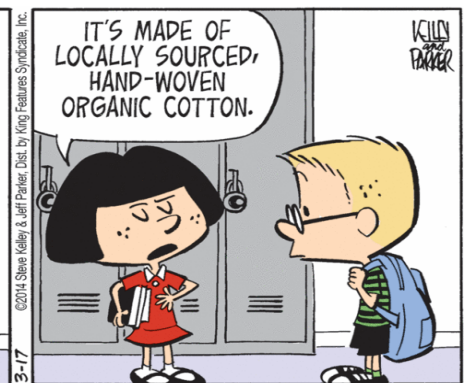




PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER #22 – March 2019

PRESIDENT'S GREETING from Cathy Van Herwaarden:



St. Patrick's Day – Sunday, March 17th

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

Saint Patrick's Day, or the Feast of Saint Patrick is a cultural and religious celebration held on March 17th, the traditional death date of the foremost patron saint of Ireland (c. AD 385–461).

Patrick was a 5th-century Romano-British Christian missionary and bishop in Ireland. Much of what is known about Saint Patrick comes from the *Declaration*, which was allegedly written by Patrick himself. It is believed that he was born in Roman Britain in the fourth century, into a wealthy Romano-British family. His father was a deacon and his grandfather was a priest in the Christian church. According to the *Declaration*, at the age of sixteen, he was kidnapped by Irish raiders and taken as a slave to Gaelic Ireland. It says that he spent six years there, working as a shepherd and that during this time he "found God". The *Declaration* says that God told Patrick to flee to the coast, where a ship would be waiting to take him home. After making his way home, Patrick went on to become a priest.

According to tradition, Patrick returned to Ireland to convert the pagan Irish to Christianity. The *Declaration* says that he spent many years evangelising in the northern half of Ireland and converted "thousands". Patrick's efforts against the druids (members of the high-ranking professional class in ancient Celtic cultures) were eventually turned into an allegory in which he drove "snakes" out of Ireland (Ireland never had any snakes).

Tradition holds that he died on March 17th and was buried at Downpatrick, a town south of Belfast in Northern Ireland. Over the following centuries, many legends grew up around Patrick and he became Ireland's foremost saint.

Saint Patrick's Day was made an official Christian feast day in the early 17th century and is observed by the Catholic Church, the Anglican Communion (especially the Church of Ireland), the Eastern Orthodox Church, and the Lutheran Church. The day commemorates Saint Patrick and the arrival of Christianity in Ireland, and celebrates the heritage and culture of the Irish in general.

Celebrations generally involve public parades and festivals, ceilidhs (traditional Scottish or Irish social gatherings), and the wearing of green attire or shamrocks. Christians who belong to liturgical denominations also attend church services and historically the Lenten restrictions on eating and drinking alcohol were lifted for the day, which has encouraged and propagated the holiday's tradition of alcohol consumption.

In 1903, St Patrick's Day became an official public holiday in Ireland. This was thanks to the Bank Holiday (Ireland) Act 1903, an act of the United Kingdom Parliament introduced by Irish Member of Parliament James O'Mara. Later, O'Mara introduced the law which required that public houses be shut on March 17th, after drinking got out of hand, a provision that was repealed in the 1970s.



Saint Patrick depicted in a stained glass window at Saint Benin's Church, Ireland

Saint Patrick's Day is a public holiday in the Republic of Ireland, Northern Ireland, the Canadian province of Newfoundland and Labrador (for provincial government employees), and the British Overseas Territory of Montserrat. Around the world, it is also widely celebrated by the Irish people and their descendants who live outside the island of Ireland. Saint Patrick's Day is celebrated in more countries than any other national festival.

CELEBRATIONS AND TRADITIONS:

Today's St Patrick's Day celebrations have been greatly influenced by those that developed among the Irish and their descendants living outside Ireland, especially in North America.

Celebrations generally involve public parades and festivals, Irish traditional music sessions (céilithe), and the wearing of green attire or shamrocks. There are also formal gatherings such as banquets and dances, although these were more common in the past. St Patrick's Day parades began in North America in the 18th century, but did not spread to Ireland until the 20th century. The first St Patrick's Day parade (in Ireland) was held in Waterford in 1903. The first official, state-sponsored St Patrick's Day parade in Dublin took place in 1931. The parade participants generally include marching bands, the military, fire brigades, cultural organisations, charitable organisations, voluntary associations, youth groups, fraternities, and so on. However, over time, many of the parades have become more akin to a carnival. More effort is made to use the Irish language, especially in Ireland, where the week of St Patrick's Day is "Irish language week".

Since 2010, famous landmarks have been lit up in green on St Patrick's Day as part of Tourism Ireland's "Global Greening Initiative" or "Going Green for St Patrick's Day". The Sydney Opera House and the Sky Tower in Auckland were the first landmarks to participate and since then over 300 landmarks in fifty countries across the globe have gone green for St Patrick's Day.

Christians may also attend church services, and the Lenten restrictions on eating and drinking alcohol are lifted for the day. Perhaps because of this, drinking alcohol – particularly Irish whiskey, beer, or cider – has become an integral part of the celebrations. The St Patrick's Day custom of "drowning the shamrock" or "wetting the shamrock" was historically popular, especially in Ireland. At the end of the celebrations, a shamrock is put into the bottom of a cup, which is then filled with whiskey, beer, or cider. It is then drunk as a toast to St Patrick, Ireland, or those present. The shamrock would either be swallowed with the drink or taken out and tossed over the shoulder for good luck.

Irish Government Ministers travel abroad on official visits to various countries around the globe to celebrate St Patrick's Day and promote Ireland. The most prominent of these is the visit of the Irish Taoiseach (Irish Prime Minister) with the US President which happens on or around St Patrick's Day. Traditionally the Taoiseach presents the US President a Waterford crystal bowl filled with shamrocks. This tradition began in 1952, Irish Ambassador to the U.S. John Hearne sent a box of shamrocks to President Harry S Truman. However, it was only after the meeting between Taoiseach Albert Reynolds and President Bill Clinton in 1994 that the presenting of the shamrock ceremony became an annual event for the leaders of both countries for St Patrick's Day.

In England, the British Royals traditionally present bowls of shamrock to members of the Irish Guards, a regiment in the British Army, following Queen Alexandra introducing the tradition in 1901. Fresh Shamrocks are presented to the Irish Guards, regardless of where they are stationed, and are flown in from Ireland.



Wearing of the Green

On St Patrick's Day, it is customary to wear shamrocks, green clothing or green accessories. St Patrick is said to have used the shamrock, a three-leaved plant, to explain the Holy Trinity to the pagan Irish. This story first appears in writing in 1726, though it may be older. In pagan Ireland, 3 was a significant number and the Irish had many triple deities, a fact that may have aided St Patrick in his evangelisation efforts. Icons of St Patrick often depict the saint "with a cross in one hand and a sprig of shamrocks in the other".



The first association of the colour green with Ireland is from the 11th century pseudo-historical book called *Lebor Gabála Éirenn* (The Book of the Taking of Ireland) which describes a mythological story of Goídel Glas (ancestor of the Gaels) who was bitten by a snake and saved from death by Moses placing his staff on the snakebite. As a reminder of the incident, he would retain a green mark that would stay with him and he would lead his people to a land that would be free of snakes. This is emphasized in his name Goídel which was anglicised to the word Gaelic and Glas which is the Irish word for green.

Another story from the *Lebor Gabála Éirenn* book, refers to Íth climbing the Tower of Hercules and he is so captivated by the sight of a beautiful green island in the distance that he must set sail immediately.



The colour green was further associated with Ireland from the 1640s, when the green harp flag was used by the Irish Catholic Confederation. Green ribbons and shamrocks have been worn on St Patrick's Day since at least the 1680s.

The Friendly Brothers of St Patrick, an Irish fraternity founded in about 1750, adopted green as its colour. However, when the Order of St. Patrick—an Anglo-Irish chivalric order—was founded in 1783 it adopted blue as its colour, which led to blue being associated with St Patrick.

During the 1790s, green would become associated with Irish nationalism, due to its use by the United Irishmen. This was a republican organisation—led mostly by Protestants but with many Catholic members—who launched a rebellion in 1798 against British rule. The phrase "wearing of the green" comes from a song of the same name, which laments United Irishmen supporters being persecuted for wearing green.

The late nineteenth and early twentieth centuries have seen the re-emergence of Irish cultural symbols, such as the Irish Language, Irish mythology, and the colour green, through the Gaelic Revival and the Irish Literary Revival which served to stir Irish nationalist sentiment.

The wearing of the 'St Patrick's Day Cross' was also a popular custom in Ireland until the early 20th century. These were a Celtic Christian cross made of paper that was "covered with silk or ribbon of different colours, and a bunch or rosette of green silk in the centre".





Montreal

One of the longest-running and largest St Patrick's Day parades in North America occurs each year in Montreal, whose city flag includes a shamrock in its lower-right quadrant. The parade has been held yearly without interruption since 1824. St Patrick's Day itself, however, has been celebrated in Montreal since as far back as 1759 by Irish soldiers in the Montreal Garrison following the British conquest of New France.

Saint John, New Brunswick

In Saint John, New Brunswick St. Patrick's Day is celebrated as a week-long celebration. Shortly after the JP Collins Celtic Festival is an Irish festival celebrating Saint John's Irish heritage. The festival is named for a young Irish doctor James Patrick Collins who worked on Partridge Island (Saint John County) quarantine station tending to sick Irish immigrants before he died there himself.

Manitoba

In Manitoba, the Irish Association of Manitoba runs a yearly three-day festival of music and culture based around St Patrick's Day.

Vancouver

In 2004, the CelticFest Vancouver Society organised its first yearly festival in downtown Vancouver to celebrate the Celtic Nations and their cultures. This event, which includes a parade, occurs each year during the weekend nearest St Patrick's Day.



Quebec City

In Quebec City, there was a parade from 1837 to 1926 and only returned in 2010, after more than 84 years. For the occasion, a portion of the New York Police Department Pipes and Drums were present as special guests.

Toronto

There has been a parade held in Toronto since at least 1863. There is a large parade in the city's downtown on the Sunday before 17 March which attracts over 100,000 spectators.

The Toronto Maple Leafs hockey team was known as the Toronto St. Patricks from 1919 to 1927, and wore green jerseys. In 1999, when the Maple Leafs played on St Patrick's Day, they wore green St Patrick's retro uniforms.

Calgary

In March 2009, the Calgary Tower changed its top exterior lights to new green CFL bulbs just in time for St Patrick's Day. Part of an environmental non-profit organisation's campaign (Project Porchlight), the green represented environmental concerns. Approximately 210 lights were changed in time for Saint Patrick's Day, and resembled a Leprechaun's hat. After a week, white CFLs took their place. The change was estimated to save the Calgary Tower some \$12,000 and reduce greenhouse gas emissions by 104 tonnes.



International Space Station

Astronauts on board the International Space Station have celebrated the festival in different ways. Irish-American Catherine Coleman played a hundred-year-old flute belonging to Matt Molloy and a tin whistle belonging to Paddy Moloney, both members of the Irish music group The Chieftains, while floating weightless in the space station on Saint Patrick's Day in 2011. Her performance was later included in a track called "The Chieftains in Orbit" on the group's album, *Voice of Ages*.

In 2013, Chris Hadfield took photographs of Ireland from earth orbit, and a picture of himself wearing green clothing in the space station, and posted them online on Saint Patrick's Day. He also posted online a recording of himself singing "Danny Boy" in space.



Criticism



Some argue Saint Patrick's Day has become too commercialised and tacky and have strayed from their original purpose of honouring St. Patrick and Irish heritage.

In recent years, St Patrick's Day celebrations have been criticised, particularly for their association with public drunkenness and disorderly conduct. St Paddy's celebrations have also been criticised for fostering demeaning stereotypes of Ireland and Irish people. An example is the wearing of 'leprechaun outfits', which are based on derogatory 19th century caricatures of the Irish. Some have described St Patrick's Day celebrations outside Ireland as displays of "Plastic Paddyneess"; where foreigners appropriate and misrepresent Irish culture, claim Irish identity, and enact Irish stereotypes.

Fun Facts:

- Paddy is derived from the Irish, Pádraig: the source of those mysterious, emerald double-Ds. Patty is the diminutive of Patricia, or a burger, and just not something you call a fella. There isn't a sinner in Ireland that would refer to a Patrick as "Patty". It's as simple as that!
- St Patrick was not actually Irish. He was Roman from Britannia.
- If we don't wear green, it's considered shameful and we get pinched. In addition to that, people often wear green on St. Patrick's Day to make themselves invisible to mischievous leprechauns. Anyone who practices the pinching tradition and pinches others who aren't wearing green can be compared to the leprechauns.
- The absence of snakes in Ireland gave rise to the legend that they had all been banished by Patrick chasing them into the sea after they attacked him during a 40-day fast he was undertaking on top of a hill.



CAMPAIGN NEWSLETTER – WINTER 2019

Forty years ago, Tommy Douglas wrote in a letter: "Unless there is a concerted effort to apply pressure on the Federal and Provincial governments, the erosion of Medicare will continue unabated and might even be accelerated. Our best hope lies in the Canadian Health Coalition...for the preservation and extension of Medicare. "

The Canadian Health Coalition was founded in 1979 out of deep desire to keep our health care system public and universal. We have continued to work towards these goals for the past 40 years and are proud to see public health care as one of Canada's greatest social equalizers. We hope you enjoy reading our latest campaign updates.

SUCCESSFUL LOBBY FOR PHARMACARE

On January 29, 2019, armed with their red folders, our 109 advocates from across Canada braved the snow and cold and met with 110 Liberal, Conservative, NDP, Green and Bloc Québécois Members of Parliament (MPs)! The lobby was an opportunity to join our voices in advocating for the federal government to take action to implement a Pharmacare program that is universal, public, portable, comprehensive and accessible.

The MPs were receptive and eager to hear what we had to say. Overall, we feel they were much more familiar with the issue of Pharmacare than they were a few years ago. They asked some interesting questions. Many MPs were willing to commit to taking concrete action and signed our Pharmacare pledge. We will be following up with all of them shortly.

We ended the lobby day with our first non-partisan parliamentary reception, "A Conversation About Pharmacare", co-sponsored by Assistant Deputy Speaker Carol Hughes (NDP), Liberal MP Bill Casey and Conservative MP Marilyn Gladu. It was great to see MPs work across partisan lines to sponsor this event and remind our advocates that their voices are important.

JOIN OUR 40TH ANNIVERSARY CELEBRATION – 2 CONTESTS

Calling All Writers

We are inviting everyone who loves to write to mark our important milestone by writing an essay showcasing how far Canada has come around the issue of public health care over the last 40 years. Essays must be under 600 words and the submission deadline is **March 12**.

The winning essays will be rewarded with a cash prize.

Find out how to send us your submission:

<http://healthcoalition.ca/40th-anniversary-essay-competition/>

For Students Only

We are also inviting young, budding filmmakers to mark our 40th anniversary by creating a video that reflects on the importance of public health care in Canada. We will reward three videos with a cash prize. Make sure to share this information with students you know.

For more information: <http://healthcoalition.ca/40th-anniversary-student-video-competition/>

BC Health Coalition NEWS:

On February 19, the provincial government released BC Budget 2019. Co-chair Edith MacHattie and organizer Nadine Nakagawa attended the budget lockup on behalf of the BC Health Coalition and compiled some of the highlights below:

1. Full elimination of MSP fees

Thanks to the tireless work of BC Health Coalition members and others across the province, BC Budget 2019 shows the full elimination of MSP fees as of January 1, 2020. This regressive tax placed an unfair burden on low and middle-income people across the province and we celebrate the work of advocates who are responsible for this victory.

2. Preliminary Poverty Reduction Measures

The first ever BC Poverty Reduction Plan will be announced in March and this budget included some measures to reduce poverty in BC including:

- B.C. Child Opportunity Benefit for families with children up to 18 years old
- Increased funding for family-based caregivers including foster parents – \$179 additional per month
- Increases to disability assistance and income assistance - additional \$50 per month
- Funding for 200 additional units of temporary modular housing
- Expanding Shelter Aid for Elderly Renters (SAFER) and Rental Assistance Program (RAP)

The BCHC recognizes that poverty is a major contributor to poor health outcomes and want to see the provincial government do more to eliminate deep poverty in BC.

3. Investment in Infrastructure

The government is investing in much needed health care facilities including redevelopment of Royal Columbian Hospital in New Westminster, a brand new St. Paul's hospital in Vancouver, and a new patient care tower at Royal Inland Hospital in Kamloops. Modern facilities are a critical part of the public health care system.

4. Investment in Pharmacare

The BC Government has invested \$105 million over three years in Fair Pharmacare to reduce deductibles for families with incomes under \$45,000 and eliminated deductibles for households with incomes between \$15,000 to \$30,000. We know that many seniors, families, and people on fixed income struggle to afford necessary medications. The BC Health Coalition believes that a national, universal Pharmacare plan is a necessary part of the health care system and the provincial government's investment is a crucial interim measure.

5. Funding For Youth Mental Health Services

This budget also includes a \$74 million investment in youth mental health services, including additional funding for expanding the provincial network of Foundry Centres. We know there's much work to do to ensure we have comprehensive and connected mental health services for everyone and the Foundry model is a great place to start.

BC Health Coalition Is Still Looking For Advancement On Some Key Priorities:

1. Community Health Centres (CHCs)

Budget 2019 re-iterated the government's support for team-based primary care. Community Health Centres (CHCs) are an interdisciplinary, team-based model that is well proven in Ontario, Saskatchewan, and Oregon.

In an announcement in May of 2018, Premier John Horgan and Minister of Health Adrian Dix announced CHCs as part of their primary care reform initiatives. BCHC members have been actively working to advocate for CHCs, which are evidence-based, responsive to, and governed by the communities they serve.

2. Seniors Care

The government has invested in seniors care, including funding for an additional 1.2 million hours of care this year. However the huge deficit in seniors care left by the previous government means that the province has a long way to go to create a system that provides seniors with the care and dignity they deserve. We will continue to advocate for increased home support and home care hours as well as improvements in residential care and assisted living. For more information on the state of seniors services in BC, click on the following link to see the report by the CCPA (Canadian Centre for Policy Alternatives).

https://www.policyalternatives.ca/sites/default/files/uploads/publications/BC%20Office/2017/03/access_to_seniors_care_report_170327%20FINAL.pdf

DISABILITY ALLIANCE BC

Changes Impacting People with Disabilities:

BC's Budget 2019 will impact many British Columbians with disabilities.

Some of the key changes pertaining to people with disabilities and their families are:

- Provincial disability (PWD and PPMB) and income assistance rates will be increased by \$50 per month, effective April 1, 2019
- A new B.C. Child Opportunity Benefit will be introduced in October 2020; it will allocate families living on low incomes with one child up to \$1,600 per year, two children up to \$2,600 and three children up to \$3,400
- \$26 million will be invested in income and disability assistance enhancements to the B.C. Employment Assistance program, with the aim of lessening barriers to supports
- \$6 million per year will be put toward respite services for parents who provide care for children with disabilities. Waitlists will be reduced and the respite benefit will be increased by 10%.

Disability Alliance BC (DABC) is encouraged by these changes and welcomes any increase to disability and income assistance rates, but acknowledges that the increase is insufficient to meet the needs of many British Columbians living on disability and income supports. DABC looks forward to learning more about the provincial government's Poverty Reduction Strategy, which will be introduced this spring.

To read more about Budget 2019, please read the provincial government's press release:

<https://news.gov.bc.ca/releases/2019FIN0019-000248>



February 19, 2019

Budget 2019 Keeps Education Funding Moving In The Right Direction, But More Needs To Be Done For Teacher Recruitment And Retention

The BC government's plan to keep investing record amounts in K-12 capital projects like new schools and seismic upgrades is strong, but the budget for operational funding is likely to fall short, said Clint Johnston, Second Vice-President of the BC Teachers' Federation.

"New schools and seismic upgrades are critical to proper learning environments and the safety of students and teachers," said Johnston. "It's good to see this government pushing ahead with record capital investments after years of school closures and stagnant funding by the previous government."

Johnston welcomed the announcement of \$550 million of new funding over three years but cautioned the year-over-year increases will fall short of what's needed to meet immediate needs like addressing the ongoing teacher shortage. In 2019-20, the government projects a year-over-year increase of \$182 million and a commitment to maintain that amount without any future significant increases.

"As enrolment continues to grow and new funds are required to make improvements to class-size, class-composition, and specialist teacher staffing ratios, BC will need to build on the funding increases announced in Budget 2019.

"The 3,700 new teaching positions funded by this government to date are a result of the BCTF's Supreme Court win. The restoration of our collective agreement language is what's driving the reduction of class sizes and the increase in supports for children with special needs. After 16 years of cuts under the previous government, those caps and ratios now need to be improved."

Affordability Measures Will Benefit Teachers and Their Families

On the government's ongoing efforts to address BC's affordability crisis, the BCTF's Clint Johnston said many teachers in BC will benefit from initiatives like accessible childcare, the elimination of interest on student loans, and the new BC Child Opportunity Benefit.

"BC teachers are some of the lowest paid in all of Canada and live in some of the most expensive communities. It's one of the reasons why teacher recruitment and retention is such a challenge. The effort to reduce costs and make life affordable for individuals and families will help many of our members. While BC needs to see more specific action to address the teacher shortage, I applaud this government for their commitment to tackle the province's affordability crisis."

For more information, contact Rich Overgaard, BCTF media relations officer:
604-871-1881 (office) or 604-340-1959 (cell)

BCTF Bargaining 2019: Our Kids and Their Teachers are Worth Investing In

In February 2019, the BC Teachers' Federation began bargaining with the provincial government and the BC Public School Employers' Association, the group that represents school districts. The BCTF's goal is to negotiate a new collective agreement by June 30, 2019, when the current one expires. Since there is a collective agreement in place until then, these contract talks will not affect schools in any way.

WHAT ARE BC TEACHERS ASKING FOR?

Salary Improvements

Teachers work hard in busy, diverse, and complicated classrooms every single day to give all students the support they need. They deserve fair pay for their work. But over the past 16 years, teachers' salaries in BC have fallen behind other provinces. BC needs to improve teachers' salaries and offer other recruitment and retention initiatives to ensure our schools and classrooms are properly staffed to support all students.

Teacher salaries across Canada How does BC compare?

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.



*Weighted average

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

Class-size and composition improvements

After a long legal battle against the former BC Liberal government, in 2016 the BCTF won a landmark victory at the Supreme Court of Canada that restored class-size and composition standards in our collective agreements. They had been unconstitutionally stripped away by then education minister Christy Clark in 2002. That led to 15 years of teacher layoffs, cuts to specialist teachers, increased class sizes, and fewer supports for children with special needs.

Now that those class-size, class-composition, and staffing ratios are back, they need to be improved. In many school districts, there are actually no standards for class-size in Grades 4–12 or for class-composition. That means some BC students and teachers don't have access to the same level of services

How does collective agreement language help kids and teachers?

Collective agreement standards on class-size, class-composition, and staffing ratios drive increased supports into schools. That means more teachers providing much needed services to students, especially those with special needs.

When the BCTF's stripped contract language was restored by the court, the BC government was required to create 3,700 new teaching positions. Class sizes got smaller and more specialists like school counsellors, teacher-librarians, and special education teachers started working with students. Without the collective agreement provisions, those improved services are threatened. In addition, the standards in the collective agreement are the "floor," not the "ceiling." With proper government funding, supports for students can always be enhanced.

How is the teacher shortage affecting BC kids?

As of February 2019, there were still more than 300 unfilled teaching positions in BC. With more than half the school year completed, that means BC kids haven't received all of the supports they need. The shortage grows when you consider all the on-call teachers needed to fill in for sick days and the historic number of unqualified and uncertified individuals currently teaching in classrooms.

Throughout this school year and the previous one, there were many instances when students with special needs had their specific programs or instruction cancelled because of the shortage. Too often, specialist teachers are being redeployed from their small group or one-on-one work to cover classroom vacancies.

According to labour market projection, BC is going to need 17,000 new teaching staff over the next decade due to retirement and enrolment growth, so inaction will only make the problem worse.

Watch and share the BCTF's latest television ad on [Facebook](#) and [Twitter](#) to help let the government know that our kids and their teachers are worth investing in!

BCTF Supports a Plan for Everyone:

3.5 million Canadians can't afford to fill their prescriptions.
Help win a universal prescription drug plan for everyone!

Sign the Petition: <http://www.aplanforeveryone.ca/>

From Bob Taverner – Past President of BCRTA

REQUEST - Judges or Adjudicators for a Writing Contest

- Sponsored by the Freemasons of BC and Yukon
- Pilot project for Vancouver Island senior secondary students



The month of May is International Civility Month. Winners awarded by May 31st.

WRITING CONTEST 2019: (open until midnight, April 30th, 2019)

"Civility as Seen through the Eyes of a Vancouver Island Senior Secondary Student"

With prizes of **\$1500** a second prize of **\$1000** and a third prize of **\$500**

No strings attached to the use of the prizes – could be applied against tuition and expenses for further education or even for personal use and travel.

Initial contest is limited to Vancouver Island. If successful, it will be extended to other parts of the province in 2020 & 2021.

Now, we need people who are willing to serve as judges/adjudicators for the papers that are submitted by the students. Are **YOU** willing to assist in this project? Or, do you know anyone who might like to volunteer?

Why are the Freemasons of British Columbia/Yukon sponsoring this contest?

<https://www.unitedpeninsula.ca/community.html>

Freemasonry is a fraternal organisation that traces its origins to the local fraternities of stonemasons, which from the end of the fourteenth century regulated the qualifications of masons and their interaction with authorities and clients. Virtues such as charity, truth, respect and civility are some of the basic tenets. Sometimes in the rush of the modern world, society forgets about civility and how to treat others. Many people forget the golden rule – do unto others, as you would have them do, unto you.

The Grand Lodge of Freemasons of British Columbia was established in 1871 – the same year British Columbia joined Confederation. In 2021, Freemasonry and British Columbia celebrate their sesquicentennial – that's 150 years!

Freemasons view sponsoring "Civility as Seen Through the eyes of a Senior Secondary Student" as an opportunity for all of us – our responsibility to inform, remind and practice within society those virtues and behaviors we expect from each other in Freemasonry: Brotherly Love, Relief and Truth and to treat others with respect. We can agree to disagree, but we don't have to be disagreeable!

It was President John F. Kennedy (JFK) in his inaugural address at the height of Cold War who said; "So let us begin anew—remembering on both sides that civility is not a sign of weakness, and sincerity is subject to proof."

Please join us in the practice of Civility and help us celebrate International Civility Month 2019 by encouraging our Senior Secondary Students to submit an entry to the Grand Lodge of Freemasons "*Civility as Seen through the Eyes of a Senior Secondary Student*" contest. The contest is open to *all Grade 11 & 12 Vancouver Island students in all public, private, and independent schools. Homeschool students are also eligible; however, additional verification of their student status will be required prior to the award of a prize. The physical location of the school where the student is normally attending classes, or in the case of a homeschool student, residential address, must be on Vancouver Island.

To enter, students write a 1000-1250 word original essay which addresses the contest subject: "*Civility as Seen through the Eyes of a Senior Secondary Student*"

The essay will be evaluated on the following criteria:

- Mechanics (Spelling, grammar, punctuation and paragraphing)
- Writing Quality
- Relevancy
- Passion
- Societal Impact (Inspirational)



Winners will be announced on or before May 31st 2019, and award cheques will be coordinated with the students' schools.

*Students who are immediate family members of any of the judges are not eligible for this contest

Contest Entry form: <https://www.emailmeform.com/builder/form/wi973c4UYHpg9czJS3my7d>

Thank you for your attention to this initiative.

If you wish to be a judge or adjudicator for this writing contest, contact the following:

Bob Taverner
rvtaverner@gmail.com
250-585-3066

Judge/Adjudicator needed for writing contest sponsored by Freemasons!

PQRTA MEMBER TRAVEL TALES:



Gerry Galey was in MEXICO!

At Ajijic Elementary School in Mexico and thought this was interesting:

On the outside wall are effigies (with names) of dear departed alumni staff. Wall is quite large.

School is totally enclosed; but you can hear teacher & children's' voices, from the street.



BCRTA
BC Retired Teachers' Association



Trip Merchant partners with membership-based organizations, providing their members with exclusive travel savings! Trip Merchant works hard at negotiating reduced rates on your behalf with a wide variety of travel suppliers to accommodate different travel styles such as; ocean cruising, river cruising, rail journeys, solo travel, adventure travel, guided tours, luxury travel and more, to provide you with a trip of a lifetime!

Your dedicated travel website connects you seamlessly with a specialist based on your specific request, allowing for a stress free experience. All you need to do is find the trip you're interested in and either call the toll-free number provided or fill out the online form. You will be responded to in a timely manner.

TRIP MERCHANT
WISHES YOU AN
UNFORGETTABLE
TRAVEL
EXPERIENCE!

KEY FEATURES/BENEFITS

- EASY TO USE AND NAVIGATE
- PASSWORD PROTECTED FOR MEMBERS ONLY ACCESS
- MEMBER EXCLUSIVE SAVINGS
- LAST MINUTE DEALS
- SUBSCRIBE TO OUR TRAVEL E-NEWSLETTER
- MATCH UP WITH OTHER SINGLE TRAVELERS
- LOYALTY PROGRAM
- SHARE TRIP EXPERIENCES
- THE LATEST TRAVEL INDUSTRY NEWS & UPDATES
- FIND OUT ABOUT SCHEDULED GROUP DEPARTURES
- WANT TO ORGANIZE A GROUP DEPARTURE? FIND OUT HOW!
- 24/7 CHAT
- INSPIRATIONAL VIDEOS
- CALL/EMAIL DIRECTLY FROM TRAVEL SITE - USE PROMO CODE
- SAVINGS APPLICABLE TO FAMILY/FRIENDS

WWW.TRIPMERCHANT.COM

Get discounts for BCRTA members, as well as friends and family of members! Check out the BCRTA dedicated travel website by Trip Merchant! Singles share! <https://bcrtatripmerchant.ca//> password: BCRTATM18

MEASLES:

<https://www.mayoclinic.org/diseases-conditions/measles/symptoms-causes/syc-20374857>

Measles is a childhood infection caused by a virus. Once quite common, measles can now almost always be prevented with a vaccine.

Also called Rubeola, measles can be serious and even fatal for small children. While death rates have been falling worldwide as more children receive the measles vaccine, the disease still kills more than 100,000 people a year, most under the age of 5.

As a result of high vaccination rates in general, measles hasn't been widespread in the United States for more than a decade. The United States averaged about 60 cases of measles a year from 2000 to 2010, but the average number of cases jumped to 205 a year in recent years. Most of these cases originate outside the country and occurred in people who were unvaccinated or who didn't know whether or not they had been vaccinated.



Signs and Symptoms of Measles:

Appears around 10 to 14 days after exposure to the virus and typically include:



- Fever
- Dry cough
- Runny nose
- Sore throat
- Inflamed eyes (conjunctivitis)
- Tiny white spots with bluish-white centers on a red background found inside the mouth on the inner lining of the cheek — also called Koplik's spots
- A skin rash made up of large, flat blotches that often flow into one another

The infection occurs in sequential stages over a period of two to three weeks.

- **Infection and incubation.** For the first 10 to 14 days after you're infected, the measles virus incubates. You have no signs or symptoms of measles during this time.
- **Nonspecific signs and symptoms.** Measles typically begins with a mild to moderate fever, often accompanied by a persistent cough, runny nose, inflamed eyes (conjunctivitis) and sore throat. This relatively mild illness may last two or three days.
- **Acute illness and rash.** The rash consists of small red spots, some of which are slightly raised. Spots and bumps in tight clusters give the skin a splotchy red appearance. The face breaks out first.

Over the next few days, the rash spreads down the arms and trunk, then over the thighs, lower legs and feet. At the same time, the fever rises sharply, often as high as 104 to 105.8 F (40 to 41 C). The measles rash gradually recedes, fading first from the face and last from the thighs and feet.

- **Communicable period.** A person with measles can spread the virus to others for about eight days, starting four days before the rash appears and ending when the rash has been present for four days.

When to See a Doctor

Call your doctor if you think you or your child may have been exposed to measles or if you or your child has a rash resembling measles.

Review your family's immunization records with your doctor, especially before starting elementary school, before college and before international travel.



Causes

Measles is a highly contagious illness caused by a virus that replicates in the nose and throat of an infected child or adult. Then, when someone with measles coughs, sneezes or talks, infected droplets spray into the air, where other people can inhale them.

The infected droplets may also land on a surface, where they remain active and contagious for several hours. You can contract the virus by putting your fingers in your mouth or nose or rubbing your eyes after touching the infected surface.

About 90 percent of susceptible people who are exposed to someone with the virus will be infected.

Risk Factors:

- **Being unvaccinated.** If you haven't received the vaccine for measles, you're much more likely to develop the disease.
- **Traveling internationally.** If you travel to developing countries, where measles is more common, you're at higher risk of catching the disease.
- **Having a vitamin A deficiency.** If you don't have enough vitamin A in your diet, you're more likely to have more-severe symptoms and complications.



Complications:

- **Ear infection.** One of the most common complications of measles is a bacterial ear infection.
- **Bronchitis, laryngitis or croup.** Measles may lead to inflammation of your voice box (larynx) or inflammation of the inner walls that line the main air passageways of your lungs (bronchial tubes).
- **Pneumonia.** Pneumonia is a common complication of measles. People with compromised immune systems can develop an especially dangerous variety of pneumonia that is sometimes fatal.
- **Encephalitis.** About 1 in 1,000 people with measles develops a complication called encephalitis. Encephalitis may occur right after measles, or it might not occur until months later.
- **Pregnancy problems.** If you're pregnant, you need to take special care to avoid measles because the disease can cause preterm labor, low birth weight and maternal death.

Prevention

If someone in your household has measles, take these precautions to protect vulnerable family and friends:

- **Isolation.** Because measles is highly contagious from about four days before to four days after the rash breaks out, people with measles shouldn't return to activities in which they interact with other people during this period.

It may also be necessary to keep non-immunized people (siblings, for example) away from the infected person.

- **Vaccinate.** Be sure that anyone who's at risk of getting the measles who hasn't been fully vaccinated receives the measles vaccine as soon as possible. This includes anyone born after 1957 who hasn't been vaccinated, as well as infants older than 6 months.

The first dose for infants is usually given between 12 and 15 months, with the second dose typically given between ages four and six years. If you'll be traveling abroad before your child is a year old, talk with your child's doctor about getting the measles vaccine earlier.



Preventing New Infections

If you've already had measles, your body has built up its immune system to fight the infection, and you can't get measles again. Most people born or living in the United States before 1957 are immune to measles, simply because they've already had it.

For everyone else, there's the measles vaccine, which is important for:

- **Promoting and preserving widespread immunity.** Since the introduction of the measles vaccine, measles has virtually been eliminated in the United States, even though not everyone has been vaccinated. This effect is called herd immunity.

But herd immunity may now be weakening a bit, likely due to a drop in vaccination rates. The rate of measles in the U.S. recently jumped from an average of 60 cases a year to 205 cases annually.

- **Preventing a resurgence of measles.** Steady vaccination rates are important because soon after vaccination rates decline, measles begins to come back. In 1998, a now-discredited study was published erroneously linking autism to the measles, mumps and rubella (MMR) vaccine.

In the United Kingdom, where the study originated, the rate of vaccination dropped to an all-time low of about 80 percent of all children in 2003-2004. In 2008, there were nearly 1,400 lab-confirmed cases of measles in England and Wales.



DID YOU KNOW?

The doctor who claimed there was a link between autism and vaccines created fraudulent data for his study and lost his medical license.

Vancouver Island Health

February 19, 2019

While there are still no confirmed cases of measles within the Island Health region, we have still been receiving many questions about the vaccine.



FREQUENTLY ASKED QUESTIONS:

Do I need a measles booster?

If you were born **between 1970 and 1994** or grew up outside of BC, you may have had only one dose of measles vaccine and need a second dose to be fully protected. If you're not sure, you can ask for a titre test to check for immunity.

Learn more: <https://www.healthlinkbc.ca/healthlinkbc-files/measles-mumps-rubella-vaccine?fbclid=IwAR36eSysXT4gSJgAXseHaa12eTJHTJRprCtzkMUPsd4VOHsPj6PBKBRndL4>

People born **before 1970** are generally assumed to have acquired immunity to mumps/measles from natural infection. However, those who do not have a history of this disease or vaccine should talk to their health care provider about getting vaccinated. Without a record of immunization, or proof of immunity to a disease, a person is considered unimmunized and unprotected.

Where can I get the measles vaccine?

The measles, mumps and rubella (MMR) vaccine is available from your local health unit, family doctor, many pharmacists (for children 5 and over), and travel clinics. Try the pharmacy at SaveOn or Pharmasave, but call ahead to confirm availability of MMR vaccine.



How do I access my immunization records?

If you do not have a copy of your records, call the public health unit closest to where you received your immunizations to request your records.

<https://www.islandhealth.ca/our-locations/health-unit-locations?fbclid=IwAR0i8cKjCm4OPUY2VuLgmHcrFOVOtivdp00q2i8Eh0F1RpgTDfPj-quG1t8>

Other Information:

If you had measles as a child, you have a life-long immunity and do not need the vaccine.

It's impossible to get or transmit a disease from a vaccine, because the pathogen is either dead or so weakened (attenuated) that it can't cause a disease. Don't believe those who say otherwise, they have been misinformed by anti-vax websites.

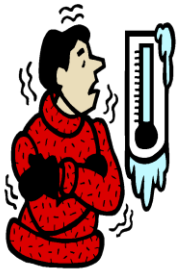
There is no harm in getting a booster, if you do not know whether or not you are up to date with the booster. Mumps immunity tends to wane over time, so it's a good idea to get an MMR booster for that as well. It's another disease making a comeback and can cause infertility.

SEVEN SURPRISING WAYS COLD WEATHER HELPS YOUR BODY

By Isadora Baum and Jen McCaffery - Jan/Feb. 2019 Readers' Digest

BOOSTS YOUR BRAIN

Colder temperature can help you think more clearly. A 2017 study from Stanford University found that people perform some cognitive task, such as making decisions and staying calm, with more control when the thermostat drops – essentially, they become less impulsive. Research has also shown that people are less inclined to tackle complex tasks in the summer than in winter – and for good reason. The brain requires glucose to function, but the body uses more of it when it's warm in order to keep its temperature down, leaving less fuel for reasoning and recall.



BURNS CALORIES

When it's cold, your body works harder to maintain your core temperature, which is typically about 37 Celsius. "Our bodies use a considerable amount of energy to keep us warm and to humidify the air we breathe when we're out in the cold," explains Stacy Tucker, a registered nurse and co-founder of Almeda Labs in Kansas City. So, lace up your boots: A 2017 American study of 53 people showed that participants burned 34 percent more calories while hiking when the temperature hovered between -5 and -10 Celsius, than they did while hiking on 10C days.

FIGHTS DIABETES

Exposure to mild cold weather can help diabetic people by activating their "brown fat" – tissues used to produce heat. This, in turn, helps absorb excess glucose in the blood. "Repeated cold exposure will lead to improved insulin sensitivity, even for people who aren't diabetic," says Denis Blondin, a researcher at the Centre Hospitalier Universitaire de Sherbrooke in Quebec. A 2017 study from the University of Toronto showed that pregnant women exposed to cold outdoor air temperatures were less likely to develop gestational diabetes than those in warmer climates.

ALLEVIATES ALLERGIES

"Some allergies can decrease in the winter – those triggered by tree, grass and weed pollen, for example – as there's less pollination in colder temperatures," says Angel Waldron, a spokesperson for the Asthma and Allergy Foundation of America. "However, if a person is allergic to mould, their allergies can worsen in cold temperatures since there is more of it."

ENCOURAGES BETTER SLEEP

Your body's core temperature drops when you're trying to sleep. This process can take up to two hours in the summer, but it's much faster in winter, says Tucker. Plus, with darker mornings, you naturally sleep later.



HELPS PREVENT INFECTIONS

Yes, you might fall victim to more viruses during the winter. However, studies have shown that immune system can be activated by more frigid temperatures, which enhances our ability to stave off infections, explains Tucker. That said, the flu thrives in cold, dry air. Plus, time spent indoors, among others who are infected, can increase your chance of catching an illness. To reduce that risk, get your annual flu shot, wash your hands frequently and get outside.

STRENGTHENS YOUR HEART

In cold weather, the heart works harder during periods of physical exertion to pump blood and maintain the body's temperature. That's a good thing. "Exercising outdoors in the winter makes heart muscles stronger," says Tucker. Once you warm up, you may be able to go farther than when it's hot outside. But if you're at risk for heart disease, be careful when exercising outdoors in the cold. It can raise blood pressure, and decrease oxygen to the brain, putting stress on your heart.

MISH-MASH of MEDICAL NEWS:



4 Edible Weeds:

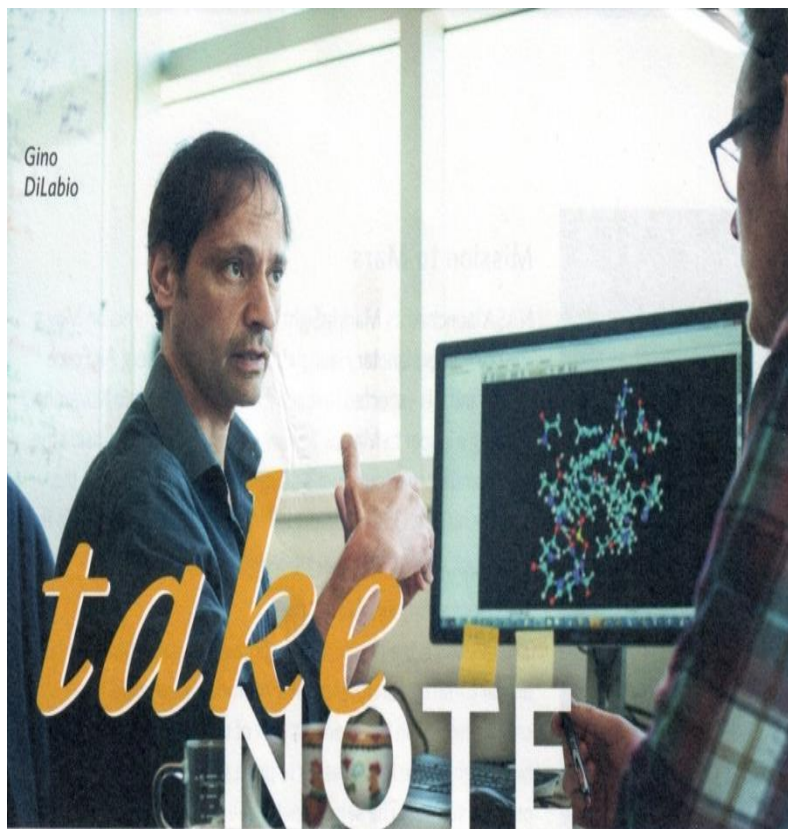
https://davidsuzuki.org/queen-of-green/four-edible-weeds/?utm_campaign=queenOfGreen-edibleWeeds-en-16nov2017&utm_source=facebook&utm_medium=page-postcard

9 amazing health benefits of eating Swiss chard:

<http://www.activebeat.com/diet-nutrition/9-amazing-health-benefits-of-eating-swiss-chard/?streamview=all>

Is Being Unsociable Key to Creativity?

https://www.medicalnewstoday.com/articles/320173.php?utm_campaign=trueAnthem%253A+Trending+Content&utm_content=5a1aaf1904d3017f7299843f&utm_medium=trueAnthem&utm_source=facebook



Powerful artificial antioxidant

Naturally-derived antioxidants have become the "it" health ingredient to look for in food. But researchers from UBC Okanagan and the University of Bologna have discovered that TEMPO – a well-known artificial antioxidant – is up to 100 times more powerful than nature's best and could help counteract everything from skin damage to Alzheimer's disease.

Free radicals are highly reactive molecules that are naturally present in the body and are created during routine natural processes like breathing, according to UBC chemistry professor and study co-author **Gino DiLabio**.

"Free radicals are a natural part of human metabolism. But when our bodies have too many, like when we're exposed to UV radiation from the Sun, when we smoke, or even when we drink

TREK – Fall 2018 Alumni UBC Publication

alcohol, it can be a problem," says DiLabio. "These extremely reactive molecules can damage cells or DNA and can contribute to many different diseases, like Alzheimer's, and some researchers think they may even be responsible for aging."

While the body already has its own chemical defenses against free radicals through vitamin C and vitamin E, DiLabio and his colleagues wanted to know how a human-made antioxidant called TEMPO would perform.

To explore the idea, the researchers used a mimicked cell environment to test how effective TEMPO was in converting free radicals to non-harmful molecules compared with vitamin E.

"We were surprised to learn that TEMPO was up to 100 times faster at converting free radicals than vitamin E in fatty environments," says DiLabio. "That means that it could be a particularly effective means of protecting skin tissues or even the walls of cells from radical damage."

Dilabio says that the study may lead to the development of a pharmaceutical therapy to help prevent free radical damage.

"I could see this leading to the development of a topical cream to protect your skin after exposure to the Sun or even a pill that could protect your neurons from getting damaged. The possibilities are very exciting."

HERBS FOR ANXIETY



MULLEIN



VALERIAN



LEMON BALM



MEADOW SWEET



HOPS



PASSION FLOWER



GINKGO BILOBA



PEPPERMINT



LAVENDER



BERGAMOT



CALIFORNIA POPPY



VERVAIN



MOTHERWORT



ASHWAGANDHA



HYSSOP



ST. JOHN'S WORT



CHAMOMILE



COWSLIP



SKULLCAP

SELF REGULATION COPING STRATEGIES



POINTS TO PONDER:



Self-Checkout Kills Jobs:

<https://www.cbc.ca/news/business/self-checkout-cashier-jobs-retail-automation-1.4937040>

Floating Bitumen Puck could be answer to Oil spills

A new technology is trying to make it safer and cheaper to transport bitumen from Alberta's oilsands. The plan is to seal bitumen inside plastic pucks that are about the size of a bar of soap. They float in water and can be loaded into ordinary rail container cars, as well as onto ships. The idea was developed by Wapahki Energy, a business owned by Heart Lake First Nation, and CN Rail. They say the bitumen pucks could be deployed and sent all over the world by late next year.

<https://www.cbc.ca/news/business/cn-rail-canapux-1.4982153?cmp=newsletter-Morning%20Brief%20FRI%20JAN%2018%202019>

What's in your DNA? A test of the tests

Getting a DNA test to unlock your ancestral history is incredibly popular. Millions of people have done it and the biggest companies take in revenues in the hundreds of millions of dollars a year. So you might expect their results to be pretty accurate.

Maybe not. Charlise Agro, host of CBC's Marketplace, is a twin. She and her sister Carly submitted their DNA last year to AncestryDNA, MyHeritage, 23andMe, FamilyTreeDNA and Living DNA. Being identical twins, there is no statistical difference in their DNA, so it should produce the same results. But when they got those results, there were some big discrepancies.

One company said Charlise is 28 per cent eastern European, but Carly is only 24.7 per cent. It also said Charlise is part French and German, but Carly isn't. "The fact that they present different results for you and your sister, I find very mystifying," said Dr. Mark Gerstein, a computational biologist at Yale University.

It gets even more confusing. All five companies offered different breakdowns of the Agros' ancestry. One company said the twins have some Middle Eastern heritage, whereas the other four said there was none at all. The companies say they use algorithms to sift through the data in order to reach conclusions. Each one uses a different algorithm, so the calculations vary.

The companies also say your results could change at a later date. As more people get tested, and the databases get bigger, re-crunching the numbers leads to different conclusions about the makeup of a person's ethnicity. Buyer beware!

Twins Get Mystifying Results With DNA Test Kits:

<https://www.cbc.ca/news/technology/dna-ancestry-kits-twins-marketplace-1.4980976?cmp=newsletter-Morning+Brief+FRI+JAN+18+2019>

Canada's Forests Actually Emit More Carbon Than Absorb – Contrary to popular opinion

<https://www.cbc.ca/news/canada/calgary/canada-forests-carbon-sink-or-source-1.5011490?cmp=newsletter-Morning%20Brief%20TUE%20FEB%2012%202019>

WELCOME to NEW PQRTA MEMBERS!

- Ena Cousins
- Miriam Callaway
- Phyllis Robertson
- Frances Samouilhan



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).

If you wish to make a donation, 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.



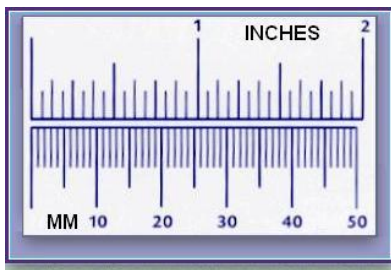
Send your ORES donation to the following:

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

Or phone 250-927-0375 for pick up.

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 – Thurs. Feb. 14, 2019

Seven of us had a lot of fun playing games at the Shoreline Clubhouse in Parksville.



Elaine Young and Eva Hilborn played a vintage game called Wide World.



Phyllis Robertson, Maryann Maybroda and Elaine Young played Monopoly.



Teri Hitch



Cathy Van Herwaarden,
the Primary Teacher



"Crazy Legs" Hilborn!



**Fun,
Fun,
Fun!**



Do you know anyone who could benefit from Eva's generosity?

\$

4

0

0

0

EARLY CHILDHOOD EDUCATORS
**EMPOWER OUR
FUTURE GENERATION**



EVA HILBORN
EARLY CHILDHOOD EDUCATION AWARD
VANCOUVER ISLAND UNIVERSITY

\$4000

AVAILABLE TO A VIU STUDENT FROM OCEANSIDE ENROLLED
IN THE 2019 - 2020 ECE - TWO YEAR DIPLOMA COURSE

- 1 VISIT WWW.VIU.CA
- 2 REGISTER FOR A DIPLOMA COURSE
- 3 APPLY FOR VIU STUDENT'S AWARD

STUDENT'S AWARD DEADLINE **MARCH 31, 2019**

**Canadian Federation of Women – Parksville Qualicum
Scholarship Bursary Trust 2019 to 2020**

100 year anniversary award for School District 69
Undergraduate Post Secondary & Women High School Graduates
\$4000 for Early Childhood Education Students

\$3000 – James C Reid Memorial Scholarship
\$2000 – Return to School Bursary

Application deadline: June 1, 2019

More info: <http://cfuwpq.ca/about-the-scholarship-and-bursary-trust/>

CFUW PARKSVILLE-QUALICUM
100 YEARS OF STRONG WOMEN 1919 - 2019

INTERNATIONAL WOMEN'S DAY 2019

THINK EQUAL
BUILD SMART
INNOVATE

DR. LAURA PARISI
CHAIR, GENDER
STUDIES, UVIC



FRI, MARCH 8, 7 - 9 pm
Parksville
Community Centre
ENTRANCE BY DONATION

Artworks by
Cathy Stewart, AFCA
Heritage Fashion Show
Refreshments

www.cfuwpq.ca

#Think Equal, Build Smart, Innovate

Seaside Room - Parksville Community Centre - 132 Jensen Ave. Parksville

"Think Equal, Build Smart and Innovate for Gender & Economic Equality".

Our 100 year anniversary evening will also include: Information Displays and
tasty Refreshments - Coffee, Teas and Baked Goods.

Entrance by Suggested Donation \$10



Oceanside Health & Wellness Fair

OceansideHealthyLiving.com

Saturday, March 16
10am - 5pm

**Parksville Community
and Conference Centre**
132 East Jensen Ave, Parksville

**The Premier Health Fair
in Oceanside**

*Seminars, exhibits, demos,
prizes and food.*

HIGH TEA:
Saturday 2 pm

- \$15.00 advance ticket purchase required
- Available online, at Accura Denture Clinic at French Creek Landing, and Parksville Pharmasave



**FREE TO
ATTEND**

SPONSORED BY:



Aiken and Associate Accounting



Essential Oils Nanaimo
EMPOWERING CHRONIC WELLNESS

LIVE WELL WITH
PHARMASAVE



Join Us In A Celebration Of Trees!



Communities Protecting Our Coast presents a **Brant Festival Event**

Call OF THE FOREST

A Film by Jeff McKay

The Forgotten Wisdom of Trees

Based on the work of Visionary Scientist Diana Beresford-Kroeger

SUNDAY MARCH 24 at 2:00 pm
Seaside Auditorium Parksville Civic Centre

MC & Moderator: Internationally acclaimed poet John Beaton

Admission by Donation

Panel members:

Richard Boyce: documentary filmmaker, media instructor VIU

Kim Recalma: educator, film producer, former elected chief Qualicum First Nations

Dr. Robert Gifford: Professor Psychology and Environmental Studies, UVIC

Joe Martin: Nuu-chah-nulth traditional carver and ambassador

Torrance Coste: Western Canada Wilderness Committee



Thank you to our partners

Canadian Federation of University Women-PQB



Arrowsmith Naturalists

and support from





MEDICAL CANNABIS Conference

The first event of its type in Canada.

Join us for a day of learning opportunities and insight into the use of medical cannabis in treating older adults.

Date
Saturday, March 23, 2019

Time
9am to 5pm

Location
Vancouver Island Conference Centre

For conference agenda and ticket information
visit medicalcannabisconference.ca
or call 250-754-3331

Powered by the Nanaimo Family Life Association



Join us on **Saturday March 23rd, 2019**, for a ground-breaking conference to inform and empower older adults on medical cannabis, to share the most recent research findings and to hear from those experts in the field and from others with lived experience.

As the first event of its type in Canada, presentations will also be invaluable to medical professionals, caregivers and senior service providers. Gain timely information on the future of medical cannabis and the emerging needs of older adults, with expert advice on how we can-all-live our best lives.

- Hear directly from older adults who have used and benefited from medical cannabis.
- Ask an expert about legalities and access.
- Visit the trade show featuring medical cannabis services and products from across Vancouver Island.
- Learn about investing in stock, insurance, and alternative health and wellness paths.

Free parking can be found at the Bastion Street Parkade, as well as some above ground spaces downtown. For Lunch: A concession will be available on site. As well, there are many available restaurants in the downtown core.

On March 23rd, you can get answers to all your questions in a relaxed and comfortable environment. Access current and practical information on how medical cannabis is being used for treating illnesses, particularly diseases associated with aging such as chronic pain, anxiety, and other mental health issues.

CONFERENCE TOPICS:

Scientific Research

Learn about the results of scientific research on cannabis use in older patients.

Medical Discussions

Medical discussions on cannabis use for pain-relief and potential contra-indications with other medicines commonly prescribed to older adults.

Panel Sessions

Panel sessions will include advice by professionals on what questions to ask your health care practitioner in the areas of prescriptions, acquiring medical cannabis, and the legal ramifications of potential impairment.

Listen to First-Hand Experience

Hear from older adults with lived experience who have found relief from chronic pain conditions as a result of injury and hear about their journey in navigating acquisition of medical cannabis in our current healthcare system.

Expo

Explore the Expo area where you will be given the opportunity to obtain information on referral agencies, products and accessories from our sponsors and other senior service providers.



CONFERENCE SCHEDULE:

8:30am	Doors Open at Vancouver Island Conference Centre
9:00am	Opening Remarks and Introductions
9:15 to 10:15am	Dr. Robert Sealey: Cannabis 101 – A Primer & Intro to Medical Cannabis
10:00am	Trade Show Opens
10:15am to 10:30am	Health Break
10:30am to 12:00pm	Philippe Luca, VP of Global Patient Research Tilray – Medical Cannabis: The Past, The Present, The Future
12:00pm to 1:00pm	LUNCH – On your own: Concession or restaurant
12:15pm to 2:15pm AND 2:45pm to 3:45pm	Live Your Best Life – A Shared Experience Panel: Access, Legalities, Impairment, and MORE! Same panel convenes twice to ensure ample opportunity to visit tradeshow booths and give adequate time for discussions with industry professionals.
5:00pm	Trade Show Closes – Conference Ends

For our March PQRTA program event, we are going to take advantage of the Cannabis Conference for Seniors. We will carpool in private cars to Nanaimo. COST: Non-refundable \$25 per ticket (Plus gas and lunch?)

DEADLINE: **Monday, March 11th Midnight** to purchase with PQRTA group.

CONTACT: Cathy Van Herwaarden cathyvanh@gmail.com OR 250.248.0412

For more information: <https://medicalcannabisconference.ca/>

WITTY SAYINGS - Say each sentence quickly to tease yourself!

1. Those who jump off a bridge in Paris are in Seine.
2. Dijon vu - the same mustard as before.
3. A hangover is the wrath of grapes.
4. Reading while sunbathing makes you well red.
5. When two egotists meet, it's an I for an I.
6. A bicycle can't stand on its own because it is two tired.
7. What's the definition of a will? It's a dead give away.
8. With her marriage, she got a new name and a dress.
9. You feel stuck with your debt, if you can't budge it.
10. Acupuncture is a jab well done.
11. Once you've seen one shopping center, you've seen a mall.
12. A lot of money is tainted – Taint yours and taint mine

Just for laughs



Crabby Road



©Hallmark Licensing, Inc.

Maxine.com

Crabby Road



MATHEMATICS: Politicians Explained What Makes 100%?

What does it mean to give MORE than 100%? Ever wonder about those people who say they are giving more than 100%? We have all been to those meetings where someone wants you to give over 100%. How about achieving 103%? What makes up 100% in life?

Here's a little mathematical formula that might help you answer these questions:
If the English alphabet of 26 letters...

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z...is represented as:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26. Then:

H-A-R-D-W-O-R-K $8+1+18+4+23+15+18+11 = 98\%$

And **K-N-O-W-L-E-D-G-E** $11+14+15+23+12+5+4+7+5 = 96\%$

But, **A-T-T-I-T-U-D-E** $1+20+20+9+20+21+4+5 = 100\%$

And, **B-U-L-L-S-H-I-T** $2+21+12+12+19+8+9+20 = 103\%$ AND,
look how far ass-kissing will take you.

A-S-S-K-I-S-S-I-N-G $1+19+19+11+9+19+19+9+14+7 = 118\%$

So, one can conclude with mathematical certainty, that while Hardwork and Knowledge will get you close, and Attitude will get you there. It's the Bullshit and Ass Kissing that will put you over the top. Now you know why Politicians are where they are!



In 1920...

"As democracy is perfected, the office of the President represents, more and more closely, the inner soul of the people. On some great and glorious day, the plain folks of the land will reach their heart's desire at last, and the White House will be occupied by a downright fool and a complete narcissistic moron."

— H.L. MENCKEN,
THE BALTIMORE EVENING SUN,
JULY 26, 1920



Thanks to PQRTA Member, Gerry Galey, for this tidbit!

In 2019...

It's OK to pretend we're Irish on St. Patrick's Day.
We have a man pretending he's our President don't we?





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**



March Events - Parksville and Qualicum Beach Area

<http://www.visitparksvillequalicumbeach.com/events-2019-3/>

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

Mar. 10 – Daylight Saving Time (spring forward one hour)

Mar. 17 – Happy St. Patrick's Day – remember to wear green!

Mar. 20 – First Day of Spring

Mar. 23 – Cannabis Conference for Seniors – PQRTA Program event

Mar. 28 – Teacher Pension Deposit

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/>