



Shuswap District Retired Teachers

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### **From The Prez:**

Larry Calvert, President

250-675-5395 or [shuswaprtaprez@gmail.com](mailto:shuswaprtaprez@gmail.com)

**AS** the Christmas season approaches I find myself mindful of those less fortunate than myself, and ever thankful to those who fought so hard for our profession and our pension plan. I recently met an older couple whose son lost a leg to flesh eating disease, limiting his ability to work in the family business. They are not complaining, but rather are struggling on to make ends meet as best they can. It is for the working poor that I feel the greatest sympathy; I hope that our donations to the food bank will make the difference for folks such as these. Please make your cheques out to either the Salvation Army or Second Harvest.

**Yes**, it is time for our Christmas Luncheon and for making donations to the food bank once again. The luncheon, scheduled for Thursday, December 13 at our usual spot in Table 24, has been moved to a later time --11:00 for 11:30 -- and will be more "lunch-y." Our present to the membership is the reduced price of \$10 for members.

**We** will be accepting food bank donations at the door. Please make your cheques out to either Second Harvest or The Salvation Army. I know our members will be generous, as always.

On behalf of the executive, I wish you all a **Merry Christmas** and a **blessed New Year**.

Larry

### **NOSTA Office Still Under Recovery**

Flooded by a faulty storm drain this fall, the NOSTA office is still recovering – being dried out – so has not been available for executive meetings the last while. Your executive has been meeting by email and using dropbox for discussions rather than renting space somewhere.

Debra is manning the office if you have need of something from NOSTA, however.

### **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! 11

### **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."

*-Reprinted courtesy of the Parksville-Qualicum RTA*

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*Remember:*

***Christmas Lunch    \*\*\*5 Door Prizes to win!!!\*\*\****

*Thursday Dec. 13*

*11:00 for 11:30*

*Table 24 - Hilltop Inn (usual spot)*

*\$10.00 at door.*