



**PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION
NEWSLETTER #21 – February 2019**

PRESIDENT'S GREETING from Cathy Van Herwaarden:



ALTHOUGH ROVER MEANT HIS GIFT TO BE AN EXPRESSION OF LOVE, PRINCESS BELIEVED IT WAS AN ATTEMPT TO POISON HER.



"A pretty rock is always nice at Valentine's Day. Or, perhaps another wheel? Or—gosh—what woman doesn't enjoy a lovely bit of fire?"



BCTF News: Jan. 27, 2019



International Holocaust Remembrance Day

- a memorial day to commemorate the tragedy of the Holocaust that occurred during the Second World War

Many Canadians lack basic knowledge of the Holocaust, Study finds:

<https://www.nytimes.com/2019/01/24/world/canada/canadians-holocaust.html>

How many Concentration Camps Do You Know? Here's a list:

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

Celebrate BC Teachers!



Tell us about the teachers that are making a difference in your community.

Kids have complicated lives, and it takes a teacher to help them find their way.

There are so many wonderful teachers making a difference across our province, so we're celebrating teachers and need your help.

Nominate a teacher, and share their story with us. Describe how the time, energy and support they have given you or your child (or grandchild) had a profound and lasting impact.

For your efforts, five teachers will be featured on Global News Morning and celebrated for the work they are doing.

For more information: <https://celebratebcteachers.com/>

Moosehide Campaign – Feb. 13, 2019 – Victoria, BC

Share our vision of 1 million people in Canada fasting for a day in solidarity to show their commitments to creating a society free of violence against women and children. Participate in the Moose Hide Campaign Provincial Gathering and Day of Fasting.

For more info: <https://www.moosehidecampaign.ca/>

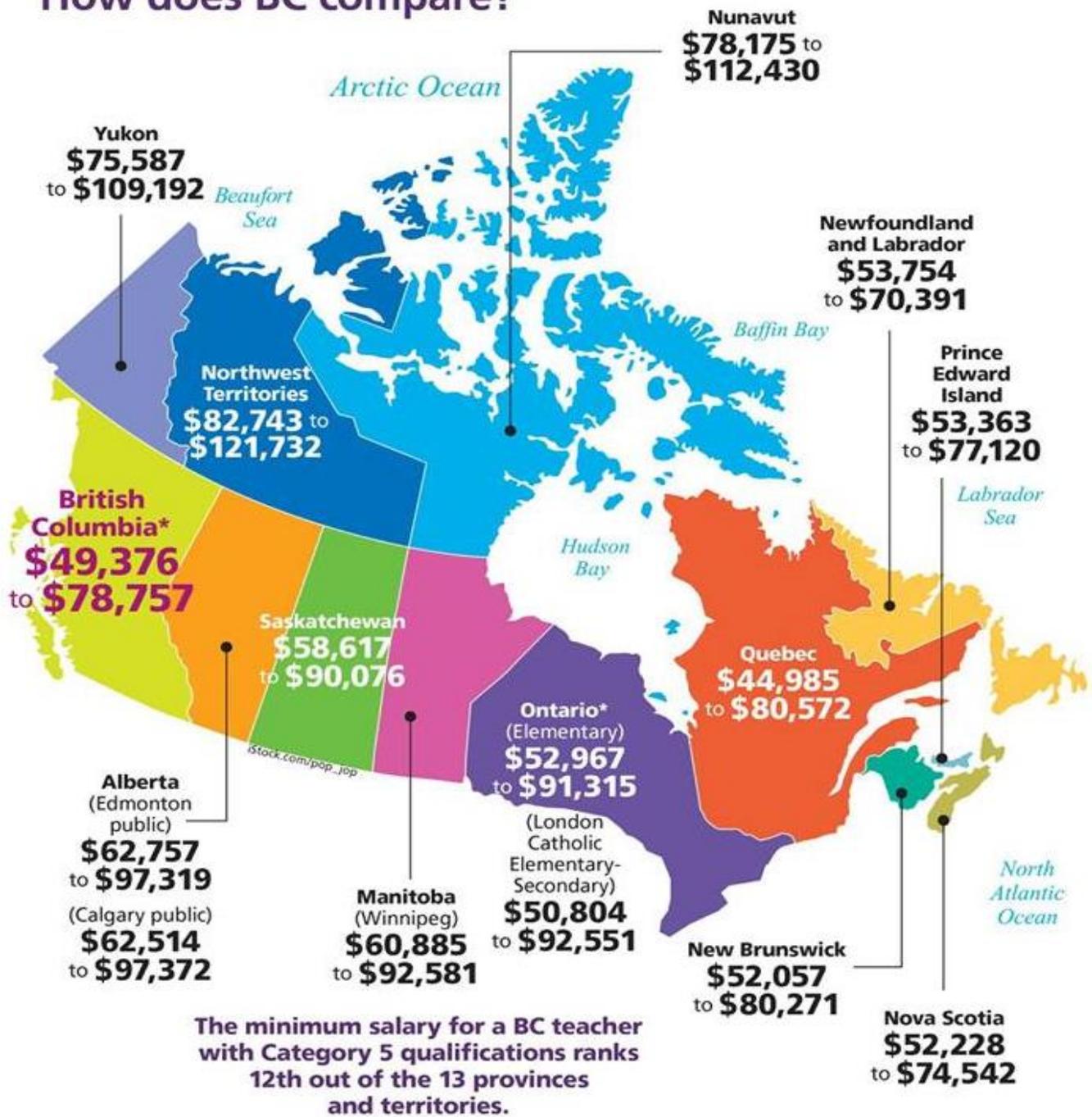
Register here to attend the Provincial Gathering in Victoria:

https://www.cognitofrms.com/MooseHideCampaign/_8thAnnualProvincialGatheringAndDayOfFasting



Teacher salaries across Canada

How does BC compare?



*Weighted average

—BCTF Research; Source: salary data from collective agreements as of April 2018.

BC has a teachers' shortage that is negatively impacting student learning. Our new teachers have the second lowest starting salaries and all of our members receive far less than our colleagues in Alberta or Ontario. With BC's high cost of living, it's no wonder BC is having a hard time recruiting teachers from other provinces.

BCRTA NEWS:



Insurance Alternatives

BCRTA members consistently rank Extended Health Care and other insurance products as extremely important to their peace of mind. Recent articles discussing member experiences with the current Teachers' Pension Plan (TPP) default coverage through Green Shield have generated much discussion and feedback. Many members are inquiring about alternative coverage.

You should know that BCRTA members have choices beyond the TPP default insurance coverage! The BCRTA Pension and Benefits Committee has partnered with Johnson Insurance to create a line-up of products tailor-made to suit our members. Some things to watch out for include comparing each plan's coverage of the particular medications you depend on, deductibles, and lifetime coverage limits.

BCRTA is pleased to highlight these exclusive insurance offerings:

Johnson's Extended Health Care (EHC) with Prestige Travel

This is our fastest growing insurance product. It provides:

- Full EHC coverage with no annual deductible.
- Coverage for any number of 62 days trips outside of BC
- No 90-day stability clause



Coming soon - Extended Health Care coverage. We are expecting to offer EHC coverage this fall for our members who do not travel or who find that our Medoc plan suits their needs fully.

MEDOC Travel Insurance - Most Popular Travel Option

- Any number of 17 or 35 day trips out of British Columbia
- 3 rate levels. You can't beat the Optimum rates if you qualify by completing a Health Option Questionnaire.

House Insurance

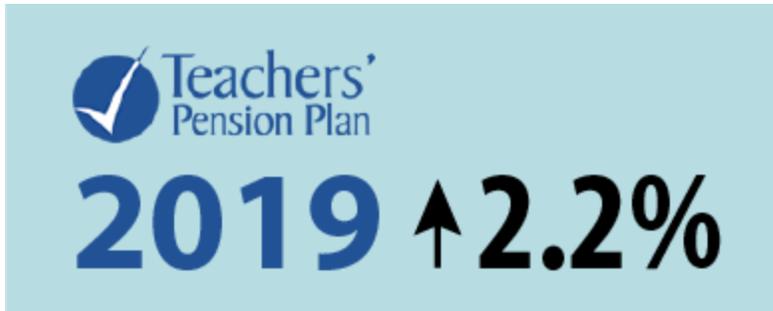
Ask our Johnson's insurance professional for an apples-to-apples comparison, the next time that your house insurance renews. You may be surprised at the savings available to BCRTA members.

Best Friend Advice

BCRTA has continued to work with Johnson's over the years because of the excellent service they provide. We recommend that you talk to a Johnson Insurance Professional when you are considering the alternative plans available. They will help you understand the technical differences between the plans and help you make the right decision for you, even if it means staying with your current provider.

We have set up an ease, free-of-charge confidential insurance assessment to see which plans work best for you. Just click here: <https://bcrt.ca/explore-bcrt-member-insurance-packages/>

TEACHER PENSION PLAN News:



That's 0.6% increase, over last year.

TPP announces 2.2% increase for 2019

The BC Teachers' Pension Plan has announced a 2.2% cost of living increase for 2019. Cost of living increases are not guaranteed, but once received they establish a new baseline for pensions.

See the history of COLA (Cost of Living Adjustment) annual increases, here: <https://tpp.pensionsbc.ca/what-cost-of-living-adjustments-have-been-granted>

The BCRTA Pensions and Benefits Committee recently did an in-depth analysis of cost of living adjustments for BC retired teachers, and how teachers in BC fare compared to other provinces. You can view that report by clicking here: <https://bcrt.ca/special-report-are-bc-retired-teachers-falling-behind/>

TEACHER PENSION PAYMENTS 2019:

February 27	June 27	October 30
March 28	July 30	November 28
April 29	August 29	December 23
May 30	September 27	

CRISIS TEXT LINE |

powered by

Kids Help Phone 

Did you know, if you text **686868** when you're feeling down, depressed or suicidal, a crisis worker will text u back immediately and will continue to text with you until you feel okay? Many people don't like talking and feel more comfortable texting.

This is free from Service Canada. Join me in raising awareness.
For more info: <https://www.crisistextline.ca/how-it-works/>

Feb. 2nd – Groundhog Day

<https://www.timeanddate.com/holidays/canada/groundhog-day>



Groundhog Day is not a public holiday, but it is growing more popular in Canada.



There is a festival in Warton, Bruce County, Ontario, where the town groundhog, Warton Willie, delivers his "prediction" early in the morning on February 2nd every year.

Early or Late Spring?

Thousands of years ago when animalism and nature worship was prevalent, people in the part of Europe where Germany is today, believed that the badger had the power to predict the coming of spring. They watched the badger, to know when to plant their crops.

This tradition was brought over to North America, predominantly to Pennsylvania in the United States, where it was the groundhog, not the badger, which made these "predictions".

According to folklore, if the groundhog sees its shadow on February 2nd, it will return to its burrow, indicating that there will be six more weeks of winter. If it does not see its shadow, then spring is on the way.

The Groundhog Day concept first became popular in Canada in 1956 when Warton Willie became a household name for his early February weather predictions. Warton's Groundhog Day festival grew as Willie's fame increased and became one of the largest winter festivals in Bruce County, Ontario, Canada.

There are also other groundhogs in different parts of Canada. For example, Shubenacadie Sam is reportedly the first groundhog in the country to stick its head out on Groundhog Day in Nova Scotia. Other groundhogs include: Gary the Groundhog in Ontario, Brandon Bob in Manitoba, and Balzac Billy in Alberta. Fred la marmotte of Val-d'Espoir has been the representative forecaster for the province of Quebec, since 2009.

In 2017, Groundhog Day was scheduled to be observed at zoos in Moscow, St. Petersburg, and Samara, in Russia

Fame From Hollywood

The movie "Groundhog Day" from 1993, starring comedian Bill Murray, made the groundhog Punxsutawney Phil in Pennsylvania famous worldwide. The film's plot added new meaning to "Groundhog Day" as something that repeats itself endlessly.



Tues. Feb. 5th – Chinese New Year



2019
YEAR OF THE PIG

This year (2019), Chinese New Year falls on Tuesday, February 5th. China's public holiday will be February 4th to 10th and there will be a Lantern Festival on Feb. 19th. Chinese New Year is an important holiday for Chinese people, as Chinese calendar years begin then, rather than the first of January.

Chinese New Year has a varying date in the period January 21st to February 20th, as it's based on the moon. Day 1 of China's lunar calendar is within a day of the second new moon before the spring equinox moon phase. It's oddly called Spring Festival, with it being in winter for most of China, but that's because it "looks forward to spring".

Chinese New Year Celebrations — 4 Main Activities:

1. Chinese New Year Decorations — Lucky Red Items

Every street, building, and house where Spring Festival is celebrated is decorated with red. Red is the main color for the festival, as red is believed to be an auspicious color. Red Chinese lanterns hang in streets; red couplets are pasted on doors; banks and official buildings are decorated with red New Year pictures depicting images of prosperity.



Public Celebrations: In many Chinese cities, from New Year's Day, traditional performances can be seen: dragon dances, lion dances, and imperial performances like an emperor's wedding. A great variety of traditional Chinese products are on offer, and rarely seen Chinese snacks. City parks and temple fairs are the places to go for this.

2. Chinese New Year's Eve — Family Time

Chinese New Year is a time for families to be together. Wherever they are, people are expected to be home to celebrate the festival with their families. The New Year's Eve dinner is called 'reunion dinner', and is believed to be the most important meal of the year.

Lucky symbolic foods are served at this meal:

- Fish – an increase of prosperity
- Chinese dumplings – great wealth
- Glutinous rice cake – a higher income or position

Fish (especially carp or catfish) is a symbol of good luck and is a must for this dinner, as it sounds like the Chinese word for "surplus".



3. Firecrackers and Fireworks at Chinese New Year

It has long been a Chinese tradition to set off firecrackers from the first minute of their new year to scare away evil and bring good luck. From public displays in major cities to millions of private celebrations in China's rural areas, setting off firecrackers and fireworks is an indispensable festivity.



4. Chinese New Year Gifts and Red Envelopes

Like at Christmas in other countries, people exchange gifts during the Spring Festival. In rural areas and for older people the New Year gift giving tradition is still strong, but increasingly younger people prefer just to receive red envelopes (by hand or electronically).

The most common New Year gifts are red envelopes of money in, and are believed to bring good luck because they are red. They are given to children and retirees.

Customarily only employers give red envelopes to working adults.

The Chinese Zodiac assigns animals to each year. 2019 = Year of the Pig

It's Dog year 2018 until February 4, 2019 which is Chinese New Year's Eve.

The year of the Pig begins on February 5th until January 24, 2020.

What year were you born? See below:



RAT	OX	TIGER	HARE	DRAGON	SNAKE	HORSE	RAM	MONKEY	ROOSTER	DOG	PIG
											
1900	1901	1902	1903	1904	1905	1906	1907	1908	1909	1910	1911
1912	1913	1914	1915	1916	1917	1918	1919	1920	1921	1922	1923
1924	1925	1926	1927	1928	1929	1930	1931	1932	1933	1934	1935
1936	1937	1938	1939	1940	1941	1942	1943	1944	1945	1946	1947
1948	1949	1950	1951	1952	1953	1954	1955	1956	1957	1958	1959
1960	1961	1962	1963	1964	1965	1966	1967	1968	1969	1970	1971
1972	1973	1974	1975	1976	1977	1978	1979	1980	1981	1982	1983
1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995
1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019

In Chinese astrology, the twelve animal zodiac signs each have unique characteristics.

What Characteristics does your Chinese Zodiac Sign Mean? Click here to find out:

<https://www.thisinsider.com/explanation-chinese-zodiac-meaning-2017-1#year-of-the-goat-8>

Thursday, Feb. 14th – Valentine's Day

https://en.wikipedia.org/wiki/Valentine%27s_Day

Valentine's Day, also called **Saint Valentine's Day** or the **Feast of Saint Valentine** is celebrated annually on February 14th. It originated, as a Western Christian day honoring one or two early saints named Valentinus.



Valentine's Day is recognized as a significant cultural, religious, and commercial celebration of romance and romantic love in many regions around the world; but it is NOT a public holiday in any country.

Martyrdom stories associated with various Valentines are presented in martyrologies, including a written account of Saint Valentine of Rome imprisonment for performing weddings for soldiers, who were forbidden to marry and for ministering to Christians persecuted under the Roman Empire. Helping Christians was considered a crime, at this time.

According to legend, during his imprisonment, Saint Valentine restored sight to the blind daughter of his judge, and before his execution on February 14, 269, Valentine wrote her a letter signed "Your Valentine" as a farewell.

All that is reliably known of the saint commemorated on February 14 is his name and that he was martyred and buried at a cemetery on the Via Flaminia close to the Ponte Milvio to the north of Rome on that day. It is uncertain whether Saint Valentine was one individual or a pseudonym for several.

During the Middle Ages, it was believed that birds paired in mid-February. This was then associated with the romance of Valentine.

Valentine's Day first became associated with romantic love within the circle of Geoffrey Chaucer in the 14th century, when the tradition of courtly love flourished.



1909 Valentine's Day card

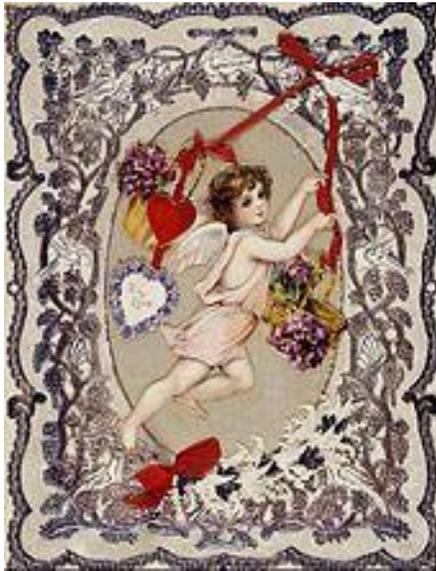
In 18th-century England, it evolved into an occasion when lovers expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "*valentines*").

Valentine's Day symbols that are used today include the heart-shaped outline, doves, and the figure of the winged Cupid.

Since the 19th century, handwritten valentines have given way to mass-produced greeting cards. The custom of sending cards, flowers, chocolates and other gifts originated in the United Kingdom.

In 1797, a British publisher issued *The Young Man's Valentine Writer*, which contained scores of suggested sentimental verses for the young lover unable to compose his own. Printers had already begun producing a limited number of cards with verses and sketches, called "mechanical valentines."

In the early 19th century, paper valentines became so popular in England that they were assembled in factories. Fancy valentines were made with real lace and ribbons, with paper lace introduced in the mid-19th century. In 1835, sixty-thousand valentine cards were sent by post in the United Kingdom, despite postage being expensive.



In the United States, the first mass-produced valentines of embossed paper lace were produced and sold shortly after 1847 by Esther Howland (1828–1904) of Worcester, Massachusetts. Esther's father operated a large book and stationery store, but Howland took her inspiration from an English valentine that she had received from a business associate of her father. Intrigued with the idea of making similar valentines, Howland began her business by importing paper lace and floral decorations from England.

An English Victorian era Valentine card, located in the Museum of London.



In 1868, the British chocolate company Cadbury created Fancy Boxes (a decorated box of chocolates) in the shape of a heart for Valentine's Day. Boxes of filled chocolates quickly became associated with the holiday.



In the second half of the 20th century, the practice of exchanging cards was extended to all manner of gifts, such as giving jewelry or sending flowers.

The rise of Internet popularity at the turn of the millennium is creating new traditions. Every year, millions of people use digital means of creating and sending Valentine's Day greeting messages such as e-cards, love coupons or printable greeting cards.



Although legends and traditions differ, Valentine's Day is widely recognized as a day for romance and devotion.



Monday, February 18th – BC Family Day

7th Annual

Coombs Family Day Celebration



Heritage Demos,
Displays, Crafts
and Games
for "Kids
of All Ages!"

Children's Garden
Railway Train

Hamilton Hobby
Farm

Sandbox Treasure
Hunt

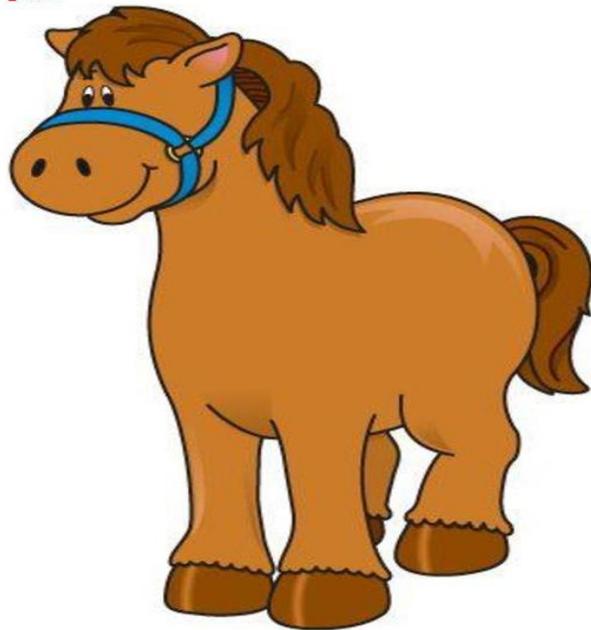
Horse Cookie
Decorating

4-H Demos

Family Photo Booth



Just **horsing** around!



Monday, February 18, 2019

1:00 – 4:00pm

It's all **FREE** at the Coombs Fairgrounds
1014 Ford Road, Coombs
(Turn at the General Store)

FREE hotdogs, popcorn, coffee, and tea
while supplies last.

BC
Family Day



Wed. Feb. 27th – Pink Shirt Day

People are encouraged to practice kindness and wear pink to symbolize that bullying is not tolerated.



Bullying is a major problem in schools, workplaces, homes, and online. Now, a movement celebrated across the globe, Pink Shirt Day has humble beginnings.

Inspired by an act of kindness in small-town Nova Scotia, CKNW Kids' Fund (working with the Boys & Girls Clubs) was inspired to raise funds to support anti-bullying programs.

Here is a snippet of an article detailing the original incident:

"David Shepherd, Travis Price and their teenage friends organized a high-school protest to wear pink in sympathy with a Grade 9 boy who was being bullied [for wearing a pink shirt]...[They] took a stand against bullying when they protested against the harassment of a new Grade 9 student by distributing pink T-shirts to all the boys in their school. 'I learned that two people can come up with an idea, run with it, and it can do wonders,' says Mr. Price, 17, who organized the pink protest. 'Finally, someone stood up for a weaker kid.' So Mr. Shepherd and some others headed off to a discount store and bought 50 pink tank tops. They sent out messages to schoolmates that night, and the next morning they hauled the shirts to school in a plastic bag. As they stood in the foyer handing out the shirts, the bullied boy walked in. His face spoke volumes. 'It looked like a huge weight was lifted off his shoulders,' Mr. Price recalled. The bullies were never heard from again."

— GLOBE & MAIL

After David's and Travis' act of kindness in 2007, CKNW was inspired to help other youth affected by bullying, with many staff members wearing pink shirts and collecting funds to support Boys and Girls Clubs.

Since then, the idea has only grown each year, with worldwide support and participation. Countries across the globe are now organizing anti-bullying fundraisers of their own, including Japan, New Zealand, China, Panama, and numerous others. In fact, last year alone, people in almost 180 countries shared their support of Pink Shirt Day through social media posts and donations.



Bullied student tickled pink by schoolmates' T-shirt campaign - News article – Sept. 2007

<https://www.cbc.ca/news/canada/bullied-student-tickled-pink-by-schoolmates-t-shirt-campaign-1.682221>

Join the movement against bullying – wear pink!!!

<http://pinkshirtday.ca/>

Canada's Food Guide Gets Major Revamp with Less Focus on Milk and Meat

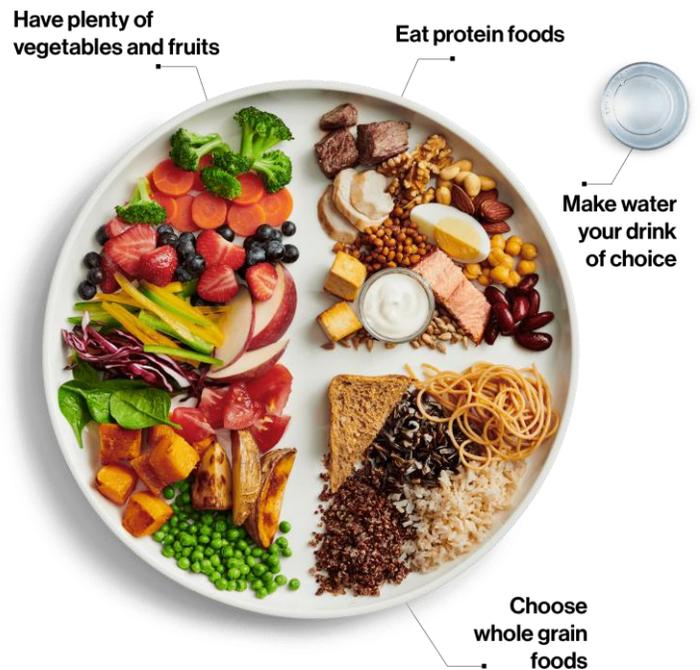
<http://www.everythingzoomer.com/health/2019/01/22/canada-food-guide-update/>

Have plenty of vegetables and fruits" is one of the recommendations. To wit, produce takes up half the plate.

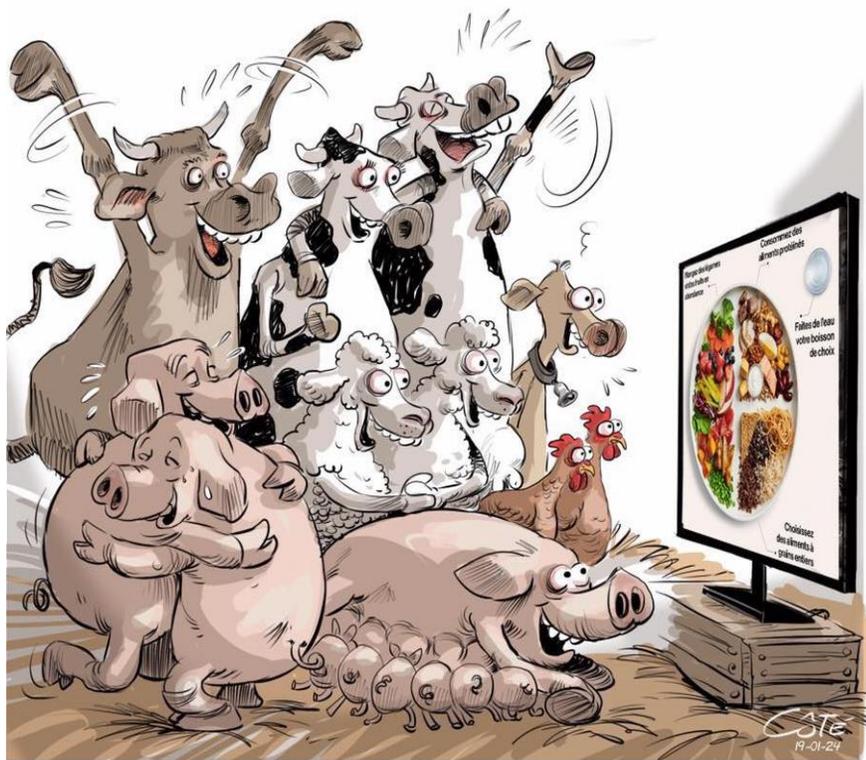
Dairy and meat have been incorporated into a new protein group that includes plant-based sources such as tofu and chickpeas. Health Canada's advice is to "choose protein foods that come from plants more often."

And rounding out the new three-group guide are whole grains.

Sugar is included in a group of things to limit along with sodium and saturated fat. Cutting back on processed foods and reading food labels are offered as ways to achieve this — and healthier eating, in general.



Let's hear it for:



- More Plant-Based Protein!!!
- More Fruits and Vegetables
- Water as drink of choice
- Choosing whole grain foods
- Less sugar, salt & saturated fat
- Less processed food

Healthy Eating Is More Than The Foods You Eat:

<https://food-guide.canada.ca/en/healthy-eating-recommendations/be-mindful-of-your-eating-habits/>

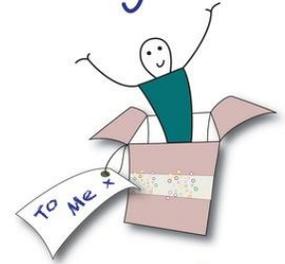
Be mindful of your eating habits – be aware of:

- how you eat
- why you eat
- what you eat
- when you eat
- where you eat
- how much you eat

Being mindful can help you:

- make healthier choices more often
- make positive changes to routine eating behaviours
- be more conscious of the food you eat and of your eating habits
- create a sense of awareness around your everyday eating decisions
- reconnect to the eating experience by creating an awareness of your
 - feelings
 - thoughts
 - emotion
 - behaviours

Being Mindful



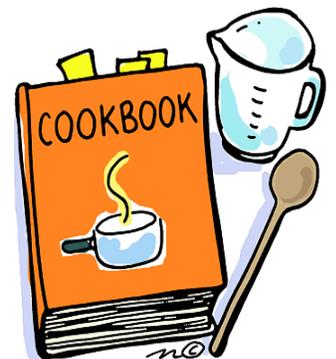
Be in the Present

Cook More Often:

<https://food-guide.canada.ca/en/healthy-eating-recommendations/cook-more-often/>

Cooking and preparing food can support healthy eating habits. Cooking allows you to:

- learn new skills
- rely less on highly processed foods
- control the amount of sauces and seasonings
- make foods that you and your family like and will eat
- save money by avoiding extra money spent on meals eaten out
- choose healthy ingredients like:
 - fruits
 - vegetables
 - whole grain foods
 - protein foods
 - choose protein foods that come from plants more often



Eat With Others

<https://food-guide.canada.ca/en/healthy-eating-recommendations/eat-meals-with-others/>

Enjoying healthy foods with family, friends, neighbours or co-workers is a great way to connect and add enjoyment to your life. It can provide many benefits and contribute to a healthy lifestyle. By eating with others you can:

- enjoy quality time together
- share food traditions across generations and cultures
- explore new healthy foods that you might not normally try

Food is often a main part of celebrations and special events. However, eating with other doesn't have to be saved for special events.

Enjoy your Food

<https://food-guide.canada.ca/en/healthy-eating-recommendations/enjoy-your-food/>

The benefits of enjoying your food include:

- tasting the flavours
- being open to trying new foods
- developing a healthy attitude about food

Knowing that you are making healthy food choices can increase your enjoyment of food, which includes:

- socializing at mealtime
- enjoying shopping for food
- preparing and cooking food
- growing or harvesting your own food
- getting to know the people that grow or produce your food
- involving others in meal planning, preparation and clean up



Use Food Labels

<https://food-guide.canada.ca/en/healthy-eating-recommendations/using-food-labels/>

Food labels provide information that you can use to make informed choices about foods and drinks at the grocery store and at home. Food labels can help you:

- compare and choose products more easily
- know what ingredients a food product contains
- choose products with a little or a lot of the nutrients that are of interest to you

Limit Highly Processed Foods

<https://food-guide.canada.ca/en/healthy-eating-recommendations/limit-highly-processed-foods/>

You should limit highly processed foods and drinks because they are not a part of a healthy eating pattern. Highly processed foods are processed or prepared foods and drinks that add excess sodium, sugars and saturated fat to the diets of Canadians.

Highly processed foods can include:

- sugary drinks
- chocolate and candies
- ice cream and frozen desserts
- fast foods like French fries and burgers
- frozen entrées like pasta dishes and pizzas
- bakery products like muffins, buns and cakes
- processed meats like sausages and deli meats



Our food environment is changing. Highly processed foods are readily available and people are eating more of them. Eating highly processed food increased your intake of sodium, sugars, or saturated fat. Eating too much sodium, sugars, or saturated fat can increase your risk of chronic disease.

Be Aware Of Food Marketing

Food marketing is all around us. You likely receive a constant stream of changing and often conflicting messages about food. This can make it hard to make healthy food choices.

Food marketing can impact you in many different ways, as it is designed to:

- create food trends
- encourage you to:
 - buy certain foods or drinks
 - buy foods in order to get promotional items such as:
 - loyalty points
 - tickets to movies or sports events
 - coupons for future food purchases
- create links between certain foods or brands and a particular lifestyle
- build brand loyalty, so you will continue to purchase from a particular store or products with a brand name



Benefits of Being Aware Of Food Marketing

<https://food-guide.canada.ca/en/healthy-eating-recommendations/marketing-can-influence-your-food-choices/>

Being aware of food marketing is a food skill that can help you:

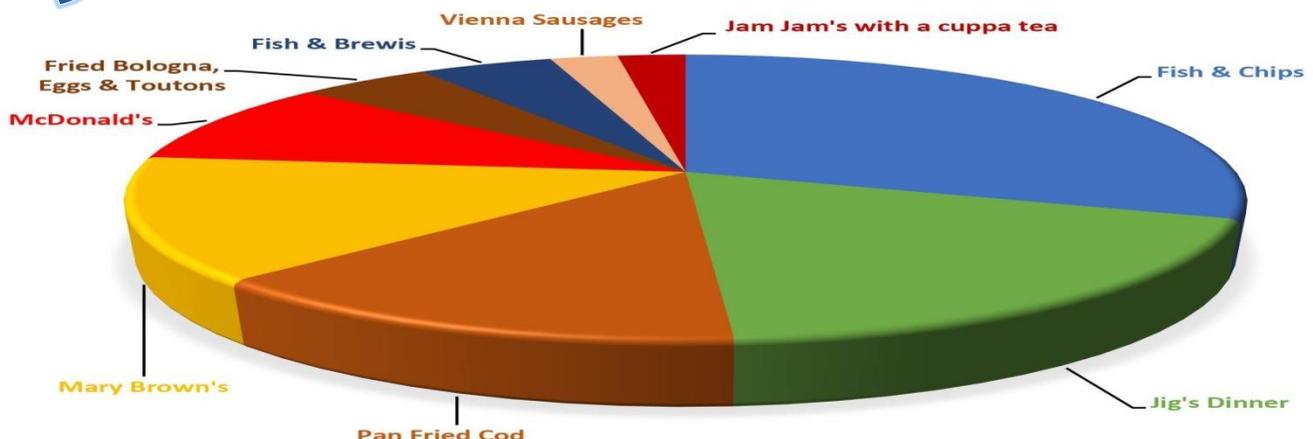
- recognize when foods are being marketed to you
- decide whether a food item is healthy by using food labels rather than relying on marketing messages alone
- teach those who may be more vulnerable to food marketing, like young children and teens, about marketing techniques

Canada's Dietary Guidelines

Full Report: <https://food-guide.canada.ca/static/assets/pdf/CDG-EN-2018.pdf>

JOKE

NEWFOUNDLAND & LABRADOR FOOD GUIDE



EATING IN THE FIFTIES

Pasta had not been invented. It was macaroni or spaghetti.

Curry was a surname.

A take-away was a mathematical problem.

Pizza? Sounds like a leaning tower somewhere.

Bananas and oranges only appeared at Christmas time.

All chips were plain.

Oil was for lubricating, fat was for cooking.

Tea was made in a teapot using tea leaves and never green.

Cubed sugar was regarded as posh.

Chickens didn't have fingers in those days.

None of us had ever heard of yogurt.

Healthy food consisted of anything edible.

Cooking outside was called camping.

Seaweed was not a recognized food.

'Kebab' was not even a word, never mind a food.

Sugar enjoyed a good press in those days, and was regarded as being white gold.

Prunes were medicinal.

Surprisingly muesli was readily available. It was called cattle feed.

Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.

Water came out of the tap. If someone had suggested bottling it and charging more than gasoline for it, they would have become a laughing stock.

The one thing that we never ever had on/at our table in the fifties ... was *elbows, hats and cell phones*.

In the 50s...



MISH-MASH of MEDICAL NEWS:



15 Top Sources of Plant-Based Proteins:

<https://www.medicalnewstoday.com/articles/321474.php>

Heart Attacks are More Common in Winter Months:

<http://www.everythingzoomer.com/health/2018/12/17/reason-heart-attacks-winter-months/>

Climate Change Poses Risk Not Only to Planet, But Also to Human Health:

http://www.everythingzoomer.com/health/2018/11/30/climate-change-increased-risk/?utm_source=SilverpopMailing&utm_medium=email&utm_campaign=Zoomer%20Wellness%20Newsletter%20-%20December%2011%202018&utm_content=&spMailingID=14776695&spUserID=MTc0OTQ1MTE3MjEyS0&spJobID=1540931980&spReportId=MTU0MDkzMTk4MAS2

Hearing Aids and Cataract Surgery Linked to Brain Health:

<https://www.weforum.org/agenda/2018/10/taking-care-of-your-hearing-and-vision-slows-cognitive-decline-by-50-75>

Nightshade Vegetables and Arthritis:

https://www.medicalnewstoday.com/articles/321745.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

New Study - Exercise Could Combat Alzheimer's Disease and Delay Dementia:

http://www.everythingzoomer.com/health/2019/01/08/new-study-exercise-combat-alzheimers-disease-delay-dementia/?utm_source=SilverpopMailing&utm_medium=email&utm_campaign=Zoomer%20Magazine%20Newsletter%20-%20January%2010%202019&utm_content=&spMailingID=14936292&spUserID=MTc0OTQ1MTE3MjEyS0&spJobID=1560832460&spReportId=MTU2MDgzMjQ2MAS2

Uterus More Than "Baby House":

<https://www.popsci.com/uterus-memory-cognition?src=SOC&dom=fb&linkId=61029261>

Vitamin B-12 – 8 important facts:

<http://www.activebeat.com/your-health/women/8-important-facts-about-vitamin-b12-deficiency/?streamview=all>

8 foods that pack a Vitamin B-12 Boost:

<http://www.activebeat.com/diet-nutrition/8-healthy-foods-that-pack-a-vitamin-b12-boost/?streamview=all>

14 most nutritious foods (includes chocolate!):

<http://www.activebeat.com/health-news/the-14-most-nutritious-foods-in-the-world/?streamview=all>

SD 69 High School Students were catalyst for new Island Health Initiative – Nov.

<https://www.vancouverislandfreedaily.com/news/how-a-group-of-concerned-students-inspired-vancouver-island-to-trustyourself/>

Flu Symptoms:

<https://www.bcclocalnews.com/news/know-how-to-recognize-the-flu-and-know-what-not-to-do/>

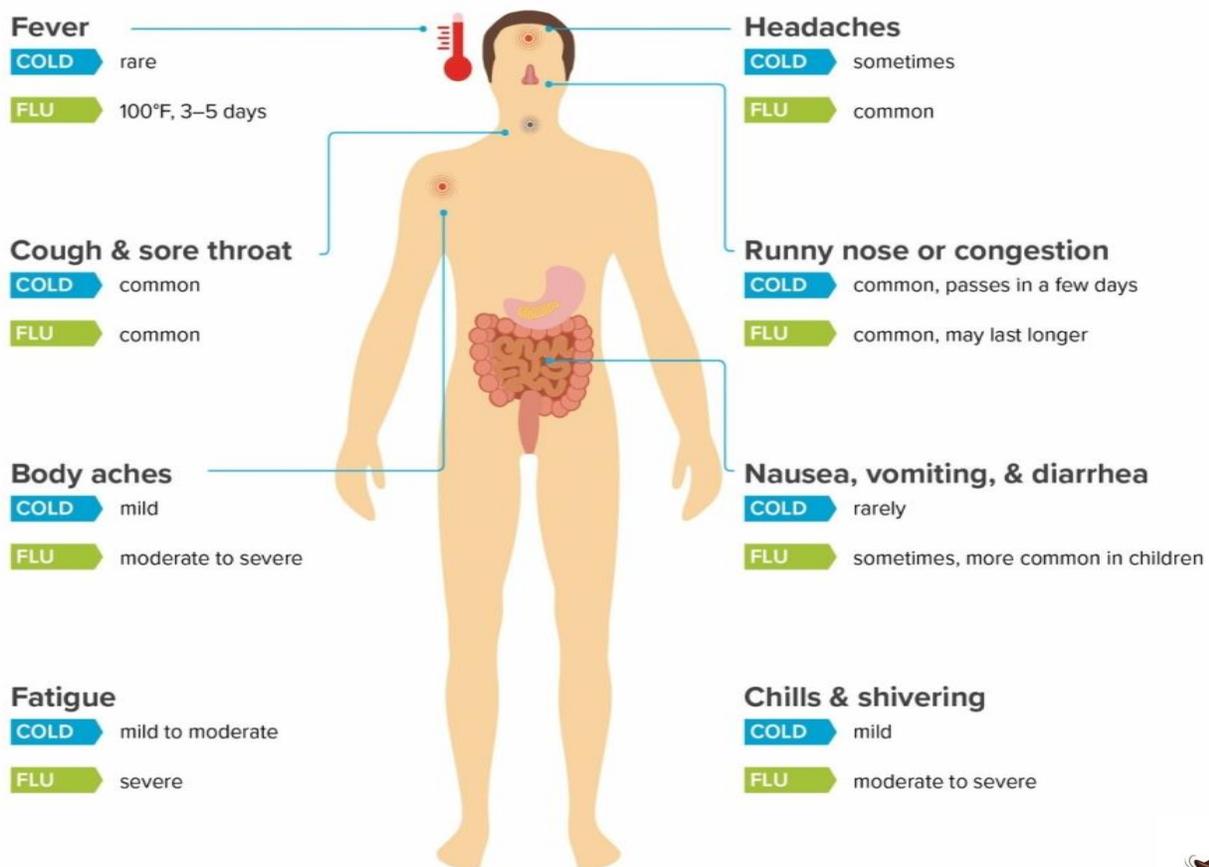
Flu symptoms appear one to four days after exposure to the virus. They usually include the sudden appearance of fever, cough, and muscle aches and pain.

Other common symptoms may include headache; chills; fatigue (tiredness); loss of appetite; sore throat; and a runny or stuffy nose. Some people (especially children) may also have diarrhea and/or nausea and vomiting.

People infected with the flu virus can spread it to others starting one day before the first symptoms, and until approximately five days after the first symptoms.

If you do get sick, stay home. Avoid close contact with other people until you feel well enough to get back to your usual day-to-day activities. This will help prevent the spread of the flu. Most people recover from the flu in seven to 10 days.

COLD VS FLU:



Why Cold and Flu Season Strikes in Winter:

<https://www.earthnetworks.com/blog/flu-season-strikes-winter/>

<https://www.medicalnewstoday.com/articles/320099.php>

<https://flucamp.com/why-do-we-catch-colds-winter/>

<http://sitn.hms.harvard.edu/flash/2014/the-reason-for-the-season-why-flu-strikes-in-winter/>



Foods to Boost Immunity and Fend Off Colds & Flu

<http://www.everythingzoomer.com/health/2019/01/01/top-immunity-boosting-foods/>
<HTTP://WWW.EVERYTHINGZOOMER.COM/HEALTH/DIET-NUTRITION/2019/01/21/7-FOODS-FEND-OFF-COLDS-FLU/>

Millions of Canadians get sick every winter. It's difficult to avoid the bugs that cause these the cold/flu illnesses, but we can strengthen our immune system to help fight these viruses.

Healthy habits make the difference:

Research shows that we're better able to fight off infections when we get enough sleep, keep stress in check, wash hands often, get a flu shot, get plenty of sleep, exercise regularly and eat a well-balanced diet that provides plenty of nutrients.

In contrast, when we're lacking in these key areas, we're more likely to get sick and have a harder time fighting off a bug. It doesn't matter if we're trying to fight the flu or ward off longer term threats like diabetes and cancer. The preventative measures are essentially the same.

However, when it comes to vitamins and minerals, it's sometimes hard to know if we're getting enough of the right ones. While the information about supplements and "super foods" can be confusing, health experts are clear on one thing: it's a healthy diet — not any single food or supplement — that makes a difference for keeping your immune system strong.

Eating a wide variety of healthy foods ensures that you're covered when it comes to essential infection-fighting nutrients like protein, vitamins A and C, zinc, beta-carotene, selenium and a host of other anti-oxidants.

If you want the full effects, make these food choices a healthy habit. Don't wait until you're already sick to start eating a healthier diet. Think bright, deeply coloured produce, whole grains, lean meats and healthy spices and you'll be on the right track for better health.

Immune-Boosting Choices:

Some foods in particular may help us fend off colds and flu or at least feel better faster.

Citrus Fruits - We know the virtues of vitamin C for fighting colds, so it's no surprise that citrus foods often make the grocery list. Keep in mind that whole fruits are better than juices as they keep the original pulp (fibre) intact.

Red Fruits - The more colour, the better! Not only are they visually appealing, but fruits like berries, prunes, raisins, red grapes and plums are rich in anti-oxidants.

Strawberries are a spectacular source of vitamin C. There's 52 mg of the stuff in just half a cup of berries, more than you'd get from eating half a grapefruit. But does vitamin C really prevent colds? Yes ... and no. After more than two dozen research studies, scientists agree that in most cases, vitamin C won't help you avoid catching a cold. It may slightly reduce the length of time you feel symptoms, as long as you were taking the vitamin C before you became sick. We've also learned that in people who exert themselves for short periods — say, running a marathon — vitamin C *can* actually reduce colds by about 50 per cent.

Dark Green Vegetables - Leafy greens (like cabbage, spinach and kale), broccoli, peppers and Brussels sprouts are packed with vitamins C and E. Make a salad, or steam them with some garlic for a tasty side dish.

Orange-Coloured Fruits and Vegetables - They're high in beta-carotene which helps boost the immune system. On the veggie side, try pumpkins, carrots, peppers, squash and sweet potatoes. For fruits, choose nectarines, apricots, peaches, mangoes and melon. (Many of these foods have vitamin C, too.)

Of course, orange and green aren't the only colours. Dietitians recommend choosing a wide variety of colours and textures. Try steaming or stir frying a colourful mix, or tossing them in a salad with vitamin C sources like grapefruit segments. Aim to include as many colours as possible in your meals.

Honey - Honey is good for your gut — or rather, the good bacteria in your gut. It's also a favourite sweetener for tea and great for soothing sore throats. Both colds and flu can lead to a lot of hacking and coughing and that can irritate your throat and disrupt your sleep. Several studies have shown that honey can actually relieve coughing – in many cases, more effectively than cough syrup. Parents whose kids were given honey for their colds reported less night waking and coughing.

Honey, which has antibacterial properties, has been used in traditional medicines for many generations. (But remember not to give honey to babies, since there's a risk it contains bacterial spores.)

Oats and Barley - In addition to being some serious comfort food, these grains feature fibre, vitamins B and E, selenium and beta-glucans — which helps the immune system recognize and destroy intruders. A hot bowl of oatmeal topped with fruit or honey is an instant warm-up in cold weather and a good way to kick-start your day.

Pumpkin seeds

A quarter-cup of pumpkin seeds contains up to half of your recommended daily intake of zinc. This mineral has long been used in lozenges to treat the common cold. In 2012, a review in the *Canadian Medical Association Journal* found that zinc can indeed shorten colds in adults. But not everyone enjoys taking zinc as a supplement. Some study participants developed nausea or a nasty taste in their mouths and too much over the long term can actually lower immunity. You won't have to worry about a bad taste when you get your zinc from food. Maybe have a handful of pumpkin seeds for a snack or add some pumpkin seeds to your kale salad? You can also get zinc from oysters, anchovies, baked beans and cashews.

Tea - Whether you're dealing with a cold or flu, tea is an ideal drink for making you feel better. First, it keeps you hydrated which is important for recovery. The warm temperature helps to loosen congestion and soothe a sore throat. Many people find it relaxing to sip tea. Black or green, tea contains protective antioxidants like polyphenols (which are anti-inflammatory and infection-fighting) and catechins (also known for their anti-inflammatory properties). People who drink black tea regularly tend to have lower blood pressure, lower cholesterol and fewer heart attacks. We recommend you drink your tea in decaf form, since caffeine may interfere with your shut-eye. Maybe, try some ginger/lemon tea with honey?

Legumes - Meat doesn't have to be your only source of protein. In fact, dietitians recommend we should be getting more vegetable-based proteins like beans, lentils and nuts in our diet. Many legumes are easy on the budget and they're also a source of zinc, too. Enjoy some peanut butter on whole-grain crackers or toast, or substitute lentils for beef in your spaghetti sauce.

Chicken Soup – There’s a reason why Grandma’s remedy never fails to perk you up. Chicken soup has a lot to offer. The chicken itself is high in protein, zinc and selenium. The noodles contain selenium as well. Researchers have discovered that chicken soup may have anti-inflammatory effects on the body. And just like tea, soup is wonderfully hydrating and cozy-warm. Here’s a tip: add a variety of vegetables, so you’re also getting plenty of vitamins. You can’t go wrong stocking your freezer with this favourite — and it’s an easy meal to prepare when you don’t feel like cooking.

Lean Meats - We need protein to fight infections, but high-fat cuts of meat are still a no-no. A little bit of red meat is okay, but chicken and turkey are better choices.

Seafood - Salmon, mackerel and herring are good choices for getting some protein, and shellfish — like shrimp, mussels and oysters — pack a triple punch with selenium and zinc added, as well.

Mushrooms - Button, Portobello, cremini... It doesn’t matter which variety you choose, they all contain beta-glucans. Serve them up on the side or use them to top your favourite dishes.

Spices - Who says bland is better? Many seasonings like cinnamon, cloves, oregano, sage, thyme and turmeric are also packed with anti-oxidants. Ginger is particularly handy during flu season because it will help calm queasy stomachs.

Garlic - Good news for garlic lovers — this potent food contains phytochemicals that help kill bacteria. Garlic is also thought to have antiviral properties, as well.

Yogurt – Three-quarters of a cup of yogurt will provide you with up to 18 grams of protein, a nutrient that we know is essential for supporting the immune system. Yogurt is also cool, smooth and easy to swallow, considerably appealing attributes when you’re dealing with a sore throat.

Yogurt and other fermented foods like kefir and sauerkraut contain probiotics. The evidence is not strong thus far, but it suggests probiotics may play a role in helping us fight off the common cold.

It may seem counter-intuitive to put bacteria into your system, but research has shown that pro-biotic cultures in yogurt help bolster our immune system by increasing our white blood cell count.

Yogurt is also a way to cure a sweet craving at a time when we should be cutting back on sugary foods. Try topping plain yogurt with fresh berries, or mix in a little honey to sweeten.

Brazil nuts

Harvested from a tree in South America, Brazil nuts are rich in selenium, a mineral that strengthens the immune system. According to a study published last year in the *Journal of Evidence-Based Integrative Medicine*, selenium may be particularly helpful in preventing influenza A, one of the two types of flu responsible for seasonal outbreaks. Brazil nuts provide cardiovascular benefits as well. A 2013 study suggested that having just one handful of Brazil nuts can temporarily but significantly improve your cholesterol!

What foods should you avoid?

No surprises here - Processed foods, fatty foods and foods high in sugar aren't recommended. (After all, they aren't the best choices even when you are healthy.) Sugar can actually impede immune system functioning, so try not to fill up on sugary drinks when you're sick.

Sources: American Dietetic Association, EatRightOntario.com, Forbes.com, Ohio State University Extension, WebMD

YOU ARE WHAT YOU EAT

FOODS THAT RESEMBLE ORGANS THEY'RE GOOD FOR



Carrot



Eyes



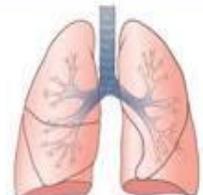
Walnut



Brain



Grapes



Lungs



Tomato



Heart



Ginger



Stomach



Figs



Scrotum



Citrus



Breast



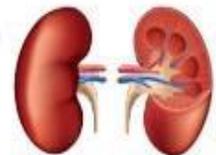
Sweet potato



Pancreas



Kidney beans



Kidney



Celery



Bones



Mushroom



Hearing



Avocado



Uterus

FB/DavidAvocadoWolfe

POINTS TO PONDER:



New Year – New You: 45 Ways to Find True Purpose in Life:

<http://www.everythingzoomer.com/health/2019/01/06/45-ways-to-find-your-purpose-in-life/>

Having a Daughter Makes Men Less Sexist, Research Confirms:

<https://www.weforum.org/agenda/2018/12/why-having-a-daughter-makes-men-less-sexist>

New Maps Reveal BC Has Enough Geo-Thermal Potential to Power Province:

<https://thenarwhal.ca/new-maps-reveal-bc-geothermal-potential-power-entire-province/>

Toy Bomb Defusing Game Pulled From Shelves:

<https://www.cbc.ca/news/business/cut-the-wire-toy-bomb-walmart-target-1.4980602?cmp=newsletter-Morning%20Brief%20THURS%20JAN%2017%202019>

Zika Virus Threat Still Very Real:

<https://www.cbc.ca/news/health/zika-travel-pregnancy-1.4980935?cmp=newsletter-Morning%20Brief%20THURS%20JAN%2017%202019>

Plants Sprout on the Moon – China Space Mission:

<https://www.cbc.ca/news/technology/change-4-sprouts-1.4978514?cmp=newsletter-Morning%20Brief%20WED%20JAN%2016%202019>

Ratfish from the Ocean Depths on Vancouver Island:

<https://www.vancouverislandfreedaily.com/trending-now/ratfish-generates-social-media-buzz-on-vancouver-island-2/>

It's Raining Junk: Weather Service Dumping Balloons And E-Waste Across The Landscape

<https://www.cbc.ca/news/politics/balloon-weather-environment-canada-radiosondes-ewaste-toxic-batteries-1.4897720?cid=Morning%20Brief%20WED%20DEC%2005%202018>

Dutch Man Enters Legal Battle To Reduce His Age By 20 Years:

<http://www.everythingzoomer.com/lifestyle/spirit/happiness/2018/11/11/legally-changing-age/>

Fearless Girl Statue Gets A New Home — Staring Down The N.Y. Stock Exchange

<https://www.cbc.ca/news/world/fearless-girl-statue-wall-street-1.4940289>

After 3 years, First Wave of Syrian Refugees Set to Become Canadian Citizens

<https://www.cbc.ca/news/politics/syrian-refugees-canadian-citizenship-1.4935481?cid=Morning%20Brief%20TUE%20DEC%2011%202018>

2009 Refugee, Graduates as Police Officer:

<https://www.cbc.ca/news/canada/toronto/this-toronto-police-cadet-just-might-be-your-10yearchallenge-competition-1.4981320?cmp=newsletter-Morning%20Brief%20THURS%20JAN%2017%202019>

Sears Pensioners Hope To Recoup Their Losses In \$509M Lawsuit

<https://www.cbc.ca/news/business/sears-canada-retirees-pension-eddie-lampert-court-1.4930785>

Alberta's Carbon Levy is a Success:

In addition to reducing emissions by making pollution cost something, a price on carbon is an effective way to raise dedicated funds that can be used for energy efficiencies, investments in renewable energies and helping workers transition out of the fossil fuel industry. More info:

<https://environmentaldefence.ca/2018/12/13/%EF%BB%BF%EF%BB%BF-albertas-carbon-levy-is-working/>

Inuit Cartography:



In Kalaallit Nunaat (Greenland), the Inuit people are known for carving portable maps out of driftwood to be used while navigating coastal waters. These pieces, which are small enough to be carried in a mitten, represent coastlines in a continuous line, up one side of the wood and down the other. The maps are compact, buoyant, and can be read in the dark.

These three wooden maps show the journey from Sermiligaaq to Kangertittivatsiaq, on Greenland's East Coast. The map to the right shows the islands

along the coast, while the map in the middle shows the mainland and is read from one side of the block around to the other. The map to the left shows the peninsula between the Sermiligaaq and Kangertivartikajik fjords. <https://decolonialatlas.wordpress.com/2016/04/12/inuit-cartography/?fbclid=IwAR16D1didXjMJGsVdQMibEiL5oXd1xKxh9uTCLqM0QU6mk4IWZMgWtZXDCE>

NASA's Voyager 2 Spacecraft Reaches Interstellar Space – as of Dec. 10, 2018

Voyager 2 is the little spacecraft that could. It has now left the influence of the sun, following in the path of its sister ship, Voyager 1. Both were launched in 1977 and are now farther away from Earth than any other man-made objects. But they are still technically still in the solar system, which includes something, NASA calls the Oort Cloud. Getting outside of that will take 30,000 years.

<https://www.cbc.ca/news/technology/voyager-2-interstellar-1.4939596?cid=Morning%20Brief%20TUE%20DEC%202011%202018>

New Loonie Commemorates End Of Laws Against Homosexuality:

http://www.everythingzoomer.com/general/2018/12/21/part-trudeaus-apology-new-loonie-will-commemorate-end-laws-homosexuality/?utm_source=SilverpopMailing&utm_medium=email&utm_campaign=Zoomer%20Weekend%20Newsletter%20-%20December%2022%202018&utm_content=&spMailingID=14843863&spUserID=MTc0OTQ1MTE3MjEyS0&spJobID=1541807104&spReportId=MTU0MTgwNzEwNAS2

Elon Musk Unveils Underground Tunnel Prototype for Car Travel

<https://www.cbc.ca/news/technology/elon-musk-boring-tunnel-1.4950478?cid=Morning%20Brief%20WED%20DEC%202019%202018>

Tax Credits for Caregivers:

http://goodtimes.ca/tax-credits-for-caregivers/?utm_source=infolettre_contenu&utm_medium=contenu&utm_campaign=infolettre_contenu&utm_content=contenu&mc_cid=2716d50828&mc_eid=b622814974

What is Canada's Yellow Vest Protest About?

The Issues

Anti-Tax: We oppose over-taxation laws and policies, including the proposed carbon tax.

Sovereignty: We advocate for maintaining the people of Canada's complete sovereignty over Canada's borders and lands within, and call for the immediate withdrawal from the UN Global Compact for Migration.

Immigration: We call for an immediate end to illegal and irregular immigration, **while promoting legal immigration in amounts that allow for successful integration into Canada's multicultural society and economy.**

Free Speech: We advocate free speech and oppose any censorship laws and measures.

Free Press: We advocate for full freedom of the media.

Energy: We advocate a complete self-sufficiency, including pipelines, opposing the import of oil from foreign states and the eventual greening of the energy supply and use.

Reform: A complete reform of the Canadian Federal political system, including the electoral system and equalization payments.

Peace: We are a peaceful movement and advocate a **No First Use** policy for violence, **but shall not tolerate** mistreatment or ignorance by authorities, individuals, or other violent groups.

In a Nutshell: We want this government and future Canadian governments to do their job, serve and look after the Canadian people, all of them. Not treat us as tax paying, wage slaves, who they can milk to the grave!

The Amazing Ways Facial Recognition Artificial Intelligences Are Used In China

https://www.linkedin.com/pulse/amazing-ways-facial-recognition-ais-used-china-bernard-marr/?trk=eml-email_feed_ecosystem_digest_01-recommended_articles-9-Unknown&midToken=AQEpeiulM35ysA&fromEmail=fromEmail&ut=0PyDCd2VV2qEA1

China is on the cutting edge of facial recognition technology and the amazing ways of its use.

How Facial Recognition Technology Works

Unlike your fingerprint, your faceprint can be scanned at a distance. Your individual faceprint is a unique code that is applicable to you. It's created by measuring distances between points on your face such as the width of your nose or the distance between your eyes. These various points are called "nodal points" and about 80 of them are used to create your faceprint. Once a faceprint is made, it is run through identity databases to connect the face to a name in the database.

The Chinese Ministry of Public Security began its quest to build the world's most extensive facial recognition database in 2015. The error rates of the technology can be as low as 0.8 percent; eight out of 1,000 scans could be misidentified.

Security and Police Work

As you might imagine, there are many applications for facial recognition technology in security and police work. From catching the relatively minor infractions such as jaywalkers to the more serious murder suspect and other criminals, facial recognition technology can help spot suspects in real-time based on images from cameras that are fed into identity databases. Lost elderly people or children can also be found with this technology. Just knowing the technology is deployed can also help deter crime. Police officers in several local public security bureaus in China including Beijing and Tianjin use augmented reality glasses created by the Xloong company. These glasses are able to cross-reference faces against the national database to spot criminals.

Payment Portals and Financial Transactions

Smile to pay, instead of whipping out your wallet? That's what they are testing at a KFC (Kentucky Fried Chicken) in Chinese city Hangzhou. This pilot program was initiated by Alibaba's Ant Financial to appeal to younger generations. Instead of paying with cash or a credit card, the transaction is processed after the customer smiles into a self-serve screen and a 3-D camera scans the customer's face to confirm identity. As long as you are a registered customer of the Alipay app, you're good to go.

Alipay's face recognition technology is also deployed at the Jiangxi People's Hospital. Once a profile is created, the machine can recognize users who need to register or pay bills. All of the transactions can be conducted at the self-serve terminals without using a phone or cards in 10 seconds or less.

The Beijing Subway plans to introduce "bio-identification" technology that includes facial recognition and palm scanning systems to increase efficiency by eliminating the need for tickets. Similar technology will be in place at the "Future Pharmacy," launched by Alipay in

cooperation with Zhangzhongjing Pharmacy. There, customers can confirm their identity with facial recognition on a mobile device, after they have registered with Alipay.

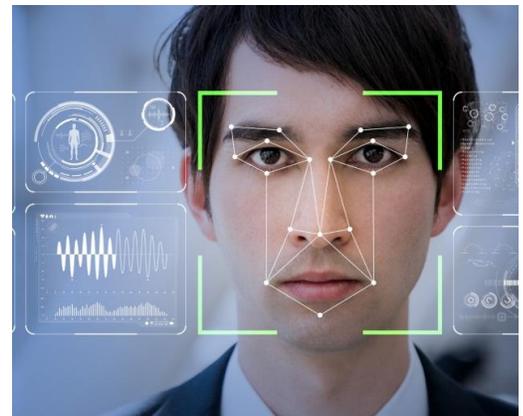
Travel and Hospitality

Shanghai Hongqiao International Airport's Terminal One now uses facial recognition technology for their automated clearance system. In just 12 seconds, passengers can scan their ID cards and use the security-checking machines equipped with facial recognition technology to complete the security check process. This allows the terminal to clear 2,000 passengers through security in an hour. Beijing's new airport, designed to handle 100 million passengers annually, will use facial recognition technology to match passengers to their belongings as well as for security checks.

Instead of waiting in line to get your hotel room key, Chinese guests at two Chinese Marriott hotels, Hangzhou Marriott Hotel Qianjiang and Sanya Marriott Hotel Dadonghai Bay, can use facial recognition technology to check-in. It's a partnership with Alibaba's travel service platform, Fliggy. A traditional check-in process takes at least 3 minutes, but oftentimes more. The facial recognition technology will improve the hotel's operational efficiencies by allowing guests to scan their IDs, take a photo and input contact details. After their identity has been confirmed, the kiosk dispenses their room keys.

There are many more facial recognition applications currently deployed in China, including:

- driver authentication for Didi, an Uber rival;
- to dispense toilet paper and prevent theft of the paper at Tiantan Park in Beijing;
- to support the registration process for universities
- to notify teachers when children aren't paying attention in the classroom.
- to determine what ads to serve you when you walk by



PRESENTATION: Brenda's 2nd "Ride for KEEF" – an arduous, beautiful and thrilling bicycle **RIDE ACROSS ASIA** – **Fri., Feb. 8th** **McMillan Arts Centre** – 133 McMillan St., Parksville – **7:00pm**

In 2016, Dr. Brenda Trenholme rode her bicycle from Cairo to Cape Town to raise funds for KEEF (Kenya Education Endowment Fund). In 2018, Brenda completed a 2nd fundraising ride, cycling 13,000 km along the Silk Route from China to Istanbul.



Currently, KEEF supports 110 children in high school and 38 in post-secondary programs in Kenya. Donations to KEEF, make a real difference in the life of a poor, bright Kenyan child who otherwise could not attend high school (not free in Kenya). Monetary support can have a profound impact on their future, family circumstances – and often on whole communities.

Brenda's goal is to raise \$20,000 for Kenyan students. Donations of any amount will be greatly appreciated (tax receipts provided).

CBC Winter Reading List - 15 Canadian Books:

Washington Black by Esi Edugyan (winner of the 2018 Scotiabank Giller Prize)

Follows a boy known as "Wash" who was born into slavery on a Barbados sugar plantation. At the age of 11, Wash witnesses a man's death and escapes his own doom by taking off with his master's brother, an eccentric inventor he calls "Titch." Their escape takes Wash on a dangerous adventure around the globe.

Dear Evelyn by Kathy Page (winner of the 2018 Rogers Writers' Trust Fiction Prize)

Story of a war-time marriage that withers over the course of 70 years. Harry Miles is an English poetry lover who falls in love with Evelyn, the ambitious daughter of an alcoholic, before shipping off to serve in the Second World War.

The Flame by Leonard Cohen

In the final days of his life, Leonard Cohen completed this collection of previously unpublished poetry, selections from his notebooks and lyrics from his albums. Cohen curated the book's selections, which include his insights as an artist and thinker.

Final Report by Rick Mercer

This comedian's new book is a carefully curated look at never-before-published rants from the last five seasons of his hit show, along a collection of the very best rants from earlier years.

Trickster Drift by Eden Robinson

The second novel in Eden Robinson's *Trickster* trilogy returns to Jared — the main character from the trilogy's first book ***Son of a Trickster*** — who is now 17 years old and living in Vancouver with his formerly estranged Aunt Mave. He's been sober for a year, in an attempt to keep magic out of his life. But as the son of a Trickster and a witch, this proves nearly impossible. Things take a turn when David, his mom's violent ex-boyfriend, starts stalking him around the city.

The Woo-Woo by Lindsay Wong

This dark and witty memoir by Vancouver-based writer Lindsay Wong takes a look at the impact of mental illness on families. Wong delivers an honest and emotional look at whispered secrets, dysfunctional relationships — and how her grandmother, mother, aunt and even herself initially blamed the mythical "woo-woo," Chinese spirits that plague the living, for their mental health issues. The memoir is equal parts blunt, honest and hilarious.

Moon of the Crusted Snow by Waubgeshig Rice

A second novel for this author who is the host of the CBC Radio show *Up North*. In the book, a northern Anishinaabe community loses power just as winter arrives, burying roads and creating panic as the food supply slowly runs out. Newcomers begin to arrive on the reserve, escaping a nearby crisis, and tension builds as disease begins taking lives.

All Things Consoled by Elizabeth Hay (winner of the 2018 Hilary Weston Writers' Trust Prize for Nonfiction) is a memoir about Elizabeth Hay's transition from daughter to caregiver. With both her parents — a financially prudent artist and a schoolteacher with a short fuse — Hay had a challenging relationship growing up.

Kingdom of the Blind by Louise Penny

Latest in this author's hit mystery series. It begins when Armand Gamache, former head of the Sûreté du Québec, is named an executor of the will of an elderly woman he's never met before. The contents are extremely strange, eventually leading to the shocking discovery of a dead body. Meanwhile, an internal investigation into the events that led to Armand's suspension is underway and deadly opioids threaten to hit the streets of Montreal.

Mamaskatch by Darrel J. McLeod (2018 Governor General's Literary Award for nonfiction)

This award winning book is a memoir of his upbringing in Smith, Alberta, raised by his fierce Cree mother Bertha. McLeod describes vivid memories of moose stew and wild peppermint tea, surrounded by siblings and cousins. From his mother, McLeod learned to be proud of his heritage and also shares her fractured stories from surviving the residential school system.

Tilly and the Crazy Eights by Monique Gray Smith

This novel follows a woman named Tilly, as she impulsively agrees to drive eight elders on a life-changing road trip to Albuquerque for the Gathering of Nations Pow Wow. The eight elders, who call themselves the Crazy Eights, each choose a stop on the way to check something off on their bucket list. Each new place unearths old stories and offers healing to ancient scars.

Big Lonely Doug by Harley Rustad (Originally, a magazine article which won silver at the National Magazine Awards) is about an ancient Douglas fir tree that stands at roughly the height of a 20-storey building on Vancouver Island. Saved by a logger named Dennis Cronin, the tree stands alone in the forest near Port Renfrew, as its neighbouring cedar, hemlock and great fir trees were clear cut and hauled away.

Buffy Sainte-Marie by Andrea Warner

Music critic and CBC Music producer Andrea Warner drew from over 60 hours of interviews with iconic Cree singer-songwriter Buffy Sainte-Marie for this authorized biography. The book goes deep into Sainte-Marie's childhood and through her storied career as a ground breaking artist and tireless First Nations activist who won an Oscar and was blacklisted by two U.S. presidents.

All Our Relations by Tanya Talaga

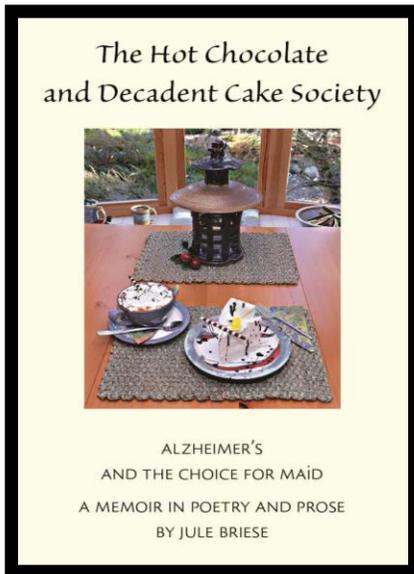
This Journalist and Writer, investigates the alarming rise in youth suicides in Indigenous communities. *All Our Relations* — part of the 2018 Massey Lectures and based on Talaga's Atkinson Fellowship in Public Policy series — is a call for action and justice for Indigenous communities and youth.

Defying Limits by Dave Williams

Dafydd Rhys Williams — also known as "Dr. Dave" — is a Canadian physician and retired astronaut. He's set records for spacewalking, saved lives as an ER doctor and performed surgery in zero gravity. This book is a memoir about passion and exploring everything life has to offer from the perspective of one of the country's most accomplished astronauts.

For more info:

<https://www.cbc.ca/books/the-cbc-books-winter-reading-list-15-canadian-books-to-read-this-season-1.4914771>



Book Release by PQRTA Member

The Hot Chocolate and Decadent Cake Society:
Alzheimer's and the choice for MAID
(Medical Assistance In Dying)

A Memoir in Poetry and Prose by Jule Briese

Support "Dying with Dignity" Canada

Order by email: TranquilShoresCreative@gmail.com

Navigating a request for assisted dying can be complicated

It can be extremely stressful for individuals to contemplate their end-of-life options, let alone try to navigate an often confusing health care system.

With the legalization of medical assistance in dying in June 2016, Canadians were granted another option at end of life — but confusion over interpreting the new law and understanding the process has led to unnecessary trauma and obstacles for people and their loved ones.

If you have specific questions about your personal end-of-life care options, we encourage you to contact your health care provider. If you do not have a health care provider, please contact Dying With Dignity Canada's Personal Support team. Need help with patient navigation services? Have you encountered barriers to accessing your choice for MAID? Or, do you have general questions about medical assistance in dying process?

Email: support@dyingwithdignity.ca

Phone: 1-844-395-3640 toll-free

GET THE FACTS: Bill C-14 and Assisted Dying Law In Canada

https://www.dyingwithdignity.ca/get_the_facts_assisted_dying_law_in_canada

Island Health (Vancouver Island Health Authority):

Email: maid@viha.ca

Phone: 1-877-370-8699 (toll-free)

Island Health's webpage on medical assistance in dying:

<https://www.islandhealth.ca/learn-about-health/medical-assistance-dying/medical-assistance-dying>

How to make a patient request for MAID on Vancouver Island (PDF)

<https://www.islandhealth.ca/sites/default/files/2018-04/patient-request-for-medical-assistance-in-dying.pdf>

Island Health's Bereavement Group for MAID:

<https://www.islandhealth.ca/learn-about-health/medical-assistance-dying-maid/medical-assistance-dying-maid/bereavement-group-maid>

Nanaimo District Secondary School 50th Reunion

The 1969 graduates from Nanaimo District Secondary School are holding their 50th Reunion on **Saturday, June 1st, 2019**. An invitation is extended to anyone who taught at NDSS in the late sixties, to attend the **Meet and Greet from 4 to 6 pm** at the Bowen Park Auditorium in Nanaimo.

If you are in contact with others from that era, please feel free to pass this invitation along. For more info, and to RSVP, contact Claire (Robertson) Hynes: grandmaclaire57@yahoo.ca

WELCOME to NEW PQRTA MEMBERS!

Bev Philip

Judy Mitchell

Sheri Plummer

Mary Ann Mikituk

Peter Staton



ORES - OCEANSIDE RETIRED EDUCATORS' SCHOLARSHIP

Thanks to those of you that sent along your tax deductible donation to help Qualicum School District graduates along their continuing education path.

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

We are still collecting donations. Please make your cheque payable to **School District 69** to be held in trust. A tax donation receipt will be mailed directly to you from School District 69.

Send your ORES donation to the following:

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

Or phone 250-927-0375 for pick up.



PQRTA PROGRAM – January 8, 2019

Camino de Santiago Presentation by Janice Whaley

Fourteen of us gathered at the Bradley Centre in Coombs for this presentation by a new member: Janice Whaley. We quickly learned that it's not **EL** Camino – that's a vehicle!



In the Middle Ages, the Camino de Santiago was the most important religious and cultural route in Europe with two hundred fifty thousand pilgrims travelling each year to the cathedral of Santiago – the burial place of St. James, one of Christ's apostles. At that time, people were moved by their faith to secure salvation and lessen their time in purgatory when on their way to heaven.

In the 1980s, Father Elias Valina worked tirelessly to mark the route and to inspire an interest in the Camino, in hopes of bringing a cultural exchange, communication, and understanding between European citizens.

In 1985, one thousand two hundred forty-five pilgrims arrived in Santiago. In 1993, over one hundred thousand pilgrims travelled when the route was declared a UNESCO World Heritage site.

In 2017, over three hundred thousand pilgrims received their Compostela (certificate of completion issued by the Pilgrim's Office in Santiago, Spain).

The scallop shell is an important symbol along the route to point the way. The shell served practical purposes for pilgrims, too, as it was the right size for gathering water to drink or for eating out of as a makeshift bowl.



There are nine main routes to travel your way to the tomb of St. James in the Cathedral of Santiago. The French Way is the most popular with over 60% of pilgrims travelling this route. Along the way, you get your passport stamped at each of the villages.

For more information, contact Janice Whaley: jmawhaley@telus.net





Purses for a Purpose

Haven Society is in need of the following:

- Deodorant (New) - #1 needed item
- Shoes (new or gently used)
- Socks (New)
- Costume Jewelry
- Makeup (New)
- Hair Brushes (New)
- Bras (New)
- Undergarments (New)
- PJs (New)
- Old Smart Phones (see below)
- Also, accepting Cash donations

PURSE DRIVE: Collecting new or gently used purses for women who flee domestic violence



Haven Society creates Care Packages for women that flee domestic violence.

Contact **Julia Mewhort: 250-240-0516** to arrange a date, time and location for donations to be delivered directly to Haven Society.

If you want to know more about Haven Society, here is a link to their organization https://www.havensociety.com/about_us

SMARTPHONES NEEDED!



COMMUNITY VICTIM SERVICES is looking for donations of gently used smartphones that are 4G compatible and capable of calling 9-1-1.

These phones are given to our clients who are at risk of being hurt and may need to contact Emergency Services urgently.

Smartphone donations can be dropped off at Haven Society's Community Services Building at **2270 Labieux Road**. For more information please call: **250 756 2452**

Your help is appreciated!



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**



February Events - Parksville and Qualicum Beach Area
<https://www.visitparksvillequalicumbeach.com/events-2019-2/>

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

- Feb. 2 – Groundhog Day
- Feb. 5 – Chinese New Year
- Feb. 13 – Moosehide Campaign Provincial Gathering and Day of Fasting in Victoria
- Feb. 14 – Valentine's Day – Fun and Games – 1:00 to 4:00 – Shoreline Clubhouse, Parksville
- Feb. 18 – BC Family Day
- Feb. 27 – Pink Shirt Day – Support Anti-Bullying

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/>