seemed natural that we would move back to the island to be near family and reconnect with old friends. We love our new home and our island life. It's so good to be back in Parksville!

### **Stephanie Koropatnick**

Stephanie Koropatnick started her teaching career on Vancouver Island with a life-changing temporary position in the tiny town of Zeballos. The challenges she met there lead her to completing her M.A. in Counselling Psychology at UBC, which in turn lead to a long-term career in counseling and Special Education at the Vancouver School Board, culminating in a decade on the District Resource Team. In 2017, she turned 60 and retired, realizing a long-held dream to return to Vancouver Island. She continues to teach on a casual basis as a Special Ed TTOC for SD 69, but dedicates the bulk of her energy to family, travel and home improvement.

## **Update on BILL C-27!!!**



Our petition with 101 signatures (almost half of PQRTA membership) was sent along to MP Gord Johns for reading in Parliament. That means that our MP will rise up 4 times to read our petition (must rise for every 25 signatures). Also, some members sent along a letter to request that this bill be abandoned. Way to go!

## **OCEANSIDE RETIRED EDUCATORS' SCHOLARSHIP (ORES) UPDATE To PQRTA - September 30, 2018**

Thanks to your donations from last year, Oceanside Retired Educators distributed two scholarships in 2018. Josh Rice, a Ballenas graduate, was awarded \$1,000 to pursue teacher education at Vancouver Island University. Kabrin Ware, from PASS (Parksville Alternate Secondary School), will use \$300 to pursue his education at Camosen College in Victoria. This leaves \$355 in our fund held in trust by School District 69.

Now, we are collecting for 2019! Please make cheques payable to School District 69 and send your scholarship donations to Elaine Young at the address below.

Please contact Elaine, if you have any questions or wish to arrange a pick-up of your donation.

A series of deposits will be made in November and December, in order for people to get their income tax receipt for this calendar year.

Early in 2019, interested people will get together to discuss the scholarship criteria. Then, in the spring we will select our recipients based on the criteria we set out this year. Because PASS is an alternate school, we may wish to have different criteria that will better allow their students to participate.

Being part of the ORES interest group is not a big time commitment. We welcome any PQRTA member to become a part of the ORES group. Please contact Elaine to join those interested in developing and administering this scholarship.

Thank you for supporting students in School District 69.

R. Elaine Young  
255 – 330 Dogwood St.  
Parksville, BC  
V9T 1P9  
250-927-0375  
[reylis3@shaw.ca](mailto:reylis3@shaw.ca)





## BCTF Advocates for Electoral Reform

**BCTF Winter Rep Assembly Decision** - That the Federation:



1. Encourage locals and members to participate in the consultation process and to advocate for a change to BC's current "first past the post" provincial election model.
2. Work with other unions and community groups to advocate for a change to the current model.
3. Provide information on options for voting systems to locals and members.

### HOW DOES THE ELECTORAL REFERENDUM WORK?

<http://voteprbc.ca/get-informed/>

This fall's referendum, from October 22nd to November 30th, is being held to decide what voting system should be used for provincial elections. It gives us the chance to vote for a better way of electing governments!

In the first question, people will get to choose whether they want to replace the status quo with proportional representation. Voters can vote on the first question only, to choose pro rep – and that's it!

If voters want to help choose the kind of pro rep they want, they can vote for that, too.

After two elections, voters will have a chance to affirm their choice with another referendum. No jurisdiction that has moved to proportional representation has gone back to first-past-the-post.

# What is First Past the Post (FPTP)?

<https://elections.bc.ca/referendum/voting-systems/first-past-the-post-fptp/>

First Past the Post (FPTP) is British Columbia's current voting system. In FPTP the province is divided into electoral districts and each district is represented by one Member of the Legislative Assembly (MLA). Voters mark their ballot for one candidate. The candidate with the most votes in the district wins and represents the district in the legislature.

BC Premier John Horgan has said that the current voting system is unfair because in the last five provincial elections, only one political party has formed government after receiving more than 50 per cent of the vote.

## Characteristics of First Past the Post (FPTP)

<b>Voting</b>	Voters vote for one candidate on the ballot
<b>Counting</b>	The candidate with the most votes in the district wins and represents the district in the legislature
<b>Results</b>	The number of seats a party wins in the legislature equals the number of districts the party's candidates win in the province
<b>Representation</b>	87 MLAs in the province British Columbians have one MLA that represents their district
<b>Electoral districts</b>	Same size as currently

## BC Federation of Labour Supports Proportional Representation



<http://bcfed.ca/news/editorials/labour-cares-about-fairness-and-%E2%80%99s-why-i-support-pro-rep>

Our current voting system – First Past the Post (FPTP) – allows a minority of voters to give 100% of the power to one political party. It just isn't fair.

Government matters, but how we elect our government also matters. This fall we have a chance to change how we vote.

Proportional Representation (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.



By moving to a Pro Rep system, we are strengthening our voices. The issues we care about can no longer be pushed aside.

This is our chance to make a significant change to how we do politics in this province. Let's make 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 30th.**



## **BCGEU Supports Electoral Reform**

<https://engage.gov.bc.ca/app/uploads/sites/271/2018/03/BCGEU.pdf>

The BC Government and Service Employees' Union (BCGEU) represents more than 74,000 workers in various sectors and occupations in more than 550 bargaining units throughout British Columbia.

The BCGEU strongly supports holding a referendum on electoral reform, and believes that the adoption of a more proportional and representative electoral system will be important for renewing democratic engagement in the province.

We believe that a regionally structured, open list Pro Rep system similar to those used in Norway, Denmark and Sweden is the best way forward, but that ultimately it must be the voters of B.C. who make the choice.

FPTP (First Past the Post) is a common but outdated system that regularly produces electoral outcomes that are inconsistent with the wishes of the electorate.

While the problems associated with the FPTP system are various, the most persistent and widely-observed patterns of dysfunction include:

- **False Parliamentary Majorities:** FPTP-based elections often allow parties to win a majority of the seats in the legislature (thereby forming a majority government) without winning a majority of the votes.

In BC, this has happened in almost every election since the 1950s, with the notable exception of 2001 which featured its own remarkable disparity: a party with only 58 per cent of the vote took 97 per cent of seats in the legislature.

Parties were “winning” elections without a winning the popular vote.

FPTP in Canada has allowed parties to win a majority of parliamentary seats, and to form government, without even coming first in the popular vote. This happened federally in Canada in 1896, 1957 and 1979, and provincially in B.C. in 1996.

- **“Wasted” Votes And Non-Representation Of Voters:** To illustrate: in a constituency where a member of the legislative assembly (MLA) wins with only a 40 per cent plurality of the vote—as is common in B.C.’s multi-party, “winner-take-all” system—the remaining 60 per cent of the votes in that riding see no expression in the electoral result for that seat or in the final makeup of the legislature. This leads to a pervasive feeling of votes being “wasted” when ballots are cast for a party that does not place runner-up.

This “winner-take-all” approach under FPTP leaves tens of thousands of voters across B.C.—often the majority of voters in a riding—with no direct legislative representation for their vote.

- **Strategic Voting:** This behaviour sometimes results from situations where voters:
  - a) Foresee that the most preferred candidate has little chance of victory; and
  - b) Seek a solution to the “wasted vote” problem by instead supporting the candidate they believe has the best chance of defeating the party or candidate they most intensely oppose.

Obviously, this is quite different from voting for the candidate or party whose position they most strongly support. Yet it offers a degree of influence over the outcome that is attractive enough for many voters to sacrifice the expression of their true interest.

Extensive research globally shows that proportional representation (Pro Rep) systems tend to increase voter turnout, mainly because one’s vote is perceived as having greater influence upon the resulting parliament than under FPTP;

Studies suggest that voter turnout in Canada could increase 5 to 7 per cent under a Pro Rep-based electoral system;

Research from New Zealand suggests that the introduction of a Pro Rep system improved overall public perception of the efficacy and responsiveness of their political institutions.

Anyone who believes in equal treatment of all voters should vote for proportional representation. Get informed! <http://voteprbc.ca/get-informed/>

## **Why Proportional Representation (Pro Rep)?**

Proportional representation is a new way of voting – one that works for you.

For over 70 years, our voting system has worked for insiders and those who know how to use the system the best: those who have been in power the most.

It isn't fair that a government that gets 40% of the votes should get 100% of the power. The way to make voting more fair for everyone in BC is to give people a new way to vote – and that's pro rep.

With Pro Rep, a party that gets 30% of the votes gets 30% of the seats in the Legislature. What BC votes for is what you get! It's that simple!

On the referendum ballot, the second question is entirely optional. Remember that voters can vote on the first question only, to choose "First Past the Post" or "Proportional Representation" – and that's it!

If voters want to help choose the kind of pro rep they want, they can vote for that, too.

## **PRO REP OPTIONS:**

All three made-in-BC pro rep options would strengthen our democracy and put people first. The outcome of every option is the same: the proportion of seats a party gets equals the proportion of the vote a party receives in an election, all across the province.

### **1. Dual Member:**

In this system, voters would elect two MLAs in most ridings.

Adjacent ridings would be combined so that each riding would have two MLAs, with a few rural ridings continuing to have one MLA, as they do now.

Voters would elect a candidate from the party that gets the most overall votes in each riding and would elect a second candidate based on each party's provincial vote share and the candidates' local support, to ensure that a party's number of seats closely reflects their share of the overall vote.

Choose Dual Member option, if you like the idea of keeping a ballot that's very similar to what we use now, and which will give you two local MLAs (typically from different parties).



Like the two other systems on the ballot, Dual Member would deliver strong proportionality, preserve the same number of MLAs in each region of the province as we have now, and would allow voters to vote for specific candidates. And if we aren't happy with it, there will be another referendum after we've used it for two elections to decide if we want to stick with it.

For more information on **Dual Member**: <http://voteprbc.ca/2018/08/dual-member-explained/>  
OR <https://elections.bc.ca/referendum/voting-systems/dual-member-proportional-dmp/>

## Characteristics of Dual Member Proportional (DMP)

<b>Voting</b>	<p>Parties nominate up to two candidates per district</p> <p>Parties specify their first and second candidates on the ballot</p> <p>Voters vote for one option on the ballot – a party's candidate, candidates, or an independent candidate</p>
<b>Counting</b>	<p><i>Urban and Semi-Urban Districts</i></p> <p>The first candidate of the party with the most votes in the district wins the first seat</p> <p>The second seat is won by a party based on its share of the popular vote province-wide and their performance in each district</p> <p>Independent candidates win a seat if they place first or second in the district</p> <p>A party must get at least 5 percent of the vote province-wide to get any second seats</p> <p><i>Large Rural Districts</i></p> <p>The candidate with the most votes wins</p>
<b>Results</b>	<p>Results are proportional at the provincial level</p> <p>The candidate in second place may not win the second seat, because second seats are allocated to parties to get a proportional outcome</p>
<b>Representation</b>	<p>Between 87 and 95 MLAs</p> <p>British Columbians in urban and semi-urban areas have two MLAs representing their district. These districts are likely to be represented by MLAs from different political parties.</p> <p>British Columbians in large rural districts have one MLA representing their district</p>
<b>Electoral districts</b>	<p>Urban and semi-urban districts are combined with a neighbouring district</p> <p>Boundaries of the largest rural districts stay the same</p> <p>If DMP is adopted, an independent electoral boundaries commission will decide after the referendum which districts will stay the same and which will be combined</p>

## 2. MIXED MEMBER:

In this system, voters would elect over half the MLAs from single member ridings (as we do today), while the remainder would be elected among regional candidates.

Voters would continue to vote for a local candidate, and likely also a regional candidate or a preferred party.

Regional MLAs would be elected to make sure that a party's number of seats in each region closely reflects their share of the overall vote in the region.

The Mixed Member system is used in New Zealand, Scotland, Wales and Germany.

### ***How it Works:***

With Mixed Member voting, single-member ridings in each region of BC would be reduced in number by up to 40%, with the freed-up seats used to elect regional MLAs. Candidates would run in the single member ridings, just as they do now, and the local candidate with the most votes would be elected.

The regional seats would go to candidates from the region to ensure that the seat share by party closely matches the vote share. The ballot could be the same as what we use now, or we could use a two-part ballot in which all the candidates running across the region are listed.

For Example: In the 2017 election, BC NDP candidates earned about 50% of the vote in Vancouver, BC Liberals 35%, and BC Greens 13%. Our current system elected 8 BC NDP MLAs, 3 BC Liberals, with no Greens; a proportional result would have been 6 BC NDP MLAs, 4 BC Liberal MLAs and 1 BC Green MLA.

Choose the Mixed Member option, if you want to keep a ballot that's very similar to what we use now (or could offer you the additional option of voting for your preferred candidate or party in the region if a two-part ballot is used), and having both a local MLA representing your riding as well as access to additional regional MLAs.

For more information on **Mixed Member:** <http://voteprbc.ca/2018/08/mixed-member-explained/>  
OR <https://elections.bc.ca/referendum/voting-systems/mixed-member-proportional-mmp/>

# Characteristics of Mixed Member Proportional (MMP)

<b>Voting</b>	<p>There are two possibilities:</p> <p>Voters have two votes – one for a candidate and one for a party</p> <p>Voters have one vote and vote for a candidate. This vote counts for the candidate and the candidate's party.</p> <p>In both cases, the regional member is elected from a list of candidates prepared by the party. There are three possible types of party list:</p> <p>Closed list – voters vote for a party's list of candidates</p> <p>Open list – voters vote for an individual candidate on the party's list</p> <p>Open list with party option – voters vote for a candidate or endorse a party's list of candidates</p> <p>If MMP is adopted, a legislative committee will decide whether voters have one vote or two and what type of party list is used</p>
<b>Counting</b>	<p>The total number of seats a party gets is based on its share of the popular vote province-wide</p> <p>The candidate with the most votes in the district wins the district seat</p> <p>District seats are "topped-up" by regional seats so that the total number of seats a party gets roughly matches its share of the popular vote province-wide</p> <p>A party must get at least five percent of the vote to get any regional seats.</p>
<b>Results</b>	<p>Results are largely proportional at the provincial level</p> <p>Regional seats are allocated within defined regions</p>
<b>Representation</b>	<p>Between 87 and 95 MLAs</p> <p>British Columbians have one MLA representing their electoral district and several MLAs representing their region</p> <p>If MMP is adopted, at least 60 percent of MLAs would be district MLAs, but the exact ratio of district MLAs to regional MLAs would be decided by a legislative committee after the referendum</p>
<b>Electoral districts</b>	<p>Districts would be larger than they are now and there would be fewer of them</p> <p>If MMP is adopted, a legislative committee will determine the number of MLAs in each region after the referendum</p> <p>If MMP is adopted, an independent electoral boundaries commission will determine district and regional boundaries</p>



### **3. RURAL URBAN:**

In this system, voters in more urban areas would elect two or more MLAs in multimember ridings, while more rural voters would elect over half of their MLAs from local single-member ridings (as we do now) with the remainder elected from among regional candidates.

Voters in urban areas would rank their top choices in order of preference, and the top-ranked candidates would be elected.

Voters in rural areas would elect local MLAs as well as regional MLAs, in order to ensure that a party's number of seats in each region closely reflects their share of the overall vote in the region.

The Rural Urban system combines the approach used nationally in New Zealand, Scotland, Wales and Germany (Mixed Member) for the more rural parts of BC with the approach used in places like Ireland, Northern Ireland, some Australian state elections, and Scottish local elections (the Single Transferable Vote, which was recommended by BC's Citizens' Assembly) for the more urban parts. A variant of Rural Urban was used in Alberta and Manitoba for several elections in the 20<sup>th</sup> century.

#### ***How it Works:***

With Rural Urban voting, we would use the Mixed Member approach (see above) in the more rural parts of the province. In more urban parts, we would group several single member ridings together and elect a set of candidates in each urban area who would collectively reflect the range of political perspectives there.

Candidates in more rural areas would run in single member ridings just as they do now, with the local candidate with the most votes elected. Regional seats in these areas would go to candidates from the region to ensure the seat share by party closely matches the vote share. The ballot could be the same as what we use now, or we could use a two-part ballot in which all the candidates running across the region are listed.

There could be multiple candidates on the ballot in urban areas, including possibly more than one candidate running from each party, and voters would rank their most preferred candidates, both within and across parties.

The least popular candidates would be sequentially eliminated (as is done in party leadership races) and the ballots transferred to the next-named candidate until there are only as many candidates left as seats in the riding. These most-popular candidates would be elected.

**For Example:** In the 2017 election, BC Liberal candidates earned about 53% of the vote, BC NDP candidates about 27%, and BC Green candidates about 17%. Our current system elected only BC Liberal MLAs – 12 of them – whereas a proportional result would have been 7 BC Liberal MLAs, 3 BC NDP MLAs and 2 BC Green MLAs.

If you live in the more rural parts of the province, you might like the Rural Urban option, if you like the idea of retaining a single local MLA representing your riding along with access to additional regional MLAs who will provide a balance of voices for your region.

If you live in a more urban area, the Rural Urban option might be appealing if you like the idea of having a group of MLAs representing the range of political perspectives in your city (especially if you also like the idea of having the ability to choose between candidates within and across parties).

For more information on **Rural Urban:** <http://voteprbc.ca/2018/08/rural-urban-explained/>  
OR <https://elections.bc.ca/referendum/voting-systems/rural-urban-proportional-rup/>

## Characteristics of Rural-Urban Proportional (RUP)

<p><b>Voting</b></p>	<p><i>Urban and Semi-Urban Districts (STV)</i>  Voters rank candidates in order of preference (1, 2, 3...)  Voters can rank as many candidates as they wish  Parties can run multiple candidates in a district (up to the number of seats in the district)  <i>Rural Districts</i> <a href="https://elections.bc.ca/referendum/voting-systems/mixed-member-proportional-mmp/">https://elections.bc.ca/referendum/voting-systems/mixed-member-proportional-mmp/</a></p>
<p><b>Counting</b></p>	<p><i>Urban and Semi-Urban Districts (STV)</i>  Several rounds of counting are usually required  Each district has a minimum number of votes needed to win one seat in the district. This number is called the quota and varies in each district depending on how many votes and how many seats there are.  Any candidate who reaches the quota is elected  If an elected candidate has more votes than the quota, their extra votes are transferred to other candidates using the voter's next choice  Candidates with the fewest votes are dropped and their votes are transferred to other candidates using the voter's next choice  Counting continues in this way until all seats in the district are filled  <i>Rural Districts</i> <a href="https://elections.bc.ca/referendum/voting-systems/mixed-member-proportional-mmp/">https://elections.bc.ca/referendum/voting-systems/mixed-member-proportional-mmp/</a></p>

<b>Results</b>	Overall provincial results are likely to be generally proportional
<b>Representation</b>	Between 87 and 95 MLAs British Columbians in urban and semi-urban areas have multiple MLAs representing their larger electoral district British Columbians in rural areas have one MLA representing their electoral district and other MLAs representing their region
<b>Electoral districts</b>	Electoral districts would be larger than they are now and there would be fewer of them If RUP is adopted, an independent electoral boundaries commission will determine the MMP districts, the MMP regions, and the STV (single transferrable vote) districts

Between Oct. 22<sup>nd</sup> and Nov. 2<sup>nd</sup>, you will receive a voting package.  
 You will be asked two questions on the referendum ballot.  
 Before **Nov. 30<sup>th</sup> deadline**, mail your ballot.  
 After two general elections, there will be **another referendum** to keep the new voting system or return to First Past the Post.

## 2018 Referendum on Electoral Reform

### Ballot

BC Teachers &  
Government  
Employees  
Union advocate  
for **Pro Rep**

**Instructions:** To vote, fill in the oval ☐ to the right of your choices, like this: ☒  
 Use black pen or marker. Do **not** use pencil.

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

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.)			
	<b>1</b> 1st Choice	<b>2</b> 2nd Choice	<b>3</b> 3rd Choice
<b>Dual Member Proportional (DMP)</b>	<input type="radio"/> <sup>1</sup>	<input type="radio"/> <sup>2</sup>	<input type="radio"/> <sup>3</sup>
<b>Mixed Member Proportional (MMP)</b>	<input type="radio"/> <sup>1</sup>	<input type="radio"/> <sup>2</sup>	<input type="radio"/> <sup>3</sup>
<b>Rural-Urban Proportional (RUP)</b>	<input type="radio"/> <sup>1</sup>	<input type="radio"/> <sup>2</sup>	<input type="radio"/> <sup>3</sup>

**You can answer two questions or just one.**  
 Your ballot will still be counted, if you only answer one.



## Characteristics of First Past the Post

- The number of seats a party gets in the legislature equals the number of districts its candidates win.
- Tends to elect candidates from large parties and result in single party majority governments
- One MLA is elected per district by getting the most votes
- Districts are smaller than in proportional systems

## Characteristics of Proportional Representation

- A party's share of seats in the legislature roughly matches its share of the province-wide popular vote
- Tends to elect candidates from large and small parties and result in multi-party or coalition governments
- Voters normally elect and are represented by more than one MLA in their district or region
- Districts are larger than in First Past the Post

Systems of **proportional representation** have been adopted in many countries, including Belgium, Denmark, Finland, Greece, Hungary, Israel, Italy, Luxembourg, Norway, Russia, Spain, Sweden, and Switzerland.



**VIDEO** (56 sec.) **John Horgan** – Electoral Reform/Proportional Representation  
<https://www.bcnep.ca/pro-rep>

**VIDEO** (1min.15sec.) **Justin Trudeau** – Deeply Committed to Electoral Reform  
[https://videos-f.jwpsrv.com/content/conversions/fqJ3U4HI/videos/oOQfIC0J-28780003.mp4?token=0\\_5ba8325a\\_0x8c1ecabea4e4710e579dd08f9b5a212b5954676a](https://videos-f.jwpsrv.com/content/conversions/fqJ3U4HI/videos/oOQfIC0J-28780003.mp4?token=0_5ba8325a_0x8c1ecabea4e4710e579dd08f9b5a212b5954676a)

**VIDEO** (4 min.) **BC's Options for Electoral Reform Explained** – The Tyee – July 3, 2018  
<https://thetyee.ca/News/2018/07/03/BC-Options-Proportional-Representation-Explained/>

**VIDEO** (3min.15 sec.) **Proportional Representation 101** – **featuring Jujubes!**  
Black Press Media – June 1, 2018  
[https://videos-f.jwpsrv.com/content/conversions/fqJ3U4HI/videos/4FJP65jr-28780003.mp4?token=0\\_5ba834e1\\_0xe6b2f5c8c87d562190e78de959598cd28fab2293](https://videos-f.jwpsrv.com/content/conversions/fqJ3U4HI/videos/4FJP65jr-28780003.mp4?token=0_5ba834e1_0xe6b2f5c8c87d562190e78de959598cd28fab2293)



## Are you registered to vote?

Registered voters will get a voting package for the 2018 Referendum on Electoral Reform in the mail between October 22 and November 2, 2018.

Elections BC must receive your ballot before 4:30 pm on Friday, Nov. 30, 2018.

First, make sure you're registered to vote and that your voter information is up to date. You can do this in two ways:

On our Website <https://eregister.electionsbc.gov.bc.ca/ovr/welcome.aspx#>  
or by calling 1-800-661-8683.

## What happens after the referendum?

The referendum will decide if British Columbia keeps the current First Past the Post voting system or adopts a proportional representation voting system.

If more than half the votes support First Past the Post on the first question, the voting system will stay the same.

If more than half the votes support proportional representation on the first question, the proportional system with the most support on the second question will be adopted.

If a proportional voting system is adopted it must be in place for provincial elections called on or after July 1, 2021. A provincial election called before this date would use First Past the Post.

If a proportional representation voting system is adopted, government has said that after the referendum:

- a legislative committee will determine how some aspects of the new system will work
- an independent electoral boundaries commission will determine the number and boundaries of the electoral districts and regions represented in the legislature
- the total number of MLAs in the legislature will be between 87 and 95 (currently there are 87)
- no region in the province will have fewer MLAs than it does now
- after two general elections **another referendum** will be held, to see if BC wants to keep the new voting system or go back to "First Past the Post" election system



# PQRTA Program – To Hell with the Bell – Sept. 4, 2018

As you can see fun, fun, fun was had by all 44 attendees!



Wendy Reimer (left) with  
Life Member Eva Hilborn



Two new retirees



Two sisters

Lots of chatting with "old"  
friends and new friends!



Two New Members: Miriam  
Callaway and Sharon Purves







Newbie retirees get "lei-ed"



**New Retirees:** (left to right)  
BACK: Tina Klymchuk, Marlene Stahley  
FRONT: Gwendolyn Flynn, Francine Bergink, and Sylvain Chapdelaine



**PQRTA Executive:** (left to right)  
BACK: Diane Williams (Membership Chair), Kay Howard (Past President), Val Dyer (Communication Chair)  
FRONT: Cathy Van Herwaarden (President), Suzanne Rush (Program Chair)  
MISSING: Ellen Coates (Treasurer), Sharon Cox-Gustavson (Heritage Chair)

# MISH-MASH of MEDICAL NEWS:



## Six Most Healthy Nuts:

[https://www.medicalnewstoday.com/articles/323042.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%202018-09-12&utm\\_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29](https://www.medicalnewstoday.com/articles/323042.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%202018-09-12&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29)

## How Many Eggs is Too Many?

[https://www.medicalnewstoday.com/articles/323001.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%202018-09-12&utm\\_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29](https://www.medicalnewstoday.com/articles/323001.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%202018-09-12&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29)

## Seven Exercises for Shoulder Arthritis:

[https://www.medicalnewstoday.com/articles/322998.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%202018-09-12&utm\\_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29](https://www.medicalnewstoday.com/articles/322998.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%202018-09-12&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29)

## Eating Whole Grains Can Prevent Type 2 Diabetes

[https://www.medicalnewstoday.com/articles/322992.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%202018-09-12&utm\\_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29](https://www.medicalnewstoday.com/articles/322992.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%202018-09-12&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29)

## Foods to Lower Blood Pressure

[https://www.medicalnewstoday.com/articles/322861.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%202018-08-29&utm\\_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29](https://www.medicalnewstoday.com/articles/322861.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%202018-08-29&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29)

## Anti-Inflammatory Meal Plan – 26 Recipes to Try

[https://www.medicalnewstoday.com/articles/322897.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%202018-08-29&utm\\_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29](https://www.medicalnewstoday.com/articles/322897.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%202018-08-29&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29)

## Benefits of Pistachio Nuts:

[https://www.medicalnewstoday.com/articles/322899.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%202018-08-29&utm\\_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29](https://www.medicalnewstoday.com/articles/322899.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%202018-08-29&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29)

## Do Brain Training Games Really Work?

[https://www.medicalnewstoday.com/articles/322648.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%202018-08-01&utm\\_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29](https://www.medicalnewstoday.com/articles/322648.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%202018-08-01&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29)

## Vitamins and Minerals that Boost Metabolism

[https://www.medicalnewstoday.com/articles/322644.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%202018-08-01&utm\\_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29](https://www.medicalnewstoday.com/articles/322644.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%202018-08-01&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29)

## Best diet for Osteo-Arthritis

[https://www.medicalnewstoday.com/articles/322603.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%202018-08-01&utm\\_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29](https://www.medicalnewstoday.com/articles/322603.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%202018-08-01&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29)



# Top 10 ANTIVIRAL HERBS

## 1. ELDERBERRY

- Fights viruses
- Fights influenza
- Treats herpes
- Combats viral infections
- Battles bacterial infections



## 2. ECHINACEA

- Reduces virus infections and tumors
- Inhibits bacteria and viruses from penetrating healthy cells
- Alleviates pains
- Reduces inflammation
- Improves skin problems
- Treats upper respiratory issues
- Improves mental health



## 3. CALENDULA

- Protects against free radical damage
- Fights viruses
- Combats inflammation
- Battles bacteria
- Treats infections, burns, cuts and wounds

## 4. GARLIC

- Kills microorganisms responsible for infections, including tuberculosis, pneumonia, thrush and herpes
- Treats eye infections
- Remedies ear infections
- Reduces risk of cancer
- Controls hypertension
- Boosts cardiovascular health
- Fights hair loss

## 5. ASTRAGALUS ROOT

- Boosts immune system
- Prevents colds and flu
- Inhibits herpes
- Heals wounds
- Lowers cortisol



## 6. CAT'S CLAW

- Lowers fever
- Treats stomach ulcers
- Heals digestive issues
- Treats dysentery
- Remedies arthritis
- Heals herpes
- Treats IBS, colitis and leaky gut syndrome



## 7. GINGER

- Warms the body
- Breaks down accumulation of toxins
- Cleanses lymphatic system
- Relieves nausea
- Alleviates pain
- Lowers inflammation
- Improves diabetes

## 8. LICORICE ROOT

- Being researched for treatment and prevention of hepatitis C, HIV and influenza
- Fights free radical damage
- Relieves cough and sore throat
- Protects against leaky gut
- Reduces adrenal fatigue
- Relieves pain

## 9. OLIVE LEAF

- Treats common cold
- Fights viruses like candida, meningitis, pneumonia, chronic fatigue, hepatitis B, malaria, gonorrhea, shingles and tuberculosis
- Treats dental, ear and urinary tract infections
- Combats disease-causing microbes
- Destroys invading organisms
- Prevents viruses from replicating
- Shown to reverse HIV-1 infection-associated changes

## 10. OREGANO

- Reverses viral infections
- Fights allergies, tumors, parasites and inflammation



# CANNABIS – The Science behind the Plant

May 2017 – everythingzoomer.com



As per Wikipedia: "Cannabis, also known as marijuana, is a psychoactive drug from the Cannabis plant used for medical or recreational purposes. The main psychoactive part of cannabis is tetrahydrocannabinol (THC), one of 483 known compounds in the plant, including at least 65 other cannabinoids."

## The Endo-Cannabinoid System

Medical cannabis harnesses the body's endocannabinoid system (ECS). This system helps to achieve balance in the body and is involved in many functions, including pain sensation, inflammation, mood and appetite.

## Natural Cannabinoids

Our ECS naturally produces chemicals called cannabinoids, which pass messages between the brain and body parts through cannabinoid receptors. They act like a key opening a lock on our cells. When the cannabinoids deliver messages like pain or nausea to the receptors, the locks open and trigger a response – such as pain relief.

## The Active Ingredients

The active ingredients in the cannabis plant are called phyto-cannabinoids. The two most researched are THC (delta-9-tetrahydrocannabinol) and CBD (cannabidiol). They're similar to the cannabinoids our bodies naturally produce.

## Supplementing the System

Aging and certain medical conditions affect how the ECS works and can lead to symptoms like pain. Phyto-cannabinoids are analogous to having spare keys for your cannabinoid receptors, supplementing the cannabinoids normally produced by the body.

Cannabis is also known as marijuana, grass, pot, dope, Mary Jane, hooch, weed, hash, joints, brew, reefers, cones, smoke, mull, buddha, ganga, hydro, yarndi, heads and green.

<http://learnaboutmarijuanawa.org/factsheets/whatis cannabis.htm>

Cannabis is consumed in many different ways: [https://en.wikipedia.org/wiki/Cannabis\\_\(drug\)](https://en.wikipedia.org/wiki/Cannabis_(drug))

- **Smoking**, which typically involves burning and inhaling vaporized cannabinoids ("smoke") from small pipes, bongs (portable versions of hookahs with a water chamber), paper-wrapped joints or tobacco-leaf-wrapped blunts, and other items.
- **Vaporizer**, which heats any form of cannabis to 165–190 °C (329–374 °F),<sup>[58]</sup> causing the active ingredients to evaporate into a vapor without burning the plant material (the boiling point of THC is 157 °C (315 °F) at 760 mmHg pressure).
- **Cannabis Tea**, which contains relatively small concentrations of THC because THC is an oil (lipophilic) and is only slightly water-soluble (with a solubility of 2.8 mg per liter). Cannabis tea is made by first adding a saturated fat to hot water (e.g. cream or any milk except skim) with a small amount of cannabis.
- **Edibles**, where cannabis is added as an ingredient to one of a variety of foods, including butter and baked goods.



According to tens of thousands of personal testimonials, marijuana:

- Reduces the pain of arthritis
- Eases glaucoma
- Alleviates insomnia
- Lessens nausea associated with chemotherapy
- Stimulates appetite for sufferers of serious bowel disorders and cancers
- Improves and saves the lives of military personnel with PTSD



Last year, opioid overdoses accounted for 4,000 deaths in Canada. In the United States, studies show that in the states with legalized marijuana, opioid overdoses have dropped dramatically. The biggest opioid users in Canada are SENIORS, so cannabis could be a godsend.

Alcohol kills more than 60,000 Canadians per year and tobacco causes 40,000 deaths in Canada every year. To date, there has not been a single documented case of fatal marijuana overdose.

## **Wednesday, October 17<sup>th</sup> Cannabis is LEGAL in Canada!**

**BRITISH COLUMBIA** – You will be able to grow up to 4 plants of your own, while smoking cannabis will be prohibited in cars, public areas, and wherever tobacco is restricted, like workplaces. But if you have a home office in BC, you can smoke cannabis there – as long as smoking or vaping does not occur during work time. (Really? How will anyone know?)



**SASKATCHEWAN** – Concerned Saskatchewan senator, Denise Batters, pointed out how much Health Canada's proposed warning symbol for THC looked like the Team Canada Hockey logo. Instead of Team Canada, just put Team Cannabis. WHAT!!!



**ONTARIO** – Buying weed, at a government outlet will remind you of buying liquor with your parents at the LCB, when you were eight years old. After having your ID checked at the door, you'll proceed to a room full of iPads, but no cannabis. In Ontario, the "product" must be hidden. You punch in your order on the iPad, and employee retrieves it from the backroom, and hands it to you in a 'federally mandated plain package'. You then slink out the door...

**QUEBEC** – Quebec is doubly distinct. First, it's the only province that vows to prohibit any personal plant-growing at all. Second, it's the only province to include the following stipulation: "Cannabis accessories may not have any flavour or aroma." Odd, no? It's like wine snobbery in reverse!

**NEWFOUNDLAND** – Newfoundland has set a cap of 8% commission on cannabis sales. Sources say that a shop selling only cannabis with two employees at \$12.50/hour and \$2,000 per month rent would have to do \$1.6 million in sales each year, in order to break even.

According to Bruce Linton (CEO of Canopy Growth – largest legal marijuana producer in Canada) – "Rules create trust in the product (no criminals, no chemicals, no fecal matter). We're ending prohibition and people need to know that things won't change too quickly. If some of the rules are a little odd, we can change them later."

# POINTS TO PONDER:



**Melting Glaciers Trigger World's Biggest Tsunamis** CBC News Sept. 6, 2018

<https://www.cbc.ca/news/technology/landslide-tsunamis-climate-change-1.4811707>

**USA Must Rise above Trump's Reign of Fear** -Calvin Sandborn-Times Colonist-Sept.7/18

<https://www.timescolonist.com/opinion/columnists/opinion-u-s-must-rise-above-trump-s-reign-of-fear-1.23423940>

**Poo Power – Turning Toronto Zoo Poo into Power:** David Suzuki

[https://davidsuzuki.org/story/turning-toronto-zoo-poo-into-power/?utm\\_campaign=chargedUp-thanksForJoiningUsInBeing-en-10sep2018&utm\\_source=mkto-first-contestTakers-button-body&utm\\_medium=email&mkt\\_tok=eyJpIjoiTTJSaU5HRTJOVGswTkRveSIsInQiOiIzRFZlYVRpeWpxRGZyazJZMUZNTlQzb3gyYXcwMVRXUctNRHpkI2IsZkErQTBQaE5maE51VndKaklsVklybGtIWEdpRzJlGRmk5TUy5bkJWdlJmbzhId1NxcUZxXC94Z1hPOHNEQTNLT2dTT25aXC9VQkhaZ1hTTk41ZUpacDYyVGtBI0%3D](https://davidsuzuki.org/story/turning-toronto-zoo-poo-into-power/?utm_campaign=chargedUp-thanksForJoiningUsInBeing-en-10sep2018&utm_source=mkto-first-contestTakers-button-body&utm_medium=email&mkt_tok=eyJpIjoiTTJSaU5HRTJOVGswTkRveSIsInQiOiIzRFZlYVRpeWpxRGZyazJZMUZNTlQzb3gyYXcwMVRXUctNRHpkI2IsZkErQTBQaE5maE51VndKaklsVklybGtIWEdpRzJlGRmk5TUy5bkJWdlJmbzhId1NxcUZxXC94Z1hPOHNEQTNLT2dTT25aXC9VQkhaZ1hTTk41ZUpacDYyVGtBI0%3D)

**Beluga Whales Adopt Lost Narwhal in St. Lawrence River** - CBC News– Sept. 13, 2018

<https://www.cbc.ca/news/technology/belugas-narwhal-stlawrence-1.4820602>

**One of the Worst Words in the Dictionary** – by David Suzuki – Sept. 13, 2018

[https://davidsuzuki.org/story/one-of-the-worst-words-in-the-dictionary/?utm\\_campaign=scienceMatters-oneOfTheWorstWords-en-14sep2018&utm\\_source=mkto-none-smSubscribers-link-readOnline&utm\\_medium=email&mkt\\_tok=eyJpIjoiTTJVeU9EQmpNekV6WW1KayIsInQiOiJUQTV1RGtCbGNiQWZKNzRDMIBnc2E0cDhcL0FJQytTTHQya21rOVd2dXFFSVdjQ0VKajc1V3ZvYyYtYbFZORnR5OTIhYkFRS25ZNWRUQldGMGVKY28yMVJ6eU9aeHlpcXdLYVYV6OTNRMWRVdzB2aXpXTmRHU1E5Y0hEXC9MR2tvY2tFI0%3D](https://davidsuzuki.org/story/one-of-the-worst-words-in-the-dictionary/?utm_campaign=scienceMatters-oneOfTheWorstWords-en-14sep2018&utm_source=mkto-none-smSubscribers-link-readOnline&utm_medium=email&mkt_tok=eyJpIjoiTTJVeU9EQmpNekV6WW1KayIsInQiOiJUQTV1RGtCbGNiQWZKNzRDMIBnc2E0cDhcL0FJQytTTHQya21rOVd2dXFFSVdjQ0VKajc1V3ZvYyYtYbFZORnR5OTIhYkFRS25ZNWRUQldGMGVKY28yMVJ6eU9aeHlpcXdLYVYV6OTNRMWRVdzB2aXpXTmRHU1E5Y0hEXC9MR2tvY2tFI0%3D)

**Researchers Discover Star Trek's Planet "Vulcan"** (sort of) – CBC News: Sept. 19, 2018

<https://www.cbc.ca/news/technology/exoplanet-vulcan-star-trek-1.4830111>

**Bitcoin is an Energy Hog:** CBC News – May 21, 2018

<https://www.cbc.ca/news/business/bitcoin-electricity-1.4668768>

**Bitcoin Digital Mining Uses So Much Electricity That One City May Pull the Plug during Heat Waves:** CBC News - Sept. 24, 2018

<https://www.cbc.ca/news/business/hut8-medicine-hat-bitcoin-mining-1.4834027>

**We Must Heed Storm Warnings:** David Suzuki and Ian Hanington – September 20, 2018

[https://davidsuzuki.org/story/we-must-heed-storm-warnings-to-build-a-brighter-future/?utm\\_campaign=scienceMatters-weMustHeedStormWarnings-en-21sep2018&utm\\_source=mkto-none-smSubscribers-link-readOnline&utm\\_medium=email&mkt\\_tok=eyJpIjoiTTkdSaFkyVmI4TIRSayIsInQiOiJJdDdTBdUZ4VlJjT1V1R1hGS0I1eTZodG9PNUZuZ2NRNEhESDd6eUc4UTlrWEpqaGxoUllRb0NHVEUwSVNuUXBzRmQ4MWluTVA5Y0VwSlk5RmUyOEtLY0RtS1NsTkpGTm9KQmpwUGRZVmxRamZXa0xNUER2UGZ1QVZBVmxOekg1TyJ9](https://davidsuzuki.org/story/we-must-heed-storm-warnings-to-build-a-brighter-future/?utm_campaign=scienceMatters-weMustHeedStormWarnings-en-21sep2018&utm_source=mkto-none-smSubscribers-link-readOnline&utm_medium=email&mkt_tok=eyJpIjoiTTkdSaFkyVmI4TIRSayIsInQiOiJJdDdTBdUZ4VlJjT1V1R1hGS0I1eTZodG9PNUZuZ2NRNEhESDd6eUc4UTlrWEpqaGxoUllRb0NHVEUwSVNuUXBzRmQ4MWluTVA5Y0VwSlk5RmUyOEtLY0RtS1NsTkpGTm9KQmpwUGRZVmxRamZXa0xNUER2UGZ1QVZBVmxOekg1TyJ9)

# 30 Great Uses for Petroleum Jelly

## Water Rings

Have you noticed water rings on a table or other wood surface? Rub some petroleum jelly into the stain. Architectural Digest reports that you can leave the jelly sit as long as overnight, if the ring is stubborn.



## Stuck Zippers

Zipper a bit stiff? Apply a small amount of petroleum jelly to the teeth.

## Pesky Squirrels

Use petroleum jelly to keep squirrels away from the bird feeder. Apply it to the pole, and the squirrels won't be able to climb up the slippery surface. WD-40 will also do the trick.

## Stubborn Stickers

No matter how often you tell them, kids may "forget" and put stickers on doors and furniture. Rub on a little petroleum jelly and, after a few hours, use the edge of a credit card to remove the goo.

Note: This also works for stubborn price tags. No one has to know that gift cost you only 50 cents at the thrift store.

## Makeup removal

Out of makeup remover? Gently massage a little petroleum jelly on your face, then wipe with a soft cloth.

## Flyaway Hair

Flyaway hair? Instead of a wax or pomade, rub a very small amount of petroleum jelly into your hands and use it smooth down frizzy flyaway hairs.

Obstreperous eyebrows? Put a dot of petroleum jelly on a clean mascara wand or the tip of your finger. Then, sweep from the beginning of the brow line to the end.

## Chrome at Risk of Rusting

Coat the metal parts of bikes, strollers, mowers and other equipment with petroleum jelly to protect them from rust during winter storage.

## Sensitive Pooch Paws

Before going for a walk in the snow, the American Society for the Prevention of Cruelty to Animals (ASPCA) suggests putting petroleum jelly on the tender pads of your dog's feet. This will protect against salt or snow-melting chemicals.

## Rough Feet

Got super-dry skin on your feet? Coat with petroleum jelly just before bedtime, then put on socks. It feels weird at first, but you get used to it. In the morning, marvel at your skin's softness.

## Flying Insects

Do flies get into the house every time someone opens a door? Make your own flypaper: Coat strips of paper with petroleum jelly, and hang the strips in strategic spots.

### **Troublesome Earrings**

Rub on a bit of petroleum jelly for easier earring insertion.

### **A Stiff Shower Curtain Rod**

Rub the shower-curtain rod with a thin coating of petroleum jelly to help rings slip freely when you open or close the curtain.

### **A Chaffed Nose**

Bad cold + generic tissues = sore, sore nostrils. Gently apply some petroleum jelly to protect the raw skin from moisture and rubbing. Reapply as needed.

### **Stubborn Rings**

If your finger swells, trapping a ring in place, you can coat your finger with petroleum jelly and keep tugging — gently.

### **Squeaky Hinges**

Got noisy or stiff hinges on cabinets or doors? Petroleum jelly works just as well as WD-40 — without the smell.

### **Uncooperative Pipes**

Rub some petroleum jelly on pipe threads to make joining them easier. Don't use it on any rubber or latex elements, however, as this will cause their material to break down over time.

### **Dry Skin**

Lips dry and flaky? Create an exfoliating scrub by mixing petroleum jelly with sugar. You can also make up a big batch of the stuff and give yourself a good rubdown, to remove dead skin. (Or better yet, have someone else massage you with the stuff.)

### **Blisters**

Apply a little bit of jelly on the parts of your shoes that rub against your feet. This helps prevent friction and thus blisters, the American Academy of Dermatology says.

### **Short-lived Fragrance**

Before you spray on perfume or cologne, rub a little jelly onto your pulse points. It will make the fragrance last longer, says Dr. Travis Stork of "The Doctors."

### **Rust Rings**

Rub some petroleum jelly on the base of shaving cream cans to keep water away, preventing the bottom of the can from rusting and leaving a rust ring on the bathtub or shower.

### **Yard tools at Risk of Rusting**

After the gardening season ends, wash and dry your trowel, hand rake and other garden implements. Then coat metal parts with a thin layer of petroleum jelly to ward off corrosion and rust.

### **Lackluster Leather**

Shine leather or patent leather shoes — or revive a leather jacket, belt or bag — with a dab of petroleum jelly. Rub it in with a soft, lint-free cloth.



### **Faint Eye Shadow or Eyelashes**

Prime your eyelids with foundation and translucent powder, and then mix a small amount of jelly with your powdered eye shadow. The result is a much more intense look.

Or just use petroleum jelly *as* makeup. My mom wouldn't let us wear mascara until age 16, so my sisters and I rubbed a little petroleum jelly on our eyelashes to make them look darker.

### **Fire-starting Struggles**

For a fast fire-starter when camping, saturate some cotton balls with petroleum jelly and put them in a small paper bag. Set the bag on fire, and then add wood.

### **Fishing Knives Headed to Storage**

Do you fish? Rub petroleum jelly on your fishing knives before storing them, and they'll be rust-free next season.

### **Risk of Eczema**

Apparently, it's not just for a baby's backside: Citing a study published in the medical journal JAMA Pediatrics, the Mayo Clinic reported last year that a daily application of petroleum jelly on a newborn's skin for the first six months of life can reduce the risk of eczema. This irritating skin condition affects as much as 30 percent of children.

### **Shriveling Jack-o'- Lanterns**

Have you ever carved pumpkins a bit too early, only to have them shrivel before Halloween arrived? Next time, try a light coat of petroleum jelly around the carved areas to keep the gourds in good shape.

### **Gummy Hair**

Once again, Junior fell asleep while chewing gum. Work jelly into the lump of hair and goo until the gum can be slid off of the hair.

### **New Baseball Gloves**

Nothing like that new-leather smell, but an unconditioned glove can be pretty stiff and hard to use. Apply petroleum jelly, rub it in well, and then tie up the glove with a baseball inside, both to condition and shape the glove and to get it thinking about the next game.

### **Unreliable Gaskets**

Soften a dried-up refrigerator door gasket with a thin layer of jelly. You'll get a better seal until you can replace the gasket or the fridge.

Thanks to PQRTA Member, Val Dyer, for these uses of Petroleum Jelly.



The ALS Society of BC is actively seeking a dedicated volunteer to take on the task of coordinating the 2019 Mid-Island Walk for ALS. Training and other support measures will be provided by the Society. If you can be of assistance, please contact the ALS Society of BC at [support@alsbc.ca](mailto:support@alsbc.ca). Without a volunteer coordinator the 2019 Mid-Island Walk for ALS will not happen at all. Thank you!

**ALS = Amyotrophic Lateral Sclerosis**

# VIU ElderCollege

## Saturday Speakers



**When:** Saturdays

**Time:** 10am – Noon

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

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

### **Saturday, October 13:**

Hungry Canadians, Corporate Charity and the Right to Food

Presented by: Graham Riches, PhD

### **Saturday, November 17:**

Do You Really Need That Pill?

Presented by: Dr. Susanne Voetmann & Dr. Diane Wallis, Family Physicians

VIU's Department of English welcomes mature students and Love of Learning students in all of our courses. This year we are highlighting courses in Healing in First Nations literature, Climate Change and Ecology in Canadian Drama, and the contentious role of Memory in European Literature—so central to the politics of Europe right now.

More information on these and many other courses, as well as the Love of Learning program, at: <https://english.viu.ca/bring-your-love>

You can also contact the individual instructor for more information about the course content, evaluation, etc. We hope you can join us!

All ElderCollege instructors are volunteers. They spend a lot of time preparing their courses to share their passion with you!

Presenting your ElderCollege membership card also gives you:

- One free entrance to Milner Gardens & Woodland in Qualicum Beach  
<https://www2.viu.ca/milnergardens>
- Reduced rate of \$3 for entrance to the Deep Bay Marine Station  
<https://www2.viu.ca/deepbay>
- Access to the VIU Nanaimo library during your course  
<https://www2.viu.ca/library>
- Alumni rates for gym use and activities at the Nanaimo campus  
<https://www2.viu.ca/campusrec/discounts.asp> Click on Service Fees for pricing

[www.viu.ca/eldercollege](http://www.viu.ca/eldercollege)

**1-866-734-6252**

## Hundreds of Discounts Available On Your Smart Phone

**New this month is Jiffy Lube** – Save on your next oil change at all Jiffy Lube locations in Ontario and Western Canada. For details and closest location to you, tap the ESM App.

**New this month is Ancestry.ca** - 14 day free trial & save up to \$50 on a 6 month membership. For details, check out the "Online Offers" category when you tap the ESM App.

**1-800-Flowers** – Save 20%. Thanksgiving is October 8th. Order online or by phone and have flowers delivered across Canada or around the world. Tap the ESM App for details.

**Costco** – Receive a \$10 Costco Cash Card when you sign up for a new Costco Membership at any Canadian Costco location. For details, tap the ESM App.

**Save up to 50% on ski & boarding lift tickets to most US ski resorts** with exclusive ESM travel discounts by Member Deals. Also, check out the "Travel and Play" category on the ESM App to save hundreds on your next travel including hotels, vacation packages, car rentals, theme park tickets and more.

To **get the ESM App**, go to your app store (Google or Apple) **on your smart phone** and search for Endless Savings & More. When you first download the app, you will be asked for the BCRTA "organization code". It's: **bcrta**



Email: [contact@ESMobileApp.com](mailto:contact@ESMobileApp.com)

Website: <http://www.ESMobileApp.com>

### Eat less CRAP:

C - carbonated drinks

R - refined sugar

A - artificial sweeteners & colors

P - processed foods

### Eat more FOOD:

F - fruits & veggies

O - organic lean proteins

O - omega 3 fatty acids

D - drink water

## BENEFITS OF CUCUMBERS!



1. Relieves joint pain (arthritis/gout)
2. Reduces cholesterol
3. Aids in weight loss
4. Promotes digestion
5. Prevents headaches
6. Fights cancer
7. Rehydrates and remineralizes the body
8. High silica content for silky hair
9. Helps regulate diabetes
10. Controls blood pressure



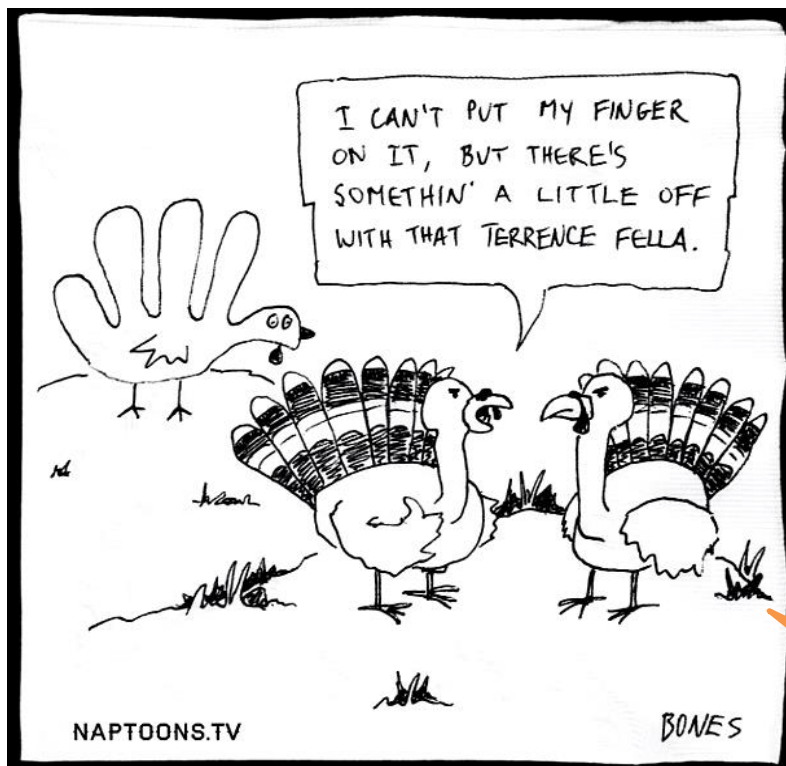


*I decided  
to take  
an  
aerobics class.  
I bent,  
twisted,  
gyrated*

*and jumped up and down  
for an hour.*

*But, by the time  
I got my leotard on,  
the class was over.*

shared by [womenafter50.com](http://womenafter50.com)



Primary Teachers will appreciate this one!





Have you moved or changed your contact information?  
Remember to let us know!  
Communication Chair: **Val Dyer**  
[tvdyer@shaw.ca](mailto: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](mailto:cocraig@shaw.ca) or **250.752.3762**



**October Events** - Parksville and Qualicum Beach Area  
<https://www.visitparksvillequalicumbeach.com/events-2018-10/>

**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](mailto:suzanne.c.rush@gmail.com) or 250.468.5445

Oct. 8 – Happy Thanksgiving  
Oct. 17 – Cannabis becomes legal  
Oct. 18 – Victoria Museum Trip with volunteer drivers  
Oct. 29 – Canada Pension Plan and Old Age Security  
Oct. 30 – Teachers' Pension Plan "payday"  
Oct. 27 – Bottle Drive for Tumaini – St. Mary's – Nanoose Bay  
Oct. 31 – Happy Hallowe'en

## PQRTA EXECUTIVE and CONTACTS for 2018/2019:

President – Cathy Van Herwaarden  
Vice-President – **VACANT**  
Past-President – Kay Howard  
Treasurer – Ellen Coates  
Secretary – **VACANT**  
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



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