



PARKVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER #23 – April 2019

PRESIDENT'S GREETING from Cathy Van Herwaarden:

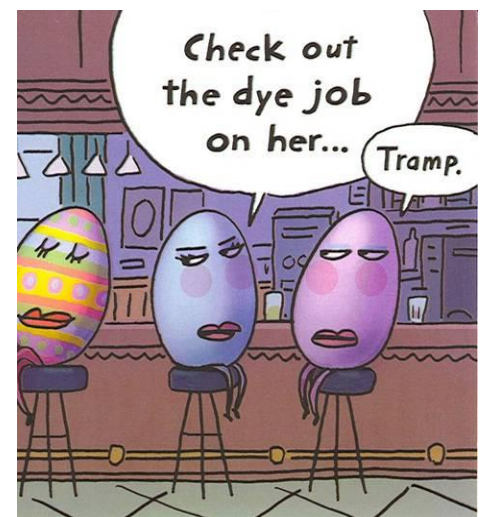
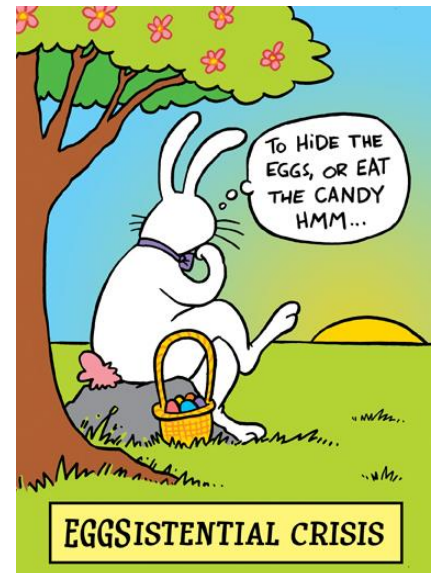
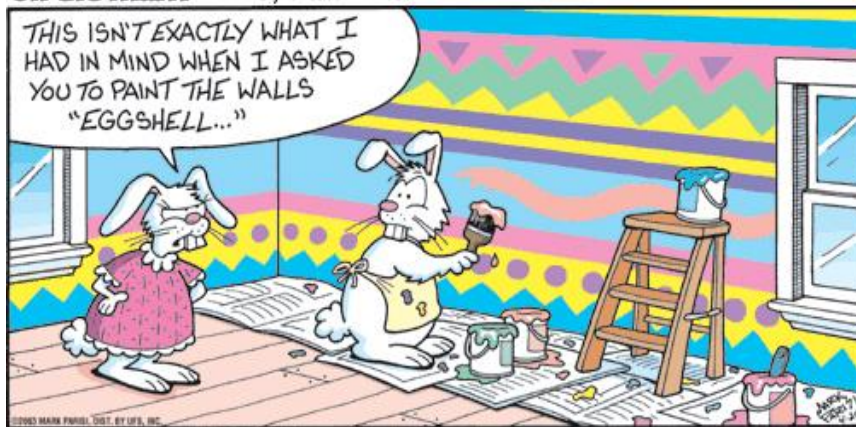


Happy Easter

off the mark

by Mark Parisi

www.offthemark.com





APRIL 7TH - GREEN SHIRT DAY!

On April 6, 2018, Canadians were heartbroken to hear the news of the Humboldt Broncos bus crash. Of the 29 passengers, sixteen lost their lives and thirteen will all bear physical and emotional scars for life.

On April 7, 2018, Humboldt Broncos defenceman, Logan Boulet succumbed to his injuries, his parents, Bernadine and Toby Boulet offered to donate his organs so that six lives could live on. They did so, because Logan told his parents, he was registering as an organ donor, and that he was inspired by his coach and mentor Ric Suggitt. Ric passed on June 27th, 2017 and was also an organ donor and saved 6 lives.

What happened following this selfless act is nothing less than miraculous and became known across Canada as the "Logan Boulet Effect".

As news spread of the organ donation, by this young hockey player, over 100,000 people registered to become organ donors in the days and weeks that followed. To date this is the largest number of Canadians registering to become organ donors in Canadian History due to one event – one person.

Green Shirt Day hopes to honour, remember, and recognize all the victims and families of that fatal crash, and to continue Logan's legacy, by inspiring Canadians to talk to their families and register as organ donors.

In Canada, almost 90% of Canadians say they support organ donation, but only 23% have actually registered their intent to donate. Though donation rates have improved over the last ten years, there is more to be done as approximately 250 Canadians die annually waiting for an organ transplant.

On April 7th, WEAR ANYTHING GREEN (shirt, toque, hat, etc.) to remember the Humboldt Bus Tragedy and in honour of the "Logan Boulet Effect" and let's inspire one another by registering as donors, and telling our families.

Green is the official colour of organ/tissue donation, symbolizing the hope organ donors provide to needy patients. Get an official t-shirt: <https://greenshirtday.go.customprintcenter.ca/>

Why Green Shirt Day? <https://greenshirtday.ca/>

- Canada has a dismal organ registration rate.
- 90% of Canadians say they support organ donation, but only 23% registered.
- 200 people die every year waiting for an organ.
- People love to rally around a human story, and the nation was inspired by Logan Boulet and the Humboldt Strong last year.
- Over 100,000 people registered last year after Logan donated his organs, in what later became known as the "Logan Boulet Effect"
- ONE organ donor can save up to EIGHT lives.

BC's Organ Donor Registry is the official registry of your wishes regarding organ donation. You may register a "yes" or a "no" decision. You only need to register your decision once.

Register Your Decision! Tell your family and friends! <https://register.transplant.bc.ca/>

Earth Day – April 22nd

<https://www.earthday.org/earthday/>

What Is Earth Day, And What Is It Meant To Accomplish?

On April 22, 1970, millions of people took to the streets to protest the negative impacts of 150 years of industrial development.

In the U.S. and around the world, smog was becoming deadly and evidence was growing that pollution led to developmental delays in children. Biodiversity was in decline as a result of the heavy use of pesticides and other pollutants.

The global ecological awareness was growing, and the US Congress and President Nixon responded quickly. In July of the same year, they created the Environmental Protection Agency, and robust environmental laws such as the Clean Water Act and the Endangered Species Act, among many.

One Billion People

Earth Day is now a global event each year, and we believe that more than 1 billion people in 192 countries now take part in what is the largest civic-focused day of action in the world. It is a day of political action and civic participation. People march, sign petitions, meet with their elected officials, plant trees, and clean up their towns and roads. Corporations and governments use it to make pledges and announce sustainability measures. Faith leaders, including Pope Francis, connect Earth Day with protecting God's greatest creations, humans, biodiversity and the planet that we all live on.



Earth Day Network (EDN) is educating millions of people about the health and other risks associated with the use and disposal of plastics, including pollution of our oceans, water, and wildlife, and about the growing body of evidence that plastic waste is creating serious global problems.

From poisoning and injuring marine life to the ubiquitous presence of plastics in our food to disrupting human hormones and causing major life-threatening diseases and early puberty, the exponential growth of plastics is threatening our planet's survival.

Earth Day 2019 – Protect our Species

"In nature, nothing exists alone." - Rachel Carson, 1962

Nature's gifts to our planet are the millions of species that we know and love, and many more that remain to be discovered. Unfortunately, human beings have irrevocably upset the balance of nature and, as a result, the world is facing the greatest rate of extinction since we lost the dinosaurs more than 60 million years ago. But unlike the fate of the dinosaurs, the rapid extinction of species in our world today is the result of human activity.

The unprecedented global destruction and rapid reduction of plant and wildlife populations are directly linked to causes driven by human activity: climate change, deforestation, habitat loss, trafficking and poaching, unsustainable agriculture, pollution and pesticides to name a few. The impacts are far reaching.

If we do not act now, extinction may be humanity's most enduring legacy.



Fact Sheet: Global Species Decline

The world is facing a mass extinction of species. All species of mammals, birds, reptiles, amphibians, arthropods (insects and arachnids), fish, crustaceans, corals and other cnidarians, and plants have declined, in many cases, severely. Human civilization has had a negative impact on most living things.

- Fact #1 We are amidst the largest period of species extinction in the last 60 million years. Normally, between one and five species will go extinct annually. However, scientists estimate that we are now losing species at 1,000 to 10,000 times the normal rate, with multiple extinctions daily. Multiple species will disappear before we learn about them or the benefits they bring to our planet.
- Fact #2 A new study has suggested that insect populations have decreased by more than 75% in Germany over the last 28 years. This is very alarming: 80% of wild plants rely on bees and other insects for pollination, and 60% of bird species rely on insects for food.
- Fact #3 Habitat destruction, exploitation, and climate change are driving the loss of half of the world's wild animal population.
- Fact #4 Primates, our closest animal relatives, are under extraordinary threat. Close to 60% of the world's 504 primate species are threatened with extinction, and 75% of our primate species are in severe population decline.
- Fact #5 Worldwide, more than 650,000 marine mammals are caught or seriously injured by fishing gear annually.
- Fact #6 In the past 20 years, around 75% of all toothed whale species, such as dolphins, porpoises, and 65% of baleen whale species (humpback, blue), and 65% of pinniped species (sea lions) have been affected through bycatch in fishing operations globally.
- Fact #7 40% of the world's bird species are in decline, and 1 in 8 is threatened with global extinction.
- Fact #8 Our big cats, including tigers, leopards, and cheetahs are in critical decline, and many will become extinct in the next decade. The world's cats are exploited for their body parts and skins. China remains the world's largest market for these critically endangered species along with the black rhino and other species.
- Fact #9 Lizard populations are especially vulnerable to climate change. A recent study projects that if the current decline in lizard populations continues, 40% of all lizard species will be extinct by 2080.
- Fact #10 The American Bison once numbered in the millions and roamed from Alaska to Mexico. They now occupy less than one percent of their original habitat. Their existing habitat is so small and tightly controlled that surviving bison have been compared to herded cattle.

All living things have an intrinsic value, and each plays a unique role in the complex web of life. We must work together to protect endangered and threatened species: bees, coral reefs, elephants, giraffes, insects, whales and more.

The good news is that the rate of extinctions can still be slowed, and many of our declining, threatened and endangered species can still recover if we work together now to build a united global movement of consumers, voters, educators, faith leaders, and scientists to demand immediate action.

Join our Protect our Species campaign. Our goals are to:

- Educate and raise awareness about the accelerating rate of extinction of millions of species and the causes and consequences of this phenomenon.
- Achieve major policy victories that protect broad groups of species as well as individual species and their habitats.
- Build and activate a global movement that embraces nature and its values.
- Encourage individual actions such as adopting plant based diet and stopping pesticide and herbicide use.



<https://www.earthday.org/campaigns/endangered-species/bees/>

Worldwide bee populations are in decline, including the honey bee and many of our wild native bees. One example: The yellow-banded bumble bee was the most abundant bumble bee in northern Wisconsin in the mid-1990s, then within ten years it made up less than 1% of the state's bumble bee population. In Oregon, Franklin's bumble bee has likely gone extinct during the same period.

Why We Need to Protect Bees

Plants need bees to pollinate, making bees indispensable pollinators of most ecosystems. There are 369,000 flowering plant species, and 90% of them are dependent on insect pollination. A honeybee can usually visit 50-1000 flowers in one trip; if a bee takes ten trips a day, a colony with 25,000 forager bees can pollinate 250 million flowers in a day.

Bees are a keystone species, with other species dependent on them to survive. Many species of animals depend on bees for their survival because their food sources, including nuts, berries, seeds, and fruits, rely on insect pollination.

Pollination not only makes food available for other organisms but also allows floral growth, which provides habitats for animals, including other insects and birds.

As pollinators disappear, the effect on the health and viability of crops and native plant communities can be disastrous. We simply cannot survive without bees.

Pollinators contribute billions to the world economy. The global crop production pollinated by bees is valued at \$577 billion. Pollinators contribute \$24 billion to the U.S. agriculture industry, making up a third of the food consumed by Americans.



TAKE ACTION

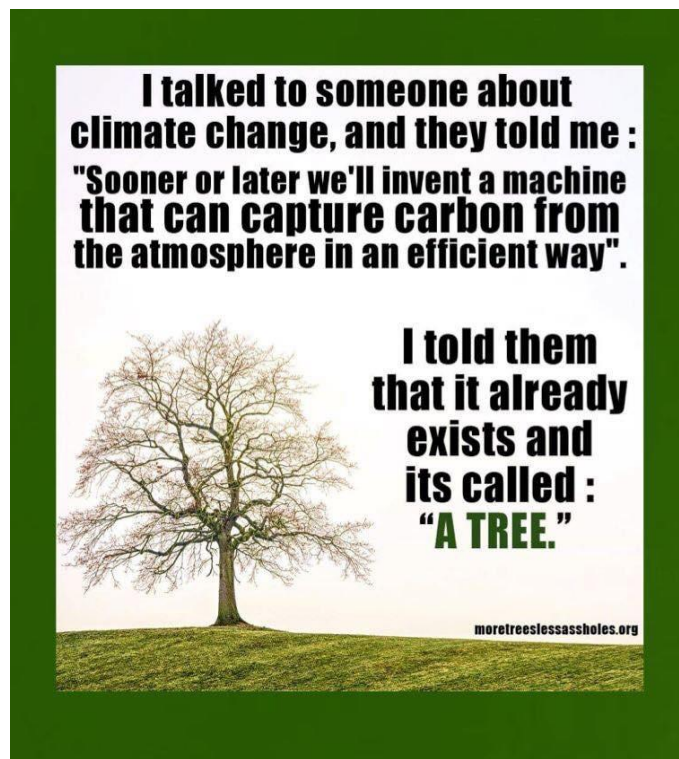
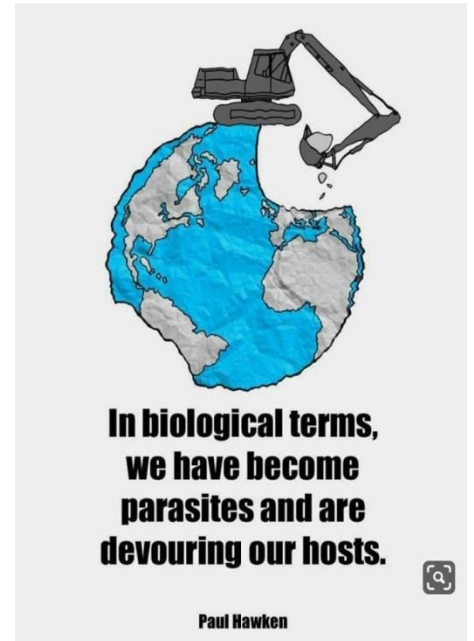
The biggest lesson from the first Earth Day: When we come together, the impact can be monumental. Go green with us by making small changes that add up to making a big difference.

Commit to earth-friendly acts:

- make more sustainable choices,
- reduce your carbon footprint,
- conserve energy and resources,
- collaborate on environmental projects in your community,
- vote for leaders committed to protect us and the environment,
- share your acts of green to help educate and inspire others to join our movement!

Start protecting our environment today and help us create a healthy, more sustainable future.

Record your act of green, to help reach 3 billion acts of green for the 50th anniversary in 2020
<https://www.earthday.org/campaigns/campaign-for-communities/create-your-own-act-of-green/>



**save
OUR
planet**

**Test your knowledge of the Earth – take the Earth
Day Quiz:** <https://www.earthday.org/earth-day-quiz/>

Nestle, Tim Horton's – top plastic garbage producers!

<https://www.cbc.ca/news/technology/greenpeace-plastic-brand-audits-1.4855450>



Top 10 plastic items found during shoreline cleanups across Canada on Sept. 15. (Greenpeace Canada)

- Over 75 per cent of the 10,000 litres of trash collected during the Canadian cleanups was plastic.
- Of that, 2,231 pieces had identifiable branding, and 700 other pieces had branding that couldn't be identified.
- Food wrappers were the most common item found, followed by bottles, cups, bottle caps and shopping bags.
- The top five companies accounted for 46 per cent of the identifiable branded trash.



Many of the companies have multiple brands — for example, Nestlé sells treats ranging from Drumsticks ice cream cones to Aero and Coffee Crisp chocolate bars, along with bottled water under brands such as Aberfoyle and Montclair, and PepsiCo makes Quaker granola bars and Frito-Lay chips.

When brands were counted instead of the companies themselves, the top offenders, accounting for 40 per cent of identifiable trash were, in order:

- Nestlé Pure Life.
- Tim Hortons.
- McDonald's.
- Starbucks (the company came 7th overall).
- Coca-Cola.

Giving Up Plastic Is Not As Hard As It Sounds:

<https://www.cbc.ca/news/canada/newfoundland-labrador/habits-to-reduce-single-use-plastic-1.4838980>

Single-use plastic (SUP) is everywhere, which means trying to reduce the amount you use can get really overwhelming, really quickly. But as the movement to ditch many of these plastics grows, it's clear that what's required is a mindset shift, much like eating healthier or exercising, in order to incorporate this into their daily lives.

Here are some of the habits people who have reduced their plastic use live by.

1. Say no (thank you)

Say no to things you don't need, before they end up in your house and then the trash, or condemned to the purgatory of the junk drawer. "It's important to learn to say no to these things on the spot. The next time someone tries to hand you something, think about it before you reach out. Ask yourself, do I really need this?"



Refusal applies not just to plastic bags at the grocery store, but freebies — think a branded stress ball or promotional pen. Accepting such items, just encourages more of them to be produced. It can be intimidating at first to refuse, and it's good to have a few polite ways to say no in your back pocket: No thanks — it's really nice of you, but I don't need it.

2. Get organized

Just make it a habit to put those cloth shopping bags back in the car, after unloading. A little bit of pre-planning goes a long way toward avoiding plastic bags.

3. Take it easy on yourself!

Any change takes time, and not everyone is extraordinarily disciplined. Go easy on yourself, and to allow yourself to slip up. If you've forgotten a bag or bought a product wrapped in plastic, don't beat yourself up. Acknowledge the feeling and remember the next time. Make one small change towards reducing plastic in your life and let it grow.

4. Be brave

Doing things outside your normal routine can be tough, but no change can happen without taking the first step. Change can be challenging for everyone.

What Are The Best Ways To Shrink Your Carbon Footprint?

<http://www.cbc.ca/news/technology/carbon-footprint-choices-1.4403708>

40 Unexpected Ways to Save the Environment:

<https://greatist.com/happiness/ways-help-environment>

The psychology of climate change: Why people deny the evidence

<https://www.cbc.ca/news/technology/climate-change-psychology-1.4920872>



CURBSIDE RECYCLING



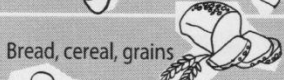
Inside Your Green Bin

FOOD WASTE INCLUDING:

Bones



Bread, cereal, grains



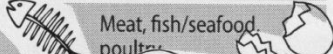
Coffee grounds, filters, tea bags



Fruit and vegetable scraps



Meat, fish/seafood, poultry



Pasta, rice



Houseplants, cut and dried flowers

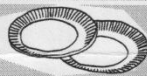


SOILED PAPER

Paper towels and tissues



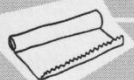
Paper plates



Paper food packaging (not plastic lined)



Waxed paper, parchment paper



Waxed ice cream, milk and cream containers



REMEMBER TO:

Rinse your green bin frequently to avoid odours

If you are lining your bin, use newspaper or purchase compostable bags (must have certified compostable logo)



DO NOT INCLUDE IN CURBSIDE RECYCLING

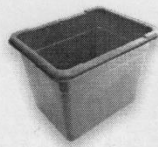
Plastic bags or plastic packaging wrap

Foam packaging (Styrofoam)

Glass containers

Bubble wrap

Aerosol cans that contained paint, waxes, polishes, lubricants, solvents, pesticides or hazardous wastes



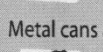
Inside Your Blue Box

CONTAINER RECYCLABLES:

Aseptic (Tetra Pak) boxes and cartons, e.g., soups, sauces



Paper-based Microwavable bowls and cups



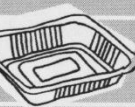
Metal cans and lids



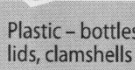
Aerosol cans (empty) and caps e.g. food, air freshener, shaving cream, deodorant, hairspray



Spiral wound paper cans and lids



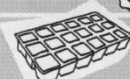
Aluminum foil wrap, aluminum take-out and baking containers



Plastic – bottles, jugs, jars, caps, lids, clamshells and cold drink cups



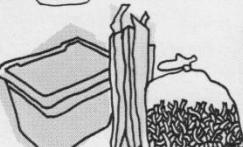
Plastic garden plant pots and seedling trays



Plastic pails, containers e.g., for laundry detergent, ice cream, must be less than 25L



Beside Your Blue Box



Cardboard and Shredded Paper

REMEMBER TO:

Flatten large corrugated boxes and tie in bundles no larger than 8" thick (20 cm) X 30" wide (78 cm) X 30" tall (78 cm); staples and tape accepted

Place shredded paper in a tied clear plastic bag (no opaque, coloured or black bags)



Motor oil, lubricants, wax, solvents, flammable product, or paint containers

Metal pots, coat hangers, scrap metal or appliances

Chip or foil bags, blister packs, e.g., medicine and/or gum packaging

Textiles

Hardcover or paperback books



Inside Your Yellow Bag

PAPER RECYCLABLES:

Newspapers, inserts, flyers, catalogues, magazines, telephone books



Household paper, envelopes, paper gift wrap, greeting cards



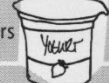
Boxboard boxes, cereal, pizza boxes



Frozen dessert containers, e.g., ice cream



Dairy containers



Multi layered bags for pet food, flour, sugar etc.



REMEMBER TO:

Empty boxboard boxes of leftover food and remove plastic/paper liners

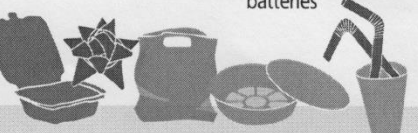
Empty/rinse paper food containers

Can't find an item?

Check the What Goes Where? feature in RDN Curbside App. Or go to rdn.bc.ca/curbside

TAKE TO DROP-OFF DEPOTS

- Glass containers
- Plastic bags and plastic packaging
- Foam packaging (Styrofoam)
- Small appliances
- Aerosol cans that contained paint, solvents, pesticides
- Motor oil, solvents, flammable products, paint containers, batteries



Non paper gift wrap, e.g., foil, ribbons or bows; musical greeting cards with batteries

Padded envelopes

Foil or foil-lined paper and bags, e.g., for cookies and some pet food

Straws

Prescriptions or over the counter medicine

What Do The Numbers On Recyclable Plastics Mean?

By Kristin Hunt – Sept.2018



<https://www.greenmatters.com/renewables/2018/09/13/ZG59GA/plastic-recycling-numbers-resin-codes?gm>

Recyclable plastic usually comes with a little recycling symbol printed on the bottom and depending on the product, there might be a 1, 2, 3, 4, 5, 6, or 7 stamped in the center of the symbol. It's easy to miss, but this tiny digit is actually pretty important, because it's an ID.

The number is a **resin identification code**, used to help recycling plants sort materials. Recyclable plastics are labeled with numbers 1-7 to tell workers what kind of plastic it is, and how it should be processed. But it also helps recycling collectors determine what items they can accept — and which ones go in the trash.

These numbers are valuable consumer information, because they spell out the likelihood of your recycling ending up in a landfill. So brush up on your resin codes below, and adjust your recycling habits accordingly:

Plastic No. 1

Even if you don't know the term "polyethylene terephthalate" (PET or PETE), you've probably encountered this type of plastic before. It's the most frequently recycled one, and it can be found in peanut butter jars, plastic soda and water bottles, microwavable food trays, and salad dressing bottles.



Plastic No. 2

This coding refers to high density polyethylene, or HDPE. This plastic forms milk jugs, laundry detergent bottles, butter tubs, motor oil bottles, and some shopping bags. It's a little tougher than PET, but nearly as common.

Plastic No. 3

Polyvinyl chloride (PVC) is best known for its use in pipes, but that's not the only product that relies on plastic no. 3. PVC also appears in cooking oil and shampoo bottles, medical tubing, wire jacketing, and window cleaner spray bottles.

Plastic No. 4

We've already covered HDPE, so now meet LDPE: low density polyethylene. LDPE can be found in squeezable condiment bottles and toys, but it's mostly used in plastic films. That means shrink wrap, as well as bags — dry cleaning, grocery, bread, frozen food, and produce bags all qualify.



Plastic No. 5

Polypropylene, or PP, has a high melting point that makes it great for containing hot liquids. Syrup, ketchup, and medicine bottles all rely on PP, but you'll also find it in bottle caps and straws.

Plastic No. 6

Polystyrene (PS) is an incredibly versatile plastic. It can be manipulated into soft foam, like packing peanuts, or hardened into a sturdy CD case. PS is further used in take-out containers, disposable plates and cutlery, aspirin bottles, and egg cartons.

Plastic No. 7

There's no long or fancy name for this plastic, because plastic no. 7 is more of a miscellaneous category for everything that didn't fit into the last six slots. Think oven-baking bags, or those large 3-5 gallon jugs used to refill the office water cooler.

Take Other Recyclables to Parksville Bottle & Recycling Depot:

<https://www.return-it.ca/locations/parksville-bottle-recycling/>

- Plastic Wrap – crinkly and non-stretchy (candy wrappers, etc.)
- Plastic Wrap – stretchy (plastic bags, etc.)
- End of Life Electronics
- Large and Small Appliances
- Batteries and metal
- Styrofoam (white and coloured)
- Glass jars and lightbulbs
- Paint and anti-freeze
- Used Oil and filters
- Beverage Containers



REMEMBER the SEVEN R's:



REFUSE – Say no to free things you don't need.

REDUCE – If you don't need it, don't buy it!

REUSE – If it can be used again, reuse it!

REPURPOSE – Turn old things into something new.

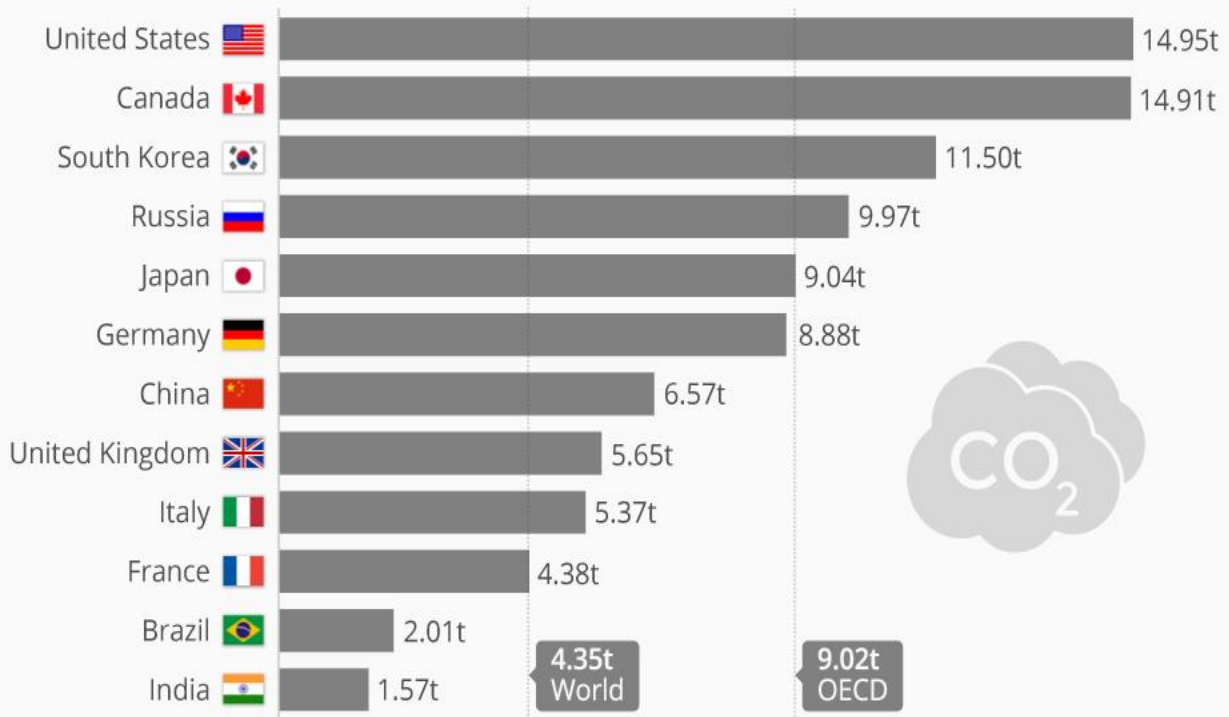
REPAIR – Mend your things or take them to a repair shop.

ROT – Compost natural materials like food scraps and paper.

RECYCLE – As a last resort, recycle!

The Global Disparity in Carbon Footprints

Per capita CO₂ emissions in the world's largest economies in 2016* (in metric tons)



* countries chosen based on 2017 nominal GDP

Sources: International Energy Agency, International Monetary Fund

statista

Should you go Electric???



You'd love to go green on the road, reducing carbon emissions and air pollution by driving an electric vehicle (EV) or hybrid. Is it worth it? Press "Ctrl and Click" on the link to find out what you need to know, if you're thinking of plugging in.

<http://www.investorgroup.com/more/en/2016/12/should-you-go-electric/?consult=sarah.ehmanns>

Cathy Van loves her 2015 **Chevy Volt** that plugs in for 50km electric with 400km gas back-up. No range anxiety and 1000 km = \$25 in gas

2 Canadians Are Building A Better Battery They Believe Will 'Change The World'

The battery industry has always faced a problem. Building small ones that power phones and other electronics is relatively easy. But building giant ones to store power from the grid before distribution to thousands of homes? That's hard. Large batteries have a nasty tendency to overheat and explode. They also wear out quickly, making them prohibitively expensive.

In order to make renewable energy practical, the ability to store large amounts of power from the grid is crucial. Because wind doesn't always blow and the sun doesn't always shine,

power networks need to be able to store the renewable power when it's generated so it can be used when needed.

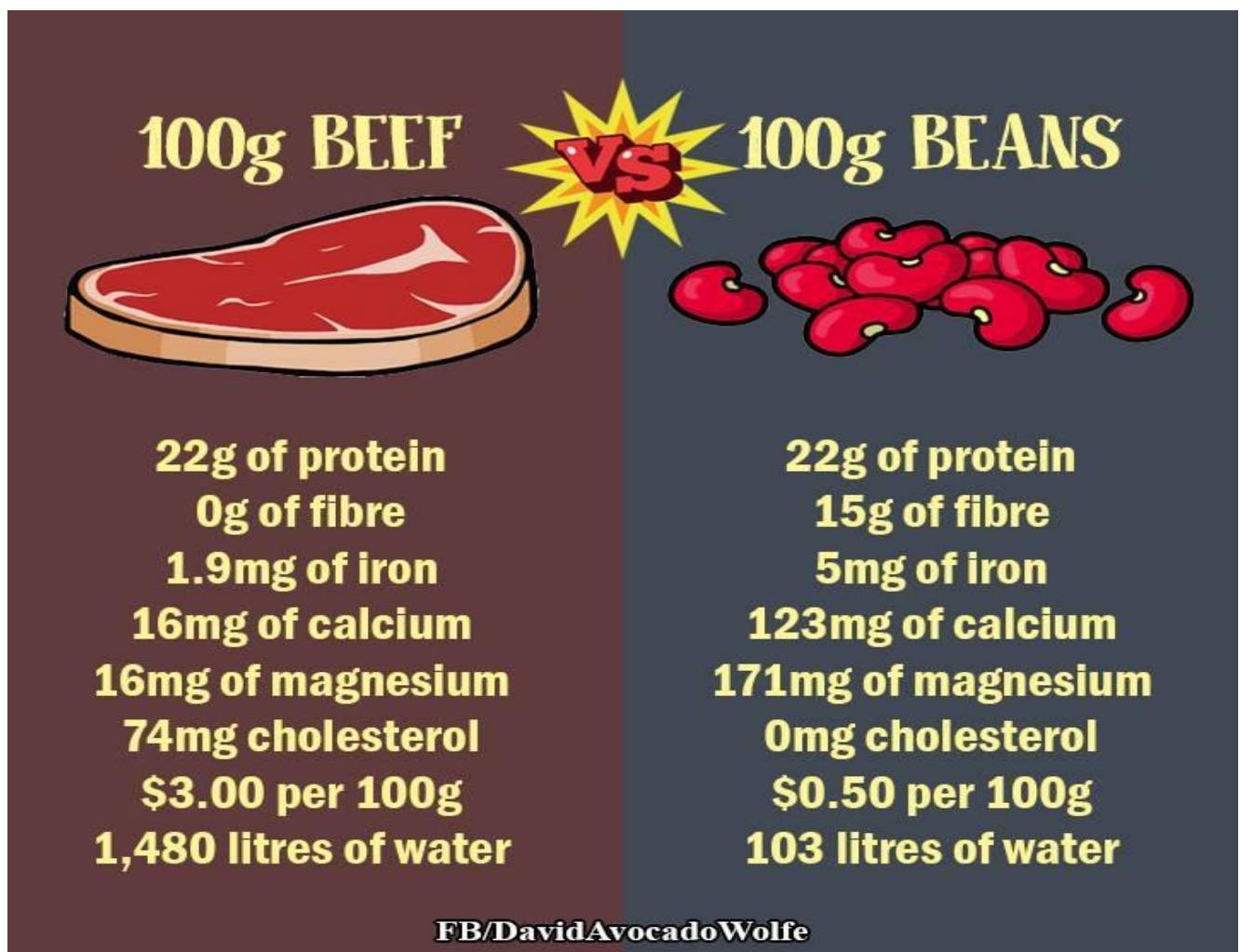
Now, two Canadian men are on the cusp of doing it. Their design is different from other batteries. Instead of using lithium-ion technology, which can't be scaled up to huge sizes, Don Sadoway and David Bradwell use a more stable and less expensive design of liquid metals and molten salt.

The result is a battery that can't overheat, will last for decades and can be installed into power grids in large quantities. It's in the final stages of development. If it works out, it would make solar and wind energy reliable and consistent enough to replace coal, natural gas and other fuels.

Sadoway and Bradwell say it would go a long way in fighting climate change and make the planet a better place. Billionaire philanthropist Bill Gates is convinced. He's one of their key investors.

For more info:

<https://www.cbc.ca/news/technology/don-sadoway-david-bradwell-battery-invention-1.4945615?cid=Morning%20Brief%20FRI%20DEC%2014%202018>



EAT BEANS - Save Money and Water!

"EARTH" POINTS TO PONDER:

Found, Inside Dead Sperm Whale:

100 Plastic Cups, 4 Plastic Bottles, 25 Plastic Bags, 2 Flip-Flops

<https://www.livescience.com/64139-sperm-whale-full-of-plastic.html>

Bacteria help turn food waste into compostable plastic

<https://www.cbc.ca/news/technology/genecis-compostable-plastic-1.4667524>



BPA's in plastic containers

https://www.healthline.com/health-news/meal-prepping-may-actually-be-sabotaging-your-diet?utm_campaign=trueAnthem%253A+Trending+Content&utm_content=594f192204d3015d672f3969&utm_medium=trueAnthem&utm_source=facebook#5

Better Recycling of Styrofoam

Three Canadian companies are using different technologies to tackle a tough environmental problem. Styrofoam is rarely recycled and usually ends up in landfill. These three start-up companies have developed new chemical processes to break it down and turn it into other products in ways that are more efficient than exist. It opens the possibility of a "circular economy," where products are used, reused and recycled almost endlessly. If it works, it would keep material out of dumps and reduce our dependency on oil.

<https://www.cbc.ca/news/technology/styrofoam-chemical-recycling-polystyrene-1.5067879?cmp=newsletter-Morning%20Brief%20MON%20MARCH%2025%202019>

Edible Cutlery:

<https://www.cbc.ca/news/technology/bakeys-edible-cutlery-1.4763171>

Future of Maple Syrup is Uncertain:

<https://www.treehugger.com/natural-sciences/future-maple-syrup-uncertain.html>

Human Behaviour Is At The Root Of The Orca Plight

https://davidsuzuki.org/story/human-behaviour-is-at-the-root-of-orca-plight/?utm_campaign=scienceMatters-humanBehaviourIsAtTheRootOfOrca-en-09nov2018&utm_source=mkto-none-smSubscribers-link-readOnline&utm_medium=email&mkt_tok=eyJpIjoiWWpJM05tTTNPVEkyT1dSaCIiInQiOiJpYU4zRTJFaWRGK2p3ZEJaSmICQ3p2aGVKSdhiZlI3SHByMGZhNmdMRWtSVDBJQnI4OHkzZ1FOVzRtUUtWaUJUTjNqTzhISGhRVFNQWVAXTFB1NmpoTGtsNjZSczFyKzE3OWx0czJVZk9VT3BvdzRvemUzZ3dVclFoYTFRbOVJFKyJ9

Bacteria Turns Food Waste Into Compostable Plastic

<https://www.cbc.ca/news/technology/genecis-compostable-plastic-1.4667524>

Goats on the Hoof – alternative to weed killers

Goats eat most plants including: blackberry, ivy, Scotch broom, knotweed, morning glory, holly, nuisance trees and saplings, rose, nettle, thistle, tall grasses, horsetail and more. In many cases, you'll find that renting a herd of goats to clear your land will cost less than some traditional methods

<http://goatsonthehoof.com/>

37 Uses of Salt for Non-Toxic Cleaning:

http://www.foodmatters.com/article/37-smart-uses-of-salt-for-non-toxic-cleaning-purposes?utm_source=drjoshaxe&utm_medium=socialswaps&utm_content=drjoshaxe

The man who thinks trees talk to each other:

<https://www.theguardian.com/environment/2016/sep/12/peter-wohlleben-man-who-believes-trees-talk-to-each-other>

Germany to close 84 coal fired power plants and rely on Renewable Energy only!

https://www.latimes.com/world/europe/la-fg-germany-coal-power-20190126-story.html?fbclid=IwAR2Bd_Y-d_rmv3LSKe1ILhciB2BCmok0vX0dIoMnCYUo44nelB1XmWgN6w

Party Balloons Kill Seabirds

<https://www.livescience.com/64918-balloons-killing-seabirds.html>

Even animals from Deep Ocean have plastic in their gut

https://www.globalcitizen.org/en/content/mariana-trench-animals-plastic/?utm_source=facebook&utm_medium=social&utm_content=global&utm_campaign=general-content&linkId=64230633&fbclid=IwAR2hPgghImnEtJiXcpBEgYDCDQ0Ri82w0qpO02OIMJiq5A0R6LAm8WpRPu4

Messy Yards Help Bees

https://davidsuzuki.org/queen-of-green/messy-yards-help-bees/?utm_campaign=queenOfGreen-messyYards-en-06mar2019&utm_source=facebook&utm_medium=page-link

Possible New Killer Whale Species

<https://www.cbc.ca/news/technology/killer-whale-new-dna-type-d-1.5047643>

Hopes Rise As Endangered 'Grandmother' Killer Whale Is Spotted Alive

<https://www.cbc.ca/news/canada/british-columbia/hopes-rise-as-endangered-grandmother-killer-whale-is-spotted-alive-1.5074572?cmp=newsletter-Morning+Brief+THURS+MARCH+28+2019>

UBC Study Shows Honey Bees Can Help Monitor Pollution In Cities

<https://www.vancouverislandfreedaily.com/news/ubc-study-shows-honey-bees-can-help-monitor-pollution-in-cities/>

Vinegar – tips for the garden

http://gardeningtips.diyeverwhere.com/2017/03/20/10-amazing-ways-to-use-vinegar-in-the-garden/?src=fbfan_59216&mp=20171006&t=fbsub_slowcookerkitchen&rp=20171006

SPRING – kill weeds naturally

http://gardeningtips.diyeverwhere.com/2017/04/01/9-most-effective-ways-to-kill-weeds-naturally/?src=fbfan_59351&t=fbsub_gardeningtips&rp=20180825



WEED-BE-GONE

1 gallon vinegar
2 cups Epsom salt
¼ cup Dawn Dish Soap (the blue original)

Just mix and spray in the morning, after the dew has evaporated. Walk away. Go back after dinner and the weeds will be all gone!

Many Uses of Vinegar



Hair rinse

Condition with a 50/50 mix of cider vinegar and water. Wait a few minutes, then rinse well.

Dandruff killer

Do a weekly scalp treatment with straight cider vinegar. Leave it on for up to 15 minutes, then rinse well.

Skin Toner

Mix one part cider vinegar to two parts water (more water if your skin is sensitive) and dab onto your face after washing.

Deodorant

Sounds counterintuitive, but users swear that the smell goes away quickly – and that the vinegar keeps odor-producing bacteria from growing. Either white or cider vinegar can be used, but try it on a small area first to see if irritation develops.

Clean the Loofah

Soak the bath sponge in a 50/50 vinegar and water mix, then rinse well.

Brighten Your Smile

Brush with a paste of two parts cider vinegar to one part baking soda a few times each week. Or mix 1 teaspoon cider vinegar into a glass of water and rinse your teeth for up to 60 seconds.

Prepare for a Mani-Pedi

Soak a cotton ball in vinegar and treat your nails before polishing them. The clean surface will hold the color longer.

Combat Sore Throat

Mix a tablespoon of cider vinegar and a teaspoon of salt in a glass of warm water, then gargle with it. It'll taste weird, but the acid should help kill germs in your throat.

Soothe Itching

Dab vinegar onto bug bites to kill the irritation. The smell goes away — and so does the itch!

Sting Relief

Attacked by a bee or wasp? Dab on vinegar.

Foot Care, part 1

Kill the fungus that causes athlete's foot by soaking your feet in a half-vinegar and half-water solution.

Foot Care, part 2

Make that vinegar-and-water mixture with warm water and soak your feet for at least 20 minutes. It's soothing and also helps remove dead skin.

Foot Care, part 3

Nail fungus can turn your toes into horror shows. Apply vinegar with a cotton swab, and you may see some relief. If this isn't sufficient, however, consider seeing your doctor.



Floor Show

Mop with a 50/50 mix of vinegar and water. The vinegar smell will dissipate, but you also can add a drop or two of essential oil to the water.

All-purpose cleaner

A 50/50 mix of vinegar and water works on counters, stovetops, bathroom fixtures and tile, and the range hood. If the grease is really stubborn, use straight vinegar.

Keep Drains Open

Tap half a cup of baking soda down the drain, then pour in half a cup of vinegar. Enjoy the fizzing and bubbling for a few minutes. Follow with a teakettle's worth of boiling water. Do this once a month or so.

De-gunk Shower Heads

Is mineral buildup impeding the shower spray? Fill a small, sturdy plastic bag with vinegar and rubber-band it to the shower head for a couple of hours.

Soap Scum Buster

Spray a 50/50 mix of vinegar and Dawn dish detergent on the tub, wait a couple of minutes and wipe. Rinse thoroughly.

Streak-free Shine

Mix vinegar and water in a spray bottle to clean mirrors and windows. Save money on paper towels by wiping with sheets of newspaper.

Clean the Toilet

Add two cups of vinegar to the toilet bowl and let it soak overnight. That should keep away water rings.



Clean Sinks and Bathtubs

Scrub with full-strength vinegar, then rinse well. If hard-water stains have developed in the tub, pour in 3 cups of vinegar and fill the rest of the way with hot water. In four hours, drain the tub and scrub off the rings. Then, rinse well.

Clean Shower-door Tracks

Carefully fill the tracks with vinegar and let it stand for a few hours. Then, scrub with an old toothbrush.

Clean the Shower Curtain

Is mildew developing along the hem of your plastic curtain? Launder it along with a few towels using half a cup of your usual detergent and half a cup of baking soda. Then, add 1 cup of vinegar to the first rinse. Take out the curtain before the spin cycle starts — it'll be drippy — and hang to dry.

Shine Fixtures

Use vinegar on a soft cloth — a piece of worn-out sheet or an old T-shirt works well — to wipe away soap scum.

A Cleaner Brew

Run a cup of vinegar and a cup of water through your coffeemaker every couple of weeks, then run a full pot of water through to rinse well.



Lime Away

If your tea-kettle has lime or mineral deposits, boil 3 cups of vinegar and let stand overnight. Rinse well.

Dishwasher Cleanse

Once a month, run a cup of vinegar through your (empty) dishwasher.

Cleaning the Cleaner

Run 2 cups of vinegar through your washing machine once a month — full cycle, no clothing and no soap.

Microwave Miracle

Is the appliance's inside dotted with bits of food that smell? Put some vinegar and water into a mug or bowl and boil it for a while. Carefully remove the container and use a wet cloth to remove now-softened food bits.



Refresh the Can Opener

Is the electric can opener's wheel blade dark and disgusting? Put a vinegar-saturated toothbrush up against it, turn on the appliance, and let the wheel **clean itself**.

Scrub the Fridge

Use a 50/50 mix of vinegar and water to wipe down the inside of your refrigerator. Don't forget the interiors of bins.

Fabric Softener

Add a cup of vinegar to the rinse cycle to soften clothing, kill bacteria and reduce static.

Replace Colour Bleach

Adding a half-cup of vinegar to the wash cycle will brighten clothing's colors.

Gum-b-Gone

Bubble gum on clothes? Saturate the mistake with warm vinegar.

De-salt Your Shoes

Has de-icer gotten onto shoes or boots? Rub with a 50/50 water and vinegar solution. Use an old toothbrush for suede footwear.

De-stain Shirts

Do you have sweat tracks on your shirts? Rub vinegar on them, then launder as usual.

De-stain Other Stuff

Spot-treat stains on cotton items with vinegar just before laundering. Among other things, this will work on beer, juice, tea, coffee, soft drinks, ketchup, blood and vomit. Treat and launder as quickly as possible. If it's a really gruesome stain, soak overnight in a 3-to-1 mix of vinegar and water.

Socks Appeal

If your sports socks have turned dingy or smelly, soak them overnight in a solution of 1 cup vinegar boiled with 6 cups of water, and then launder as usual.



Remove Yellowing

If white garments or other items have yellowed, mix 1 part vinegar to 12 parts water and soak the clothing overnight. Then, wash.

Get Rid of “Thrift Shop Smell”

Sometimes stuff from the second-hand store or rummage sale has an odd smell. Launder with a cup of vinegar in the wash (not rinse) cycle.

Stop the Bleed

Soak brightly colored clothing in undiluted vinegar for about 15 minutes, then launder, as usual. This should keep them from dyeing everything else.

Spot-treat Suede

Got a grease spot on a suede garment? Use a 50/50 water and vinegar solution and an old toothbrush. If that doesn't work, try undiluted vinegar.

Coffee Scrub

If your favorite coffee or tea mug has dark stains, scour with a 1-to-1 mix of vinegar and salt. Rinse well in warm water.

Stop Mold

Spray undiluted vinegar onto areas that develop mold or mildew - the vinegar smell will go away.

Clean Filters

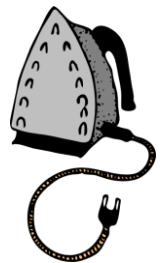
Soak humidifier or air conditioner filters in a 50/50 solution of vinegar and water, then rinse and squeeze dry.

Sanitize Cutting Boards

After washing cutting boards, spray with undiluted white vinegar to further disinfect the surface. Bonus: It'll neutralize the odor of that fish you just cut up.

Clean the Iron

If you've got hard water, clean the iron's innards every now and then: Fill the water reservoir with vinegar, stand it upright and turn on the “steam” setting. After 10 minutes, empty and rinse well.



Cleanse Copper

If your copper-bottomed cookware is discolored, apply a paste of equal parts salt, flour and vinegar. Let stand for no more than 30 minutes, then rinse well.

Bug Killer

Cider vinegar stinks to us, but it attracts insects. Create a funnel trap by rolling a sheet of notebook paper into a funnel and placing it into a jar with cider vinegar at the bottom. This works in the kitchen for fruit flies and on the deck when entertaining outdoors.

Ant Killer

That vinegar-and-dish-soap cleaner also vanquishes uninvited guests that march into your home. This mixture is a lot less worrisome than spraying a pesticide ant killer around the area where kids and pets play, and around the areas where you prepare food.

Bird Feeder Cleaner

A good wash with a gentle dish soap, followed by a spray with a 50/50 vinegar solution, means clean dishes (and less chance of bacterial issues) for hummingbirds and other feathered friends.

Flowerpot Freshener

White stains on terra-cotta pots won't come off with soap and water? Wipe down with undiluted vinegar and let dry. After that, rub with baby oil.

Mower Helper

Once you've finished the lawn, wipe the blades down with vinegar — not just to clean off grass bits, but also any insects that might have hitched a ride while you rolled the mower back to the garage.

Critter Repellent

Some say that deer, raccoons, rabbits, dogs and cats don't like the smell of vinegar. Try hanging up vinegar-soaked rags near your garden (re-wetting them once a week) and spraying your garbage cans with the stuff. It may not work in every case, but it's worth a try.

Make Paint Stick

If you're painting concrete or galvanized metal, pre-treat the area by sponging on vinegar and allowing it to dry. The paint will last longer.

Clean Paintbrushes

Is your synthetic-bristle brush completely paint-stiffened? Soak in undiluted vinegar until things are moving again, then wash with soap and hot water.

Soil Tester

Pour a half-cup of white vinegar over a handful of garden soil in a container. Fizzy/bubbly means alkaline. Science!

Wiper Magic

Rub windshield wiper blades a couple of times with undiluted vinegar.

Clearer Windows

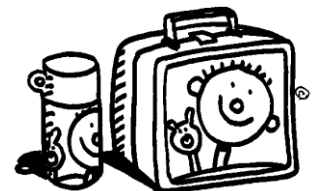
Wipe windows and the windshield with a 3-to-1 mixture of vinegar and water. This makes it harder for frost to form. Reapply when it stops working.

Revive the Rug

After vacuuming your vehicle, sponge carpeting with a 50/50 vinegar-water mixture. Blot after a couple of minutes.

Rescue Your Lunchbox

Wipe out the inside with vinegar to kill weird smells. Pour vinegar and water in the Thermos and let sit overnight to remove any odors.



Eliminate Kitchen Odors

Having a fish fry or a cabbage boil? Leave a small dish of vinegar nearby to neutralize olfactory havoc. If it's too late to prevent the smell, put a half-cup of vinegar and one cup of water into a small pot and boil until it's almost gone.

Wipe Out Sponge Smells

Kitchen and bathroom sponges can develop some pretty gnarly smells. Soak them overnight in a 50/50 vinegar and water bath.

Remove Urine Stains

Wash the carpet with mild soap and water, rinse and blot as dry as possible. Saturate the area with a 1-to-3 mix of vinegar and water and allow to stand for 10 minutes, then blot.

Think Inside the Box

After emptying and washing the cat box, add half an inch or so of vinegar. After 20 minutes, rinse well and dry before adding fresh litter.

Shine the Aquarium

Vinegar and a nylon scrubber can remove mineral deposits from the glass.

Kill Pet Pests

To discourage fleas and ticks, spray pets with a 50/50 vinegar and water solution (cover their eyes!). This may be easier said than done, especially with cats.

Save the Upholstery

Deter cats from attacking couches and chairs by spraying on a little full-strength white vinegar.

De-skunk the Dog

Should Fido have a run-in with Pepe Le Pew, spray him with a 2-to-1 mix of water and vinegar, rubbing the liquid in well. Wait five minutes, then rinse well. And no, he won't like it much.

Keep Eggs Intact

Add a couple of tablespoons of vinegar to the cooking water so the shells won't crack.

Coax out Condiments

Add a small amount of vinegar to the last of the salad dressing, then shake. If the mustard bottle is mostly empty, add some vinegar and shake well. This makes a zesty addition to cooked greens, soups and stews.

Wash Vegetables

To remove residue from fruits and veggies, mix 2 tablespoons of vinegar in 1 pint of water.

See More Clearly

Dampen a lint-free cloth (not a paper towel, which can scratch plastic lenses) with vinegar and wipe off smudges and oil.

**Clean DVDs**

Skipping or freezing issues? Dampen a microfiber or flannel cloth with vinegar and wipe the disc from the center straight to the edge. After cleaning, use a second soft cloth to wipe dry.

Clean Scissors

Wipe gummy blades with undiluted vinegar.

Adhesive Remover

Remove stickers and their residue by wiping with vinegar. This works on bumper stickers and other decals as well.

Strip Wallpaper

Soak the paper you want to remove with a 50/50 vinegar and water mix. Wait a few minutes, then attack with a scraper.

Bust Rust

Drizzle vinegar over corroded nuts, screws, or hinges for easier removal. Or soak for a couple of days, until rust is removed.

BCRTA News:

Do you know of any teachers that would be eligible for the Golden Star Award? Let them know! **Deadline: April 15th**


BCRTA Golden Star Awards invites teacher applicants

Do you have a program that connects your students with seniors in your community? If so, consider applying for one of six annual Golden Star Awards sponsored by the BC Retired Teachers' Association. Each winning school receives a cash prize of \$1,500 and an engraved trophy.

Programs should involve interaction between students and seniors at the classroom, department, school, district, or community level and have been in operation for one full school year.

For more information, visit www.bcrta.ca or call 1-877-683-2243 or 604-871-2260.

BRITISH COLUMBIA RETIRED TEACHERS' ASSOCIATION



Golden Star Awards

Five \$1,500 Awards
for programs K to Grade 12
Plus one \$1,500 award
Sponsored by the
Legion Foundation
(BC/Yukon Command)

Celebrating programs that feature the interaction of seniors and students

Awards will be given to current public school programs that

- feature the interaction of seniors and students
- require students to think and work creatively
- access and use the community as an information source
- require students to work cooperatively with each other and outside sources
- use a variety of media to record and display results.

Submission deadline: April 15

Submission guidelines and more information:
Web: www.bcrta.ca
Phone: 1-877-683-2243 or (604) 871-2260
Email: laurie@bcrta.com or kristi@bcrta.com

BCTF News:

At our 2019 Annual General Meeting, Irene Lanzinger is the recipient of the G.A. Fergusson award for her outstanding contribution to public education. Teachers are so proud to have been represented by Irene as President of the BCTF and the BC Federation of Labour. Irene's strength and trailblazing leadership benefitted all teachers and workers.



**Irene
Lanzinger**

**2019
G.A. Fergusson
Award Winner**



**THANK YOU FOR
REPRESENTING
TEACHERS
AND ALL BC
WORKERS WITH SUCH
STRENGTH!**

Seth Klein Speaks About Climate Change

Climate change is undeniable. We have been affected by ongoing wildfires in BC, global warming is changing weather patterns, and storms are increasing in frequency and intensity.

Seth Klein spoke at the BCTF AGM to inspire delegates about the need to align Canadian politics with the climate emergency we are facing. He suggested that tackling climate change should now be our calling as teachers. Students and their teachers need to be thinking and learning about how to cope and adapt to the climate emergency, and how we can solve the largest puzzle facing human survival.

To illustrate how we can achieve this, Klein reminded teachers that society has done so before. During World War II (WWII), Canadians mobilized to confront an existential threat. WWII wasn't an imminent threat to Canadians, and it took leadership to get the public on board. The rich made sacrifices as well as the poor. And it's important to remember that Canada didn't wait for the US to join the fight, we did it years earlier. There's no need for us to wait for the United States to lead the way this time, either.

"We need to go to war for a collective issue—climate change needs a war time scale emergency response. There's a gap between what science says we must do and what politics will entertain," he said. "We have 11 years to get our emissions to net carbon zero. Failure to do so will have catastrophic and terrifying results."

He told delegates about five things teachers can do to help:

1. Integrate the climate emergency into lessons.
2. Support BCTF resolutions on climate change and keep it on our agendas.
3. Encourage school boards to align with this agenda; purchasing electric cars, geothermal heating in schools, locally sourced food for cafeterias, etc.
4. Defend Aboriginal rights. Future laws need to be in alignment with the *United Nations Declaration on the Rights of Indigenous Peoples*.
5. Lower the voting age; our youth are marching, but they can't vote, and we are failing to make decisions about the world they will live in. The BCTF should add our support to the call to give the vote to 16-year-olds.

Klein received a standing ovation, and he was followed by Tessa Jones, a Grade 11 student. "What we are working towards is crucial to our future children. We are tired of the divisiveness and we need to be working toward the same thing," she said. "Change is hard, but no matter what we do, we will see change in the very near future. We have the choice to see that change be either catastrophic or successful."

BCTF president speaks up on Chilliwack dress code comments

Hansman rebukes comments made that blame girls for predatory behavior by boys and men
<https://www.vancouverislandfreedaily.com/news/bctf-president-speaks-up-on-chilliwack-dress-code-comments/>

2018 Tax Changes Everyone Should Know:

https://www.investorsgroup.com/en/articles/2018/11/2018-tax-changes-everyone-should-know-about?consult=brian.dugaro&utm_source=Newsletters&utm_medium=email&utm_term=2&utm_content=More%2520-%2520Spring%25202019&utm_campaign=EN%2520MarketPlace%2520Campaign

By Investors' Group Wealth Management - November 2018

A range of new tax changes have come about in 2018. Here's what might impact your upcoming tax return:

The End of Income Sprinkling

One of the big changes this year impacts incorporated business owners and their families. On January 1, 2018 the new Tax on Income Splitting (TOSI) rules came into effect which reduces income sprinkling opportunities. Income sprinkling occurs when the owner of a private corporation attempts to reduce their family's overall tax liability by income splitting with lower income family members. In the past dividends could be paid to adult shareholders without TOSI implications, now the rules have changed. For the most part, family members must work at least 20 hours per week or be 25 years of age and directly own at least 10% of the company (votes and value) in order to income split. Business owners should start keeping active timesheets for everyone involved in the business.

New Income Tax Brackets

While tax rates haven't changed, the government has shifted tax brackets, which should lead to tax savings for many households. The lowest income tax bracket, for which you pay a 15 percent tax rate, has been bumped up to \$46,605, from \$45,916. Canadians will now pay 20.5 percent on income from \$46,605 to \$93,208. Other brackets have moved up, too, with the highest one, where income is taxed at a 33 percent rate, is now starting at \$205,842, up from \$202,800.

Inflation for the Canadian Child Benefit

Starting in July of 2018, the Canadian Child Benefit will be indexed to inflation. That will mean more money for families with kids. The maximum annual amount families can receive for children under the age of six grows to \$6,496 this year, up from \$6,400. For children aged 6 to 17, families will now be eligible to receive a maximum of \$5,481 per child, up from \$5,400. Since this benefit is now indexed to inflation, it should rise every year.

Remember The Other Important Tax Changes From 2017:

Fewer Family-Related Tax Credits

There used to be several tax credits for families to claim, but many are now gone, including education and textbook credits for students. (They can still carry forward any unused amounts reported on tax returns prior to 2017). And for those who have long, pricey commutes to work, 2018 is the first full tax-year in which the public transit tax credit is also no longer.

Changes to Disability Tax Breaks

If you care for someone with a disability or illness, three previously existing tax breaks – the caregiver tax credit, the infirm dependent tax credit and the family caregiver tax credit – were streamlined in 2017 into the Canada Caregiver Credit. Also, people who are eligible for the Disability Tax Credit may also receive the Canada Workers Benefit Disability Supplement.

More Tax Tweaks

Part-time students, as well as full and part-time students with children, could be eligible for up to \$1,600 in additional Canada Student Grants and Loans. There's a new Apprenticeship Incentive Grant for Women that offers women in male-dominated trades fields \$3,000 per year of training (or up to \$6,000 over two years). And the Canada Pension Plan Death Benefit is now \$2,500 for all eligible contributors while before it was pro-rated.

With all these tax changes, it's likely your family will be affected in some way. Be sure to work with a financial professional to be sure you're getting all the tax breaks you can this year, and beyond.

TAX SCAMS - Canada Revenue Agency Scam

<http://www.antifraudcentre-centreantifraude.ca/fraud-escroquerie/types/tax-contribuable/index-eng.htm>

**Recognize
Reject &
Report it!**

Recognize it: What are common CRA scams?

CRA scams come in many forms - over the phone, by e-mail, or by text message. In all cases, the caller or sender poses as an agent from the Canada Revenue Agency in an attempt to gather personal information, or intimidate a victim into providing financial payment.

Phone Scam

Phone scammers posing as CRA agents will claim one of several possibilities:

- that you owe money to the CRA and will be arrested if you do not pay immediately
- that a lawsuit has been filed against you by the CRA
- that a warrant of arrest has already been issued under your name
- that you will be deported if you do not pay the money demanded
- other similar threats to get you to share your personal tax information and/or pay money

Email Scam / Text Message Scam

An e-mail or text message is sent from someone pretending to be with the CRA, claiming:

- that your tax calculation has been completed, and you will receive a tax refund by going through a link and submitting information
- that you or your company is being accused of participating in tax evasion schemes
- that several discrepancies have been found with your filed taxes which need to be revised
- that you've received an e-transfer from the CRA for what appears to be a tax refund
- that an "investigation" has been started on your CRA claim

Reject it: How can I protect myself or my loved ones?

- Hang up immediately if there's anything suspicious or unprofessional about the call – the CRA will never threaten you with immediate arrest, use abusive language or send police.
- The CRA will never request a payment by Interac e-transfer, online currency such as bitcoin, pre-paid credit cards or pre-paid gift cards such as iTunes, Home Depot, etc.
 - The CRA's accepted methods of payment are online banking, debit card, credit card or PayPal through a third-party service provider and pre-authorized debit.

- Do not click on any link in an e-mail pretending to be from the CRA – the CRA will never ask you to click on any link to get a refund or to collect personal or financial information.
 - The only time the CRA will send an e-mail that contains links is if a taxpayer calls the CRA to ask for a form or a link to specific information. A CRA agent will send the information to the taxpayer's email during the telephone call – this is the ONLY exception to the above rule!
- The CRA never sends out text messages. Any text message from the CRA is a scam.
- Young people are often the most at risk to this scam, particularly when filing their taxes for the first time. Make sure your family and friends are educated on what the CRA will and will not ask for during tax season.

Report it: How should I respond?

- If you are not sure if a message is from the CRA, confirm your tax status with the CRA by calling 1-800-959-8281 or online through a CRA secure portals such as "My Account": https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html?utm_source=stkhltrs&utm_medium=eml&utm_campaign=frdscms
- Whether you paid money or not, file a report with the Canadian Anti-Fraud Centre (CAFC) toll-free at 1-888-495-8501 or online: <http://www.antifraudcentre.ca/index-eng.htm>
- Report the scam to your local police if you paid money (this includes purchasing pre-paid credit cards, gift cards, or online currency such as Bitcoin).
- If you sent money or shared financial information, report it to the financial institution used e.g. your bank, Western Union, MoneyGram.
- If your social insurance number has also been stolen, contact Service Canada at 1-800-206-7218.

We strongly suggest that you report the incident for the following reasons:

- If you've sent money or transferred money or goods to a scammer, the police and financial institutions need to be aware in order to properly investigate, recover stolen funds and/or goods (if possible) and work towards preventing further criminal activity
- Reporting scams helps fraud authorities to warn other people about current scams, monitor trends and disrupt scams where possible

The RCMP offers the following tips to help the public avoid the CRA tax scam:

- The CRA will not call and threaten you to pay a tax debt;
- The CRA will not call, leave a voice message, text or email you advising of a warrant of arrest for a tax debt;
- The CRA will not request that you pay a tax debt through the use of crypto currencies such as Bitcoin or gift cards;
- The CRA will not have you deported if you do not pay an owed tax debt;
- Report suspected fraud. If you suspect a CRA tax scam, STOP! HANG UP THE PHONE!

Keep up to date with scams!!!

Scambusters: <https://scambusters.org/> Sign up for the newsletter! It's great, says Cathy Van.

Better Business Bureau: <https://www.bbb.org/scamtips>

RCMP: <http://www.rcmp-grc.gc.ca/scams-fraudes/>

Before donating, check the registered status of the charity:

<https://www.canada.ca/en/revenue-agency/services/charities-giving/charities-listings.html>

WELCOME to NEW PQRTA MEMBERS!

- Donna White
- Linda Hoem
- Julie Pearce
- Catharine McLean



ORES - OCEANSIDE RETIRED EDUCATORS' SCHOLARSHIP

We had over 20 donations and we reached our goal of \$1500. Thanks!

This year, we are giving 2 scholarships through Oceanside Retired Educators.

- \$1,000 to a student from either Kwalikum or Ballenas Secondary who is training as an educator
- \$500 to a motivated student (mostly likely in trades training) from PASS (Parksville Alternate Secondary School).

Our next step will be to choose the students to be awarded the scholarships. This will likely happen in April for the Kwalikum/Ballenas scholarship and in June for PASS.

We have a small committee and would welcome more helpers. If you are interested in learning more, or in helping us to choose winners, please contact Elaine:

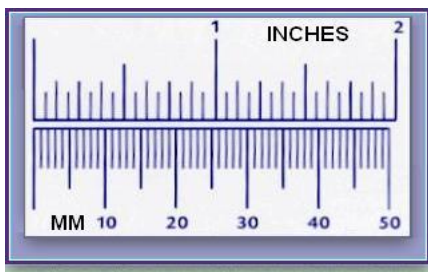
Email: reyis3@shaw.ca

Phone: 250.927.0375



Thanks so much to all of you for your continued support of our local students.

BUTTON, BUTTON...WHO HAS BUTTONS?



Do you have any shirt buttons?

- 14 or 15 mm (1/2 to 3/4 inch)
- black, white, or tan



If so, crafters that create shirts for Tumaini AIDS orphans in Africa would be appreciative. Thanks!

Contact: Cathy Van cathyvanh@gmail.com or 250.248.0412

PQRTA PROGRAM – Sat. March 23, 2019

Medical Cannabis Conference – Nanaimo

At this conference, we learned a lot from speakers, displays, and personal testimonies about medical marijuana and other items related to seniors.



SPEAKER- Dr. Robert Sealey

Cannabis is already in our system.

The Endocannabinoid (ECN) System, discovered in 1994, is complex and is responsible for extensive physiological and pathophysiological activity in our body. Some people don't produce enough chemicals or pain overpowers what is in our body. People with migraines, fibromyalgia or Inflammatory Bowel, do not produce enough of their own and have a reduction in ECNs.

This Endocannabinoid system runs our body and is in charge of:

• Inflammation	• Memory
• Appetite	• Sleep
• Metabolism	• Reward/Addiction
• Cardiovascular function	• Stress Regulation
• Bone density	• Mood
• Synaptic plasticity	• Reproduction
• Pain	• Digestion

Study of people from 911 Disaster – half got PTSD and half did not – those who did get PTSD did not have enough ECNs in their system.

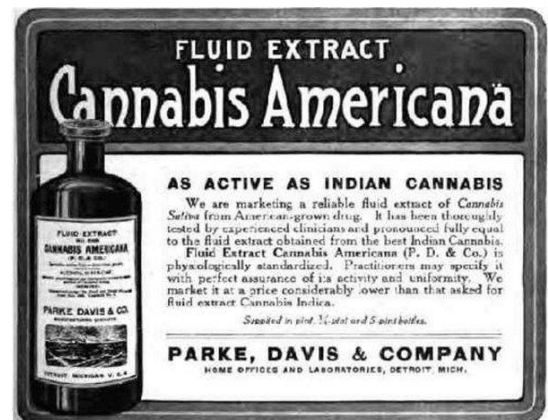
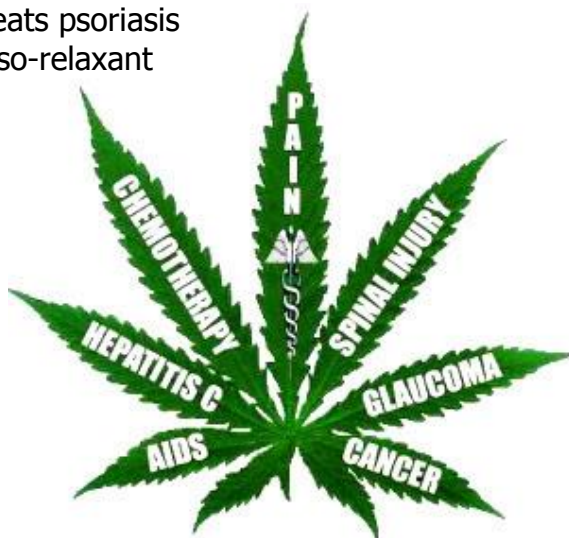
105 Cannabinoids:

- THC and CBD are most prevalent cannabinoid.
- Delta 9 THC cannabinoid is the psycho-active pain killer that treats nausea and vomiting – makes you high – we have receptors all over our body (bone, etc.)
- In 2014, there were 7,914 users of medical cannabis
- In 2017, there were 167,764 users of medical cannabis
- Mostly anecdotal reports of how helped with some research, but no double blind placebo trials. Research to come – only animals and mice so far
- Can't patent plant, but American Government holds patent for the potential of medical cannabis
- Only interested in the female plant
- Terpenes make the aroma (some stronger smell than others)
- Canadian Pain Society – cannabinoids better than gabapentin or tramadol
- Acetaminophen overdose = acute liver failure
- No chance of dying from an overdose with cannabis
- Cannabis makes opioids work better, so less opioids needed
- Brain stem has opioid receptors, but no cannabis receptors
- Reduces pain score by 3 on scale from 1 to 10

- Creates a “different” pain – know it’s there, but not with me (in other room?)
- Amygdala part of brain responsible for stress, anxiety & how perceive pain
- Mice with hot pepper – after cannabis cream, brain didn’t care anymore
- When pain level goes down, then less depressed
- THC affects short term memory, but add CBD and reduces impairment
- Helps agitation in dementia patients
- Inhale or take oral – responds in 3 to 5 minutes and lasts 3 hours – good for panic attacks, migraines, and breakthrough pain
- Better to vaporize than burn – less irritant
- Baked goods – takes 1 and ½ hours to respond – can’t adjust dose and it sneaks up on you - Liver makes THC extra strong
- Choose cannabis oil depending on condition – less or more CBD, with or without THC
- For medical purpose – not impaired with CBD
- Do not use with warfarin!
- There is no single dose that works for everyone – need to figure out for self
- Patient is in control of dosage amount and when (unlike opioids and insulin)
- Start low and go slow!

CBD is the cannabinoid that is **non-psycho-active** and treats a variety of conditions:

- Antibacterial
- Inhibits Cancer Cell Growth
- Neuro- protective
- Promotes bone growth
- Reduces seizures & convulsions
- Reduces blood sugar levels
- Reduces function in the immune system
- Reduces inflammation
- Reduces risk of artery blockage
- Reduces small intestine contractions
- Reduces nausea and vomiting
- Relieves pain
- Relieves anxiety
- Slows bacterial growth
- Suppresses muscle spasms
- Tranquilizing
- Treats psoriasis
- Vaso-relaxant



A Long and Interesting History:

By the late 19th century, cannabis-based medications were manufactured by Burroughs-Wellcome & Co, Bristol-Meyers Squibb, Parke-Davis and Eli Lilly.

From 1850 to 1937, cannabis was used as the prime medicine for more than 100 separate illnesses or diseases in US Pharmacopoeia.

The analgesic effect of opioids and cannabis are well documented. However, opioids continue to be prescribed more frequently than cannabis and opioid dependence and misuse has spike in recent years. Like all medication, cannabis will not work for everyone; but given the facts below, it's a safer alternative!

	OPIOIDS	CANNABIS
PAIN RELIEF	Effectiveness in relieving pain is well documented.	Effectiveness in relieving pain is well documented.
	Over time, patients can develop tolerance to opioids and require increased doses to address their pain.	Patients do not develop a tolerance to the benefits of cannabis. They can maintain the same daily dose for years, in stark contrast to opioids.
		Additionally, cannabis is a multimodal therapy and can provide additional positive benefits like improved sleep and reduced anxiety for some patients.
DEATHS	Opioids are the cause of almost twice as many deaths than car crashes in Canada every year.	There is not one recorded death due to cannabis overdose in Canada or any country.
	Nearly 4,000 people died from opioid-related causes last year in Canada.	
	11 people in Canada die every day due to opioid-related causes.	
SIDE EFFECTS	Opioids are highly addictive and have led to a public health crisis in Canada.	Cannabis has a superior safety profile compared to most other medications.
	Common side-effects include: sedation, dizziness, nausea, vomiting, constipation, tolerance, respiratory depression and physical dependence.	THC-related side effects, including fatigue and dizziness, are most common. Most can be reduced or avoided by a "start low and go slow" approach.
	Physical dependence and addiction are most concerning.	CBD has no intoxicating side-effects. The World Health Organization said that there is no evidence of any public health-related problems related to the use of pure CBD.
ADDICTION	Highly addictive. Over-prescribing has led to an international opioid epidemic and a record-breaking number of associated deaths.	Like most medications, dependence can occur with heavy use.
	U.S. life expectancy has declined for the second year in a row as a result.	Marijuana dependence can generally be reversed through cognitive behavioral therapy and abstinence without debilitating withdrawal symptoms: vomiting, diarrhea, insomnia and anxiety.
		Unlike opioids, however, there have been no recorded deaths due to cannabis addiction.

Endo-Cannabinoid System and Pain

Patients using cannabis report two phenomena:

1. Pain intensity decreases by approximately 3 points on scale (1-10)
2. Pain is present, but does not seem to be bothered by it as much, as the unpleasantness is reduced (can be ignored)

Recent study using fMRI has confirmed cannabinoids ability to cause pain dissociation by causing reduced activity in the anterior cingulate cortex (ACC) and enhanced activity in the amygdala

Information for Health Care Professionals:

Good evidence suggests cannabinoids can be useful in alleviating symptoms for the palliative care patient, such as:

- Intractable nausea and vomiting associated with chemotherapy or radiotherapy
- Anorexia/cachexia
- Severe intractable pain
- Severe depressed mood
- Insomnia

The use of cannabinoids for palliative care may also help decrease the dosage of other medications (eg. opioids)

Emerging Clinical Applications for Cannabis and Cannabinoids:

• Gliomas (brain tumor)	• ALS - Amyotrophic lateral sclerosis
• Alzheimer's	• Chronic Pain
• Fibromyalgia	• Tourette's Syndrome
• Dystonia (repetitive muscle contractions)	
• Hepatitis C	• HIV - Human Immunodeficiency Virus
• Diabetes	• Hypertension
• Pruritis (itchy skin)	• Gastro-Intestinal Disorders
• Osteoporosis	• Incontinence
• MRSA (antibiotic resistant infection)	• Rheumatoid Arthritis
• Multiple Sclerosis	

CAUTIONS AND CONTRA-INDICATIONS

Use with Caution:	Avoid Use:
Concurrent active mood or anxiety disorder	Under 25 years of age
Risk factors for active cardiovascular disease	Family history of psychosis
Heavy alcohol use	Active cardiovascular disease
High dose opioids, benzodiazepine or sedative use	Active respiratory disease
Current heavy use of recreational cannabis	Active substance abuse disorder
Liver or kidney disease	
Concurrent active mood or anxiety disorder	

APPLICATION FOR MEDICAL CANNABIS – download application form and get more information <https://www.tilray.ca/en/ways-to-register>

Philippe Lucas – Cannabis for treatment of pain, mental health and addiction
 From TILRAY – Licensed Producer: <https://www.tilray.ca/>
 1100 Maughan Rd in Nanaimo, near Duke Point ferry terminal
 Email tilray@tilray.ca or Toll Free 1 844 845 7291

- \$30,000 investment in 60,000 square feet and 300 full time employees
- 40,000 Cannabis plants (female) grown in cocoa fibre
- Plants are bred for either high content of THC or high content of CBD
- Organic process – tested for pesticides and heavy metals
- Use 6 different kinds of predatory insects – no pesticides!

Colour coded products with varying degrees of strength of cannabinoids:

- Purple = CBD dominant
- Gold = THC dominant
- Silver = CBD and THC balanced



- 10% discount for over age 65
- 24 hour customer service available
- Different strains have difference effects and not work for everyone
- Use high CBD during the day
- Use higher THC for sleep
- Low dose of CBD can be stimulating and help focus, so higher dose may be better for sleeping. Or, add THC if dose doesn't work. Start low, go slow!
- Medical license is for one year – if no GP, can get through walk-in clinic
- 350,000 Canadians are currently authorized (with a 10% monthly increase)
- 18,000 prescribing Health Care Professionals (with 12% monthly increase in MD's)
- 4 plants per household is legal, now, but medical patient can have more
- 1 in 4 Canadian doctors recommend cannabis
- Pharmacists are more educated about cannabis than doctors
- London Drugs is training pharmacists to answer questions about cannabis
- Cannabis improves diabetes - increases glucose metabolism and decreases insulin need
- CBD removed from banned drug list for athletes and horse racing
- Anti-inflammatory qualities of cannabis seems to reduce liver inflammation
- Cannabis used to be called the "gateway" drug, now it's called the "exit" drug because it allows fewer opioid drugs to be used
- 29 countries are authorized for medical cannabis use
- In the individual states of USA, where cannabis is legal, statistics show reduction of homicides, suicides and violent crimes.
- By October 17, 2019 – regulation of non-smoked forms of ingestion (sprays, edibles)
- In Ontario - order cannabis online through Shopper's Drug Mart – use Optimum card!
- Pharmacy-Based access by 2020???
- \$2500 write-off on income tax

Fortunately for legal medical cannabis patients, the Canada Revenue Agency (CRA) has confirmed that medical cannabis is an allowable medical expense when filing taxes. Individuals must have a prescription for medical marijuana from a health care practitioner and then purchase it from a licensed producer. The total amount of eligible expenses that you (or your spouse or common-law partner) paid may be entered on your return.

Now that Cannabis is legal, official research studies can take place. Up until now, it's only been anecdotal stories.

Tilray Clinical Trials:

- Chemotherapy induces nausea and vomiting (University of Sydney)
- Pediatric Epilepsy (Sick Kids Hospital)
- Post-Traumatic Stress Disorder (UBC)
- Chronic Obstructive Pulmonary Disease (McGill University)
- Essential Tremor (U of California San Diego)

Other indications of Clinical Interest:

- HIV/AIDS, cancer, anxiety, alcoholism
- Oral ingestion is the primary method of use
- Non-smoked accounts for 60% of use.
- High CBD is the preferred type of cannabis (non-hallucinatory)



CONCLUSION:

- Medical cannabis is primarily used in the treatment of chronic pain and mental health.
- Medical cannabis patients commonly substitute cannabis for opioids and other pharmaceuticals, often leading to complete abstinence.
- Tilray produces standardized, GMP-certified medical cannabis products and is conducting research to better understand harms, benefits and end-user experiences.
- Tilray has developed sophisticated systems and supports to assist physicians, pharmacists, the insurance industry and patients with product selection and private payer coverage.



Suzanne Rush checking over some of the display information.



Sally Hemingson learning about socks or insoles to help with balance.

MEDICAL CANNABIS RESOURCE CENTRE INC. (MCRCI) <http://www.mcrci.com/>

Thousands of Canadians are federally licensed to possess and use medical marijuana through Health Canada. Medical cannabis is a proven safe, virtually side effect-free alternative to all pharmaceuticals. Different strains affect different illnesses. We want to help find the right one for you.

The only way to legally protect yourself is through Health Canada's Access to Cannabis for Medical Purposes Regulations (ACMPR). MCRCI can help you and guide you through this application process.

- dedicated to assisting patients who benefit or may benefit from the use of cannabis.
- arranges for patients to meet with a qualified doctor who has an understanding of cannabis and cannabis-derived medicines in a compassionate and non-judgmental environment.
- helps guide patients through the process of becoming legal users of medical marijuana in accordance with Health Canada's Access to Cannabis for Medical Purposes Regulations (ACMPR). MCRCI
- provides information and advice in the use of marijuana as medicine and assists patients in choosing a legal source of medical grade marijuana.

Interested patients are welcome to contact us by phone at [1-855-537-6272](tel:1-855-537-6272) or by e-mail at info@mcrci.com.

MRCI assists patients to access medical cannabis in Canada by:

- Providing information and ongoing support from our educators offering follow ups on cannabis as medicine
- Arranging for patients to meet with a qualified doctor who has an understanding of cannabis and cannabis derived medicines in a compassionate and non-judgemental environment
- Advising patients in choosing a legal source of medical grade marijuana
- Guiding patients through the process of becoming legal users in accordance with Health Canada's Access to Cannabis for Medical Purposes Regulations (ACMPR)
- Completing and forwarding documentation to patient's preferred licenses producer

Cannabis relieves symptoms of Crohn's Disease:

https://www.medicalnewstoday.com/articles/323403.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

Five surprising things about cannabis:

<https://www.cbc.ca/radio/whitecoat/everything-you-want-to-know-about-pot-your-questions-answered-1.4856021/five-surprising-things-we-learned-about-cannabis-from-our-experts-1.4863224>

Everything you want to know about pot – your questions answered:

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

Our BCRTA Green Shield insurance policy does not cover medical cannabis.



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**



April Events - Parksville and Qualicum Beach Area

<https://www.visitparksvillequalicumbeach.com/events-2019-4/>

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

April 1 – April Fool's Day

April 7 – Green Shirt Day

April 19 – Good Friday

April 21 – Easter Sunday

April 22 – Easter Monday and Earth Day

April 26 – Teachers' Pension Plan Deposit

April 29 – "Stay on the Road" Driving Workshop – 10 to 4 – 211 Fern Rd. W, Qualicum Beach
– Canada Pension Plan and Old Age Security Deposit

April 30 – Income Tax due!

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/>

