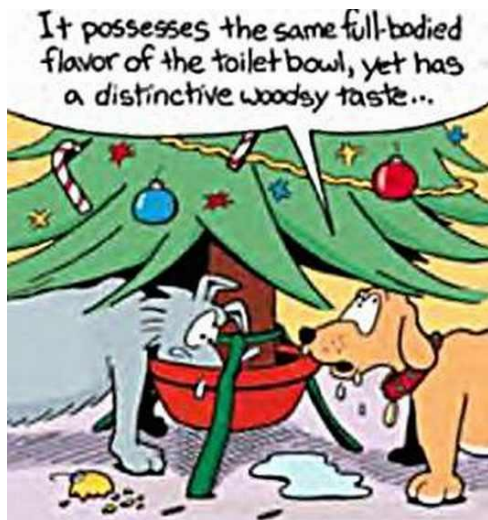




PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER #19 – December 2018

PRESIDENT'S GREETING from Cathy Van Herwaarden:



**Merry
Christmas
and
Happy
New Year**

BCTF News:

October 11, 2018



British Columbia
Teachers' Federation

BCTF proposes solutions to the teacher shortage in annual report to BC's finance committee

BC Teachers' Federation First Vice-President Teri Mooring met with BC's Select Standing Committee on Finance today to propose important recommendations to resolve underfunding in education and the ongoing teacher shortage.

"After BC teachers won at the Supreme Court of Canada, most people thought a lot of the outstanding issues in K-12 education would be resolved," said Mooring. "Unfortunately, the shortage of teachers across the province has prevented school districts from properly implementing teachers' restored class-composition standards and specialist-teacher ratios. Class sizes have improved, but class composition and support levels for children with special needs continues to deteriorate. These kids are not getting the support they're entitled to."

To help solve the problems facing our schools, many of which are holdovers from the previous BC Liberal government, the BCTF made 17 recommendations (found on link below) around adequate overall funding, support for all children with special needs, seismic upgrades, and required resources to support the new curriculum.

Education Funding: <https://bctf.ca/uploadedFiles/Public/Publications/Briefs/BCTFEducationFundingBrief2018.pdf>

Three of the most pressing recommendations focus on the need for immediate and long-term solutions to BC's teacher shortage. "As of today, well into the second month of the school year, there are more than 400 unfilled teaching positions still being advertised. The shortage grows when you consider all the on-call teachers needed to fill in for sick days and the historic number of unqualified and uncertified individuals currently teaching in classrooms. According to labour market projection, BC is going to need 17,000 new teaching staff over the next decade, so inaction today will only make the problem worse tomorrow," Mooring said.

On the teacher shortage, the BCTF recommends the following:

- The Ministry of Education provide dedicated funding for teacher recruitment and retention initiatives across all school districts.
- The Ministry of Education implement all of the recommendations from the Minister's task force on immediate recruitment challenges.
- The Ministry of Education fund new teacher mentorship programs to support teachers new to the profession and those entering new roles.

On the overall state of funding for public education, Mooring said, "After 15 years of neglect, BC has an opportunity to make the necessary investments that will put our public education system on a stable footing. While teachers have been pleased to see several important announcements on capital funding, there has been little change to the long-term pattern in operating funds for school districts.

"Nearly all increases in funding over the past two years have been driven by pre-existing commitments like enrolment growth, the Supreme Court settlement, or contractual obligations. The Premier's mandate letter made clear that substantial increases in annual funding for basic operating costs and more supplies were necessary. We need to see promises fulfilled."

Hello Branch Presidents:

Greetings from the Well-Being Committee of the BCRTA! It is our hope that this message finds you all well, healthy, and happy. The Well-Being Committee had its inaugural meeting of 2018/2019 on October 23, 2018 and we set the following objectives for this year:

- To continue to provide a minimum of four articles to each PostScript magazine
- To develop and implement a national universal Pharmacare Plan petition
- To advocate for regional 911 services
- To work in conjunction with the Membership Committee to develop and distribute an appropriate "Green Sleeve" for BCRTA members

The Green Sleeve is a magnetized information package for members to place on their fridge for first responders should a medical emergency occur and the member is unable to provide the necessary information.

As a committee, we welcome and encourage branches to have any of their members, who are willing, to provide our committee with articles that we can publish in the BCRTA PostScript magazine on well-being topics. The definition we use for well-being is broad and can cover a wide range of topics. As a committee we reserve the right to select and/or edit submissions made to our committee. We also encourage branches, if they know of people in their communities who have expertise in areas of wellness, to ask them if they might be willing to provide articles that may be published, if selected by our committee. If you can let your members know of this request we would be very grateful.

Last year, as a newly formed committee, we asked that Branches, if they could, to have a Well-Being Committee representative on their executive. We discussed at our meeting what this position would be and our vision was that this position would incorporate either a former Housing or Health chair or Social Concerns chair with your Sunshine Chair (the person who keeps tabs on members who are ill or who have passed away) as the Well-Being chair. Their responsibilities would, in relation to our provincial committee, be:

- Be our liaison contact for providing information about initiatives we are taking at the provincial level.
- Have a primary responsibility of trying to keep track of the branch's more senior members who may no longer be attending local meetings but are still paying fees as they may, due to declining well-being, be finding themselves more isolated from social engagement.
- Assist the provincial committee in informing branch members of initiatives we are undertaking such as petitions, information gathering, or responding to queries we might have. This is to take some of the stress from the shoulders of branch presidents who often are left to do all the work.
- Seek from branch members or local well-being and health professionals; informative and accurate articles that could be published in PostScript magazine on well-being topics that would be of interest to all the membership.
- Bring to the attention of the provincial committee issues and concerns at the local level involving the well-being of branch members as they may also be of concern to members in other branches and perhaps be addressed at the provincial level.

**Anyone
interested???**

Of course as a branch you may have other things for which this person would be responsible.

At any rate, I will be contacting branch presidents regarding initiatives and undertakings of the provincial Well-Being Committee. If you have any questions please feel free to contact me.

Many thanks from Terry Green - Chair/BCRTA Well-Being Committee: terry.green@bcrt.ca

Ken Novakowski

Solidarity 35 Retrospective - Do You Have a Story to Tell?

To: BCRTA members

From: Ken Novakowski, retired teacher and BCRTA member

Do you remember the momentous events of 1983 that for three rainy days in November had teachers out on the picket line? And do you remember the events that gave rise to that action and the summer of protests around the province?

IF SO, you might have a story to tell. Given that this is the 35th anniversary of Solidarity and the BC Labour Heritage Centre is marking it with a series of activities, the BCTF would like to get some of your memories of the protests you may have participated in or in the strike action itself.

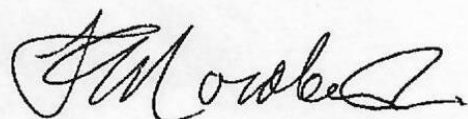
If you have a story to tell and are willing to tell it to us, we would like to record it in an audio-visual format in the Oral History Lab at the BCTF. Your story may range from 3 minutes to ten. We would like to hear it.

Interviews would be made available for people to access through the BCTF On Line Museum and we may choose to select clips in the creation of a video that highlight the role of teachers and the BCTF in the Solidarity experience.

Scheduling these short interviews would be best in conjunction with BCRTA Board or committee meetings. Interviews will occur before, after, or during breaks. We will not be interviewing people during their scheduled meeting times. If you are from Metro Vancouver we could set aside a special day for interviews outside of meetings.

If you are interested in telling your story please contact me at knova@telus.net with your name, town or city, and if from out of town, suggested dates and times when an interview might work for you.

We'll take it from there.



BCRTA Advantage Partner – Merit Travel

D-DAY 75TH ANNIVERSARY TOUR by Land: London to Paris

HOST: TED BARRIS Historian and Best-Selling Author

Join Ted Barris, as we retrace the Invasion march from Britain to Normandy to attend the 75th anniversary of D-Day at Juno Beach in France. This unique tour follows the greatest amphibious invasion operation of the Second World War, which aimed to liberate northwest Europe. Visit sites in London including the Churchill War Rooms, Bletchley Park, where Enigma was decoded and HMS Belfast, which served in the D-Day naval flotilla. Travel to Portsmouth, where Operation Overlord was launched. Cross by ferry to Normandy in France, to learn more about the invasion through guided visits to museums, war sites, cemeteries and other places of interest. Lastly, arrive at the Juno Beach Centre in time for the 75th anniversary observances at Canada's D-Day landing site.

\$5,395 Cdn. per person double occupancy

Departs Vancouver: May 31, 2019

10 nights

Single supplements available!

Group size: 55 maximum

Visits to: London - Bletchley Park - Portsmouth - Normandy - D-Day Observances - Arromanches - Dieppe - Paris

What's Included:

- Round-trip airfare
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- Deauville: six nights 3-star hotel accommodation
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David Teame – Branch Manager

BCRTA Advantage Partner – Johnson Insurance

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Johnson is proud to be the preferred insurance provider for BCRTA members. Whether it's for your home, or planning for your next trip, we have insurance coverage for you.

MEDOC® Travel Insurance

A multi-trip annual plan that packs all the essentials for about the same cost as insuring 2 trips!*

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Mention Group ID code: BC

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JOHNSON 

If it happens to you, it happens to us.



The Council of Senior Citizens' Organizations of BC (COSCO/BC) represents thousands of seniors throughout the province. They are a volunteer, nonprofit organization and work to secure fair and equal treatment for all seniors in the province. Specifically we work in the areas of health care (including home support and PharmaCare), housing, transportation and income security.

COSCO Delegates Minutes - November 9, 2018

DEPRESCRIBING

The Canadian Prescribing Network otherwise known as CADEN was formed in 2015. CADEN is a group of health care providers, researchers, policy makers and patient advocates across Canada, who are working to create awareness about medications that may be causing more harm than good to older Canadians.

DePrescribing is the planned and supervised process of reducing medications that may be causing harm and no longer are a benefit to patients.

As we age, changes in our bodies take place:

- Our kidneys and livers are less efficient at removing some medications. This results in a build-up of some medications resulting in more concentrated effects.
- A protective layer surrounding the brain becomes more porous as we age and medications that didn't reach the brain now do resulting in confusion, delirium or tiredness.
- Our bodies contain less water and medications become more concentrated. They stay longer in our bodies because we have less muscle and more fat tissues.

Many seniors suffer from sleep deprivation, falling, eating disorders and memory problems which may be caused by medications interacting with each other causing more harm than benefit.

I strongly urge everyone to conduct a medication review with your doctor or pharmacist and please remember OTC. That is over the counter medicines that you are taking which all have an effect on your prescribed medications.

Jerry Gosling
CADEN advocate

DEPRESCRIBING:

ARE YOU TAKING TOO MANY DRUGS?



The Canadian Deprescribing Network's 2018 National Stakeholder Summit on Medication Safety for Older Men and Women was held in Montreal, Quebec in February 2018. The Network defines deprescribing as "the planned and supervised process of reducing or stopping medications that may no longer be of benefit or may be causing harm. The goal is to reduce medication burden and harm, while maintaining or improving quality of life."

The purpose of the Summit was to provide a networking opportunity and forum for dialogue among diverse stakeholders including seniors' advocates, health care providers and policy makers. The presenters shared successful strategies to reduce the use of opioids and sedative-hypnotics among older men and women.

The question that the CaDeN wants to provoke is, "Am I, or someone that I care for, on too many (or the wrong) drugs?" It also asks people to consider alternate forms of treatment to manage and alleviate their health problems, with the consultation of their health care providers where appropriate. Who is at risk of the harmful effects of too many medications? Everyone. Most at risk are people who take lots of medication, women, and people over the age of 65. Common harms are drug interactions, memory problems, falls and fractures and additional hospital visits.

Seniors in Canada are prescribed an average of seven medications and one out of four take at least ten medications. The CaDeN says that seniors should note that with age, some medications can become unnecessary or even

harmful because of short-term or long-term side effects and drug interaction. \$419 million is the estimated public spending on potentially harmful prescriptions in Canada.

If you are asking yourself what to do, the CaDeN has these suggestions:

- Educate yourself about what medications you are taking and why.
- Engage in a discussion with your health care provider about deprescribing options and alternate therapies.
- Use MedStopper to assess whether you are taking any risky meds: <http://medstopper.com/>
- Download information on how you can stop certain meds: www.deprescribingnetwork.ca/useful-resources
- Ask questions, stay informed, be proactive, and participate in making smart choices. See <http://deprescribing.org> for more information.

Agnes Jackman is a BC FORUM regional representative. A version of this article appeared in the Spring 2018 edition of the BCFORUM news magazine the *ADVOCATE*.

Editor's Note: This is not medical advice. Consult with your doctor and specialists before making any changes to your prescription medications.

5 Principles for a National Public Drug Plan

To create a fair, healthy and affordable plan, we need to ensure that the following principles are implemented:

1. Universal

A universal plan is fair because it covers everyone equally. It means moving away from the existing 113,000 private plans and 70 public plans that cover people differently. Instead, expanded provincial and territorial public drug plans would receive federal funding and oversight to ensure the same standard of service across the country. It means that everyone is covered lifelong, regardless of your age, where you work or where you live.

2. Public and single payer

Public health care has been shown repeatedly to provide better health care at lower cost than for-profit private health systems. The US approach of health care provided by private for-profit companies and paid for by a mix of insurance plans, individuals and government leads to substandard health results and also costs more than public health care. Our current patchwork provision of drugs is like this and is failing us. A national drug plan should be publicly funded by government, following the same principle as the provision of doctors and hospitals under the Canada Health Act.

3. Comprehensive, Safe and Effective

The list of drugs to be covered (the formulary) must be comprehensive, including the drugs necessary for a healthy population. Currently, pharmaceutical companies influence both the approval of new drugs and the prescribing practices of doctors. They also produce and promote many drugs that offer no improvement over drugs already in use, but are more expensive. Drug company influence leads to the waste of money, over-prescribing, ineffective drugs, harmful side effects and even death (as with Vioxx and opioids). The evaluation and approval of drugs and the guidelines for prescribing them must be independent of pharmaceutical companies. This will ensure that drugs are safe, effective and prescribed appropriately.

4. Accessible

A drug plan must be accessible to everyone. We support the elimination of co-pays for prescription drugs, because those who cannot afford the co-pays cannot get the drugs they need. One in ten Canadians are unable to take the drugs prescribed for them, because they cannot afford either the entire cost or the co-pays required by public and work-based plans. Canadians pay over one-quarter of the cost of drugs out of their own pockets. We don't pay to see a doctor or go to a hospital, and drugs are just as essential.

5. Affordable

A National Public Drug Plan covering everyone would be less expensive than our patchwork of many different private and public plans. A Canada-wide plan would allow effective negotiations for lower prices with the drug companies, backed by the power of access to the whole population. This system is used effectively in many countries to obtain much lower prices for drugs than we pay in Canada. Every independent economic study has found that a National Public Drug Plan would be cheaper than our current costs for drugs, with estimated savings of \$4 to \$11 billion.

7 Crazy Ways to Guarantee a Better Night's Sleep

Few things in life are more frustrating than the inability to fall — or to remain — asleep. The average adult should get at least seven hours of sleep each night. Doing so is necessary for your physical and mental well-being.

If you have trouble getting a good night's sleep, you aren't alone. In fact, the Sleep Health Foundation reveals that one-third of people experience "at least mild insomnia." And, like you, these frustrated folks are seeking a solution. According to Consumer Reports:

Americans spent an estimated \$41 billion on sleep aids and remedies in 2015, and that's expected to grow to \$52 billion by 2020. The rub is that certain solutions don't work as well as claimed — if they work at all.

Before you resort to pricey sleep solutions that may or may not be effective, try these seven unusual ways to summon some slumber:

Conceal your Clocks

It's OK to lose track of time after you go to bed at night. In fact, constantly checking the clock to see how many hours remain until morning can create stress and further prevent you from catching some shut-eye. So, cover all the clocks in the bedroom — or remove them altogether. Then, close your eyes and get ready to drift into dreamland. And don't worry. You can still practice your time-keeping skills during daylight hours.



Eat Bananas and Cherries

Mom may have told you to unwind with a cup of warm milk before bed, but the beverage is loaded with sugar, which can increase levels of cortisol, also known as the "stress hormone" that is associated with the body's fight or flight response. Elevated levels of cortisol can keep you awake longer.

Instead, snack on some cherries and bananas in the evening. Cherries contain natural melatonin, known for regulating the body's circadian rhythm. Bananas are rich in calming magnesium, which can help promote a relaxed, sleep-ready state.

Compose your Thoughts

Concerns keeping you awake at night? Keep a pad and a pen on your nightstand and jot down any last-minute thoughts just before bedtime. According to research, it found that people who spent five minutes writing a to-do list fell asleep an average of nine minutes earlier than those who wrote of list of things they had already accomplished.

So, give yourself some time to clear your mind of the day's events, then add items to your to-do list and gather your thoughts for that upcoming work meeting. You'll likely find that this method is more reliable than counting sheep!

Tense your Toes

The secret to falling asleep may lie in your feet! Believe it or not, the simple act of curling and uncurling your toes while lying in bed can release tension from your body and help you nod off. According to Everyday Health:

The repetitive movement helps some people relax, shipping them off to dreamland. The exercise also works with other muscle groups like your legs, abdomen and arms.

Dose your Pillow

Essential oils can have big-time benefits when it comes to rest and relaxation. Lavender oil is particularly widely touted as a natural sleep aid. Spray some on your pillow approximately 10 minutes before bedtime to help you sleep like a baby, according to Good Health Academy:



You may not want to apply the oil directly to your bedding for fear of oil stains, but you can mix up a solution which will make washing your bedding much easier at the end of the week.

Good Health Academy recommends combining 20 drops of lavender oil with 50 milliliters of filtered or distilled water in a spray bottle.

Blow Bubbles

It may seem kind of strange, but blowing bubbles as you did during childhood can help you fall asleep. So, the next time you buy a bottle for the kids or grandkids, pick up one for yourself.

According to a Men's Health article republished in the New York Post:

It's like a deep breathing exercise, which helps calm your body and mind ... And since it's such a silly activity, it can also take your mind off of any potential sleep-thwarting thoughts.

Shed your nightclothes

Want to have an easier time falling and staying asleep? Sleep naked. Trading in your PJs for your birthday suit boasts multiple benefits, according to Lifehack:

A recent Australian study concluded that a drop in core body temperature is needed in order for sleep to initiate normally. The body pushes the heat out from the core like a radiator and releases it. If your body can't release the heat because of heavy pajamas or socks, you are more likely to suffer from insomnia, because your core won't be able to release the heat. Sleeping naked allows the heat to release more quickly, and helps you fall asleep faster.

Lifehack also cited an additional study that found that "the regulation of in-bed body temperature could significantly help in reaching a deeper sleep for longer periods of time."

Ready or Not, Winter Is Coming!

https://davidsuzuki.org/queen-of-green/how-to-winterize-your-home/?utm_campaign=winterizeYourHomeChargedUp-readyOrNot-en-29oct2018&utm_source=mkto-first-bc-button-body&utm_medium=email&mkt_tok=eyJpIjoiWVRVelpqbGtPRE13WXpSbCIsInQiOiJlXC9hRVFBakFxeVkyUCtnTkJlMzV0SFImWFRHSIpsVjJ0ZmFTZnN1a0dIdk9gOU81Z1krdnRQdFFIQkl2VFJqR3ozM0M4M1JkbDNhXC8yZXhYdk9RcGJURVpGM2REO05DNW1aais3WXF0ZGs1SXU4Z2ZmU2psTEF4VWdWclo3YzJWIn0%3D

Getting charged up with renewable energy is fun, but it's usually easier and cheaper to reduce your energy demand by getting more efficient. Whether you rent or own, there are inexpensive and easy things you can do around the home to cut your energy demand and save a few bucks. Let's get started!

Six Ways To Make Your Home More Energy Efficient:

1. Draft-proof your home.

Drafts can waste five to 30 per cent of a home's energy. Try testing doors, windows and chimneys with incense. Where the smoke wavers, a draft is blowing in. To seal leaks, make or buy a "door snake" and caulk and weather strip doors and windows. You can also add small insulating covers underneath the wall plates of the electric outlets on outside walls, or adjacent to cold basements and crawl spaces.

2. Insulate your windows.

Hang heavy curtains to keep the cold out and the cozy in. An even cheaper solution is to apply insulation film, available at most hardware stores. This plastic shrink film is easy to apply and keeps in much of the heat that would otherwise escape through windows.

3. Reverse your ceiling fans.

Many ceiling fans have a reverse mode. When they turn clockwise, they push down the warm air that pools near the ceiling and circulates it through the room. Magic!

4. Change your furnace filters.

Dirty filters restrict airflow and increase the energy demand of your furnace by making it work harder. Make sure to replace your furnace filters at least every three months during the heating season or ask your landlord to. Better indoor air quality is a nice side benefit of this energy-saving tip. Also, consider switching to a washable filter, which will reduce waste and is more effective.

5. Heat the people not the space.

Keeping people warm is much more efficient than heating a whole space. Put on a sweater and slippers. Use an electric heat blanket or hot water bottle. Drink hot drinks. Get cozy.

6. Mind your thermostat.

For every degree you turn down the thermostat, you can save between 1.5 and five per cent of your heating bill. Keep your space cooler (see #5) and turn down the thermostat when you're not home or are sleeping. A programmable thermostat will help you get efficient and consistent.



POINTS TO PONDER:



To Help Winter Birds, Go Easy on the Yard Work

<https://www.audubon.org/news/to-help-birds-winter-go-easy-fall-yard-work>

Discovery of Rare Microbes – New Branch on Tree of Life

<https://www.cbc.ca/news/technology/hemimastigotes-supra-kingdom-1.4715823>

Scientists have woken up Ancient Worms

<https://www.weforum.org/agenda/2018/07/scientists-revived-tiny-siberian-worms-that-had-been-frozen-in-permafrost-for-42-000-years-and-they-started-moving-and-eating>

Smart Phones – Burn a Lot of Carbon?

<https://www.cbc.ca/news/technology/what-on-earth-newsletter-smartphone-carbon-footprint-1.4904887>

E-coli Outbreak – Why Lettuce?

http://www.everythingzoomer.com/health/2018/11/22/e-coli-outbreak-bacteria/?utm_source=SilverpopMailing&utm_medium=email&utm_campaign=Zoomer%20Weekend%20Newsletter%20-%20November%2024%202018&utm_content=&spMailingID=14673093&spUserID=MTc0OTQ1MTE3MjEyS0&spJobID=1521802027&spReportId=MTUyMTgwMjAyNwS2

Your Brain on Age – 10 Insights to Maintain a Healthy Mind As You Age

http://www.everythingzoomer.com/health/2018/11/22/10-insights-brain-maintenance/?utm_source=SilverpopMailing&utm_medium=email&utm_campaign=Zoomer%20Wellness%20Newsletter%20-%20November%2026%202018&utm_content=&spMailingID=14685690&spUserID=MTc0OTQ1MTE3MjEyS0&spJobID=1522033188&spReportId=MTUyMjAzMzE4OAS2

Is Technology Causing a Lifetime of Pain for Millennials?

<http://www.healthline.com/health-news/is-technology-causing-a-lifetime-of-pain-for-millennials-050415#1>

I Can't Escape: Life as a non-indigenous student at the notorious St. Anne's Residential School

<https://www.cbc.ca/news/indigenous/ron-gosbee-stanne-residential-school-survivor-1.4833133>



MORE POINTS TO PONDER:



Ecuadorean discovery suggests chocolate is 1,500 years older than once thought

<https://www.cbc.ca/news/technology/ecuadorean-chocolate-discovery-1.4882740>

Kepler Telescope Declared Dead - after almost 10 years, discovered thousands of planets, many of them similar in size to the Earth

<https://www.cbc.ca/news/technology/nasa-kepler-telescope-planet-hunting-1.4885038>

60% of World's Wildlife has been wiped out since 1970

<https://www.cbc.ca/news/technology/living-plant-wwf-2018-1.4882819>

YOUR NEXT ELECTRIC CAR MAY JUST BE CHINESE

The popularity of electric cars in Canada is exploding. So far this year, 34,357 of them have been sold, more than 10 times the number in all of 2013. The names are by now familiar: Toyota Prius, Nissan Leaf, Chevy Volt, Tesla. But that's about to change.

In the coming months, Chinese plug-in electric cars will hit the market here. Likely the first place you'll see one is early next year in Montreal where a fleet of them will begin operating as taxis. They're made by Chinese company BYD. Its largest private-sector shareholder is the legendary Warren Buffett and his holding company Berkshire Hathaway.

Some say China is set to become the Detroit of the battery-powered car industry. It has an aggressive plan not only to serve its huge domestic market, but to spread its vehicles all over the world. Once the Chinese cars hit the market in Canada, they are expected to be noticeably cheaper than the competition. North American and Japanese carmakers may have a tough time matching prices.

In addition to the taxi business, BYD electric vehicles will also start showing up on Canadian city streets in other forms. The company has a contract to sell its electric buses to the Toronto Transit Commission and a sightseeing company in Vancouver.

Electric Cars from China

<https://www.cbc.ca/news/business/electric-car-ev-china-trade-1.4893737>

MISH-MASH of MEDICAL NEWS:



Seven (or more) things you didn't know about your brain

<https://www.medicalnewstoday.com/articles/322081.php?sr>

How you Breathe May Affect Your Memory:

https://www.medicalnewstoday.com/articles/323427.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%202018-10-24&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

Dairy Alternatives – How to replace cheese, milk, butter and more!

https://www.medicalnewstoday.com/articles/323411.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%202018-10-24&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

What is the link between cold weather and the common cold?

https://www.medicalnewstoday.com/articles/323431.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%202018-10-24&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

Top 10 Pain Triggering Foods:

https://draxe.com/pain-triggering-foods/?utm_campaign=paintriggeringfoods&utm_medium=social&utm_source=facebook&utm_content=draxe

Probiotic Foods: What to Know

https://www.medicalnewstoday.com/articles/323314.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%202018-10-17&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

9 Ways to Increase Your Metabolism:

https://www.medicalnewstoday.com/articles/323328.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%202018-10-17&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

Vitamins and Minerals that Boost Metabolism:

<https://www.medicalnewstoday.com/articles/322644.php?sr>

5 Ways that Reading Can Improve Health and Well Being

[https://www.medicalnewstoday.com/articles/313429.php?utm_source=TrendMD&utm_medium=cpc&utm_campaign=Medical News Today TrendMD 1](https://www.medicalnewstoday.com/articles/313429.php?utm_source=TrendMD&utm_medium=cpc&utm_campaign=Medical%20News%20Today%20TrendMD%201)

What Does Depression Feel Like?

<https://www.medicalnewstoday.com/articles/314071.php?sr>

MORE MISH-MASH of MEDICAL NEWS:



Brewer's Yeast – 8 Benefits and Uses

<https://www.davidwolfe.com/brewers-yeast-benefits/>

15 Healthiest Vegetables:

https://www.medicalnewstoday.com/articles/323319.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%202018-10-17&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

What is the difference between Dementia and Alzheimer's?

https://www.medicalnewstoday.com/articles/323283.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%202018-10-10&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

Top 5 Natural Antihistamines for Allergies

https://www.medicalnewstoday.com/articles/323276.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%202018-10-10&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

Why are Eggs are Good for Weight Loss?

https://www.medicalnewstoday.com/articles/323251.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%202018-10-10&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

Drinking Water Lowers the Risk of Bladder Infections

https://www.medicalnewstoday.com/articles/323267.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%202018-10-10&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

Dropping Acid – 3 Reasons to add Vinegar to your Diet

http://www.everythingzoomer.com/health/2018/11/25/vinegar-health-benefits/?utm_source=SilverpopMailing&utm_medium=email&utm_campaign=Zoomer%20Wellness%20Newsletter%20-%20November%2026%202018&utm_content=&spMailingID=14685690&spUserID=MTc0OTQ1MTE3MjEyS0&spJobID=1522033188&spReportId=MTUyMjAzMzE4OAS2

Living with Arthritis? Get moving and feel better!

http://www.everythingzoomer.com/health/longevity/2018/11/23/living-arthritis-get-moving-feel-better/?utm_source=SilverpopMailing&utm_medium=email&utm_campaign=Zoomer%20Wellness%20Newsletter%20-%20November%2026%202018&utm_content=&spMailingID=14685690&spUserID=MTc0OTQ1MTE3MjEyS0&spJobID=1522033188&spReportId=MTUyMjAzMzE4OAS2

WELCOME to NEW PQRTA MEMBERS!



Shelagh Cook

Patti Henry

Sam Frketich

Donna Connolly

Richard Wageman

Support for Our PQRTA 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
- play a game of cards
- visit for companionship
- walk a dog
- 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



Question of the Month

What is a Christmas tradition that you enjoy or remember fondly from your childhood?

Bill Gamble

Growing up in Vancouver, Dad usually worked a half day on the 24th. After he came home we would go out to the corner Christmas tree lots to find a bargain tree. We would decorate it before dinner and then celebrate my sister's birthday in the evening. It was just a great family time!



Stephanie Koropatnick:

They used to broadcast The Wizard of Oz on TV a few weeks (days?) before Christmas. To me, that was the unofficial start of the Holiday season and meant Christmas was coming soon!

Nancy Whelan:

On Christmas mornings there would always be two stacks of books ... one stack on the left of the hearth, and one stack on the right ... (these were usually Bobbsey Twins, Nancy Drew, or Penny Nichols, with a smattering of a 'children's classic' or two. Those on the left were always inscribed "To Nancy from Santa Claus" and those on the right said "To Nancy from Daddy". In all those 'book years', I never realized that the writing on the fly leaf of each book in *both* stacks featured the heavy and distinctive scrawl of my father's handwriting!

Barb Brett:

We seem to be sentimental traditionalists in our household! Our tree is still bedecked in weird and wonderful creations from our children's (and now grandchildren's) pre-school and elementary school days – as are doorknobs, back corners of shelves, etc. The glass ornaments are the mostly-intact remnants of our first Christmas together, bought at the hardware store in Dawson Creek 53 years ago. Always perched near the top of the tree are the now-one-legged little blue and red plastic birds that were on my grandmother's tree. And, of course, we have some more recent treasured ornaments received from valued friends and neighbours. Every single thing that goes on the tree holds such special memories.



Soon after we were married, my mother crocheted a lovely snowman and snowlady to help decorate our home. At the same time, she made a set for my cousin and his wife. There were no others, just these two sets, so they are very special to us both. Over the past ten years or so, it has become a tradition for whichever of us happens to start decorating first to immediately call the other, and announce, "They're out!" – And this is followed by a good long gab-fest, catching up on each other's family news. Mum had no idea what she started with this particular crochet project!

Cathy Van Herwaarden:

As a child, we always had to wait to open our presents until after coming home from church followed by a bacon and egg breakfast. One year, I wished for LOTS of presents and that's what I got – a new doll with lots of homemade sewn and knitted outfits that were all wrapped separately. That sure kept me busy!!!

I remember that a jigsaw puzzle was always a part of Christmas time with family sitting around trying to piece the picture back together. Of course, I always liked to put in the last piece which usually involved "stealing" a puzzle piece until the very end. Now, I still get a thrill out of placing the last piece in the empty spot that completes the jigsaw puzzle.

Since, our son was old enough to walk; we began the tradition of "hunting" down our own Christmas tree at a U Cut lot near Whiskey Creek. This became a day-long event with so many groomed trees to choose from. After cutting down the perfect tree, we always have hotdogs and hot chocolate around an outdoor fire. I'm looking forward to this year's cutting!

The Christmas season is always a time to get family members together, but this is not an easy feat with my five brothers and sisters and my husband's five brother and sisters – not to mention the multiple nieces, nephews, and assorted great-nieces and great-nephews from both sides. Thank goodness, we no longer give presents to each other! Now, we just give the gift of our presence! And of course, we always eat too much – that is tradition, too!

Eugenia Taggart:

90 yrs. ago! My Christmas stocking was a full length cotton rib stocking, which we could open first on Christmas morning! There was no mantle, so it was on the bedstead foot!!



Claud Buchanan:

In the part of Scotland where I grew up not much was done in the way of Christmas Celebrations.



After I left High School I was old enough to branch out on my own and made friends with a family on the east coast. They attended the Methodist Church of Eyemouth which also was home to many fishermen who spent much of their lives on the foreboding North Sea. Even now, many years later, I can still feel the thrill of standing among these stalwarts and singing well-loved gospel songs ("Guide Me Oh thou Great Jehovah") and then be invited to sing with the fisherman's choir later on.

I realise this was not my childhood - yes there was a girl involved. That would be about 1952.

Val Dyer:

Because we have always been approximately 5000 km away from our families, since 1971 - with the exception of two Christmases, when we braved the possibility of being stuck in Montreal or ??, waiting out a snowstorm, as we tried to get "home" in time for Christmas, in N.S. - one of our favourite traditions was to get up early, open our presents and then call home to talk to the family – this was in the pre-digital age, when telephone calls were not only expensive but also very hard to get through on high holidays. Another tradition was to always take pictures of each other opening gifts and sitting at the Christmas table, awaiting dinner (if we were celebrating on our own, that particular year).

Yolande Catalan:

Christmas, when I was young, it was a real Christmas. No TV, then, and we kept everything until the very last time of its usefulness. Decorating the tree, hanging the socks and the gifts were deposited around just the night before Christmas, that way we all believed in Santa as long as we did. But the best thing in my family, beside anything else, was that each of us got to wear those Chinese pyjamas in real satin in their envelopes with the slippers and the house coat. We all loved that and the complete Christmas spirit was there. But all those days, unfortunately, are gone for ever.

Sharon Cox-Gustavson



Our Cox Family (of 6 children) grew up in Coombs on the Green Acres farm, where our parents (John & Jessie) produced most of our food. We always enjoyed Christmas Dinner here at Green Acres, traditionally, where our mom’s sister and Family always joined us. Christmas Dinner dessert was traditionally mom’s famous Carrot Pudding with tangy- sweet lemon sauce.

The “traditional” Christmas Family gathering still continues today, sometime, over the Christmas Season, to include as many of the distant Cox Family descendants that return to Vancouver Island for the holiday. It is a traditional food time also, and I always am the “Carrot Pudding with tangy -lemon sauce person”.



Merry Christmas to all, and may your family traditions continue to make your Christmas Season bright.



Save Your Postage Stamps!

Did you know that “The Order of the Eastern Star” sells used postage stamps and makes personalized bandages for local cancer patients? As you get “real” mail, cut off the stamps, but leave some of the envelope around each stamp. When you have a collection, let me know and we can arrange pick-up or drop off. Thanks from Cathy Van!



Recycle stamps!

cathyvanh@gmail.com or phone: 250.248.0412

ZERO WASTE HOLIDAY TIPS:

<https://davidsuzuki.org/queen-of-green/>



'Tis the season of overconsumption and all its consequences — intended and unintended. Now's your chance to set gift-giving boundaries! If you ignore or stay stuck in old patterns, you may contribute to overconsumption and all its far-reaching consequences. Try some of these!

Ask For "Presence" Instead Of "Presents" - The precious gift of time never has to be dusted, recycled or regifted! Give or ask for "presence" instead of "presents." And "presence" is a waste-free, nature-loving gift.

Pass It On - Why wait 'til you're gone for your loved ones to inherit? If someone adores something of yours, give it to them now.

Hand Out Cloth Hankies - Include a bottle of this DIY hand sanitizer: 60 ml aloe gel, 125 ml grain alcohol (e.g., vodka) or rubbing alcohol, a few drops tea tree or thyme essential oil, 30 ml vegetable glycerin.

Give To Those Who Really Need It - Volunteer at a local soup kitchen. Donate essentials to local charities, or donate for charities to purchase necessities (local or abroad)

Green Family Tradition - Avoid single use disposables. Use cloth napkins. Choose organic wine and fair trade chocolates and gifts. Decorate with nature (tree boughs, cones).

Plant Seeds Of Change - Give living plants that can move outside come springtime or perennial plant seeds — vegetables and/or native wildflowers.

Power A Green Head Start - Turn people on to green cleaning or cloth diaper services. Introduce them to organic, local produce.

Give Outdoor Experiences - Consider a Parks Canada pass, a guided snowshoe trek or a foraging tour gift certificate: guided mushroom walks, Indigenous plant tours, or native plant workshops.

Shop At Thrift, Consignment Or Antique Stores - New stuff requires energy and materials to manufacture and transport.

Give Wildlife Shelter – Choose a bat house, butterfly house, lady bug lodge or mason bee house.

Give Skills Good Enough to Eat – buy tickets to workshops: food fermenting, canning, or mushroom log

Give Cat Lovers "Catios" - an outdoor enclosure that keeps cats safe while protecting birds and other wildlife. Keeping cats inside could save 200 million birds a year in Canada.

Give an Adopted Animal – Donate to the "adopt an animal" program at North Island Wildlife Recovery Centre and receive a certificate of adoption to give as a gift.

<https://www.niwra.org/store/adoption-animals/>

REGIFT - Don't feel bad about regifting. It's a thoughtful undertaking!

- Keep a drawer, box or cupboard to organize your stash.
- Optional: Be open about it.
- Host a regift party!

Why ReGift?

- You already own one and it's impossible or a hassle to return or exchange.
- Someone else would appreciate it more.
- You can own less, instead of organizing more.

ReGifting Etiquette

- ReGift unto others as you would have them regift unto you.
- Personalize it. Giving a journal? Write a favourite quote or recipe inside the cover.
- Don't regift broken or opened items. Donate or recycle them.

How to Gift-Wrap (without gift wrap)

Wrap gifts using traditional Japanese techniques and fabrics known as "furoshiki". Japanese wrapping cloth, is a zero waste and affordable alternative to gift wrap.

Whether you're giving a bottle (or two) of organic wine, a tin of treats or any object, you won't need scissors or tape.

If you can tie a knot, you can wrap using Furoshiki. They become reusable gifts! Make your own or reuse or regift tea towels, linens, cloth napkins and scarves, or find these and other fabrics at a thrift store. Follow step-by-step tutorials online. Here's one link to check out:

<https://www.youtube.com/watch?v=iTrip8N9GR4>



Go Green this Holiday



PQRTA Members in the NEWS!



From left, Delise Evans and **Colleen Lucas** with the Oceanside Grandmothers to Grandmothers work the Extravaganza Sale on Nov. 24th. All net proceeds from the market went to the Stephen Lewis Foundation's Grandmothers to Grandmothers.



Jackie Worboys demonstrates the loom at the Qualicum Weavers and Spinners' annual Elegant Threads sale.

Colleen Lucas & Jackie Worboys
PQB News
Nov. 27, 2018



PQB News – Oct. 2, 2018
District 69 School Board Trustee **Elaine Young** sports a smile as Anissa Derek of Full Throttle Hair Garage shaves her head at the Cops for Cancer Tour de Rock Beer and Burger night Sept. 19 at the Quality Bayside Inn where she raised over \$1100.



Eva Hilborn – Giving input about pipelines and tankers, at Save Our Coast town hall in Courtenay

MP Gord Johns Newsletter: Keeping in Touch with Courtenay – Alberni

OCEANSIDE RETIRED EDUCATORS' SCHOLARSHIP

Your tax deductible donation helps worthy students in Qualicum School District 69 to continue their education at the Post-Secondary level.

ORES helps current students from Ballenas Secondary, Kwalikum Secondary, and PASS (Parksville's Alternate Secondary School).

Make cheques payable to **School District 69** to be held in trust.

Send your scholarship donations to the following:

R. Elaine Young
255 – 330 Dogwood St.
Parksville, BC
V9P 1P8



Or phone 250-927-0375 for pick up.

In order to get your income tax receipt for this calendar year, remember to send your donation soon.

SOS NEEDS SHOWER SUPPLIES FOR LOCAL RESIDENTS

Did you know that SOS (Society of Organized Services) offers showers to local homeless people? We all know how good a hot shower feels, particularly when we are cold and wet.



For many years, SOS has been providing free showers to residents, helping people to feel their best. It also helps them look and feel prepared when going to work or for job interviews. This makes all the difference to someone's day.



This service is well-used, and we are looking for donations of new, travel size shampoo/conditioner and body wash, as well as new razors, socks and underwear.



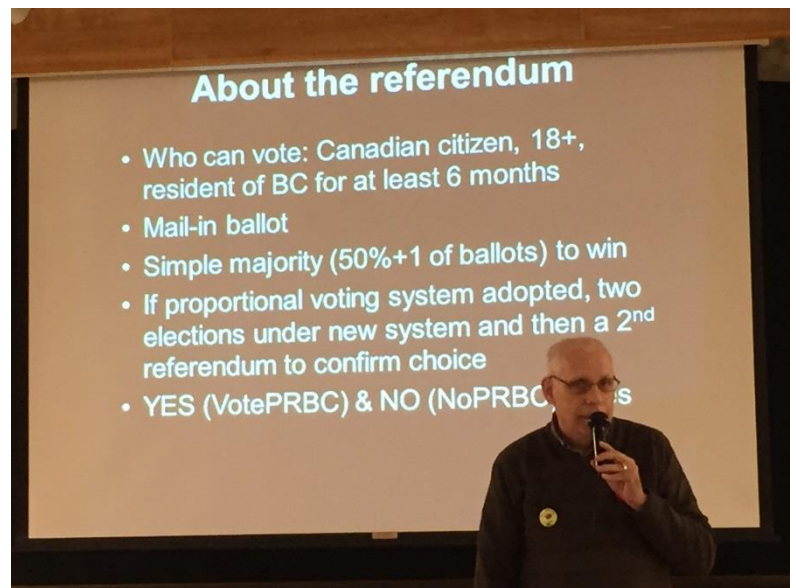
We will gratefully accept these items at our Community Services Centre in Parksville, 245 West Hirst Ave, Monday-Friday, from 8:30 am to 4:30 pm.

Thank you for your support of our region's most vulnerable residents.



PQRTA PROGRAM – Friday, Nov. 9, 2018

At the Bradley Centre in Coombs, approximately 30 people attended the Electoral Reform Presentation by Don Giberson from FairVote BC. We learned the facts about “First Past the Post” VS “Proportional Representation” voting strategies.



About the referendum

- Who can vote: Canadian citizen, 18+, resident of BC for at least 6 months
- Mail-in ballot
- Simple majority (50%+1 of ballots) to win
- If proportional voting system adopted, two elections under new system and then a 2nd referendum to confirm choice
- YES (VotePRBC) & NO (NoPRBC) choices



#2 – Distorted Election Results

- 4 types of distorted election results:
- Distorted minority
 - Distorted majority
 - "Wrong winner"
 - "False majority"

Your referendum ballot needs to be in by **December 7th**.
You can drop off your voting ballot at a BC Services Office:
460 Selby Street, Nanaimo, BC

Everything Retirement: Living Life Begins Now

What's Trending in Retirement - September 2018 (page 5 and 6)

<https://cdn2.hubspot.net/hubfs/2585072/E-Books/whats-trending-in-retirement-version-3.pdf>

Tech: Making Sense of Cloud Computing

You are certainly not alone if you are not entirely sure what the cloud is or how exactly computers use it. Although the vast majority of us use the cloud every day, most struggle to explain it.

Imagine if you used your smartphone to check Facebook, but could only use that one phone. If you lost it, or got a new one, you had to create a brand-new Facebook profile and add all of your friends again. The reason you don't is because your Facebook profile is in the cloud. That simply means it isn't stored only on your smartphone, but instead can be accessed from anywhere with an internet connection, using basically any device.



At its core, that's all the cloud is - a network of computer servers that can store your information. The cloud also protects your data. Web-based email accounts use the cloud and mean you always have a backup of your important information if any individual device such as a desktop computer crashes.

The cloud comes in three primary forms. Infrastructure as a Service (IaaS) and Platform as a Service (PaaS) are primarily used by businesses, whereas the third form – Software as a Service (SaaS) is what most people will encounter in their daily lives. This includes everything from the operating system on your smartphone to the web browser you use on your desktop computer.

Cloud computing, as it often called, provides many benefits to end users. These include:

1. **Lower Costs** - Using cloud-based applications doesn't require as powerful a computer as you would need if you were installing all of these programs locally.
2. **Better Performance** - The computers and devices you use do not have to devote as much memory to running cloud-based applications, meaning they can operate more quickly and often run into fewer problems.
3. **Automatic Updates** - Not only can you pay less for computers and software, cloud-based applications are automatically updated so you will always have up-to-date security and functionality.
4. **Potentially Limitless Storage and Access** - If you have ever used Google Photos, you understand the convenience of being able to easily share photos with your family without having to keep them on your smartphone forever. Cloud-based applications can provide this ease of access for all of your data. Understanding the cloud makes it easier to take full advantage of all the ways it can help you cut costs, save time, and get more done.

Retirement Planning: Leisure Choices That Positively or Negatively Impact Well-Being

Hello!

My name is Arne Hetherington and I am a retired teacher from Vernon School District. Now, I am a PhD candidate working with Dr John Meldrum at the University of Victoria's School of Exercise Science, Physical, and Health Education.

Dr. Meldrum and I are researching how non-financial choices that retirees make impact well-being in early retirement. We are recruiting people to participate in an online survey that is approximately 30 minutes long and completed anonymously. We hope that you can help us with your input.

The survey will help us better understand the impact that leisure has on ageing well in retirement. And the survey will also help further the understanding of the relationship between meaningful lifestyle and recently retired adults. The intention of this survey is to assist others to plan for one of life's most significant transitions.

You are eligible to participate in our survey, if:

- You are between the ages of 56-70 years (i.e. 57-69).
- You have been retired from full-time employment for between 2 to 10 years.
- Currently you are NOT employed either full or part-time primarily for income while retired (e.g. you may be working for enjoyment or related to a hobby etc.).



WHAT IS REQUIRED AS PART OF THE STUDY?

- Completing a confidential survey questionnaire of approximately 30 minutes in length.
- The option of voluntarily participating in a discussion focus group sometime after the survey where select participants will be asked to discuss non-financial retirement plans and strategies with the research team and other members of the focus group.

Thank you very much for your consideration and any help you can provide in this study that has received approval from the University of Victoria's Human Research Ethics Board (#18-141). This study is being conducted by researchers in the Department of Exercise Science, Health and Physical Education at the University of Victoria.

Further details can be found at this website: <https://arneh1.wixsite.com/website>

If you have any questions please contact either of the following:

Arne Hetherington: arneh@uvic.ca

Dr. John Meldrum: ephe.director@uvic.ca or 250.721.8382

**Take the survey
and help a fellow
colleague!**

YOUR BRAIN ON FICTION – New York Times – by Annie Murphy Paul <http://www.nytimes.com/2012/03/18/opinion/sunday/the-neuroscience-of-your-brain-on-fiction.html?pagewanted=all&r=1&>

AMID the squawks and pings of our digital devices, the old-fashioned virtues of reading novels can seem faded, even futile. But new support for the value of fiction is arriving from an unexpected quarter: neuroscience.

Brain scans are revealing what happens in our heads when we read a detailed description, an evocative metaphor or an emotional exchange between characters. Stories, this research is showing, stimulate the brain and even change how we act in life.

Researchers have long known that the “classical” language regions, like Broca’s area and Wernicke’s area, are involved in how the brain interprets written words. What scientists have come to realize in the last few years is that narratives activate many other parts of our brains as well, suggesting why the experience of reading can feel so alive. Words like “lavender,” “cinnamon” and “soap,” for example, elicit a response not only from the language-processing areas of our brains, but also those devoted to dealing with smells.

In a study published in the journal *NeuroImage*, researchers in Spain asked participants to read words with strong odor associations, along with neutral words, while their brains were being scanned by a functional magnetic resonance imaging (fMRI) machine. When subjects looked at the Spanish words for “perfume” and “coffee,” their primary olfactory cortex lit up; when they saw the words that mean “chair” and “key,” this region remained dark. The way the brain handles metaphors has also received extensive study; some scientists have contended that figures of speech like “a rough day” are so familiar that they are treated simply as words and no more. Last month, however, a team of researchers from Emory University reported in *Brain & Language* that when subjects in their laboratory read a metaphor involving texture, the sensory cortex, responsible for perceiving texture through touch, became active. Metaphors like “The singer had a velvet voice” and “He had leathery hands” roused the sensory cortex, while phrases matched for meaning, like “The singer had a pleasing voice” and “He had strong hands,” did not.

Researchers have discovered that words describing motion also stimulate regions of the brain distinct from language-processing areas. In a study led by the cognitive scientist Véronique Boulenger, of the Laboratory of Language Dynamics in France, the brains of participants were scanned as they read sentences like “John grasped the object” and “Pablo kicked the ball.” The scans revealed activity in the motor cortex, which coordinates the body’s movements. What’s more, this activity was concentrated in one part of the motor cortex when the movement described was arm-related and in another part when the movement concerned the leg.

The brain, it seems, does not make much of a distinction between reading about an experience and encountering it in real life; in each case, the same neurological regions are stimulated. Keith Oatley, an emeritus professor of cognitive psychology at the University of Toronto (and a published novelist), has proposed that reading produces a vivid simulation of reality, one that “runs on minds of readers just as computer simulations run on computers.” Fiction — with its redolent details, imaginative metaphors and attentive descriptions of people

and their actions — offers an especially rich replica. Indeed, in one respect, novels go beyond simulating reality to give readers an experience unavailable off the page: the opportunity to enter fully into other people’s thoughts and feelings.

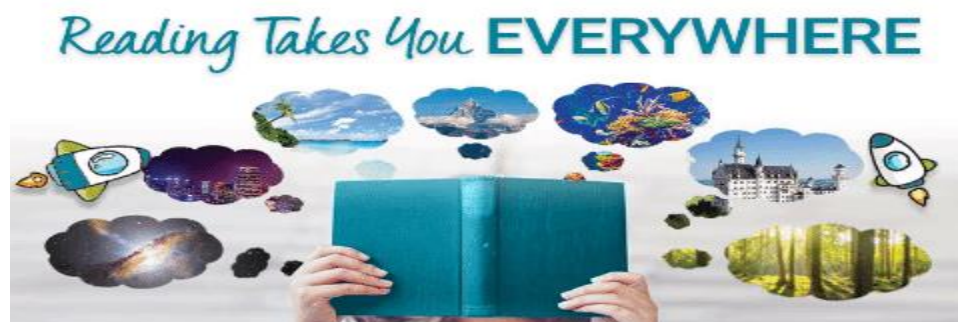
The novel, of course, is an unequalled medium for the exploration of human social and emotional life. And there is evidence that just as the brain responds to depictions of smells and textures and movements as if they were the real thing, so it treats the interactions among fictional characters as something like real-life social encounters.

Raymond Mar, a psychologist at York University in Canada, performed an analysis of 86 fMRI studies, published last year in the *Annual Review of Psychology*, and concluded that there was substantial overlap in the brain networks used to understand stories and the networks used to navigate interactions with other individuals — in particular, interactions in which we’re trying to figure out the thoughts and feelings of others. Scientists call this capacity of the brain to construct a map of other people’s intentions “theory of mind.” Narratives offer a unique opportunity to engage this capacity, as we identify with characters’ longings and frustrations, guess at their hidden motives and track their encounters with friends and enemies, neighbors and lovers.

It is an exercise that hones our real-life social skills, another body of research suggests. Dr. Oatley and Dr. Mar, in collaboration with several other scientists, reported that individuals who frequently read fiction seem to be better able to understand other people, empathize with them and see the world from their perspective. This relationship persisted even after the researchers accounted for the possibility that more empathetic individuals might prefer reading novels.

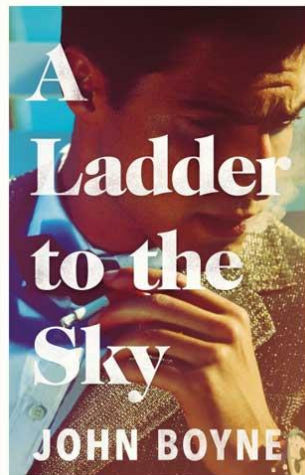
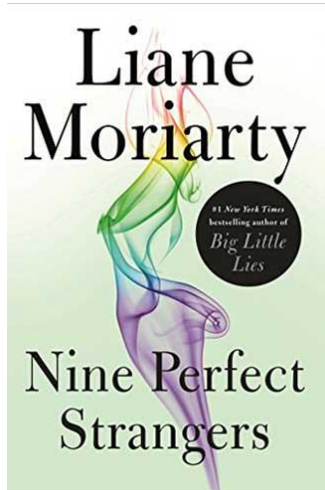
A 2010 study by Dr. Mar found a similar result in preschool-age children: the more stories they had read to them, the keener their theory of mind — an effect that was also produced by watching movies but, curiously, not by watching television. (Dr. Mar has conjectured that because children often watch TV alone, but go to the movies with their parents, they may experience more “parent-children conversations about mental states” when it comes to films.) Fiction, Dr. Oatley notes, “is a particularly useful simulation because negotiating the social world effectively is extremely tricky, requiring us to weigh up myriad interacting instances of cause and effect. Just as computer simulations can help us get to grips with complex problems such as flying a plane or forecasting the weather, so novels, stories and dramas can help us understand the complexities of social life.”

These findings will affirm the experience of readers who have felt illuminated and instructed by a novel, who have found themselves comparing a plucky young woman to Elizabeth Bennet or a tiresome pedant to Edward Casaubon. Reading great literature, it has long been averred, enlarges and improves us as human beings. Brain science shows this claim is truer than we imagined.



Books for the Bookworms:

http://www.everythingzoomer.com/arts-entertainment/2018/11/21/holiday-books-gifts/?utm_source=SilverpopMailing&utm_medium=email&utm_campaign=Zoomer%20Weekend%20Newsletter%20-%20November%2024%202018&utm_content=&spMailingID=14673093&spUserID=MTc0OTQ1MTE3MjEyS0&spJobID=1521802027&spReportId=MTUyMTgwMjAyNwS2

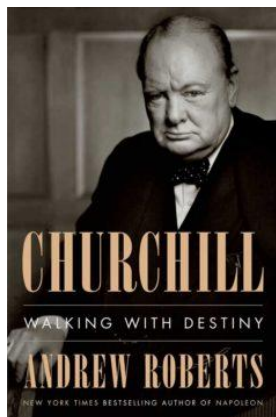
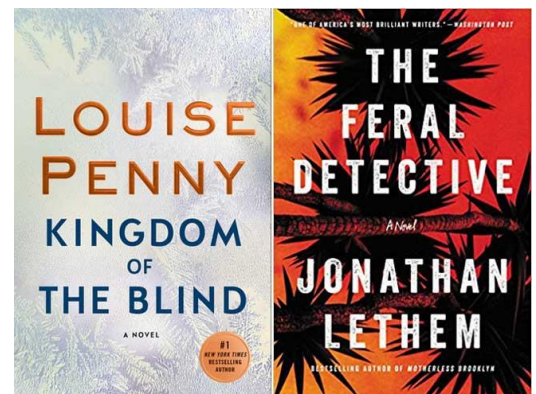


For Fiction Fanatics:

Big Little Lies author Liane Moriarty returns with *Nine Perfect Strangers*, about a novelist who finds herself among a group of guests who get more than they bargained for during a stay at a health resort, while a ruthless writer who steals others' stories to fuel his own fame lies at the heart of *A Ladder to the Sky* by John Boyne, acclaimed author of *The Boy in the Striped Pajamas*.

For the frustrated sleuth ...

Chief Inspector Gamache returns in an attempt to prevent a disastrous drug outbreak while dealing with a bizarre case of executing a stranger's will in Louise Penny's latest, *Kingdom of the Blind*. And Jonathan Lethem's *The Feral Detective* marks the author's first whodunit in nearly a decade — a race to find a missing girl before it's too late.

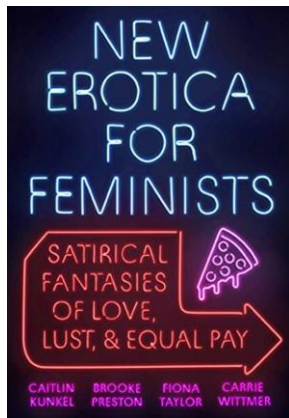


For the history buff ...

Multi-award winning historian and biographer Andrew Roberts offers up what some hail as a biographical triumph in *Churchill: Walking With Destiny*, chronicling the life of one of the 20th century's most influential figures.

A reader lives a thousand lives before he dies... The man who never reads lives only one.

GEORGE R.R. MARTIN

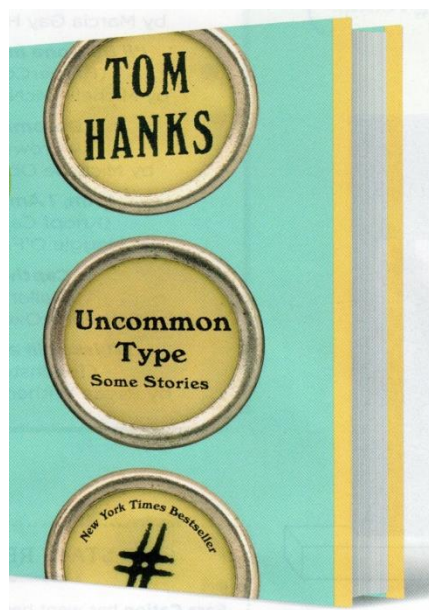
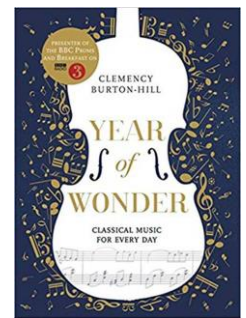


For those who laugh at love ...

From hot and bothered tales of gender equality to steamy scenarios involving job promotions, writers Caitlin Kunkel, Brooke Preston, Fiona Taylor and Carrie Wittmer balance cultural insight with comedy in *New Erotica for Feminists: Satirical Fantasies of Love, Lust, and Equal Pay*.

For the classical music lover ...

In need of a Mozart Monday? Clemency Burton-Hill's *Year Of Wonder: Classical Music for Every Day*, delivers 365 days of classical composers and the stories behind their captivating tunes.

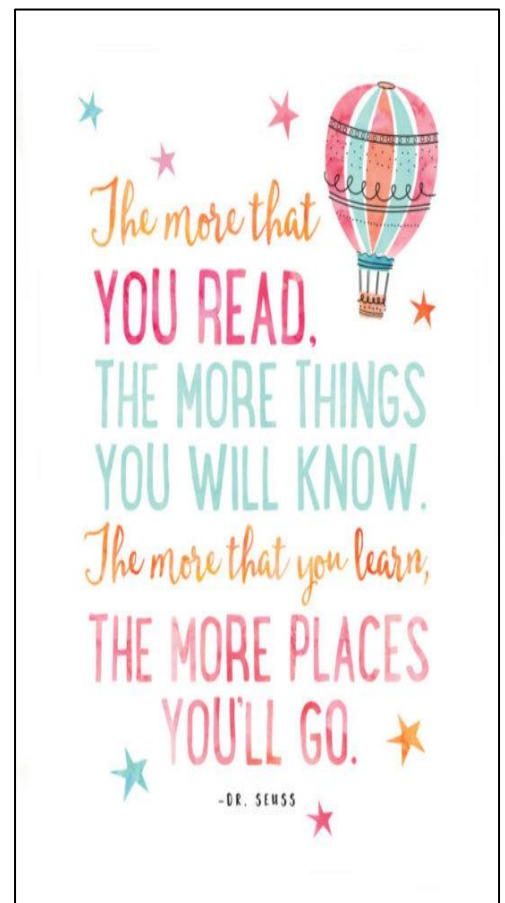


Uncommon Type

SHORT STORIES

(VINTAGE CANADA) BY TOM HANKS, \$22.

Tom Hanks proves that his talents go beyond acting with his brilliant first collection of short fiction, now in paperback. The stories—each of which contains references to an old-fashioned typewriter (a self-proclaimed obsession of Hanks's)—are moving and funny and feature memorable characters, including a woman adjusting to postdivorce life in a new neighbourhood; a newspaper columnist whose outdated views aren't meshing with the modern world; and two friends in the midst of an affair.



So....did you know???

A dime has 118 ridges around the edge.

A cat has 32 muscles in each ear.

A crocodile cannot stick out its tongue.

A dragonfly has a life span of 24 hours.

A goldfish has a memory span of three seconds.

A "jiffy" is an actual unit of time for 1/ 100th of a second.

A shark is the only fish that can blink with both eyes.

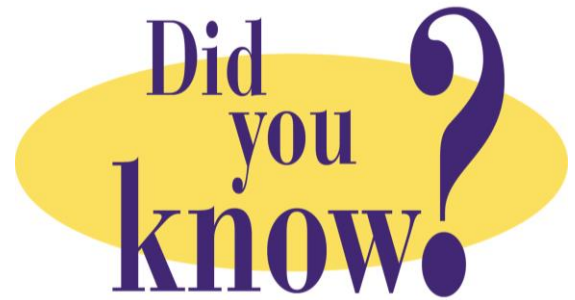
A snail can sleep for three years.

Al Capone's business card said he was a used furniture dealer.

All 50 states are listed across the top of the Lincoln Memorial on the back of the \$5 bill.

Almonds are a member of the peach family.

An ostrich's eye is bigger than its brain. (I think everyone knows a human like this, too!)



*Interesting Facts
You Never* Knew!*



Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years old.

Butterflies taste with their feet.

If the population of China walked past you, in single file, the line would never end because of the rate of reproduction.

If you are an average American, in your whole life, you will spend an average of 6 months waiting at red lights.

It's impossible to sneeze with your eyes open.

Leonardo Da Vinci invented the scissors.

Maine is the only state whose name is just one syllable.

No word in the English language rhymes with month, orange, silver, or purple.

On the Canadian two dollar bill, the flag flying over the Parliament building was an American flag.

Our eyes are always the same size from birth, but our nose and ears never stop growing.

Peanuts are one of the ingredients of dynamite.

Rubber bands last longer when refrigerated.

The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.

TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.

"Stewardesses" is the longest word typed with only the left hand and "lollipop" with your right.

The average person's left hand does 56% of the typing.

The cruise liner, QE2, moves only six inches for each gallon of diesel that it burns.

The sentence: "The quick brown fox jumps over the lazy dog" uses every letter of the alphabet.



The winter of 1932 was so cold that Niagara Falls froze completely solid.

There are more chickens than people in the world.

The words 'racecar,' 'kayak' and 'level' are the same whether they are read left to right or right to left (palindromes).

There are 293 ways to make change for a dollar.

There are only four words in the English language which end in "dous": tremendous, horrendous, stupendous, and hazardous

There are two words in the English language that have all five vowels in order: "abstemious" and "facetious."

There's no Betty Rubble in the Flintstones Chewables Vitamins.

Tigers have striped skin, not just striped fur.

Your stomach has to produce a new layer of mucus every two weeks; otherwise it will digest itself.

Cats have over one hundred vocal sounds. Dogs only have about 10.

"Dreamt" is the only English word that ends in the letters "mt".

February 1865 is the only month in recorded history not to have a full moon.

In the last 4,000 years, no new animals have been domesticated. (And this includes some humans too! Ha! Ha!)

Now, you know!
And you have lots of conversation tidbits to share at a party!



AN OLD FASHIONED CHRISTMAS

SUN., DECEMBER 2ND
1PM - 5PM

Model Trains, Music, Crafts, Storytelling, Hot Chocolate, Cookies, Hot Dogs & Pictures With Santa www.parksvillemuseum.ca

PARKSVILLE MUSEUM – 1245 Island Hwy, Parksville





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**



December Events - Parksville and Qualicum Beach Area

<https://www.visitparksvillequalicumbeach.com/events-2018-12/>

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

Dec. 7 – Extended Deadline for Referendum Vote

Dec. 17 – PQRTA Christmas Luncheon at Fairwinds – 11:30am – RSVP by Dec. 9th

Dec. 20 – Canada Pension Plan and Old Age Security

Dec. 21 – Teachers' Pension Plan "payday and First Day of Winter

Dec. 24 – Christmas Eve Day

Dec. 25 – Christmas Day

Dec. 26 – Boxing Day

Dec. 31 – New Year's Eve

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



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