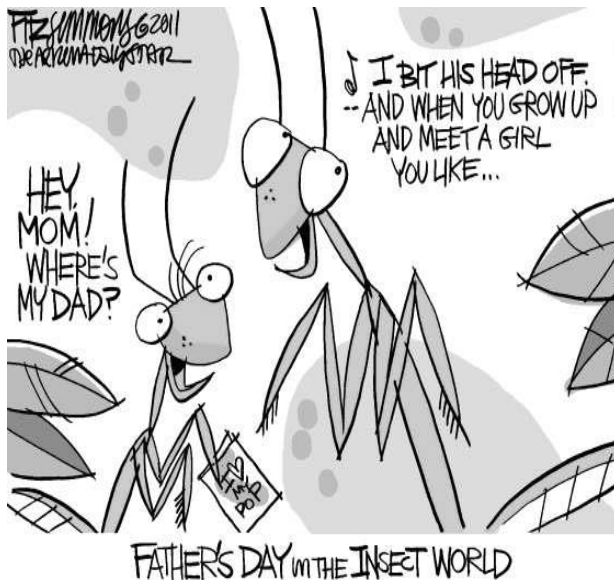
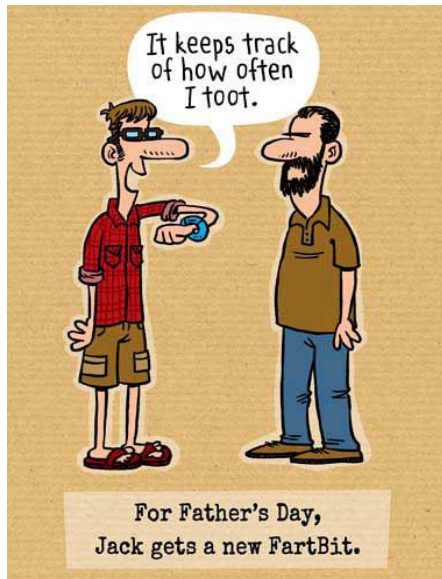




**PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION
NEWSLETTER # 25 – June, 2019**

PRESIDENT'S GREETING from Cathy Van Herwaarden:



**Happy
Father's
Day**

Father's Day – June 16th

Resources: https://en.wikipedia.org/wiki/Father%27s_Day and <https://www.timeanddate.com/holidays/canada/father-day>

Father's Day is a celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society.

Many Canadians observe Father's Day on the third Sunday of June. It is a day for people to show their appreciation for fathers and father figures who may include: stepfathers, fathers-in-laws, guardians, foster parents, and/or family friends.



Background

There are some suggestions that the idea of Father's Day may originate in pagan sun worship. Some branches of paganism see the Sun as the father of the universe. The June solstice occurs around the same time of year as Father's Day, so some people saw a link between the two.

Early history

In Catholic Europe, Father's Day has been celebrated on March 19 (Saint Joseph's Day) since the Middle Ages. This celebration was brought to the Americas by the Spanish and Portuguese. In Latin America, Father's Day is still celebrated on March 19. Many countries in Europe and the Americas have adopted the US date, which is the third Sunday of June.

Beginnings in the United States

Father's Day was not celebrated in the US, outside Catholic traditions, until the 20th century. As a civic celebration in the US, it was inaugurated in the early 20th century to complement Mother's Day by celebrating fathers and male parenting.

After Anna Jarvis' successful promotion of Mother's Day in Grafton, West Virginia, the first observance of a "Father's Day" was held on July 5, 1908, in Fairmont, West Virginia, in the Williams Memorial Methodist Episcopal Church South, now known as Central United Methodist Church.

Grace Golden Clayton was mourning the loss of her father, when in December 1907, the Monongah Mining Disaster in nearby Monongah killed 361 men (250 of them fathers), leaving around a thousand fatherless children. Clayton suggested that her pastor Robert Thomas Webb honor all those fathers.

Clayton's event did not have repercussions outside Fairmont for several reasons, among them: the city was overwhelmed by other events, the celebration was never promoted outside the town itself and no proclamation of it was made by the city council.

Also, two events overshadowed this event: the celebration of Independence Day July 4, 1908, with 12,000 attendants and several shows including a hot air balloon event, which took over the headlines in the following days, and the death of a 16-year-old girl on July 4. The local church and council were overwhelmed and they did not even think of promoting the event, and it was not celebrated again for many years. The original sermon was not reproduced by the press and it was lost. Finally, Clayton was a quiet person, who never promoted the event and never talked to other persons about it.

Failed attempts at establishing a Father's Day

In 1911, Jane Addams proposed that a citywide Father's Day celebration be held in Chicago, but she was turned down.

In 1912, there was a Father's Day celebration in Vancouver, Washington, suggested by Methodist pastor J.J. Berringer of the Irvington Methodist Church. They mistakenly believed that they had been the first to celebrate such a day. They followed a 1911 suggestion by the *Portland Oregonian* newspaper.

In 1915, Harry C. Meek, a member of Lions Clubs International, claimed that he had first come up with the idea for Father's Day. Meek said that the third Sunday in June was chosen because it was his birthday. The Lions Club has named him the "Originator of Father's Day". Meek made many efforts to promote Father's Day and make it an official holiday.

Establishment of the holiday

On June 19, 1910, a Father's Day celebration was held at the YMCA in Spokane, Washington by Sonora Smart Dodd. Her father, the civil war veteran William Jackson Smart, was a single parent who raised his six children there. She was also a member of Old Centenary Presbyterian Church (now Knox Presbyterian Church), where she first proposed the idea. After hearing a sermon about Jarvis' Mother's Day in 1909 at Central Methodist Episcopal Church, she told her pastor that fathers should have a similar holiday to honor them. Although she initially suggested June 5, her father's birthday, the pastors did not have enough time to prepare their sermons, and the celebration was deferred to the third Sunday in June. Several local clergymen accepted the idea, and on June 19, 1910, the first Father's Day, "sermons honoring fathers were presented throughout the city".



In the 1920s, Dodd stopped promoting the celebration because she was studying at the Art Institute of Chicago, and it faded into relative obscurity, even in Spokane. In the 1930s, Dodd returned to Spokane and started promoting the celebration again, raising awareness at a national level. She had the help of those trade groups that would benefit most from the holiday, for example the manufacturers of ties, tobacco pipes, and any traditional present for fathers.

By 1938, Dodd had the help of the Father's Day Council, founded by the New York Associated Men's Wear Retailers to consolidate and systematize the holiday's commercial promotion. Americans resisted the holiday for its first few decades, viewing it as nothing more than an attempt by merchants to replicate the commercial success of Mother's Day, and newspapers frequently featured cynical and sarcastic attacks and jokes. However, the said merchants remained resilient and even incorporated these attacks into their advertisements. By the mid-1980s, the Father's Day Council wrote, "Father's Day has become a Second Christmas for all the men's gift-oriented industries."

In 1913, a bill to accord national recognition of the holiday was introduced in Congress.

In 1916, President Woodrow Wilson went to Spokane to speak at a Father's Day celebration and he wanted to make it an officially recognized federal holiday, but Congress resisted, fearing that it would become commercialized.

In 1924, US President Calvin Coolidge recommended that the day be observed throughout the entire nation, but he stopped short at issuing a national proclamation. Two earlier attempts to formally recognize the holiday had been defeated by Congress.

In 1957, Maine Senator Margaret Chase Smith wrote a Father's Day proposal accusing Congress of ignoring fathers for 40 years while honoring mothers, thus "[singling] out just one of our two parents".

In 1966, President Lyndon B. Johnson issued the first presidential proclamation honoring fathers, designating the third Sunday in June as Father's Day. Six years later, the day was made a permanent national holiday when President Richard Nixon signed it into law in 1972.

Spelling

In the United States, Dodd used the "Fathers' Day" spelling on her original petition for the holiday, but the spelling "Father's Day" was already used in 1913 when a bill was introduced to the U.S. Congress as the first attempt to establish the holiday, and it was still spelled the same way when its creator was commended in 2008 by the U.S. Congress.



OPINION: Mother's Day and Fathers' Day are Exclusionary and Shouldn't Be Celebrated in School

<https://www.cbc.ca/news/canada/saskatchewan/opinion-mothers-day-should-not-be-in-school-1.5126567>

VOLUNTEERS NEEDED at Milner Gardens & Woodland!

WHEN - Sunday to Saturday, morning, afternoon, evening, regular basis, flexible times, or a one-time event

WHAT IS YOUR AREA OF INTEREST?

Education – Shoots with Roots Mentor

Horticulture – Plant Sales Assistant, Trail and Woodland Steward, Wednesday Gardener, Seed Saver, Food Garden Assistant

Visitor Services – Welcome Interpretive Centre Cashier, Gift Shop Assistant

Miscellaneous – Golf Cart Driver, Parking Attendant/Traffic Controller, Fairy House Helper

Special Events – Christmas Lighter, Garden Ambassador, Wedding Support, Garden Monitor

Committees – Marketing Committee, Fund Development Committee

Interpretation – Tour Guide (Gardens and Woodland Docent), House Docent

Camelia Tea Room – Kitchen Helper, Tea Room Server, Luncheon Helper

Maintenance – Facilities Maintenance and Construction, Garden Maintenance and Construction

Phone: 250.752.8573 opt.3

Email: volunteer.milnergardens@shaw.ca



D Day - 75 years ago – June 6, 1944

https://en.m.wikipedia.org/wiki/Normandy_landings
[https://en.m.wikipedia.org/wiki/D-Day_\(military_term\)](https://en.m.wikipedia.org/wiki/D-Day_(military_term))



Men of the 16th Infantry Regiment, US 1st Infantry Division wade ashore on Omaha Beach on the morning of 6 June 1944



This 2019 Silver Dollar commemorates the 75th anniversary of D-Day by putting a human face on a historic event. Inspired by a real-life moment seen in the original film footage, a young soldier's apprehension and a simple gesture remind us of the courage of those who carried the weight of history with them that day. In the face of danger and uncertainty, Canadians fought to come ashore knowing that success on D-Day was just the beginning.

In the military, **D-Day** is the day on which a combat attack or operation is to be initiated. The best known D-Day is during World War II, on June 6, 1944—the day of the Normandy landings—initiating the Western Allied effort to liberate mainland Europe from Nazi Germany. However, many other invasions and operations had a designated D-Day, both before and after that operation.

The terms D-Day and H-Hour are used for the day and hour on which a combat attack or operation is to be initiated. They designate the day and hour of the operation when the day and hour have not yet been determined, or where secrecy is essential.

They came by sea. Their target: Juno Beach.

On June 6, 1944, about 14,000 Canadians stormed the beaches of Normandy as the Allies launched Operation Overlord. D-Day was the largest amphibious landing in history and the stakes were high: to gain a foothold in Fortress Europe, Allied troops had to break through a coastline fortified with mined obstacles, concrete pillboxes, machine-gun nests and heavy artillery batteries.

"They had trained for months, knowing that 3rd Canadian Infantry Division and 2nd Canadian Armoured Brigade would be assault troops on D-Day. But for the vast majority, this was their first battle ever, the first time they experienced enemy fire. And one can only imagine with difficulty the fear—and the hope—they felt as their landing craft approached the far shore."

Did you know... ???



- It was one of the most carefully prepared operations of the war. All forces (air, ground and naval) underwent intensive training to eliminate potential communication or logistic issues. By May 1944, troops, aircraft, ships, vehicles, supplies and equipment had secretly amassed in southeast England. Prefabricated harbours known as Mulberries were built for unloading cargo and underwater pipelines (Pluto) were put into place to convey fuel and oil across the English Channel.
- Code-name: Juno. Until the morning of June 5, troops only knew their landing destination by code name: Utah and Omaha Beaches (American forces) in the west; Gold Beach (British forces) and Sword Beach (British and French forces) in the east; and in the centre, Juno Beach (14,000 Canadian and 8,000 British forces).
- Thirty-nine Allied divisions would be committed to the Battle of Normandy: twenty-two US, twelve British, three Canadian, one Polish, and one French, totalling over a million troops all under overall British command.
- The fleet from battleships and destroyers to landing craft infantry (LCIs) and transport ships, nearly 7,000 Allied vessels took part in the assault phase known as Operation Neptune.
- The amphibious landings were preceded by extensive aerial and naval bombardment and an airborne assault—the landing of 24,000 US, British, and Canadian airborne troops shortly after midnight.
- Weather was a key factor: The landings were originally scheduled for June 5, 1944, when a full moon would help illuminate the enemy's defences. But a storm front moved in on June 4 and the landings were postponed. The weather improved on June 5, but it wasn't ideal either: many of the troops got seasick during the rough Channel crossing.
- Strong winds blew the landing craft east of their intended positions, particularly at Utah and Omaha. The men landed under heavy fire from gun emplacements overlooking the beaches, and the shore was mined and covered with obstacles such as wooden stakes, metal tripods, and barbed wire, making the work of the beach-clearing teams difficult and dangerous. Casualties were heaviest at Omaha, with its high cliffs
- 156,000 allied troops landed in Normandy on the first day of the invasion.
- it was the largest seaborne invasion in history
- German casualties on D-Day have been estimated at 4,000 to 9,000 men. Allied casualties were at least 10,000, with 4,414 confirmed dead.
- Morse signal "V" for Victory (or "victoire") began as a symbol of defiance and resistance in Occupied Belgium, and it quickly spread to other countries. BBC radio broadcasts transmitted the letter V in Morse code, with a "dot dot dot dash" sequence that resembled the opening notes of Beethoven's famous Fifth Symphony.

Monday, July 1 – Canada Day



Things You Probably Didn't Know About Canada:

- Canada has an "Apology Act" that allows apologies in court to be considered a sign of empathy, not guilt!
- Peterborough, Ontario is the canoe capital of the world.
- 15,500 of the world's polar bears live in Canada
- Canada has more lakes than all other countries combined (250,000+ in Ontario alone)
- All letters to Santa end up in Canada, and volunteers reply in over 200 languages.
- Canada has more donut shops per capita than anywhere else.
- Canadian inventions include: the electric wheelchair, IMAX, Trivial Pursuit, the baseball glove, insulin and Hawaiian pizza!
- Canada's literacy rate is over 99%.
- Canada is the largest exporter of blueberries in the world.

Food Lover's Guide to Canada:

YUKON's food is diverse. Regional specialties include: moose, dall sheep, mountain goat, caribou, porcupine, Arctic grayling, trout, Kokanee salmon, Alaskan King Crab, and halibut.

NORTHWEST TERRITORIES has its own food guide, featuring foods in each food group that are easily found in the north, like caribou, duck, organ meats, bannock and wild greens.

NUNAVUT's pink coldwater shrimp is one of the most in-demand species of shrimp in the world. About 140,000 metric tonnes of northern shrimp are caught each year in Nunavut.

BRITISH COLUMBIA produces 95 % of Canada's cultivated blueberries.

ALBERTA is responsible for 60% of Canada's beef production.

SASKATCHEWAN affectionately referred to as Canada's breadbasket, produces over 54 % of Canada's wheat and over 28% of Canada's grains.

MANITOBA produces close to 57% of Canada's dry bean crop, like navy, pinto, black, red Mexican and red kidney beans.

ONTARIO produces 85% of Canada's domestic wines. *Cheers!*

QUEBEC is responsible for 90% of Canada's maple syrup production.

NEWFOUNDLAND & LABRADOR, NOVA SCOTIA, and **NEW BRUNSWICK** is responsible for 73% of Canada's seafood: lobster, crab, shrimp, scallops, herring, clams, and mackerel.

PRINCE EDWARD ISLAND grows over 30% of Canada's potato crops which is why it's affectionately known as Spud Island.



Life Simplified / Cannabis Bud Basics:

<http://www.everythingzoomer.com/>

Zoomer Magazine – April 2019



What became legal on October 17, 2018, is only the flower, to be broken up or ground and smoked as a joint, in a pipe (or bong, if you want a college flashback) or vaporized in a device.

Other options, which can help regulate dose, will not be available in Canada (recreationally) until at least one year after the official legalization date, such as:

- Pre-loaded vape pens
- Edibles (cannabinoids bind to fat, such as oils and butters, which can then be crafted into foods, candies or baked goods, among the many creative things that began to appear in the grocery market).
- Capsules, concentrates (flowers soaked in oil) and tinctures (flowers soaked in alcohol) have been legal medically; what forms will make the shelves in early days is yet to be determined
- Topical creams (generally CBD-predominant for site-specific pain relief) will also be available for medical use, but won't land in recreational stores at the beginning.

As a general rule, smoking or vaping hits fast, and effects last three to four hours; edibles tend to take longer (a half hour or so) to kick-in, but they also metabolize slower and thus stay active in your system longer. As anyone who has accidentally eaten a pot brownie knows, you can redefine a lost weekend.

CANNABIS: The proper name for the plant has become the widely accepted way to refer to all cannabis products, a change promoted by both the government and the cannabis industry itself to try to elevate the product beyond old-time stigmas and to foster acceptance. The flower of the cannabis plant and its resins are what is utilized for medical and recreational purposes.

HEMP is also cannabis, but of a different variety. One of the world's oldest domesticated crops, it has come 25,000 industrial uses, spun into fibre for rope, textiles or paper as well as processed into such divergent end uses as paint, fuel and animal feed. There is some confusion around hemp, as it was lumped with its psychoactive cousins and banned in the US during the War on Drugs.

CANNABINOIDS: There are many different cannabinoids in the cannabis plant: the only two you need to know are THC (tetrahydrocannabinol) and CBD (cannabidiol).

CANNABINOID RECEPTORS: Found throughout our bodies, they are in charge of many signalling functions. We have them because we also produce our own cannabinoids (called endocannabinoids) to turn on and off those signals, for everything from the central nervous system to the immune system.

When we introduce external cannabinoids (such as those found in the cannabis plant), they bind to the same signalling systems. Every person has a unique way of processing cannabis and every plant has its own unique genetic makeup, so effects are different for everybody.

One of the most positive benefits of regulation will be to make dependable sources of cannabis for dependably similar experiences. Government-certified producers make the same product over and over, with the same health safeguards as the food and beverage industry. That said – just like with alcohol – sometimes even highly regulated cannabis products will affect you differently on different days.

CBD: Specific qualities* associated with CBD include: anti-nauseant, analgesic, appetite stimulant, muscular and mental relaxation and anti-inflammatory qualities. This is generally thought of as for night time use. CBD tends to blunt the effects of THC, so users can adjust their experience by adding more CBD to the mix to “come down”, as it were.

THC: Specific qualities* associated with THC include euphoria and creativity. This is generally thought of as for daytime or more social use. Sometimes, THC can increase anxiety, that panicky feeling of being “too high” but because the cannabinoid receptors in individuals vary, effects vary, and some people find THC works to control anxiety for them.

** Note that because cannabis has been illegal here and abroad, there are few-to-none controlled scientific studies to prove claims. But some effects are obvious upon use.*

STRAINS: There are three main strains of cannabis – indica, sativa and hybrid versions. The effects vary by the ratios, or interplay, of THC and CBD content. Sativa tends to have more THC (the psychoactive, energizing stuff that can cause anxiety in inexperienced users) than CBD (the pain relief, body relaxation stuff). Indica is the other way around and is CBD-dominant. Hybrids are combinations of the plants bred for specific effects. This is why education and knowledgeable staff at dispensaries are so important. Responsible cannabis experts recommend starting with a low dose and waiting for effects to settle in before consuming more.

MEDICAL vs RECREATIONAL: Most people in the cannabis industry feel that this is solely a regulatory concept; that the millions of people who already use cannabis do so for some combination of these reasons.

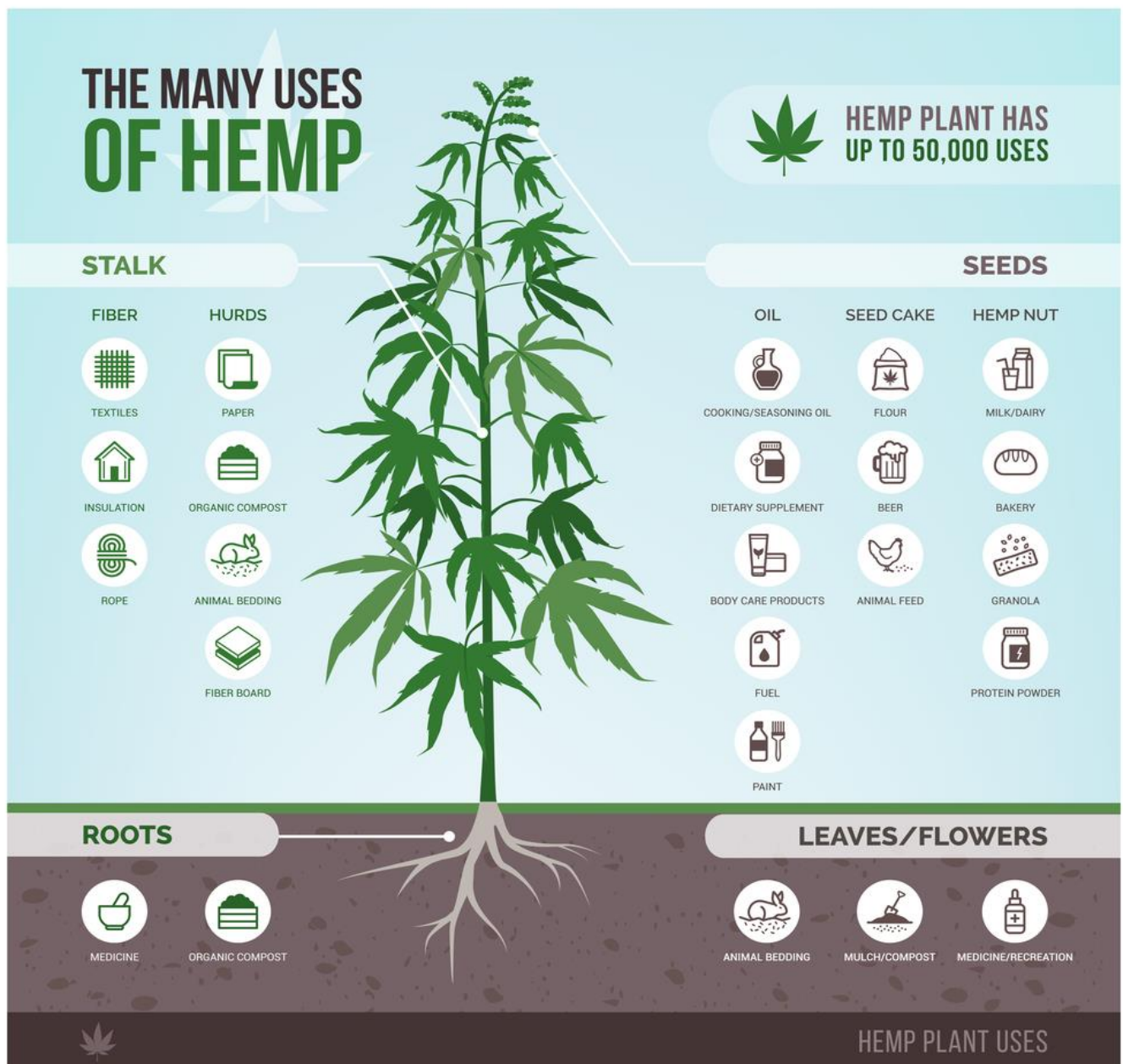
TERPENES: These are the aromatic essential oils present in cannabis strains (and other plants, fruits and vegetables), the “flavour” elements. Once you get the effects of a strain down, connoisseurship progresses to these subtler parts of the experience. Terpenes interact with cannabinoids in what is called “the entourage effect” to create different psychological and physical responses. There are hundreds of these terpenes that plant science geniuses explore, but four to look out for are limonene (generally indicated for depression), pinene (memory), linalool (anxiety) and caryo-phyllene (arthritis).



EDUCATION: To create a new generation of cannabis experts, colleges this fall will start offering industry-specific courses! To wit, Commercial Cannabis Production graduate certificate program begins at Niagara College. The online Kwantlen Polytechnic University will offer three different eight-week certification courses. McGill is offering a diploma in cannabis production; and Durham College is testing the waters with intro courses on cannabis marketing, cultivation and quality control.

The Tokyo Smoke (recreational and medical cannabis company) program Higher Learning is available online at educate.tokyosmoke.com. It recommends keeping a journal with notes on the highly personal “nuanced effects of each strain you enjoy”.

CANNABIS AND AGING: This powerful excerpt from a *New Yorker* article published April 2017, explains both the hopes and possibilities of cannabis for seniors and the dearth of scientific proof because it has been illegal (almost) everywhere. It is an interview with, Joseph Cohen, D.O., the founder of Holos Health, an advisory service on medical cannabis: Cohen recommends CBD for age-related diseases, such as Parkinson’s, dementia, osteoarthritis and chronic inflammation. “CBD has 20 times the anti-inflammatory power of Aspirin and two times the power of steroids,” he said. Since cannabis is federally illegal, none of his claims – or those made by any other clinician – can be supported by double-blind studies on human, the gold standard in medical science. But in February, a peer-reviewed study of almost 3,000 patients in Israel, the first of its kind, showed that cannabis can be safe and effective for seniors and lead to decreased use of pharmaceuticals, including opioids. In the study, published in the *European Journal of Internal Medicine*, almost 94% of patients reported improvement in their condition, with their pain level reduced by half.”



BCTF News:

April 16, 2019 – BCTF Facebook Page



The BC government has proposed a new way to fund special education. It's called the "prevalence model" and it would be a huge step back for students, parents, and teachers. It puts stats before our students' needs.

With the prevalence model, allocation of almost all inclusion funding to school districts would be based on statistical rates, not actual special needs designations. The goal is to cut down on "administration" and paperwork. That goal is not about education. That's a problem.

For students, the link between their specific needs and funding would be broken. There would be fewer assessments and then less kids would receive diagnoses and support.

For parents, a prevalence model would mean an increased need to advocate to ensure your child gets a share of the funding. This would increase inequities between families with time and money and those without.

For teachers, a prevalence model would mean higher workloads and less time for each student. If assessments and designations go down, there will be less information available to teachers as students move through grades. It's the wrong approach for BC.

Read more at <https://bctf.ca/IssuesInEducation.aspx?id=10720>.

Class Sizes Back On the Table as BC Teacher Talks at a Standstill

'It's kind of like going back in time about six years,' says BCTF's Glen Hansman

ZAK VESCERA - May 17, 2019 Press "ctrl" and click on the link to read the full article:

<https://vancouversun.com/news/local-news/class-sizes-back-on-the-table-as-teacher-talks-at-a-standstill>

RR SMITH Memorial Fund Foundation

Charity established by the BCRTA in 2000 through which BCRTA / R.R. Smith member groups could raise money and donate to educational charities and receive a tax receipt.

Purpose: To advance public education in British Columbia and in developing countries by :

- Providing scholarships and bursaries to doctoral students in any area which advances public education and deserving students, to enable them to attend post-secondary educational institutions.
- Making and administering grants to Canadian registered charitable organizations, the purposes of which are similar to those of the society.
- Acquiring school materials, books, equipment, and supplies of all kinds, and donating them to schools.
- Providing funding to support innovative projects which advance public education.
- Working cooperatively with governments in Canada and other countries, and other charitable organizations.

RR SMITH Grants for 2019 – nearly \$35,000

1. **Canadian Women for Women in Afghanistan** – for internet connection to upgrade the computer lab at one Teachers' Training College
2. **Tumaini Fund Canada** – to sponsor ten students to complete the first year of a two year college course
3. **Betty Huff Theatre Company** – to purchase supplies for the theatre program
4. **Canadian Harambee Education Society** – to purchase school and personal supplies, text books and mosquito (malaria) nets needed to assist the girls with their transition to Secondary schools.
5. **Vancouver Opera Guild** – to provide bursaries for summer opera camp for three disadvantaged students
6. **One Girl Can** – to fund one university student for one year in sub-Saharan Africa
7. **Children's Care International** – to fund three girls liberated from indentured slavery in India
8. **Good Cents for Change** – to provide sewing equipment and exam fees to enable women to become dress-makers in Zambia
9. **Days for Girls** – to purchase materials needed to provide reusable personal hygiene kits to girls in underdeveloped countries
10. **Bright Beginnings Foundation** – to provide part of the post-secondary tuition needed to fund one promising Surrey student for one year
11. **Love Guatemala Canada/Commission to Every Nation** – to provide library books for the school in Candelaria, San Lorezo, Guatemala.

12. **The Olinda Children's Association** – to fund school materials for the Reforco Program in which children learn basic literacy skills in Rio Doce, Olinda, Brazil.
13. **Check Your Head:** The Youth Global Education Network – to purchase materials needed to support the Democracy Project workshops in the Lower Mainland.
14. **Gibsons Marine Education Centre:** to provide materials for the marine education program activities designed to help learners transition through the spectrum from awareness, to knowing, to caring, to action
15. **Aunt Leah's Place** – to provide cultural and educational programming workshops for its Threshold Supportive housing program
16. **For the Love of Africa** – to provide bursary funds for students who are unable to afford tuition costs to attend Dodoma Technical Institute in Tanzania
17. **Umoja Operation Compassion Society** – to provide 20 bursaries to support grade 7 students into high school and to support the school library with English and math books.
18. **BC Learning Centres for Children with Dyslexia** – to supply specialized teaching materials for children living with Dyslexia
19. **Kenya Education Endowment Foundation** – to provide tuition fees for Reuben Andole and a second student. To purchase library books to share with students who do not get books from sponsors.

Read the latest RR Smith Newsletter:

<http://rrsmith.ca/wp-content/uploads/2019/05/e-Newsletter-Q2-2019.pdf>



BCRTA Golden Star Awards

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

FIVE \$1500 AWARDS
GIVEN TO PROGRAMS FROM KINDERGARTEN TO GRADE 12

PLUS ONE \$1500 AWARD
SPONSORED BY **Legion**

SUBMISSION DEADLINE IS APRIL 15 OF EACH YEAR
Award Ceremonies will be held in each community where a winning program exists.

BCRTA Golden Star Awards:
Celebrating Programs that Feature the Interaction of Seniors and Students

SUBMISSION GUIDELINES AND MORE INFORMATION AVAILABLE:
ON THE WEB: www.bcrta.ca
TELEPHONE: 1-877-683-2243 or (604) 871-2260 or (604) 871-2262
EMAIL: kristi@bcrta.ca or laurio@bcrta.ca
IN PERSON OR BY MAIL: 100-550 West 6th Ave., Vancouver, BC V5Z 4P2

Golden Star Award

PURPOSE: The BCRTA believes that within every community there is a wealth of knowledge and wisdom among seniors that could be used to enhance the learning experience of students at every grade level, right from Kindergarten through Grade 12. Retired educators realize that many such programs, in fact, already exist in our public schools. Therefore, five BCRTA Golden Star Awards have been created to recognize and reward established school programs in the public system. These programs will have as their focus, the interaction of BC students with seniors.

\$1500 Award to Lynne Murray of Qualicum Beach Elementary for "The Real Toy Story", a program of interaction between students and seniors at "The Gardens" in Qualicum Beach.



Home Insurance for BCRTA Members

BCRTA members get preferred rates and exclusive offers on home insurance through Johnson. Get "best friend's" advice!

**Call today to get a quote
and to learn more.**

1-800-563-0677

<http://bcрта.johnson.ca/>

Mention Group ID Code: BC



PLUS, when you switch your home insurance policy to Johnson, you'll receive **\$50 gift card**. To activate this offer, mention code: **HOME 50**

Thanks to **Lisa Hansen of Johnson Insurance** for providing a wonderful **door prize** for our year end barbecue and AGM on June 17th. You could win: a fleece blanket, a thermos cup, a travel wallet, and/or a travel journal with pen.

Johnson Insurance Scholarship Program 2019

OPEN: April 1, 2019 August 12, 2019

Johnson Insurance is proud to offer 50 scholarships, valued at \$1000 each, to students completing high school in 2019 and starting post-secondary education in the fall.

Johnson has awarded over 1500 scholarships valued at more than \$1.5 million to support young Canadians across Canada in pursuit of their post-secondary education.

To learn more:

<https://www1.johnson.ca/scholarship>

1.866.544.2673

Application deadline: August 12, 2019



COUNCIL OF SENIOR CITIZENS ORGANIZATION: COSCO News – March 2019 Newsletter



National Pharmacare Positive Framework – by Gudrun Langolf

The federal Advisory Council on the Implementation of National Pharmacare's issued their initial report. How the Canadian government implement a Pharmacare plan? The report does not address the crucial question of whether the strategy will be a universal, public system or whether it will continue to be a patchwork of public and private insurance.

www.coscobc.org

COSCO and many of our allies advocate the Pharmacare be implemented as a seamless part of the current single-payer, national, universal health care system. We believe that Pharmacare must be implemented following the same principles as Medicare, as legislated through the Canada Health Act.

A National Pharmacare must meet the following requirements:

- Public and single-payer
- Comprehensive
- Universal
- Accessible
- Affordable

Canadians pay 30 percent more for prescription medications than average of 14 comparable countries that offer universal drug coverage.

The current patchwork system is a mix of private and public plans that is expensive, inefficient and leaves one in ten Canadians unable to afford their medication.

WOMEN SENIORS & WORKPLACE PENSIONS: The Untold Story

Ever since October 2016 when Canadian Finance Minister, Bill Morneau, introduced Bill C-27 targeting defined pension plans, seniors' organizations have focused a great deal of their resources on ensuring that this Bill does not go on to become law. So far Bill C-27 has not gone on to 2nd reading, but it remains in place.

When Sears filed for bankruptcy in October 2018 leaving its Canadian retirees in the lurch, better protection for retirees in the event of a company's insolvency became another major concern for seniors and unions.

About 60 percent of Canadians have no employment-related pension whatsoever, far less a defined benefits pension plan. The difference in incomes between seniors with and without a pension income is stark. Employer pension plan coverage of the paid labour force has been falling for some time and most people have little in the way of savings for retirement.

These retirees will be reliant on OAS (Old Age Security) and CPP (Canada Pension Plan) which will not be enough to allow future seniors with not work-related pension to live with dignity and economic security even if the CPP allowance of \$660 per month is doubled.

Women are twice as likely as men to be poor, according to the last (2016) Census. The oldest women are less likely to have had paid employment and may be reliant on OAS and in deep poverty. Women face economic disadvantage throughout their life-times, but it is near the end of their lives that it is most acute.

Facilitators needed for presenting COSCO Seniors Health and Wellness Workshops on Vancouver Island. Contact Barb: mikulec@telus.net

3) Marinate, marinate, marinate

Some ingredients, like fresh herbs, beer, wine, vegetable oils and certain juices not only add flavour, but act as a barrier between flames and your meat, poultry or fish. There are all kinds of recipes online for marinades, many of them calling for ingredients most kitchens already have on hand.

4) Get out the vegetables

Grilled veggies taste great. Period. And marinating them only intensifies the flavour. The trick is to cut them in evenly-sized pieces so they'll cook at the same rate. Try to leave them in your favourite marinade for about an hour. Zucchini, peppers, potatoes, onions, eggplant, whole mushrooms and even asparagus are all great on the grill and most will cook in roughly 10 minutes.

5) Avoid cross-contamination

Never place your cooked meats on the same plate you used to bring the raw product to the barbecue. Always use a clean plate.

6) Clean your grill

Don't start your barbecuing season by cooking on last year's dirty, blackened grill. Get a new brush every year and clean off the racks in between each barbecued meal, finishing the job with a wet cloth or paper towel to ensure no loose pieces of wire are transferred to food.



7) Barbecue Brush Beware!

Ensure your grill brush is in good condition before using it and consider using a safer cleaning tool made of a material like aluminum foil, wire wool or wood. Metal bristles can break off the brush during cleaning and may be ingested along with cooked foods and pierce the lining of the mouth, throat or stomach. In 2017, there were 9 bristle brush injuries in Canada. A safer option is barbecue cleaners with metal bristles that are wound or stapled in.

8) Barbecue Tips:

- Start using indirect heat for cooking chicken and utilize the reverse sear methods (cooking in the oven first) for juicy poultry, every time.
- Let grilled meats rest for five to seven minutes for small cuts and 20 to 30 minutes for large cuts or roasts.
- Dry rubs and marinades should be applied 30 minutes prior to grilling at a minimum – or 24 hours for added flavour.
- Use tongs to flip meat as opposed to a fork. A fork will pierce the meat and allow the juices to escape.
- Leave the skin on the fish (if possible) and begin grilling with skin side down and then flip. Use firm fish as opposed to light, flaky fish. Make sure your grill is hot and well cleaned. Lightly oil the grills just before adding the fish. Avoid sugary marinade and glazes as they are more likely to burn. To cook, the rule of thumb is 10 minutes per pound, or 10 minutes per inch.



Stop Mosquitoes!

10 Natural Ways to Repel Mosquitoes

<https://www.healthyandnaturalworld.com/natural-home-made-mosquito-spray/>

Best Plants that Repel Mosquitoes:

Insect repellents emit scents which are stronger than the 'attractive' scents we give out, thus making it harder for mosquitoes to find us. Plants which act as effective and natural mosquito repellents: Citronella, Lemongrass, Catmint, Catnip, Rosemary, Basil, Pyrethrum, Lavender, Geranium, Peppermint,

Garlic, Lemon Balm, Marigolds, and Beebalm

For a closer look and more detailed explanation on best plants that repel mosquitoes, press 'ctrl' and click on this link:

https://www.healthyandnaturalworld.com/plants-that-repel-mosquitoes/?utm_source=getresponse&utm_medium=email&utm_campaign=healthy_natural&utm_content=Rambutan+Fruit%2C+Spider+Spray+and+More

Mosquitoes Won't Leave You Alone? The 1 Thing Doctors Say Works Better Than Toxic Repellents

http://www.lifeaspire.com/6982/the-one-mixture-proven-more-effective-than-mosquito-repellent/?utm_source=shared&utm_medium=Facebook&utm_campaign=main&src=shared
by Marilyn Caylor 4/22/2017

Mosquitoes are one of the most annoying insects on the planet. Not only can these blood suckers find you in pitch black darkness, but they can bite you through your clothing, too. How rude!

Although the urge to kill these nasty little buggers might be strong, don't go dousing yourself with chemical sprays just yet. Those same toxins aren't good for you either.

There are plenty of natural remedies out there that can repel mosquitoes. Going natural doesn't mean that you have to give up repelling power!

By now you're probably wondering if you can just dump the oils into a spray bottle with water and start spraying away. Well, not quite - there are a couple of extra ingredients that you'll need! Don't worry - making your own mosquito repellent is super easy!

Here's what you'll need:

- 30 drops of lemon-eucalyptus essential oil blend
- 1 teaspoon vanilla extract
- 4 ounces witch hazel, rubbing alcohol, or vodka

Mix the witch hazel, essential oil and vanilla extract into a small spray bottle.

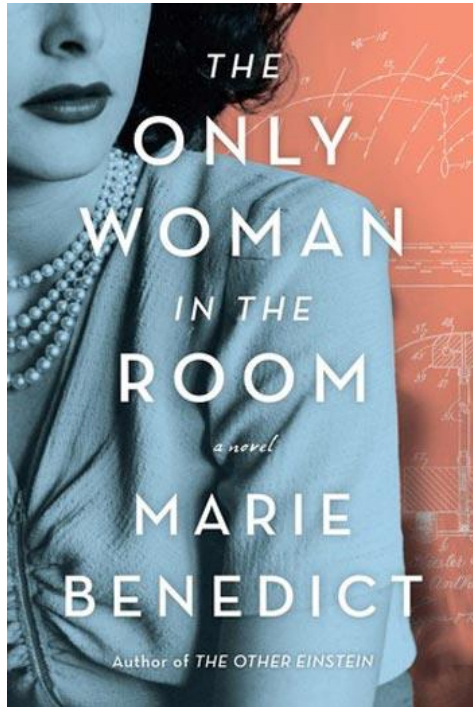
You're all set! This formulation will only last for about four hours, so don't forget to re-apply it as needed.



Fiction Books with Buzz: 8 Recommended Reads from ZOOMER

https://www.everythingzoomer.com/arts-entertainment/2019/05/02/books-must-read-fiction/?utm_source=SilverpopMailing&utm_medium=email&utm_campaign=Zoomer%20Magazine%20Newsletter%20-%20May%2016%202019&utm_content=&spMailingID=15656709&spUserID=MTc0OTQ1MTE3MjE5S0&spJobID=1641101712&spReportId=MTY0MTEwMTcxMgS2

CYNTHIA ROSS CRAVIT | MAY 2ND, 2019



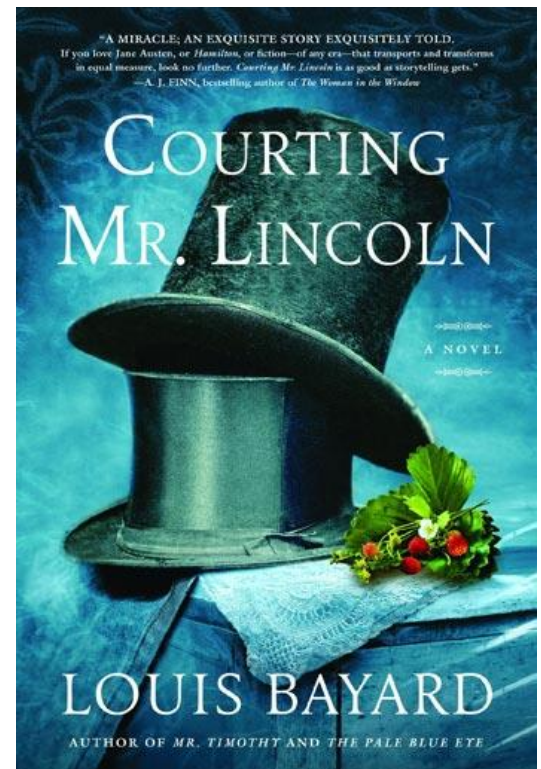
ONLY WOMAN IN THE ROOM (Sourcebooks Landmark) by Marie Benedict

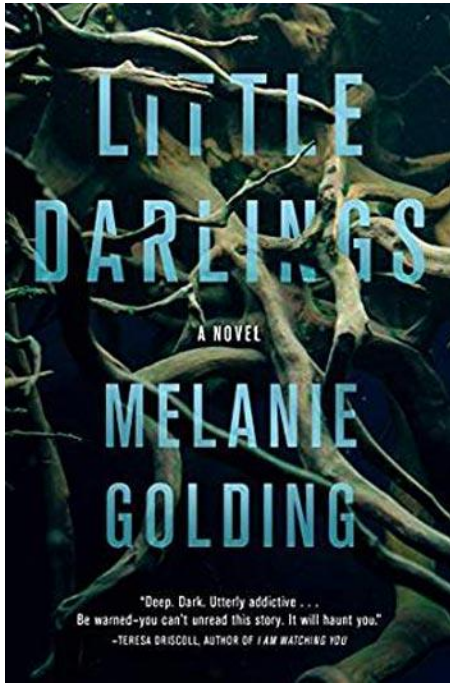
Not just a pretty face. Did you that Austrian-born film actress Hedy Lamarr (perhaps best known for her 1940's Oscar-nominated films *Algiers* and *Sampson and Delilah*) also supported the Allies in the Second World War by helping to invent an anti-jamming device for torpedoes? **(The frequency-hopping technology used for this back in 1941 actually became a precursor to secure wi-fi, GPS and Bluetooth.)** Written in memoir style and based on her real life, *Only Woman in the Room* tells the story of a Jewish woman who flees the Nazis and her wealthy Austrian munitions manufacturer husband by sneaking away in the middle of the night on a bicycle. She eventually makes her way to London, *via* Paris, where she meets Metro-Goldwyn-Mayer studio head Louis B. Mayer. The rest, as they say, is history.

COURTING MR. LINCOLN (Algonquin)

by Louis Bayard

Was Abraham Lincoln gay? The questioning of the 16th President's sexuality is not exactly new, and of course, it's long on speculation and short on proof. But in his new novel, Louis Bayard (*The Pale Blue Eye, Mr. Timothy*) skillfully explores the idea that the president was involved in a subtle love triangle with his wife Mary Todd and his best friend and one time roommate, Joshua Speed (the two men, while single, actually shared a bed for several years, a practice that was apparently not uncommon at the time). Bayard's Todd, far from the difficult and mentally unstable woman so often depicted, draws comparisons with Jane Austen's intelligent, fiercely independent Elizabeth Bennet in *Pride and Prejudice*. And while Lincoln woos Todd through their shared love of politics, the ambiguous *tete-a-tetes* between Lincoln and Speed may make you wonder who really was courting who.





LITTLE DARLINGS (Harper)

By Melanie Golding

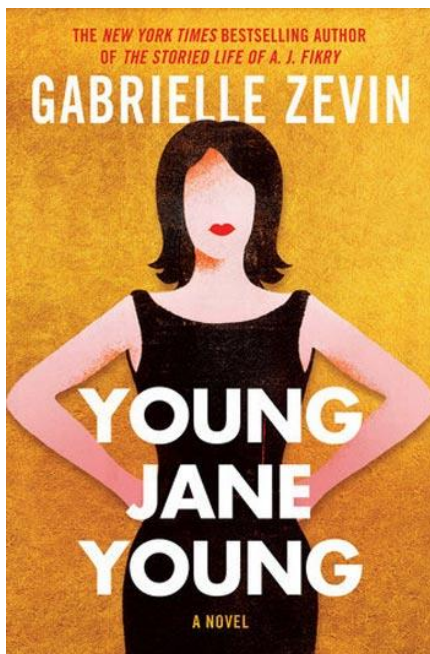
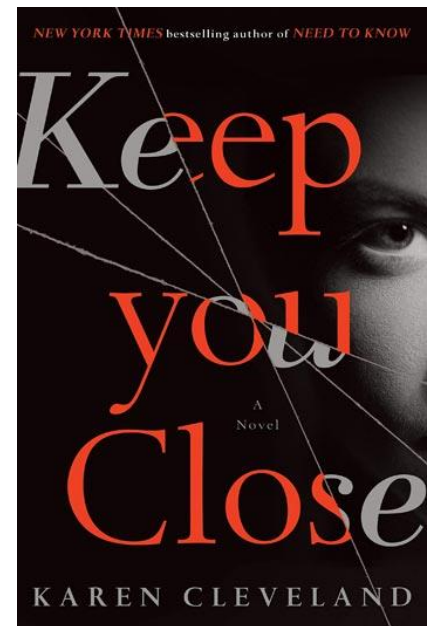
If deliciously dark with a hefty dose of supernatural creepy is what you're going for, pick up this book. Part psychological thriller, part sinister fairy-tale, the story gives a modern twist to the *changeling* myth when a new mother is convinced her newborn twins have been switched after birth following a terrifying incident in a U.K. hospital. Plans are in the works to make the book into a film, written and directed by *Notting Hill* director Roger Michel.

KEEP YOU CLOSE (Doubleday)

By Karen Cleveland

Her debut *Need to Know* was described by *O: The Oprah Magazine* as "Pulse-pounding ... Think *Homeland* by way of *Gone Girl*." Her new book about an FBI agent and single mother who is told by colleagues that her teenage son is planning a terror attack against Washington's most powerful political elites, is equally unputdownable.

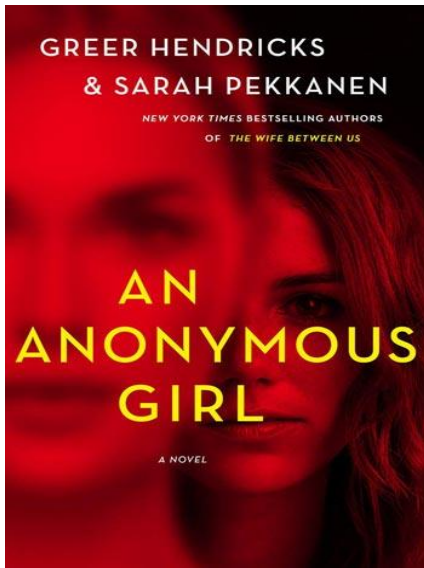
Available May 28, 2019



YOUNG JANE YOUNG (Viking)

By Gabrielle Zevin

If you missed this book when it first came out, pick it up. *Young Jane Young* is a witty multi-generational tale that's sassy, hilarious, tragic and ultimately, empowering. Reminiscent of the ordeal faced by White House intern Monica Lewinsky in the 1990's, it's the story of the particular hell a family faces when trying to survive scandal in an unforgiving digital age, a drama set against the backdrop of sunny Boca Raton, Florida.



AN ANONYMOUS GIRL (St. Martin's Press)

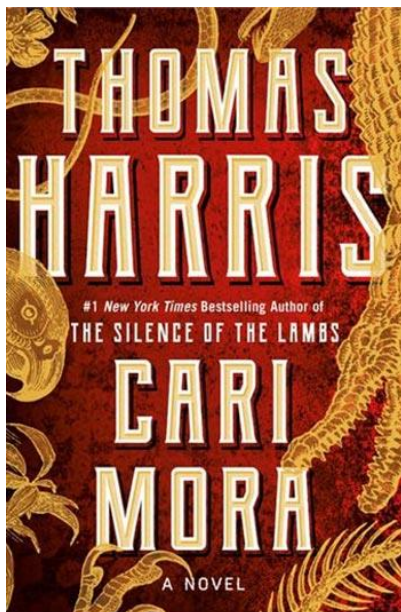
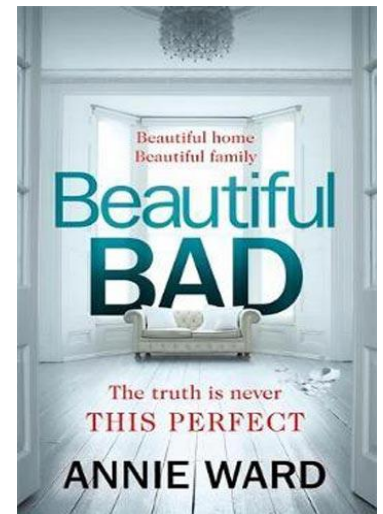
By Greer Hendricks and Sarah Peckanen

From the best-selling duo of *The Wife Between Us*, comes this thriller about the increasingly creepy relationship between a beautiful, but manipulating New York City psychiatrist and her twenty-something patient. Lines become blurred when doctor-patient confidences transcend the therapy couch and become dangerously real.

BEAUTIFUL BAD (Harper Collins)

By Annie Ward

For fans of *Gone Girl* and *The Girl on the Train*, this twisty read is about a devoted wife, a devoted husband, their little son and a woman with whom they both share a tangled, tumultuous past. Spanning from the Balkans to Britain, Iraq to Manhattan to a quiet family home in Kansas, the book recounts their shared adventures and finally, a much anticipated reunion that ends in a stunning crime. You won't see this one coming.



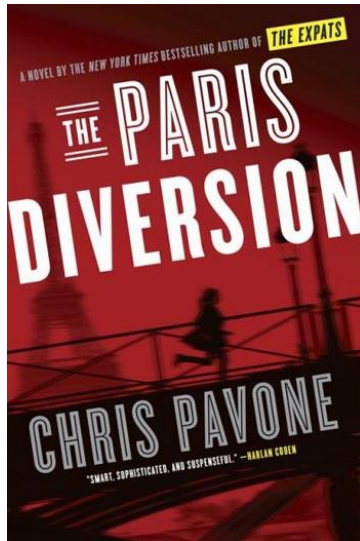
CARI MORA (Grand Central)

By Thomas Harris

From the legendary creator of Hannibal Lector, comes this story about a savage treasure hunter who will stop at nothing to find \$25 million of Pablo Escobar's cartel gold that is buried beneath a mansion on the Miami Beach waterfront. The caregiver of the house, Cari Mora, an immigrant who has escaped violence in her native country and is on a wobbly Temporary Protected Status visa, luckily has developed some surprising survival skills along the way.

Must-Reads: Thrillers, Killers, Domestic Noir & The End of the World

CYNTHIA ROSS CRAVIT | MAY 16TH, 2019



THE PARIS DIVERSION (Crown)

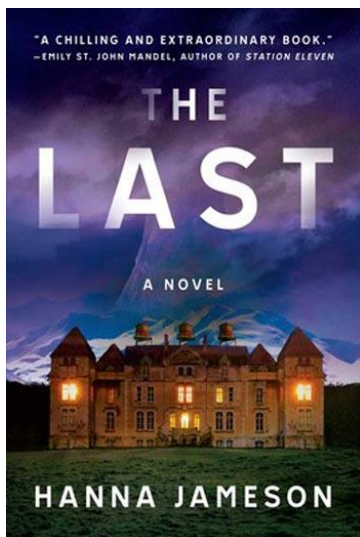
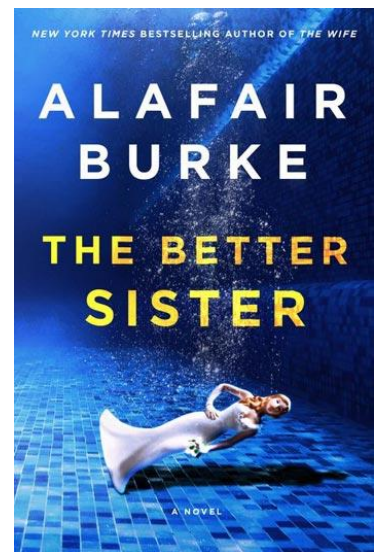
By Chris Pavone

Following the bestselling *The Expats*, CIA agent Kate Moore is back and still living the expat life, but she's left the disasters of Luxembourg behind for a new start in Paris' storied Left Bank along with her husband and young children. When the city is threatened with a massive terror strike (with targets including the Louvre, the Élysée Palace and the Eiffel Tower among others), she discovers the attack is not at all what it seems – and worse, it has to do with her own family. Fans of Pavone's earlier book *The Travelers*, will also appreciate the return appearance of this most unusual and mysterious travel company.

THE BETTER SISTER (Harper)

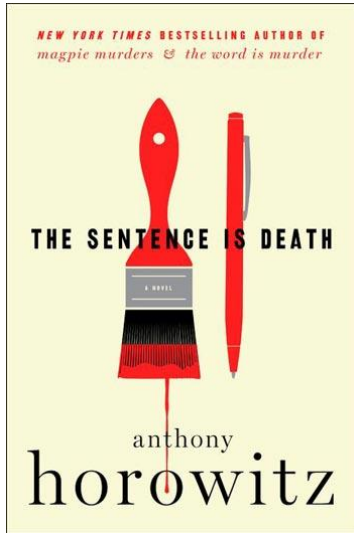
By Alafair Burke

Talk about family dysfunction on steroids. In Burke's latest twisty tale of domestic noir, a prominent Manhattan lawyer is murdered in his East Hampton beach house, provoking a most unlikely reunion: two very estranged sisters – one the dead man's widow, the other his ex-wife – reluctantly unite when their son (and stepson) is accused of the murder.



THE LAST (Atria) by Hannah Jameson

What if you glanced down at your phone and saw a news alert that the world was ending? That's what happens in this dystopian psychological thriller about an American academic stranded at the secluded L'Hotel Sixieme in Switzerland as the world descends into nuclear war: Washington, DC has been hit with a bomb, then New York, then London, and finally Berlin. And that, as it turns out, is just the beginning. Once news outlets and social media go black (even as the sky turns orange), there's no way to know how many of the world's cities have been hit and if family members are alive or dead. During the struggle for the survival – and sanity- of the hotel's remaining inhabitants, and with the gruesome discovery of a unknown child's body in the building, it becomes apparent one of them may be a dangerous killer.



THE SENTENCE IS DEATH (Harper Collins)

By Anthony Horowitz

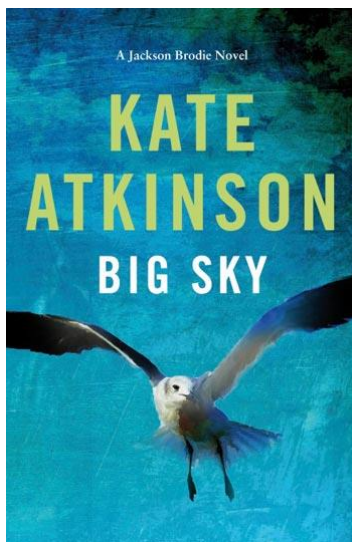
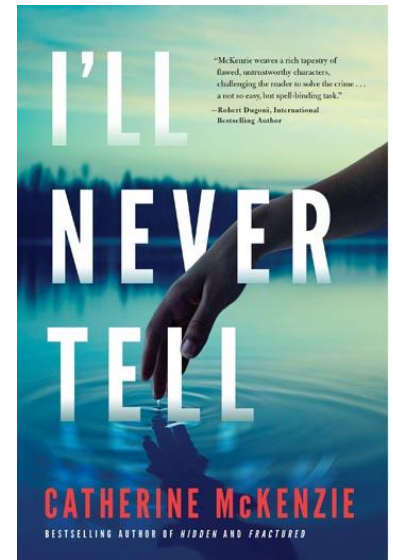
In the sequel to bestselling *The Word Is Murder*, eccentric detective Daniel Hawthorne, and his sidekick, the author Anthony take on the case of a celebrity divorce lawyer who was found bludgeoned to death with a *tres* expensive bottle of 1982 Chateau Lafite. Horowitz, one of the UK's most prolific writers, is also the creator of television's massively popular *Midsomer Murders*, *Foye's War* and *Poirot*.

I'LL NEVER TELL(Simon & Schuster)

By Catherine McKenzie

For many of us, memories of summer camp bring forth nostalgic images of campfires, cold, clear lakes and a lingering smell of rain intermingled with woodsmoke. Ah, the freedom of it, the good old days. But for the five siblings in McKenzie's new book, their childhood summer camp is the setting for a terrible accident involving a fellow camper, a tragedy they've all tried to bury deep in the past. But after the sudden death of their parents, a condition of their father's will forces them to face what happened all those years ago and uncover the secrets and lies that could very well tear the family apart.

Available June 4, 2019



BIG SKY: A JACKSON BRODIE NOVEL (Random House)

By Kate Atkinson

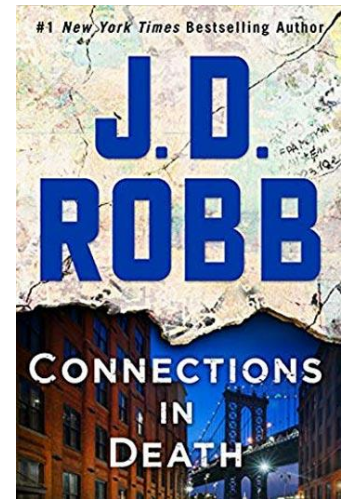
In the latest of the series featuring iconoclastic detective Jackson Brodie (*Case Histories*, *One Good Turn*), the former soldier and policeman has relocated to a quiet seaside village in North Yorkshire with his teenage son and aging Labrador named Dido. While investigating yet another unfaithful husband for yet another suspicious wife, he stumbles into a sinister network that leads him back into his old life with its dark lies and secrets.

Available June 18, 2019

CONNECTIONS IN DEATH (Little, Brown)

by J.D. Robb (Nora Roberts)

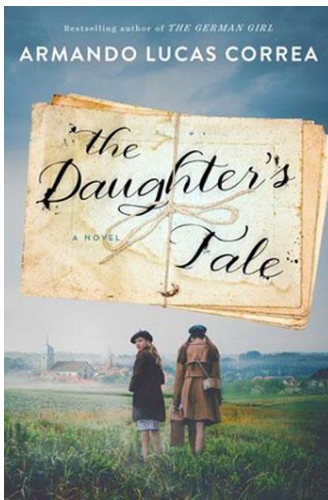
Everyone's fave futuristic cop is back in this installment of J.D. Robb's sexy police procedural series set in the mid-21st century New York. As the title suggests, death hits close to home for Lieutenant Eve Dallas and her beyond perfect billionaire husband Roarke when the brother of one of Roarke's employees appears to have died of an accidental drug overdose – but in fact, his death is just the beginning of something far more sinister.



Books With Buzz: Must-Read Historical Fiction

<https://www.everythingzoo.com/arts-entertainment/2019/05/09/historical-fiction/>

CYNTHIA ROSS CRAVIT | MAY 9TH, 2019



THE DAUGHTER'S TALE (Atria)

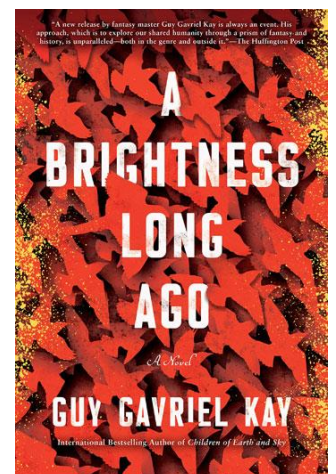
by Armando Lucas Correa

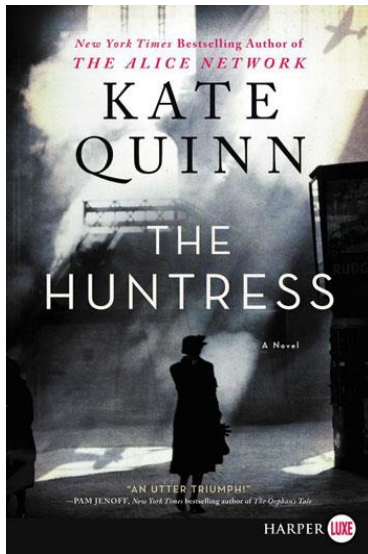
The Daughter's Tale describes, in gripping detail, a mother's fierce determination to save her children, following her husband's deportation to a concentration camp, and the impossible choices she faces to do so. From the author of the widely acclaimed haunting novel, *The German Girl* (2016).

A BRIGHTNESS LONG AGO (Viking)

by Guy Gavriel Kay

Go back to the early days of Renaissance Italy in this story of destiny, love and ambition from the international bestselling author of *Children of Earth and Sky* and recipient of the Order of Canada (2014). Told in first person, a man recalls the rollicking adventures of his youth and, as ever, how fate can shape our lives in the most unexpected ways.





THE HUNTRESS(Harper Collins)

By Kate Quinn

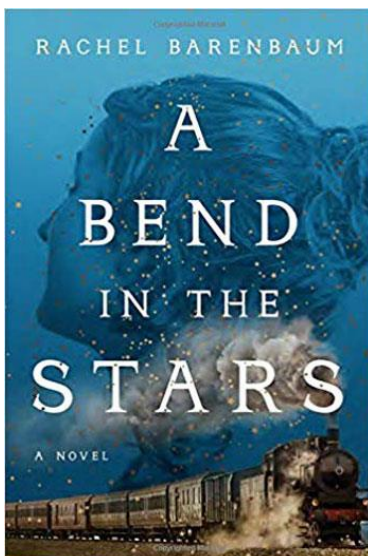
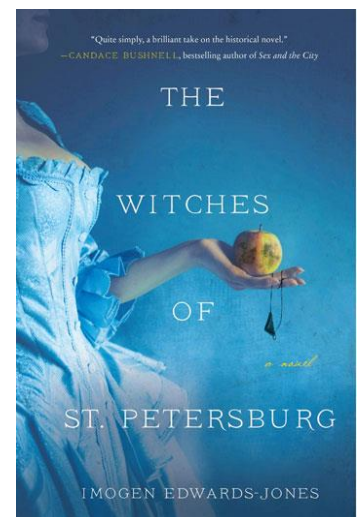
The Germans called them *Die Nachthexen*, the Night Witches, and they actually existed – a Russian, all-female bomber squadron that ran thousands of missions in the Second World War. Now, the best-selling author of *The Alice Network* brings us the story of one of them, a fearless pilot who joins forces with a battle-scarred British journalist searching for a Nazi murderess known as the Huntress.

THE WITCHES OF ST. PETERSBURG (Harper Collins)

By Imogen Edwards-Jones

Inspired by real events surrounding the doomed royal family, the novel follows the fascinating story of two princesses in the Romanov court who practiced black magic and charmed the Tsarina into bringing Rasputin into their lives. What happens next, as we know, changes the course of Russian history.

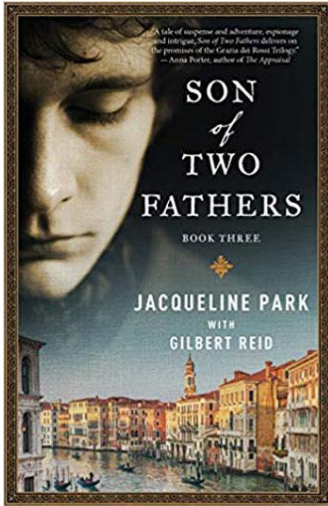
From exploring the narrow streets of early Renaissance Italy to flying daring night time bombing raids on the Nazis or haunting the inner sanctums of the Romanov court, you'll be transported by these page-turning reads.



A BEND IN THE STARS (Grand Central)

by Rachel Barenbaum

The year is 1914. With Russia on the brink of war, two ambitious and headstrong siblings try to build their careers. One, a young Jewish physicist wants to photograph a solar eclipse, thereby proving – or disproving – Einstein's then unpublished theory of relativity. At the same time his sister, a doctor, struggles to keep the family alive amid regular acts of anti-Semitic violence, all while fending off suspicion that her talent for healing is actually witchcraft. Rich in visual detail of First World War-era Russia, it's both a story of survival and a race to solve one of the world's greatest scientific mysteries.



SON OF TWO FATHERS (Anansi)

by Jacqueline Park and Gilbert Reid

Venice, 1536 is the setting for the much-awaited final installation of the bestselling trilogy that depicts the fictional lives of the remarkable and unconventional Graziada dei Rossi and her son, Danilo. In volume three of the adventure series, Danilo returns to Italy after many years of living in Istanbul. But life is anything but calm. Hot on his trail are two assassins from Suleiman the Magnificent's court, even while the Jews of Venice are threatened with expulsion, imprisonment, and death.

SOS – Society
of Organized
Services

We need drivers!

Join our caring team of volunteers
and help local residents get
to and from their
Medical Appointments



More to "Save Money on Gas" (May Newsletter)

Gerry Galey says: If you have a membership with Mid Island Consumer Services Co-Op, you can save a lot more at the pump by purchasing a gas card. For many years I have been prepaying my gas and saving considerably. I pay \$288 for a card which gives me \$300 worth of gas (an 'at the pump' saving of 4%). In addition, yesterday, I received a rebate cheque for \$75.53 for gas purchased during 2018.

Cathy Van says: I am a member of the Mid-Island Co-Op and I receive a rebate cheque every year. As well, I collect Canadian Tire MasterCard points when I purchase gas....which is rarer, now, that I drive a Chevy Volt (electric car with gas back-up).

Elder College for Grandparents and Grandkids!

- GrandKids University is an incredible two-day program that offers children ages 7 – 13 and their grandparent a chance to get a taste of Vancouver Island University.
- Enrol in a "Major" and spend 2 days participating in four 2-hour classes in that Major.
- GrandKids University is scheduled for Thursday July 4 & Friday July 5, 2019
- Cost is \$125 + GST per person.
- Maximum two grandkids per grandparent.
- For more information:

<https://adm.viu.ca/grandkids-university>

Call 1-866-734-6252 to register today!



SCAM ALERT!

Internet Scambusters - #1 Publication on Internet Fraud

Issue #857 May 15, 2019 - By Scambuster Keith

Is it real or is it a travel scam? Sometimes vacationers can't tell when a local spins them a story that seems to have a ring of truth.

Watch Out for Camera Theft and Other Common Travel Scams

Have you ever been struggling to arrange a photo while on vacation? Maybe there's just you and your partner and you're not that good at selfies or you're using a real camera. Or there's a group and you realize one of you will have to take the photo and therefore not be in the shot.

Then a friendly person who's been standing by watching offers to take the shot. Perhaps he looks just like another vacationer. Or a friendly local. And he has a camera around his neck. In other words, he's just ready to help.

So, you gratefully hand over the camera or smartphone. And before you know it, he's disappeared, along with your camera. It's another travel scam.

We live in a visually-driven age and more of us than ever are taking these types of photos, so it's no surprise that camera theft comes at the top of our list of travel scams for 2019.

And even if the scammer doesn't run off with the camera, he may demand payment for taking the photo and create a scene when you refuse.

Or perhaps you just put your camera or phone on the table at a street cafe while you have a refreshing drink. If so, be aware that thieves patrol popular tourist spots and vacation resorts looking for just such an opportunity.

So, when you travel this year, keep your camera/phone safely out of reach and be wary of handing over your device to a seemingly friendly passer-by. And if you really do want someone to capture the moment for you, ask instead of being asked.

More Travel Scams

Meanwhile, if you are heading off on vacation this year, here are some more current scams:

- Taxi drivers who say their meter is broken and then charge an outrageous fare. Research fares in advance and then negotiate the rate with the driver before leaving. And take a photo of any license or identification information in the cab.
- Phony wi-fi services. Crooks have started setting up wi-fi hubs in parks, tourist attractions and other places where travelers hang out. So, when you search for a signal, you're delighted to find a strong, free local connection. But if you connect, you're effectively handing over your data to the crooks. Don't connect to any old signal just because it's there. Go into a restaurant or other establishment and ask if they have wi-fi. Then use that.

- A letter to a friend. While overseas, a local starts a conversation with you and claims to have a friend or relative living in the US. He asks if you would mind helping him write a letter to them and so takes you back to his shop. It's just one of many lures traders in foreign countries use to get you into their shop where they pressure you, their "new friend," into buying something. Politely refuse the request to help.
- The phony phone call. TV travel guru Rick Steves reports this one. You're buying something in a store and hand over your credit card to the owner, who appears to be on the phone, holding the device in front of him as he talks. What's he's really doing is taking a photo of both sides of the card, including the security code, so he can use the info to buy items online. Pay in cash instead, says Steves.
- The fake drug deal. You're accosted by a couple of guys who offer to sell you drugs. Before you know it, a scammer dressed in police uniform arrives and seemingly arrests you. Then he offers to let you go if you hand over your passport or maybe pay a bribe. This is a tough one to avoid but know that if you get "caught" in this way, it's highly unlikely to be a genuine police officer. So, walk away or insist on going to the police department with him to provide your papers.
- The hotel inspection scam. You're in your hotel room when there's a knock on the door. You open it to find two men who say they're hotel inspectors doing a random check. One talks to you about the inspection program while the other heads off in search of valuables. It's just a variation on a distraction scam. Don't let people into your room unsolicited. If they turn up, insist on checking with the front desk first.

Finally, a warning to be on the alert just about everywhere for the five most common tricks targeting tourists that we've previously warned about: pickpockets, rip-off and counterfeit money changers, friendship bracelets you have to pay for, smooth-talking timeshare salesmen, and fake vacation rentals.

Alert of the Week - <https://www.scambusters.org>
Issue #858 May 22, 2019 - By Scambuster Keith

Cathy Van has received a couple of these annoying calls in the middle of the night!

A new rash of one-ring call scams is currently sweeping the nation.

The trick involves a scammer, usually based overseas, calling numbers at random and then hanging up after a single ring -- actually the whole thing is automated on computers.

The hope is that a curious victim will try to call the number back. If so, he or she will unwittingly connect to a premium phone line that lands a huge charge on their bill.

The latest outbreak involves calls from either the North West African country of Mauritania, or the Baltic state of Lithuania. The calls frequently arrive in the middle of the night, sparking added concern.

There's a simple solution -- don't phone back after a one ring call. If you happen to know someone in the originating country, contact them directly through the personal number you have for them.



Sign up for the Scambusters Newsletter:
<https://scambusters.org/>

POINTS TO PONDER:

To read more about the article, place mouse cursor over the blue underlined link, press "ctrl" key (lower left keyboard) and click on the link.



Government Support for Electric Vehicles Draws Down Emissions

Electric vehicles won't save us from runaway climate change, but they're part of the solution, along with support for public transit and active transport like walking and cycling. The transportation sector accounts for almost one-quarter of the world's carbon emissions, so it's an area where change is necessary and possible.

As Norway and other countries are demonstrating, incentives and tax policy can move people quickly into cleaner vehicle options. Half of Norway's cars are expected to be electric this year, and it's on track to meet its commitment to have only zero-emissions cars sold by 2025.

Read the whole article:

https://davidsuzuki.org/story/government-support-for-electric-vehicles-drives-down-emissions/?utm_campaign=scienceMatters-governmentSupportForElectricVehicles-en-10may2019&utm_source=mkto-none-smSubscribers-link-readOnline&utm_medium=email&mkt_tok=eyJpIjoiTW1WaU9UWXdzekI3WIRsbCIsInQiOiJCejBNY2pTUWpaRk9xNXNDZ0NjTWk4MGdxUIYrMXh6ZGZZcHkzYVI3d1NjUzErYUtVRDljVkyXC9T0hIeTBSMHPMN0d3Qm9ZcGNHTIBNOjVhYk9jRFJNZVwvUmRcLzJcLzFwNHlYMFp0QndNbzNXSFRqXC9xb1ZOSkIBZ3A3R2crQ0VDIn0%3D

Electric Cars are 80% Cheaper

<https://www.vancouverislandfreedaily.com/news/electric-cars-are-80-cheaper-to-fuel-than-gas-vehicles-bc-hydro/>

Better Brain Health: Does a Crossword a Day keep Dementia Away?

https://www.everythingzoomer.com/health/2019/05/16/brain-health-games/?utm_source=SilverpopMailing&utm_medium=email&utm_campaign=Zoomer%20Weekend%20Newsletter%20-%20May%2018%202019&utm_content=&spMailingID=15663768&spUserID=MTc0OTQ1MTE3MjEyS0&spJobID=1641171893&spReportId=MTY0MTE3MTg5MwS2

Social Connectedness:

People who lack social connections have 50% higher odds of dying than others who are more connected, according to a review of 148 studies. Being isolated was also shown to have a greater effect on high blood pressure than having diabetes in old age, according to another recent study. More and more doctors are now "social prescribing" -- prescribing social engagement before medication.

<https://www.cnn.com/2019/05/09/health/social-connections-health-benefits-intl/index.html>

What Are The Best Ways To Shrink Your Carbon Footprint?

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

Dementia Village Coming to Langley in July

<https://bc.ctvnews.ca/canada-s-first-dementia-village-set-to-open-its-doors-1.4441535>

Balloons More Deadly For Seabirds than Any Other Kind of Plastic

<https://e360.yale.edu/digest/balloons-more-deadly-for-seabirds-than-any-other-kind-of-plastic>

Holiday Inn or Senior Home?

<https://gritpost.com/retiree-holiday-inn-senior-home/?fbclid=IwAR28tSQSj5MnijL5DWv4Thw8wSUOuy3cPZHb7MwH7yFNmqbFAsXL2-5dgg4>

Best and Worst Places to be a Woman in 2019

<https://www.policyalternatives.ca/publications/reports/best-and-worst-places-be-woman-canada-2019>

New 650 metre high Skywalk to be built on Malahat

<https://www.ladysmithchronicle.com/news/new-650-metre-high-skywalk-to-be-built-on-the-malahat/>

Helium Shortage – more than party balloons!

We're in the midst of the third global helium shortage in 13 years. Yes, it threatens a staple of children's birthday parties; one balloon store said there's been a 300-per-cent spike in the cost of a helium tank. But the noble gas is used everywhere, including in major industries such as semiconductor manufacturing, optical fibre manufacturing and aerospace.

The single biggest user of helium is MRIs. It's also used in particle accelerators, nuclear fusion research, metals refining, leak detection, smartphone manufacturing, scuba diving, welding, airships, weather balloons and in various areas of scientific research.

A physics professor at the University of Alberta says it's essential for the work he does. John Beamish said his department uses about 20,000-30,000 litres of liquid helium per year, and running out would be "kind of a disaster." Previous shortages have stopped research for months.

The frequency and severity of the last few shortages has prompted some companies, including a handful in Canada, to start drilling specifically for helium in non-hydrocarbon-producing fields, instead of gathering it as a by-product of natural gas production. But these producers account for barely three per cent of global supply. For now, observers are hopeful the shortage will end in 2020, when a new source in Qatar is expected to come online.

For more info: <https://www.cbc.ca/news/business/helium-smartphones-fibre-optic-cable-mri-internet-scuba-1.5084212?cmp=newsletter-Morning+Brief+TUES+APRIL+9+2019>

Levi's New Hemp Clothing Uses Less Water to Grow and Feels 'Just Like Cotton'

<https://www.environmentalleader.com/2019/03/levis-new-hemp-clothing-uses-less-water-to-grow-and-feels-just-like-cotton/>

10 reasons why Finnish Education System is the Best in the world:

<https://www.weforum.org/agenda/2018/09/10-reasons-why-finlands-education-system-is-the-best-in-the-world>

Big Pharma Just Bought Access to your DNA from 23andMe!

https://returntonow.net/2019/01/09/big-pharma-just-bought-access-to-your-dna-from-genealogy-company-23andme/?fbclid=IwAR1es_5yu7TApsT3A1jNWweQMhrpEfGagw2mMeDxErG2QloohdA9Eb7ew

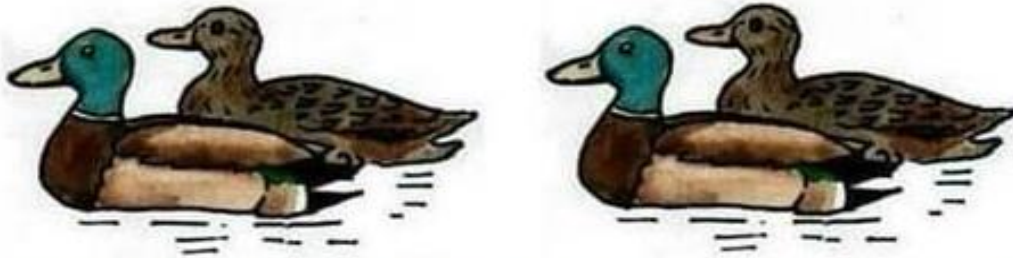
Ultimate Guide to Tires

https://www.bcaa.com/blog/2018/auto/the-ultimate-guide-to-tires?utm_source=SilverpopMailing&utm_medium=email&utm_campaign=C000001147_000051869_2262-C02%20Families%20E-letter%20March-2019%2003/08/2019%2001:47

Can you Recognize Fraud, or blinded by dollar signs?

<https://www.burnabynow.com/news/most-of-us-are-too-blinded-by-dollar-signs-to-recognize-fraud-1.23653441>

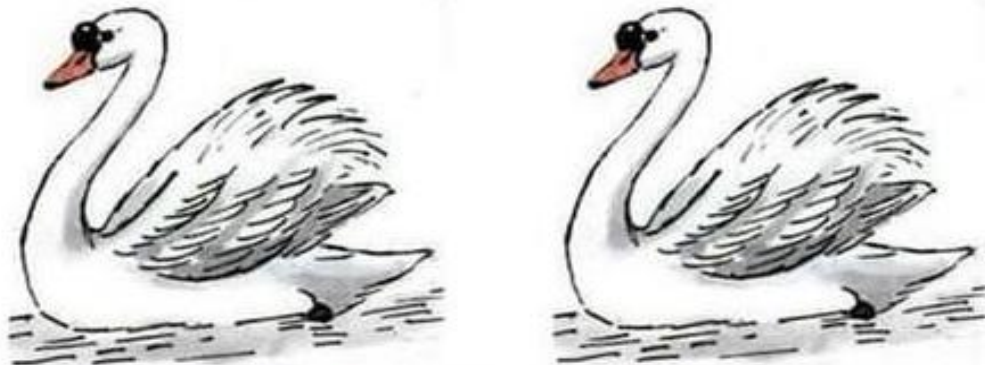
Please don't kill us with bread !



Bread is actually a danger to us ducks
and other water birds

It causes Angel Wing which can make
our feathers grow too quickly.
This strains our muscles and can stop us flying.

Our friends the swans develop
fatal gut and heart disease



Bread is bad for our water environment.
It rots, and pollutes the water.

This allows bacteria to grow and encourages rats.
It causes algal bloom which gets into our lungs
and kill us birds.



PQRTA Members in the News!



Join 'Walk to End ALS'

Event takes place Sunday, June 9 in Parksville

It was with some trepidation that Qualicum Beach resident Murray Chantler went to his doctor 10 years ago with concerns about a strange, reoccurring problem with his right leg.

"Specifically, I was experiencing a sporadic, pronounced limp in that leg, usually after sitting for a period of time," Chantler said. "The limp would disappear after a while, but then sporadically reappear again; the most disturbing aspect was that it was happening more and more often and with an increased intensity and duration."

At the time Chantler was a 56-year-old carpenter in good physical shape and excellent health who lived a very active lifestyle and played a number of sports. The visit to his doctor precipitated a multitude of tests over the next year; essentially this amounted to ruling out various conditions and diseases as a diagnosis of ALS.

"After seeing two neurologists, I was referred to the ALS Clinic in Vancouver where in April 2010 I was diagnosed with a rare sub-variant of Amyotrophic Lateral Sclerosis (ALS) named Primary Lateral Sclerosis (PLS)," Chantler said. "By the time I received this definitive diagnosis my condition had deteriorated to the point that I had been forced to quit working and now required the use of a walker. My life had dramatically changed course and I struggled to deal with the physical and emotional ramifications of this disease."

Chantler is now confined to either a lift chair or a wheelchair and requires almost full time care including assistance with almost every aspect of his daily life, yet he remains thankful that the rate of progressive degeneration has slowed down.

Chantler said he is blessed to have the "love, devotion, and endless support" of his wife, Christina.

"My wife and I are both so extremely grateful for the multifaceted assistance of the ALS Society of BC; without whose help we would



Christina Brown

SUBMITTED PHOTO

Qualicum Beach resident Murray Chantler, who was diagnosed with ALS 10 years ago, and his wife Christina, encourage Parksville Qualicum Beach residents to join the Walk to End ALS on June 9.

certainly be struggling financially in an effort to provide the necessary assistive equipment required for my needs," Chantler said.

The Mid-Island Walk to End ALS takes place on Sunday, June 9 in Parksville at the Parksville Civic & Technology Centre.

Registration begins at 10 a.m. and the walk starts at 11 a.m. For more information, to register or to make a donation, go to walktoendals.ca; click on BC; click on Mid-Island.

— NEWS staff, submitted

» We want to hear from you. Send your comments to editor@pqbnews.com or visit www.facebook.com/pqbnews/



Denise Mottle presents the Oceanside Stroke Recovery Program with a cheque for \$1200; proceeds came from the 2018 St. Mark's Community Fair.

WELCOME to NEW PQRTA MEMBERS!

- **Jana McAinsh**
- **Dorothy Wollitzer**
- **Arnie Lambert**
- **Melba Nelson**



Happy Retirement to Qualicum School District Retirees:

- | | | |
|-------------------|-------------------|-----------------------------------|
| • Diane Cleveland | • Lynne Murray | • Brenda McConachie |
| • Bruce Richman | • Karen Zimmerman | • Terry Graff |
| • Linda Rockhill | • Sri Hoheisel | • Melanie Roth
(Principal) |
| • Jim Pearce | • Bruce Martin | • Rollie Koop
(Superintendent) |
| • Fiona Mathison | • Jeanette Savage | |
| • Lisa Stepp | • Faye Carmody | |
| • Gayle Bertrand | • Robert Seline | |

ORES - OCEANSIDE RETIRED EDUCATORS' SCHOLARSHIP

This year, we are giving 2 scholarships (total \$1500) 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 Parksville Alternate Secondary School (PASS).

The ORES committee has chosen our candidate for the \$1000 scholarship that will be awarded at the June commencement ceremony. Soon, our job will be to choose the recipient from PASS.

Thanks to members: Elaine Young, Cathy Van Herwaarden, Diane Williams, Eva Hilborn, Sylvain Chapdelaine, and Val Dyer.

If you are interested in learning more, or in helping to choose the winners, please contact Elaine Young:

Email: revis3@shaw.ca

Phone: 250.927.0375



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

EXTRA thanks to **NANCY WHELAN** for presenting our \$1000 scholarship to the winner at KSS commencement on June 27th.

PQRTA PROGRAM – Tues., May 14, 2019

Arrowsmith Brewery Tour & Sampling

109-425 Stanford Avenue E. Parksville BC. V9P 2N4

<https://arrowsmithbrewing.com/>



Thanks to
Master
Brewer
David
Woodward
for the
Grand
Tour!



Brewery of the Year
2017 BC Awards



Bottling Machine



Proud Mama Lois Johnstone with son David

Mount Arrowsmith Brewing Co. is a family run collaboration of passionate beer enthusiasts who wish to provide Mid-Vancouver Island with premium, locally hand crafted beer.





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-2019-6/>

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

June 6 – 75 years Anniversary of D Day

June 16 – Father's Day

June 17 – PQRTA Year End Barbecue and AGM

June 21 – First Day of Summer

June 26 – Teacher Pension Plan payment

June 27 – Canada Pension and Old Age Security payment

June 27 – ORES Scholarship presentation

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/>