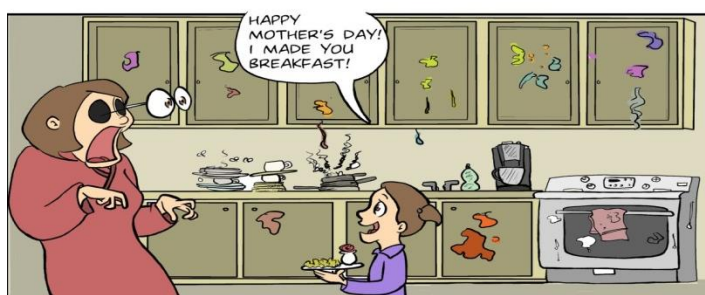




# PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER # 24 – May, 2019

## PRESIDENT'S GREETING from Cathy Van Herwaarden:



# Mother's Day – Sunday, May 12, 2019

Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. In the United States and Canada, Mother's Day occurs on the second Sunday of May.

## **Establishment of Holiday** [https://en.wikipedia.org/wiki/Mother%27s\\_Day](https://en.wikipedia.org/wiki/Mother%27s_Day)

The modern holiday of Mother's Day was first celebrated in 1908, when Anna Jarvis held a memorial for her mother at St Andrew's Methodist Church in Grafton, West Virginia.

St Andrew's Methodist Church now holds the International Mother's Day Shrine. Her campaign to make Mother's Day a recognized holiday in the United States began in 1905, the year her mother, Ann Reeves Jarvis, died.

Ann Jarvis had been a peace activist who cared for wounded soldiers on both sides of the American Civil War, and created Mother's Day Work Clubs to address public health issues. Anna Jarvis wanted to honor her mother by continuing the work she started and to set aside a day to honor all mothers because she believed a mother is "the person who has done more for you than anyone in the world".

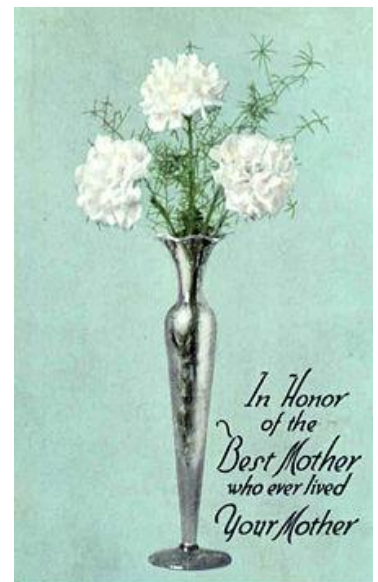
In 1908, the U.S. Congress rejected a proposal to make Mother's Day an official holiday, joking that they would also have to proclaim a "Mother-in-law's Day". However, owing to the efforts of Anna Jarvis, by 1911 all U.S. states observed the holiday, with some of them officially recognizing Mother's Day as a local holiday (the first being West Virginia, Jarvis' home state, in 1910).

In 1914, Woodrow Wilson signed a proclamation designating Mother's Day, held on the second Sunday in May, as a national holiday to honor mothers.

Although Jarvis was successful in founding Mother's Day, she became resentful of the commercialization of the holiday. By the early 1920s, Hallmark Cards and other companies had started selling Mother's Day cards. Jarvis believed that the companies had misinterpreted and exploited the idea of Mother's Day, and that the emphasis of the holiday was on sentiment, not profit.

As a result, she organized boycotts of Mother's Day, and threatened to issue lawsuits against the companies involved. Jarvis argued that people should appreciate and honor their mothers through handwritten letters expressing their love and gratitude, instead of buying gifts and pre-made cards. Jarvis protested at a candy makers' convention in Philadelphia in 1923, and at a meeting of American War Mothers in 1925.

By this time, carnations had become associated with Mother's Day, and the selling of carnations by the American War Mothers to raise money angered Jarvis, who was arrested for disturbing the peace.



Northern Pacific  
Railway postcard for  
Mother's Day in 1916.



**SPELLING: Mother's (singular), not Mothers' (plural)**

In 1912 Anna Jarvis trademarked the phrase "Second Sunday in May, Mother's Day, Anna Jarvis, Founder", and created the Mother's Day International Association. She specifically noted that "Mother's" should "be a singular possessive, for each family to honor its own mother, not a plural possessive commemorating all mothers in the world."

This is also the spelling used by U.S. President Woodrow Wilson in his 1914 presidential proclamation, by the U.S. Congress in relevant bills, and by various U.S. presidents in their proclamations concerning Mother's Day.

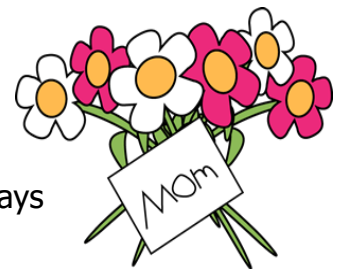
**HISTORY OF MOTHER'S DAY**

<https://www.history.com/topics/holidays/mothers-day>

Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as "Mothering Sunday."

Once a major tradition in the United Kingdom and parts of Europe, this celebration fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their "mother church"—the main church in the vicinity of their home—for a special service. Over time the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930s and 1940s.

The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. Jarvis would later denounce the holiday's commercialization and spent the latter part of her life trying to remove it from the calendar. While dates and celebrations vary, Mother's Day traditionally involves presenting moms with flowers, cards and other gifts.

**Mother's Day around the World**

While versions of Mother's Day are celebrated worldwide, traditions vary depending on the country. In Thailand, for example, Mother's Day is always celebrated in August on the birthday of the current queen, Sirikit.

Another alternate observance of Mother's Day can be found in Ethiopia, where families gather each fall to sing songs and eat a large feast as part of Antrosht, a multi-day celebration honoring motherhood.

In the United States, Mother's Day continues to be celebrated by presenting mothers and other women with gifts and flowers, and it has become one of the biggest holidays for consumer spending. Families also celebrate by giving mothers a day off from activities like cooking or other household chores.

At times, Mother's Day has also been a date for launching political or feminist causes. In 1968 Coretta Scott King, wife of Martin Luther King Jr., used Mother's Day to host a march in support of underprivileged women and children.

In the 1970s, women's groups also used the holiday as a time to highlight the need for equal rights and access to childcare.



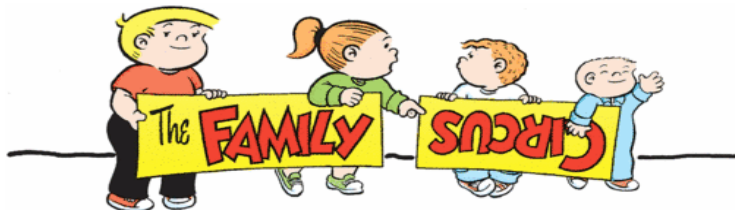
## DID YOU KNOW?

More phone calls are made on Mother's Day than any other day of the year. These holiday chats with Mom often cause phone traffic to spike by as much as 37 percent.

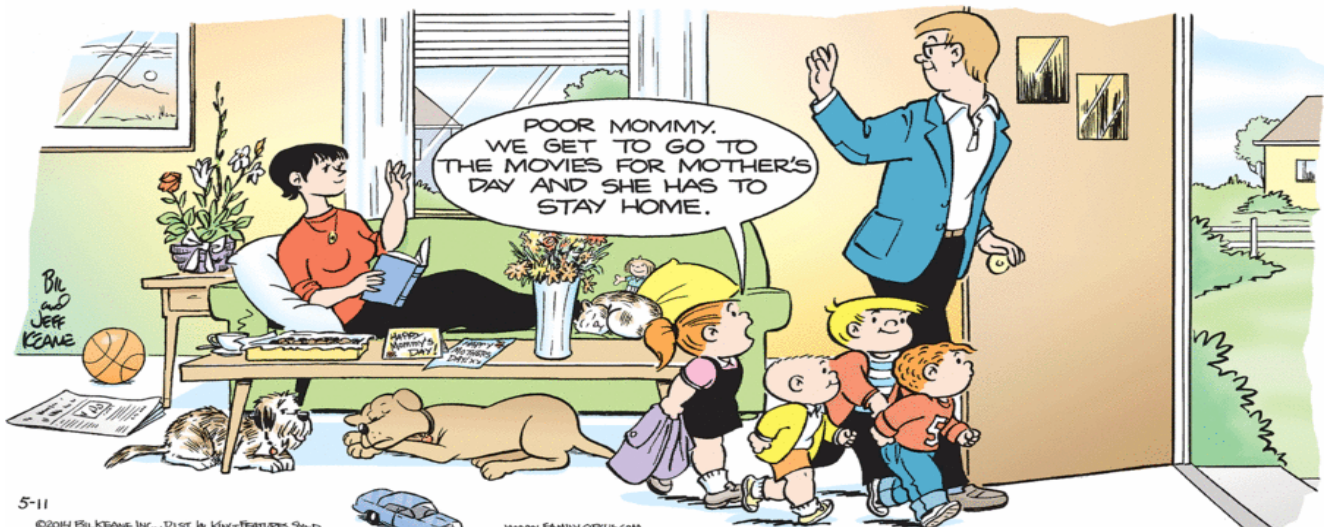
## ON THE PHONE WITH MOM



Yep. OK. Alright. OK. Alright. Yes.  
I will. Yep. OK. Alright. OK. Alright.  
Yes. I will. Yep. OK. Alright. OK.  
Alright. Yes. I will. Yep. OK. Alright.  
OK. Alright. Yes. I will. Yep. OK.  
Alright. OK. Alright. Yes. I will. Yep.  
OK. Alright. OK. Alright. Yes. I will.  
Yep. OK. Alright. OK. Alright. Yes.  
I will. I love you too. Bye.



## FAMOUS MOM QUOTES



5-11

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WWW.FAMILYCIRCUS.COM

# Nanaimo Bar Gets Canada Post Stamp, But Critics Question Base-To-Filling Ratio

By Harrison Mooney / Vancouver Sun – April 15, 2019



The Nanaimo bar, arguably B.C.'s most famous contribution to the pantheon of sweet treats, has received the stamp of approval from Canada Post.

The Crown Corporation released stamps of the West Coast confection and four other Canadian desserts from across the country mid-April.

"Rich and chocolatey Nanaimo bars have been associated with their namesake Vancouver Island city since the no-bake recipe first appeared there in the 1950s," Canada Post announced on its website in advance of the stamp set's April 17 issue date.

But is it really a Nanaimo bar? Images of the eminently lickable stamp were released Thursday, and while all three layers of the classic dessert are accounted for — the crumbly base, the custard filling, and the chocolate ganache icing — many were quick to point out that the ratio is all wrong.

"These are awesome, although the Nanaimo bar 'filling to crust' proportions are off," tweeted Nova Scotia author Tom Ryan, one of several Canadians to weigh in. Toronto illustrator Tyler Clark Burke agreed. "Seems like the middle layer is too thick, and the bottom layer is too thin? The top layer is kind of weak too," she said.

David Reevely, news editor at The Canadian Press's Ottawa bureau, even suggested the filling looked more like peanut butter than custard — anathema to Nanaimo bar purists.

Even local politicians weighed in. "That is definitely NOT a Nanaimo bar," said Port Coquitlam MLA and B.C. Solicitor General Mike Farnworth, while Coquitlam-Maillardville MLA and B.C. Housing Minister Selina Robinson speculated that the image was created by "an artist who has never eaten one."

To get to the bottom of this delicious controversy, the Vancouver Sun reached out to Nanaimo resident Joyce Hardcastle, the winner of a 1986 competition to find the ultimate Nanaimo bar recipe. If anybody is an authority on the famed three-layer dessert, which recently got its own spread in the New York Times, it's Hardcastle, whose recipe is featured on the city of Nanaimo's official website.

Prompted to assess the stamp, Hardcastle gasped, then agreed with the online commentary: Canada Post's Nanaimo bar is almost baseless, but the criticism is not.

"The only comment I can make is that I don't disagree," said Hardcastle, before expounding on the proper ratio. "The two bottom layers are pretty equal. The top layer is a bit thinner. And it does look nicer than that." "They should have more bottom," Hardcastle said of the stamp, which was created by Vancouver-based Subplot Design, although the image itself is the product of Mary Ellen Johnson, a photorealistic food painter based in South Carolina.



Had the American artist consulted the West Coast confectioner, she likely would have learned that, in a perfect Nanaimo bar, “the two bottom layers are pretty equal,” according to Hardcastle.

As evidence, Hardcastle provided Postmedia a picture of a fresh batch of Nanaimo bars that were chilling in her freezer, atop a tea towel sold in local shops, which also features her famous recipe.



This is what a traditional Nanaimo bar is supposed to look like. Canada Post’s rendition, meanwhile, more closely resembles Kraft Canada’s recipe for a layered Nanaimo bar cheesecake, which features the same troubling ratio. One wonders if the image is based on the wrong dessert entirely.

Ottawa pastry chef Adam Cenaiko offered his own expert opinion, further criticizing the stamp. “It’s missing the yellow colour in filling only found from custard powder, and yes, there’s way too much of it!” he said. “The bottom layer is suspicious as well. No chocolate or walnuts?” “As the Nanaimo bar is built out of a no-bake cake recipe, the cake part really does need to be thicker,” said Dr. Lenore Newman, a Canada Research Chair at the University of the Fraser Valley who has written a book about Canadian food culture and cuisine. “The one on the stamp doesn’t even look structurally sound.”

The whole thing may seem like a small issue, but Canadians are passionate about their cultural treats. The Nanaimo bar is just one example.

“It’s similar to the deep passion people show over the raisins-or-no-raisins debate in Ontario for butter tarts,” said Dr. Lenore Newman, a Canada Research Chair at the University of the Fraser Valley who has written a book about Canadian food culture and cuisine. “But as the Nanaimo bar is built out of a no-bake cake recipe, the cake part really does need to be thicker. The one on the stamp doesn’t even look structurally sound!”

Either way, most Nanaimo residents are thrilled to see their custardy confection commemorated in a stamp, even if it’s a little too custardy.

Nanaimo Mayor Leonard Krog savoured the news when told Thursday. “I couldn’t be prouder than to have the dessert recognized as one of Nanaimo’s many contributions to the world,” said Krog. He credited the bar’s surge in popularity of late to its unparalleled taste. “It’s popular because it’s really good,” he said, noting that Nanaimo bars were on the menu when then-U.S. president Barack Obama and his wife, Michelle, hosted Prime Minister Justin Trudeau and his wife, Sophie Grégoire-Trudeau, for a US state dinner in 2016. The main dessert featured was Nanaimo bars, and was presented on a plate inspired by the Rocky Mountains

“It is a signature dessert for this country, up there with the famous butter tart and the other desserts,” Krog said. “I always say to everybody, whenever I’m at an event, if there’s Nanaimo bar, ‘Be patriotic. Eat some Nanaimo bar.’”

The City of Nanaimo’s website describes the bar’s history as “elusive” and “shrouded in mystery.” “Of course, we know that Nanaimo bars originated in Nanaimo, or they would be called New York bars, or New Brunswick bars,” the site says.

**Nanaimo Bar:** [https://en.wikipedia.org/wiki/Nanaimo\\_bar](https://en.wikipedia.org/wiki/Nanaimo_bar)

The Nanaimo bar is a bar dessert which requires no baking and is named after the city of Nanaimo, British Columbia. It consists of three layers: a wafer and coconut crumb-base, custard flavoured butter icing in the middle and a layer of chocolate ganache on top. Many varieties exist, consisting of different types of crumb, different flavours of icing (e.g., mint, peanut butter, coconut, mocha), and different types of chocolate.



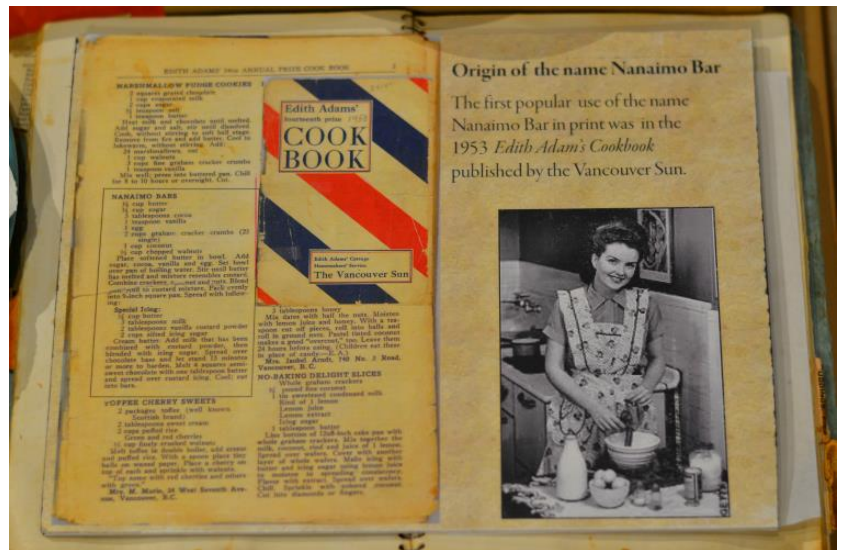
## Popularity

The popularity of the bar in Nanaimo led local residents to mobilise to have it voted "Canada's Favourite Confection" in a *National Post* reader survey.

## Origins of the Nanaimo Bar

The earliest confirmed printed copy of the recipe using the name "Nanaimo bars" appears in the Edith Adams' prize cookbook (14th edition) from 1953.

A copy of the book is on view at the Nanaimo Museum. However, following research into the origins of Nanaimo bars, Lenore Newman writes that the same recipe was published in the *Vancouver Sun* earlier that same year under the name "London Fog Bar".



The recipe later also appears in a publication entitled *His/Her Favourite Recipes, Compiled by the Women's Association of the Brechin United Church* in Nanaimo (1957), with the recipe submitted by Joy Wilgress, a Baltimore, Maryland, native.

In 1954 the recipe "Mabel's Squares" was published in *The Country Woman's Favorite* by the Upper Gloucester Women's Institute (New Brunswick). The recipe was submitted by Mrs. Harold Payne, the daughter of Mabel (Knowles) Scott (1883-1957). The ingredients list, quantities, and fabrication closely match the recipe found on the City of Nanaimo's website.



The first printing of recipes featuring Nanaimo bar ingredients is found in the 1952 *Women's Auxiliary to the Nanaimo Hospital Cookbook*, which features three nearly identical recipes that differ only slightly from the modern Nanaimo bar. They are referred to as the "chocolate square" or the "chocolate slice".

Other unconfirmed references date the bar back to the 1930s, when it was said to be known locally as "chocolate fridge cake". One modern reference even refers to the bars' existing in nineteenth century Nanaimo.

The first known recipe for Nanaimo bars was printed in the 1952 *Women's Auxiliary of the Nanaimo Hospital Cookbook*, but under the name "chocolate square." A year later, the recipe appeared in the *Sun* as the "London fog bar," with "Nanaimo bar" listed as an alternate name. Newman believes the recipe was created by a member of the auxiliary and named by Edith Adams.

The bar got a big boost during Expo '86 in Vancouver, when Nanaimo held a recipe contest and trotted out a mascot named Nanaimo Barney. A recipe for the confection was also included in a commemorative cookbook curated by *The Lazy Gourmet*, the Vancouver catering company believed to be the first to commercially produce the bars. As such, the Nanaimo bar was introduced to the world.

Today, Greenaway says eating a Nanaimo bar in the city is on the bucket list of many visitors, and they're certainly not starved for choices. Tourists can follow the Nanaimo Bar Trail and visit nearly 40 businesses that boast some version of the square. There are traditional takes, of course, but there is also Nanaimo bar martinis, cheesecakes, and spring rolls. You can even get a Nanaimo bar pedicure at a local spa. The little square has also gone mainstream, and can be found on BC Ferries ships, in giant slabs at Costco, and at Canadian-themed eateries in London, New York, and Laos. "The Nanaimo bar is a bit like a Kardashian: it's famous for being famous," Newman says. "And that self-perpetuates, and I think it will continue to do so."

## Nanaimo Bar Recipe – Joyce Hardcastle

### Bottom Layer

1/2 cup unsalted butter (European style cultured)

1/4 cup sugar

5 tbsp. cocoa

1 egg beaten

1 3/4 cups graham wafer crumbs

1/2 cup finely chopped almonds

1 cup coconut

Melt first 3 ingredients in top of double boiler. Add egg and stir to cook and thicken. Remove from heat. Stir in crumbs, coconut, and nuts. Press firmly into an ungreased 8" x 8" pan.

### Second Layer

1/2 cup unsalted butter

2 Tbsp. and 2 Tsp. cream

2 Tbsp. vanilla custard powder

2 cups icing sugar

Cream butter, cream, custard powder, and icing sugar together well. Beat until light. Spread over bottom layer.

### Third Layer

4 squares semi-sweet chocolate (1 oz. each)

2 Tbsp. unsalted butter

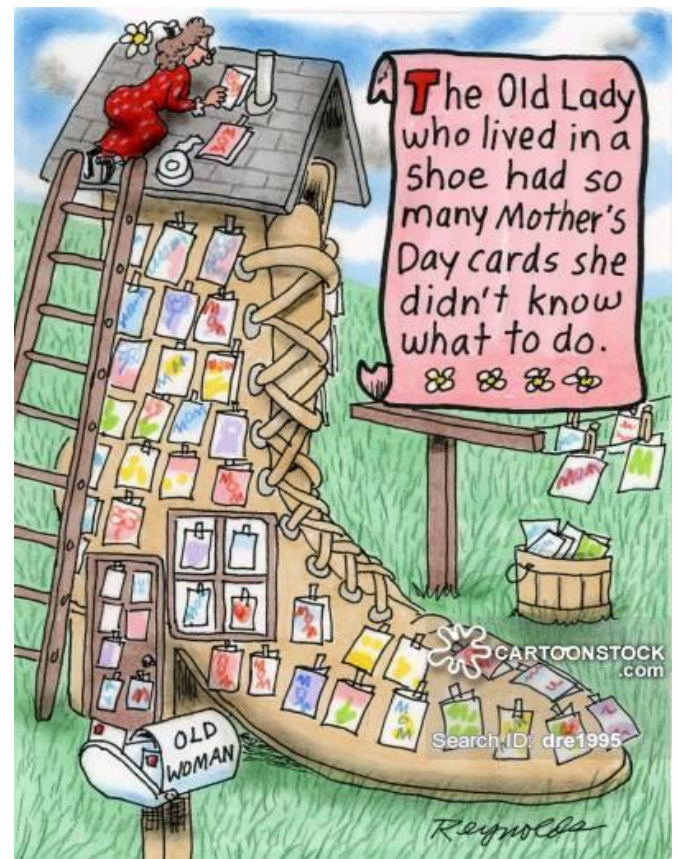
Melt chocolate and butter over low heat. Cool. Once cool (but still liquid), pour over second layer and chill in refrigerator.



In 1985, Mayor Graeme Roberts initiated a contest to find the ultimate Nanaimo bar recipe. The recipe submitted by Joyce Hardcastle, a resident of Nanaimo, was unanimously selected by a panel of judges.



In April 2019, Canada Post announced the release of a booklet of postage stamps dedicated to Canadian desserts and sweets. The booklet of 10 stamps features images of the Nanaimo bar, the butter tart, tarte au sucre (sugar pie), blueberry grunt, and Saskatoon berry pie. Canada Post described the stamps as "fun-shaped" and appears on a recipe card shape.

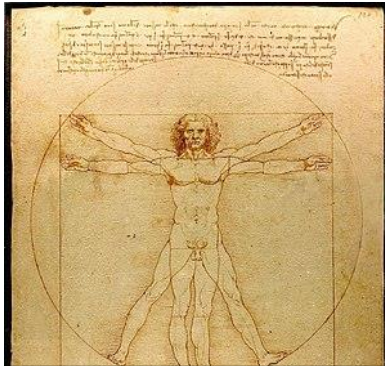


# Leonardo Da Vinci – 500 years later!

[https://en.wikipedia.org/wiki/Leonardo\\_da\\_Vinci](https://en.wikipedia.org/wiki/Leonardo_da_Vinci)

Leonardo Da Vinci was born on April 15, 1452 and died on May 2, 1519, at the age of 67. This year is 500 years, since his death.

Leonardo was an Italian polymath of the Renaissance whose areas of interest included invention, drawing, painting, sculpting, architecture, science, music, mathematics, engineering, literature, anatomy, geology, astronomy, botany, writing, history, and cartography. He has been variously called the father of palaeontology, ichnology, and architecture, and he is widely considered one of the greatest painters of all time.



This image of Vitruvian Man demonstrates Leonardo's deep understanding of proportion with a blend of mathematics and art.

The *Mona Lisa* is the most famous of his works and the most parodied portrait, and *The Last Supper* is the most reproduced religious painting of all time. His drawing of the *Vitruvian Man* is also regarded as a cultural icon, being reproduced on items as varied as the euro coin, textbooks, and T-shirts. On November 15, 2017, his painting *Salvator Mundi* sold for \$450.3 million at a Christie's auction in New York - the highest price ever paid for a work of art.

He epitomised the Renaissance humanist ideal and he is widely considered one of the most diversely talented individuals ever to have lived.

Leonardo is revered for his technological ingenuity. He conceptualised flying machines, a type of armoured fighting vehicle, concentrated solar power, an adding machine, and the double hull. Relatively few of his designs were constructed or even feasible during his lifetime, as the modern scientific approaches to metallurgy and engineering were only in their infancy during the Renaissance. Some of his smaller inventions, however, entered the world of manufacturing unheralded, such as an automated bobbin winder and a machine for testing the tensile strength of wire. A number of his most practical inventions are displayed as working models at the Museum of Vinci. He made substantial discoveries in anatomy, civil engineering, geology, optics, and hydrodynamics, but he did not publish his findings and they had no direct influence on later science.

## Why Leonardo da Vinci Continues to Fascinate the Modern World

<https://www.weforum.org/agenda/2019/02/leonardo-da-vinci-500-years-after-his-death-his-genius-shines-as-bright-as-ever>

## Leonardo da Vinci Wasn't Born a Genius – this is what we can learn from him

<https://www.weforum.org/agenda/2018/03/the-key-to-leonardo-da-vincis-genius-is-a-practice-that-anyone-can-learn>

## How Leonardo da Vinci's Outsider Status Made Him a Renaissance Man

<https://www.weforum.org/agenda/2019/01/leonardo-da-vinci-walter-isacson-wef-book-club>



# COSCO NEWS:

Council of Senior Citizens' Organizations of BC

<http://coscobc.org/>



Council of Senior Citizens'  
Organizations of BC

Representing Seniors Since 1950

## **NATIONAL PHARMACARE POSITIVE FRAMEWORK**

by Gudrun Langolf - COSCO News - April 2019

[http://coscobc.org/images/pdfs/newsletters/COSCO\\_April2019\\_Q1\\_web.pdf](http://coscobc.org/images/pdfs/newsletters/COSCO_April2019_Q1_web.pdf)

The federal Advisory Council on the Implementation of National Pharmacare's issued their initial report: How the Canadian government implements 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.

COSCO and many of our allies advocate that 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



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.

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

## **How Billionaires & Big Pharma Battled Canada's National Drug Plan**

Many people thought Pharmacare would be in this federal budget. It wasn't. Sharon Batt's report helps explain why. Press "Ctrl and click" for more info:

[https://thetyee.ca/Opinion/2019/04/04/Big-Pharma-Billionaires/?utm\\_source=national&utm\\_medium=email&utm\\_campaign=040419](https://thetyee.ca/Opinion/2019/04/04/Big-Pharma-Billionaires/?utm_source=national&utm_medium=email&utm_campaign=040419)

Connect with COSCO on Facebook: <https://www.facebook.com/COSCOBC/>



## Bill C-27 Petitions Update - JoAnn Lauber reports:

In January, MP Peter Julian affirmed to the BCRTA that our work has had a definite impact. BCRTA's opposition to Bill C-27, he said, has been noted by Government, and contributed to statements by Finance Minister Morneau's office that government is not moving forward with Bill C-27. The bill has not yet been withdrawn, however.

As of March 24, 2019, fifteen petitions opposing Bill C-27 have been read out in Parliament on behalf of BCRTA Branches. Ten others are promised for presentation; or are already poised for presentation in 2019 by MPs. Five additional petitions have been sent to MP Peter Julian for presentation. On April 5, 2019: MP Gord Johns rose to present petitions on behalf of constituents of Port Alberni, Coombs, Nanoose Bay, Parksville and Qualicum Beach.

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April 2, 2019

Dear Cathy,

I was very pleased to hear that your branch was successful in getting our petition on Bill C-27 submitted to be read out in the House of Commons in Ottawa. I know that the project took your leadership team a considerable time and effort in collecting signatures and connecting with your MP to arrange the process.

I want to thank you for these efforts on behalf of the whole BCRTA membership. The protection of our defined benefit pension plan is not only critical for us, but a benefit for everyone who currently has a Defined Benefit pension. Rather than weakening pensions, wouldn't it be fantastic if every Canadian could contribute to a defined benefit pension during their working years and then enjoy a secure pension in retirement.

You will be interested to know that of this date we have had 16 petitions read with about 12 more submitted or in the final processes.

Sincerely,



Gerry Tiede,  
BCRTA President



## National Bill C-27 ePetition a Success - Results Far Above Goal of 10,000 Signatures

In the last issue of Connections, we were told about an ePetition that was authored by BCRTA President Gerry Tiede, launched by The Canadian Association of Retired Teachers (ACER-CART) onto the House of Commons website, and emailed to all PQRTA members. The ePetition encouraged government to increase the security of retirement income, to stop attempts to cause seniors to surrender rights to their earned pensions, and also to provide insurance for pensioners when their failed employers cannot or will not fulfill the promises they made. The drive for signatures exceeded our goal for 10,000 signatures. On closing date (April 9<sup>th</sup>), there were **13,740 confirmed** signatures from across Canada, including **4,107 from British Columbia!** Thanks to all who participated.

# BCTF News:



## **B.C. Teachers' Federation President Glen Hansman Leaves A Positive And Lasting Legacy On The Province**

*by Charlie Smith on March 19th, 2019 at 7:50 AM*

<https://www.straight.com/news/1216081/bc-teachers-federation-president-glen-hansman-leaves-positive-and-lasting-legacy>

On the morning of March 19th, the union representing B.C. teachers will choose its next president at its annual general meeting in Victoria.

This person will have some very big shoes to fill. That's because the outgoing president, Glen Hansman, has been a magnificent public voice for the profession for many years. This dates back to when he represented Vancouver elementary school teachers.



Hansman will wind up his third one-year term at the helm of the BCTF at the end of this school year.

One of his great accomplishments has been to make B.C. schools far more welcoming for all minorities, including LGBT kids.

He knew firsthand how tough it could be for queer kids when he attended school in northern Ontario. "I landed on education because I wanted to make sure that school systems did better, not just for youth like me but for any student, Indigenous and others, [who found] that the school system was not a great place," Hansman told the Georgia Straight in 2018.

Hansman previously worked on anti-homophobia programs with the Vancouver school district, which is an international leader in this regard.

Hansman has also been a vocal defender of SOGI 123—so much so that he was sued by Chilliwack trustee Barry Neufeld, who's claimed that this trans-friendly policy is based on a "biologically absurd theory". Despite being sued, Hansman has continued to stand his ground.

In addition, Hansman has been a relentless advocate for students with special needs, calling on the Ministry of Education to provide appropriate funding to ensure proper supports are in place.

Not only that, he been a great ally of Indigenous communities, working behind the scenes to have recommendations from the Truth and Reconciliation of Canada implemented in the education system.

And he was president of the BCTF when it won its greatest court victory in 2016. At that time, the Supreme Court of Canada overruled a 4-1 B.C. Court of Appeal decision and restored language on class size and class composition, as well as staffing levels for specialist teachers.

Hansman has also focused a great deal of attention on how to improve the recruitment of teachers to B.C. school districts in the wake of that decision.

He presided over a period of labour peace and growing support for public education, which was reflected in the NDP's narrow victory in the 2017 provincial election.

A new modernized curriculum was introduced in B.C. when he was BCTF president. This provides greater flexibility for teachers to help students pursue their passions and reflects the latest research in pedagogy and neuroscience.

It's attracted international attention, as has the province's leadership in countering bullying in schools. Few have been as active on this front as Hansman.

Moreover, the BCTF played a significant role in persuading the B.C. Investment Management Corporation to take climate change more seriously when investing public pension funds.



In the future, the manager of public pensions will conduct physical climate-change risk assessment for all private investments and integrate climate-change-scenario analyses across client portfolios and asset classes.

All in all, it's an impressive legacy!

B.C. has been fortunate to have been home to many great educators over the decades. It's why our students have fared so well in comparison to those in other provinces and countries. But in recent years, B.C. has also distinguished itself for the humanity of its public schools. Hansman has played a central role in this evolution.

He knows that students who aren't bullied will be better learners.

He recognizes that students who aren't made to feel awful about their sexual orientation, gender identity, or gender expression are far less likely to commit suicide.

He understands that students who learn emotional self-regulation in classrooms grow up to be better citizens.

He realizes how poverty-reduction programs help students succeed in school and how equality is advanced when girls from low-income families are given access to free feminine hygiene products.

He gets that Indigenous students who are provided with culturally sensitive approaches can blossom to become community leaders.



Hansman has always been on the side of these learners. It's why his name needs to be included on any list of outstanding BC educators.





# BC Teachers' Federation President-Elect Teri Mooring Takes Over Her New Position In June

<https://www.vancourier.com/opinion/meet-the-vancouverite-poised-to-lead-b-c-s-43-000-teachers-1.23769972>

by Tracy Sherlock – Vancouver Courier – March 25, 2019

## Meet the Vancouverite poised to lead B.C.'s 43,000 teachers

Some might think the BC Teachers' Federation's new president-elect Teri Mooring has her work cut out for her.

With the first contract negotiations since a bitter five-week strike in 2014 underway and a controversial funding review ongoing, the challenges are clear.

But once you get to know Mooring, even a little bit, you get the sense those hurdles won't get the best of her.

Mooring, 56, was a Grade 6 and 7 teacher for 20 years at, as she puts it, "a fairly high-needs school," in Quesnel, a town of about 10,000 people on the road between Williams Lake and Prince George in B.C.'s Cariboo region.



In her teens, she worked at the town's pulp and paper mill, where her father was the local union president. Her mother was a teacher and she says both parents highly valued education. They always instilled in her the belief that she would need a career and to look after herself.

After high school, she went to the College of New Caledonia in Prince George and then got married and had the first of her three children.

Soon after, she qualified with her teaching certification at the Simon Fraser University campus in Prince George. Teachers didn't need a full degree at that time, but over the next eight years, she completed hers at SFU and had two more children.

Throughout, she was teaching young adolescents, raising her own children and serving as a union staff representative. After teachers in B.C. unionized in 1988, there wasn't a year she didn't have a position within the union, she said.

After finishing her bachelor's degree, she promised her kids she would wait until they finished Grade 12 before pursuing her master's degree. But then the University of Northern B.C. offered a master in counselling and curriculum and she couldn't resist. "I had to do it," she says, "with apologies to my children."

Mooring's two adult children, Josh and Jasmine, live in Dawson Creek. Josh has two daughters, Emma and Sydney. Her youngest child, son Colby, was killed in a car accident at age 17 in 2006.

When she embarked on her educational journey, she says she “never had any inkling” she would be leading the province’s 43,000 teachers one day. “I never anticipated in a million years that I would end up being the BCTF president,” Mooring said. “I’ve learned not to limit myself. That’s not meant to sound arrogant; it’s just that a lot of unanticipated things have happened along the way that I could never have predicted.”

For fun, Mooring does hot yoga, runs along the seawall and is a passionate reader.

She takes over from BCTF president Glen Hansman when his three-year term ends in June. Hansman and Mooring were both elected as BCTF members at large in 2009.

At the time, Mooring was president of the teachers’ association in Quesnel, a post she held for five years. Hansman was president of the Vancouver Elementary School Teachers’ Association (VESTA). They didn’t know each other well, but Hansman remembers visiting her office.

“It was a different world than what I had known at VESTA in that she was the only person in the Quesnel office, which was a small thing beside the highway with only one way in and out of the office, and where she had to do everything,” Hansman said.

Hansman says Mooring will “do great things as president. Teri knows her values. [She’s] smart, tenacious, articulate, thoughtful, and committed to public education, teachers, teaching as a profession, and the students we serve.”

In the few months remaining before taking over the helm, Mooring is the co-lead negotiator in the teachers’ collective bargaining for their contract, which expires June 30. She says a wage increase is really critical, because of the shortage of teachers in rural areas and the shortage of teachers on call across the province.

“What we are continuing to see, because of that, is that students with special needs are being asked to stay home when their teacher or educational assistant is ill,” she said. “We’re also continuing to see specialist teachers are being pulled from their jobs to fill in for classrooms and that means students with special needs continue to lose out on programming and supports. That’s still an issue everywhere.”

For the first time, BCTF can bargain provincially for class size caps — there is no provincial language for Grades 4 to 12 and some districts don’t have their own rules. As far as the number of students with special needs who can be in a single class, 20 of the province’s 60 districts have no rules, while 20 have really strong rules and another 20 could see improvement, she said. Making that equitable is “key at the negotiation table,” Mooring said.

Mooring is very encouraged by the recent doctor’s settlement in B.C., which includes 8.8 per cent increases over three years and contains money for recruitment and retention, she said.

“There’s all kinds of creative things that could be put in place and we’d really like to see some of that,” Mooring said. Ideas include loan forgiveness, tuition repayment or other strategies to attract teachers to the province.

They’ve held 20 bargaining sessions so far, with 40 more scheduled before the end of June. Mooring is optimistic a deal will be done by then. “That’s lots of time for us to get a deal,” Mooring said. The province’s 538,000 public school students, their parents and their teachers all certainly hope she’s right.

# **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.

#### **Teaching And Learning Conditions 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 provisions related to class-size, class-composition, specialist teacher staffing ratios, and school-based team. 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 students with special needs.

In a few school districts, there are actually no standards for class-size in Grades 4–12; in many school districts, there are no reference to class composition, so no additional staffing is generated so that teachers can better address individual students' learning needs. And there are no class size standards for Distributed Learning or Adult Education programs around the province. Now that bargaining has started again, it's possible to make some improvements—by addressing gaps in protections across the 60 school districts, and trying to make improvements in some key areas.

#### **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.

Let the government know that our kids and their teachers are worth investing in. Watch and share the BCTF's latest television ad on Facebook: <https://www.facebook.com/watch/?v=398525167588442>



# Plastic Can Take 500 Years To Bio-Degrade In The Ocean

Estimated number of years for selected items to bio-degrade in a marine environment\*



@StatistaCharts

\* Exact time varies by product type and marine conditions. Cigarette butts and grocery bags are an upper estimate.

Sources: NOAA, Woods Hole Sea Grant

statista

## Zoomer Magazine - March, 2019 - Page 8 "From the Editor"

**L**ATE LAST YEAR, Emile Ratelband, a 69-year-old Dutchman, went to court to have his age legally lowered to 49, saying, "When I'm 69, I'm limited. If I'm 49, then I can buy a new house, drive a different car. I can take up more work. When I'm on Tinder and it says I'm 69, I don't get an answer." Sigh. But is this internalized ageism toward oneself or does he have a point regarding the only discrimination still socially acceptable? As he went on to say: "We live in a time when you can change your name and change your gender. Why can't I decide my own age?"

Good question.

While we ponder the answer, con-

sider that for all of us who have chosen not to go to court, we do make daily, even hourly or minute-by-minute decisions that reflect what our age is and, more importantly and less concretely, what it means.

But like the makeover shows Leanne Delap (below) so aptly writes about in "Inside Out" (page 64), the idea of age and another birthday to come makes us take stock – if this is all there is, how do we make it what we want it to be? This is where the idea of change and our Make-a-Change issue comes in.

I admire Ratelband's moxie on putting ageism on the court docket. It's high time someone did. We can't pretend ageism doesn't exist, and

what we message through our brand is changing the court of public opinion and public policy, as well.

But it all starts within. Do the work with practical strategies and tactics we offer for your mind, your longevity, your fitness, your nutrition and, yes, your fashion, which may go some way to helping Mr. Ratelband on Tinder. Because, for him, 69 is still the new 69. The Dutch court's final ruling denied his request but stated that: "Mr. Ratelband is at liberty to feel 20 years younger than his real age and to act accordingly."



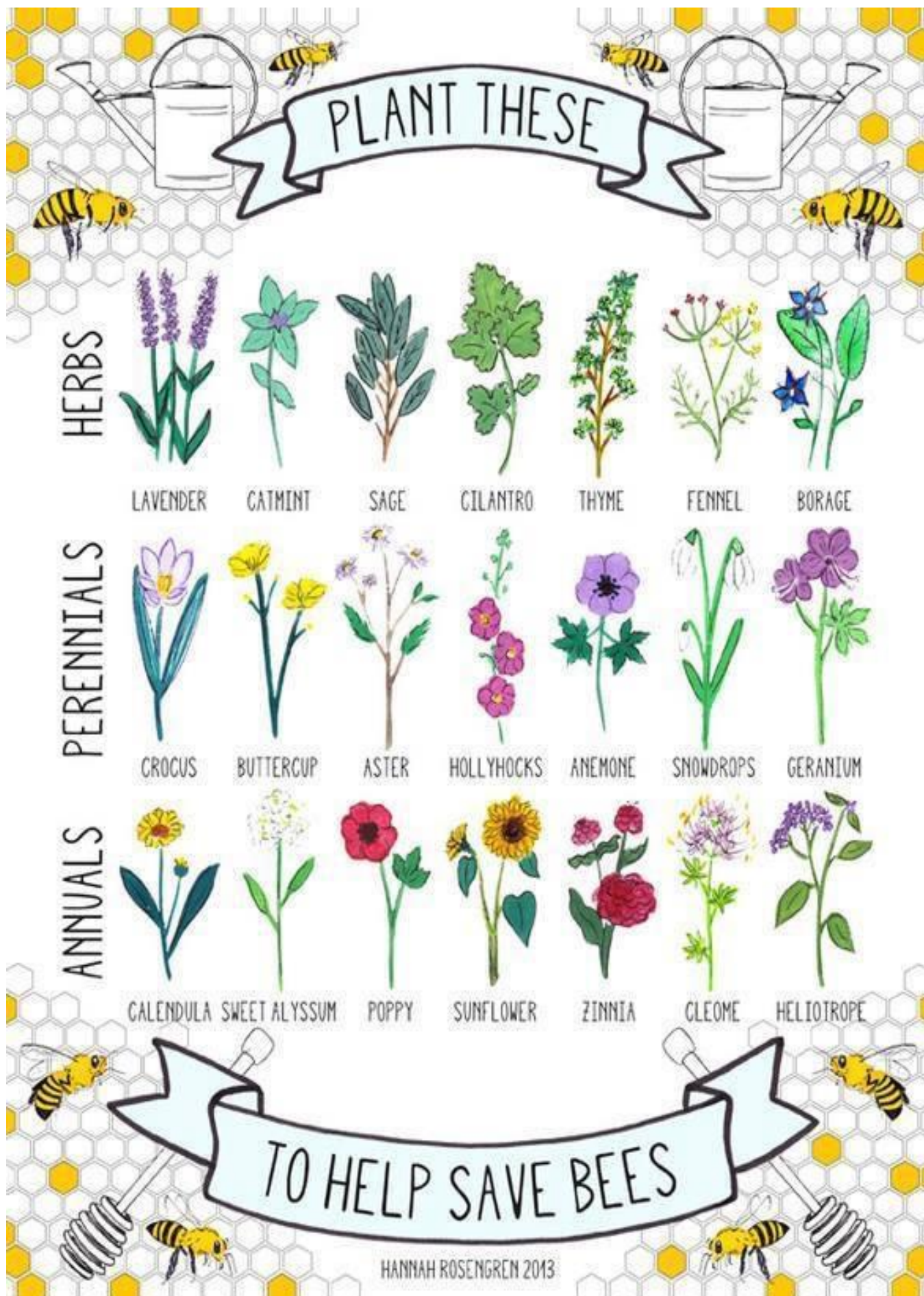
# Ten Tips for Building Walking into your Lifestyle:

<http://www.sizzlingtowardssixty.com.au/building-walking-into-your-lifestyle/>

- 1. Commit the time and reprogram your mindset** – It's easy to think we're too busy, or that we will begin 'tomorrow'. Instead, take five minutes today...and ten minutes tomorrow. The important thing is to start!
- 2. Swap out part of your routine** – Going to your local coffee shop? Why not walk there? If it's truly too far to walk, park five minutes away and walk the remaining distance. Next time, park ten minutes away. No excuses!
- 3. Have the Right Stuff** – Feet swell as you walk, so your shoes should not be too snug. Cushioning under the heel and forefoot is important, as is flexibility. Good hiking socks can help evaporate sweat and prevent blisters. A water bottle and sun protection are essential.
- 4. Start Small** – In exercise, it is easy to make the mistake of going too hard in the early days. This can cause injury, or prevent us from continuing. It's better to start small and begin slowly. If you are new to walking for exercise, check with your doctor about what amount is right for you.
- 5. Multi-Task** – As mentioned above, if you walk to errands and events when you can (and you can more often than you think) you automatically build exercise into your day. Behind in your book club? Download an audiobook and listen while you walk...but ensure that you are paying attention in traffic!
- 6. Create a Support System** – Conversation with a friend can make the time spent walking pass by much more quickly. Conversation also helps remind you when you have pushed too hard and are becoming breathless. Make a walking plan with a friend, even fifteen minutes at the start or end of your day can make a difference.
- 7. Build a Plan** – Experts often recommend that a 'walking for fitness' program includes a minimum of five thirty-minute sessions or one-hundred and fifty minutes of walking per week. My advice is to start with what works for you. You can then build from there until you reach your ideal walking time.
- 8. Track Your Progress** – Use a simple system (small notebook or app) to record your progress. Tracking helps you to more clearly see the gains you've made...and where your gaps are. The less complicated your recording system is, the easier it will be to maintain.
- 9. Use it or lose it** – Unfortunately, as we age, our muscles begin to shrink and lose mass. Most rehabilitation experts agree that the more we keep active and moving, the better our bodies can resist aging too early. Remember, taking the time to warm up and cool down is important to prevent injury.
- 10. Invest in yourself** – Most of us believe that we never have enough time (even in retirement)! It is common to sacrifice our own needs to 'catch up.' But do you really want to cut corners with your health? Seeing it this way can help you rethink your commitments...and take steps that will provide long-term mind and body benefits!









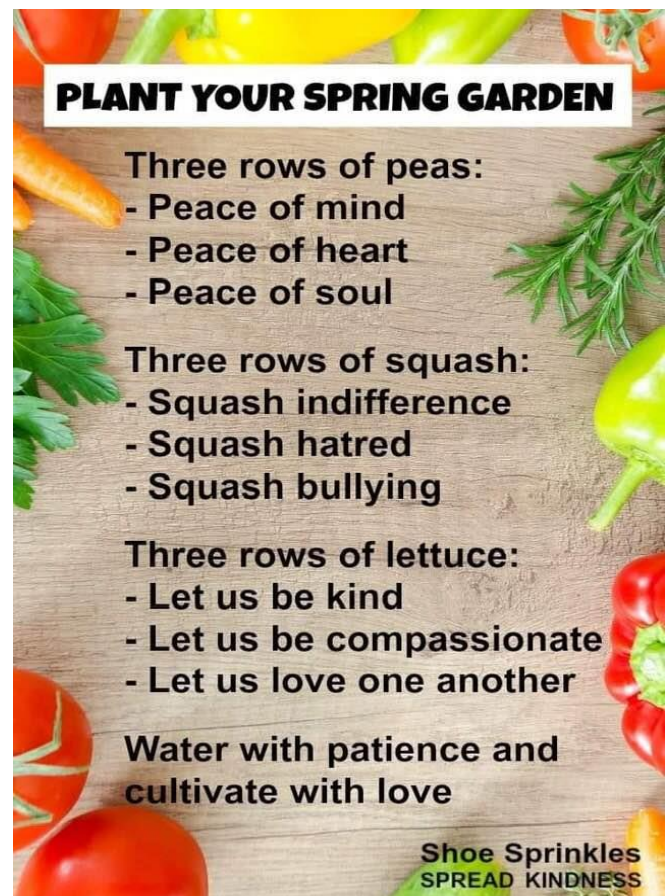


## 20 Plants You Should Grow Side-By-Side

[https://gardeningtips.diyeverwhere.com/2017/04/10/20-plants-you-should-grow-side-by-side/?src=fbfan\\_59447&t=fbsub\\_gardeningtips&rp=20190414](https://gardeningtips.diyeverwhere.com/2017/04/10/20-plants-you-should-grow-side-by-side/?src=fbfan_59447&t=fbsub_gardeningtips&rp=20190414)

1. Nasturtiums & Cucumbers
2. Tomatoes & Asparagus
3. Chives & Roses
4. Basil & Peppers
5. Spinach & Peas
6. Summer Savory & Green Beans
7. Cabbage & Sage
8. Lettuce & Onions
9. Carrots & Radishes
10. Broccoli & Marigolds

To find out why these make good pairs, check out the link above.



# The Healing Power of Pets

**Goodtimes** – Wendy Haaf - March 28, 2019



They're not only cute and cuddly—they can help you stay healthy

If you share your home with an animal, you may be getting more out of the relationship than warm fuzzy feelings and fur on your furniture. According to a growing body of research, living with a pet could potentially protect our physical and mental health in a number of ways, particularly later in life.

While the pet-human partnership can have its downsides, from expense and effort to heartbreak over the loss of a beloved companion, the benefits may go far beyond an enthusiastic welcome when you get home. In fact, researchers even have a name for the positive role of pets in promoting human health: "zooevia" (*zoo-eh-ah*). Here are a handful of examples illustrating zooevia's potential.

## **Stress Relief**

Spending time with a dog—even a dog you've never met before—decreases stress. For example, in a study involving 400 university students, those who interacted with a therapy dog for 20 to 30 minutes experienced a reduction in stress levels and some of the relaxing effects were still evident 10 hours later, says Stanley Coren, a professor emeritus in the psychology department at the University of British Columbia.

"These interactions tend to slow the heart rate and lower blood pressure; the muscles relax and breathing becomes more regular," Coren says. "Recent data shows even stress hormones are reduced and oxytocin, which is sometimes called 'the love hormone,' is increased. A lot of these effects are similar to what you get from something like the antidepressant drug Prozac—so this is like Prozac on paws." Unlike these medications, however, which take weeks to begin working, the effects kick in within just minutes. Perhaps it's not surprising, then, that "if you have a dog, the likelihood you'll go into clinical depression is reduced fourfold," compared with people who don't live with canine companions, Coren says.

Part of the effect on mood may stem from the fact that activities such as simply watching a pet play "help you get out of yourself," says Dr. Katherine Hodgson, a researcher in the continuing professional development department at the University of Toronto's Faculty of Medicine. "Things like grooming a pet are really a form of mindfulness."

## **Stronger Social Bonds**

"Pets help build social capital just like the relationships that we have, which we know are a huge determinant of health," Hodgson says. "For example, a lonely rich person is more likely to be sicker than a person of lower socioeconomic status who has a strong network of family, friends, and community."

First of all, there's the companionship that comes from the animal itself. "People who have low levels of social support tend to experience particular benefits from having a pet," says Ann Toohey, the scientific coordinator of the Brenda Strafford Centre on Aging at the O'Brien Institute for Public Health, part of the University of Calgary's Cumming School of Medicine. (Toohey is also the lead author on a paper that used data from the Canadian Longitudinal Study on Aging to better understand the characteristics of older people who are living with pets.)

For example, in a study that probed how acquiring a pet affected feelings of isolation in older adults, “lonelier people were more likely to acquire a pet and having a pet seemed to help with loneliness,” Toohey says. And that’s not frivolous, since loneliness appears to pose an even greater risk to health than obesity. Caring for a furry or feathery family member can also provide a sense of purpose, a trait that’s been linked with healthy aging. “It doesn’t necessarily replace the desire for human companionship,” Toohey says, “but it does make life a lot better.” In fact, Toohey is concerned that a lack of pet-friendly housing for low-income seniors can have negative consequences when people are faced with the wrenching prospect of having to part with a much-loved companion to keep a roof over their heads.

And while the responsibilities of living with a companion animal can sometimes curtail participation in social activities, pets seem to have the power to foster a wider, stronger social network. For example, if you have nothing in common with a relative, her cockatiel may provide a topic of conversation. This gambit can open a dialogue that bolsters relationships between health professionals and patients, too. In a study funded by the Human Animal Bond Research Institute and conducted by Hodgson and colleagues, when health professionals made a point of asking patients if they had a pet and, if so, to provide a few details, 70 per cent of participants reported learning more about their patients, 83 per cent said it led to an increased knowledge of patients’ physical activity levels, and 48 per cent said it helped foster better rapport. This is no small matter, since research has shown that stronger relationships between people and their doctors can improve patient health.

Other research has found that neighbourhoods with features that encourage people with pets to mingle—such as dog parks—have stronger feelings of connection, as measured by questions such as “Could you ask your neighbour for a cup of sugar?”, even when controlling for other factors, such as socio-economic differences. Similarly, a study by Toohey found older people are more apt to feel secure enough to walk outdoors when they live in an area boasting an abundance of dog-walkers.

### **Healthier Behaviours**

Living with a pet may cultivate health-promoting behaviours in other ways, too. Some studies, for instance, suggest that “dogs can actually motivate people to get out in spite of bad weather,” says Clarise Lim, a fitness instructor in Victoria who is a co-author of two studies involving dog-walking and the author of another.



Other research hints that dogs may also decrease sedentary time, which is a risk factor for a number of health ills. In addition, the daily tasks of animal care, such as feeding, can encourage routines that contribute to overall health. For instance, a pet’s schedule may require you go to bed and get up at consistent times, habits that help strengthen the kinds of healthy sleep patterns that are linked with a lower likelihood of a number of serious health problems, such as heart disease and diabetes.

Stanley Coren tells a personal story about how this knowledge, plus a bit of subterfuge, helped coax his father, who lived alone, to start eating again regularly after he began missing meals; family members convinced the elder Coren that a simple scratch-cooking formula (one-third protein, one-third vegetables, and one-third breads and starches) would help keep his King Charles spaniel healthy. Motivated to cook for his dog, Coren’s father was tempted to eat the leftovers.



Scientists have even begun to look at ways that health professionals can recruit the family pet as a sort of personalized health coach. In a study conducted by Lim, for example, strategies that included attending scheduled group dog-walking sessions helped participants increase their levels of physical activity, and even three weeks after the study had ceased, subjects were still getting double the recommended 150 minutes of moderate exercise a week. "A lot of them reflected that they really enjoyed it and that it was more fun than if they'd been out on their own," Lim says.

One of the most-studied areas of pets as catalysts for healthier behaviours is smoking cessation. "Health-care providers can use discussions around protecting the pet from second-hand smoke as a motivator" to cut down on smoking and even quit entirely, Hodgson says. "Pets can actually be part of treatment plans," Hodgson adds. For instance, "petting an animal or walking with an animal can be part of an approach to addressing anxiety or recovery from cardiac surgery." She and her colleagues have come up with a series of worksheets that build on this concept, using pets as exercise buddies, mindfulness partners, and a focus for something called "solution-based therapy." Aimed at helping tame anxiety and depression, solution-based therapy involves scheduling specific activities that a person—or in this case, a pet—finds pleasurable. "For example, if your cat loves to play treasure hunt," Hodgson explains, "you might plan to do that on Saturday mornings, and when you do it, you get the pleasure of watching your cat," as well as the positive feedback from the cat's enjoyment.



### **Reduced Health Risks**

Finally, the creatures that find their way into our hearts may actually protect the health of that very organ. For starters, there's some evidence that, compared with those not living with animals, pet owners tend to have lower levels of three risk factors for heart disease—high blood pressure, high triglycerides, and high LDL cholesterol. Similarly, in a number of studies, pet owners' hearts responded in a healthier way to mental stress, with less marked and shorter-lasting increases in heart rate and blood pressure.

People whose hearts have already been dealt a serious blow may reap even more profound benefits from a pet's presence. In light of the knowledge that high levels of stress are associated with cardiovascular disease and stroke, and that interacting with dogs moderates stress, a US researcher decided to track a group of people aged 55 to 65 who had just suffered a first heart attack, comparing those with furry roommates to their pet-free peers. The research showed that when people in this situation live with pets, "they are seven times more likely than those without pets to be alive after four years," Coren says.



Pets aren't pills—they come with individual personalities and sets of needs, all of which must be carefully weighed before deciding to adopt an animal. Moreover, the primary reason for doing so should be to give an animal a loving home. Still, the possible health perks are another plus, besides snuggles and slobbery kisses, to keep in mind the next time you drag yourself out of bed at the crack of dawn to let Rover out or to feed Fluffy.

# WHY DOGS LIVE LESS THAN HUMANS

Here's the surprising answer of a 6 year old child.

Being a veterinarian, I had been called to examine a ten-year-old Irish Wolfhound named Belker. The dog's owners, Ron, his wife Lisa, and their little boy Shane, were all very attached to Belker, and they were hoping for a miracle.

I examined Belker and found he was dying of cancer. I told the family we couldn't do anything for Belker, and offered to perform the euthanasia procedure for the old dog in their home.

As we made arrangements, Ron and Lisa told me they thought it would be good for six-year-old Shane to observe the procedure. They felt as though Shane might learn something from the experience.

The next day, I felt the familiar catch in my throat as Belker's family surrounded him. Shane seemed so calm, petting the old dog for the last time, that I wondered if he understood what was going on. Within a few minutes, Belker slipped peacefully away.

The little boy seemed to accept Belker's transition without any difficulty or confusion. We sat together for a while after Belker's Death, wondering aloud about the sad fact that dogs' lives are shorter than human lives. Shane, who had been listening quietly, piped up, "I know why."

Startled, we all turned to him. What came out of his mouth next stunned me. I'd never heard a more comforting explanation. It has changed the way I try and live.

He said, "People are born so that they can learn how to live a good life — like loving everybody all the time and being nice, right?" The six-year-old continued,

"Well, dogs already know how to do that, so they don't have to stay for as long as we do."

**Live simply. Love generously. Care deeply. Speak kindly.**

Remember, if a dog was the teacher you would learn things like:

- When your loved ones come home, always run to greet them.
- Never pass up the opportunity to go for a joyride.
- Allow the experience of fresh air and the wind in your face to be pure Ecstasy.
- Take naps.
- Stretch before rising.
- Run, romp, and play daily.
- Thrive on attention and let people touch you.
- Avoid biting when a simple growl will do.
- On warm days, stop to lie on your back on the grass.
- On hot days, drink lots of water and lie under a shady tree.
- When you're happy, dance around and wag your entire body.
- Delight in the simple joy of a long walk.
- Be faithful.
- Never pretend to be something you're not.
- If what you want lies buried, dig until you find it.
- When someone is having a bad day, be silent, sit close by, and nuzzle them gently.



That's the secret of happiness that we can learn from a good dog!



Article from Zoomer Magazine  
March 2019

# 10

## Longevity Boosters

Breakthroughs and how-tos for a quality life span **By Tara Losinski**

**1 Get the Right Pet** The case for puppy love is strong. First, owners report getting 20 per cent more physical activity than non-owners. Second, having a dog has been found to reduce the risk of heart disease. (Taking Fido on a brisk walk could count toward the Heart & Stroke Foundation's recommendation of 150 minutes a week of moderate to vigorous aerobic activity.)

The benefits also extend to emotional well-being with research showing less social isolation and improved self-worth among older owners. And it turns out man's best friend may end up extending longevity in another way if Harvard start-up Rejuvenate Bio has its way. The company is conducting gene therapy studies for heart and kidney failure, obesity and diabetes – the four major diseases of aging. Cocker spaniels and Doberman pinschers have been tested thus far but if the FDA approves, humans could be next.

**2 Plant Punch** More plants, less meat – study after study shows that this type of diet

can improve our health and prolong our lives. Research published in the *Journal of the American College of Cardiology* showed that people who cut back on animal foods (meat, dairy, eggs) and ate more whole grains, fruits, vegetables, nuts, legumes and healthy oils had a lower risk of heart disease compared to those who ate less-healthy plant foods (refined grains, fruit juice, processed vegetables such as french fries and veggie chips).

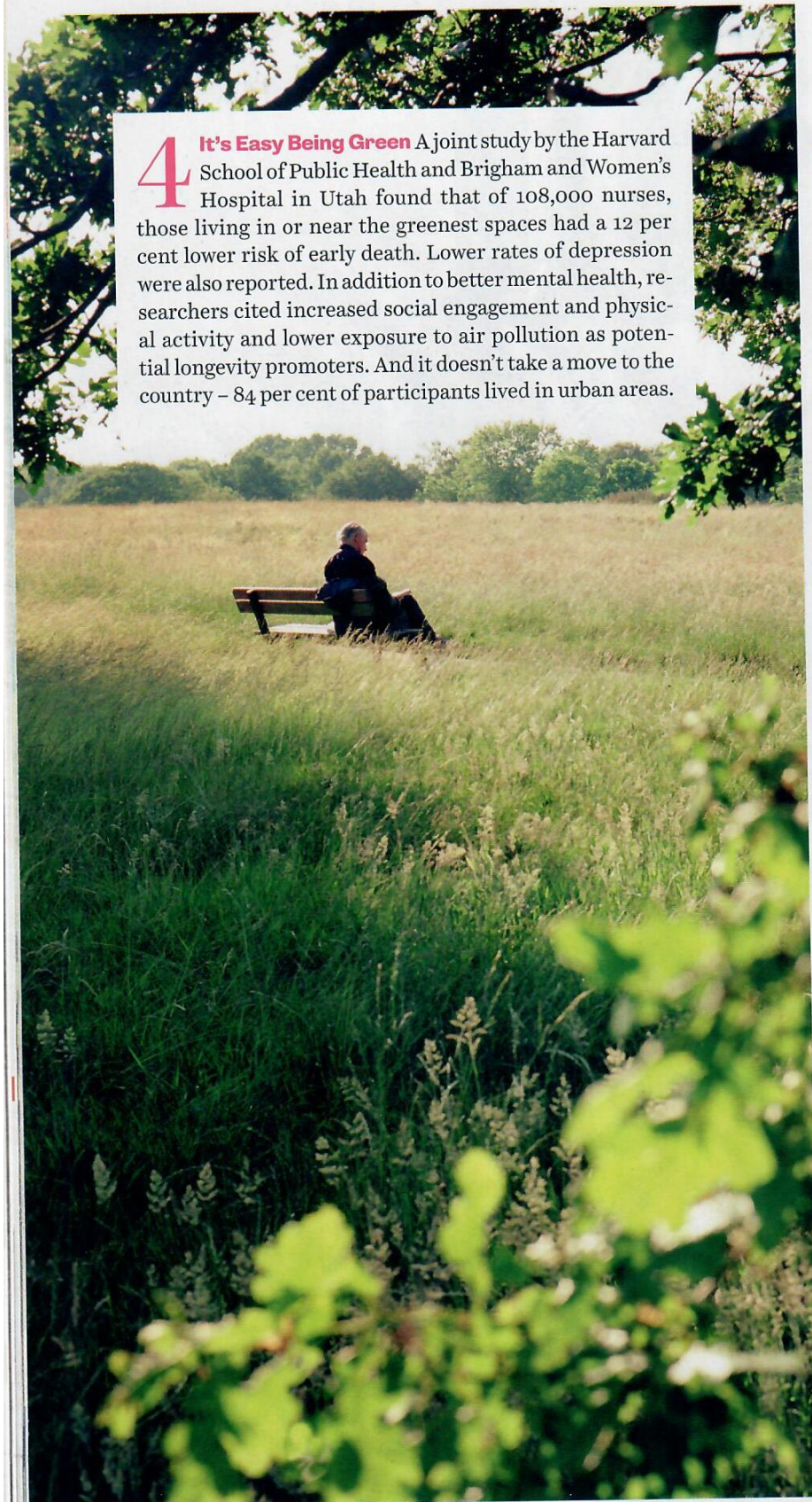
And it's not just quality that's important but it's also quantity. Researchers at Toronto's Baycrest

Health Sciences found that if people limit their meat intake to once daily while including five or more servings of vegetables and four or more of fruit, they have a 36 per cent lower risk of developing Alzheimer's disease. For more on the Baycrest research, including a brain health food guide, go to [www.everythingzoomer.com/Baycrest-brain-health](http://www.everythingzoomer.com/Baycrest-brain-health).

**3 Choice Meds** Senescent cells are those that fail to die when they stop functioning properly and can cause organ damage associated with many chronic diseases. Mayo Clinic researchers are essentially upcycling existing drugs in their pursuit of an effective treatment. They used a combination of dasatinib (used to treat types of leukemia) and quercetin (a plant pigment, or flavonoid, said to be good for the heart and blood vessels) on "very old" mice to prevent cell dysfunction in the first place. These elderly rodents (aged 24 to 27 months) ended up living 36 per cent longer. That could mean a lot more time, in human years. ►







**4 It's Easy Being Green** A joint study by the Harvard School of Public Health and Brigham and Women's Hospital in Utah found that of 108,000 nurses, those living in or near the greenest spaces had a 12 per cent lower risk of early death. Lower rates of depression were also reported. In addition to better mental health, researchers cited increased social engagement and physical activity and lower exposure to air pollution as potential longevity promoters. And it doesn't take a move to the country – 84 per cent of participants lived in urban areas.

**5 Young Blood** Rob Lowe's character in the 1986 film *Youngblood*, a brash New York-native named Dean Youngblood is drafted to give a floundering Canadian minor hockey team a new lease on life. The premise may have been hard to swallow; what could an American teach *us* about hockey? But there *is* something in a name – young blood, as it turns out, may well be a competitive advantage.

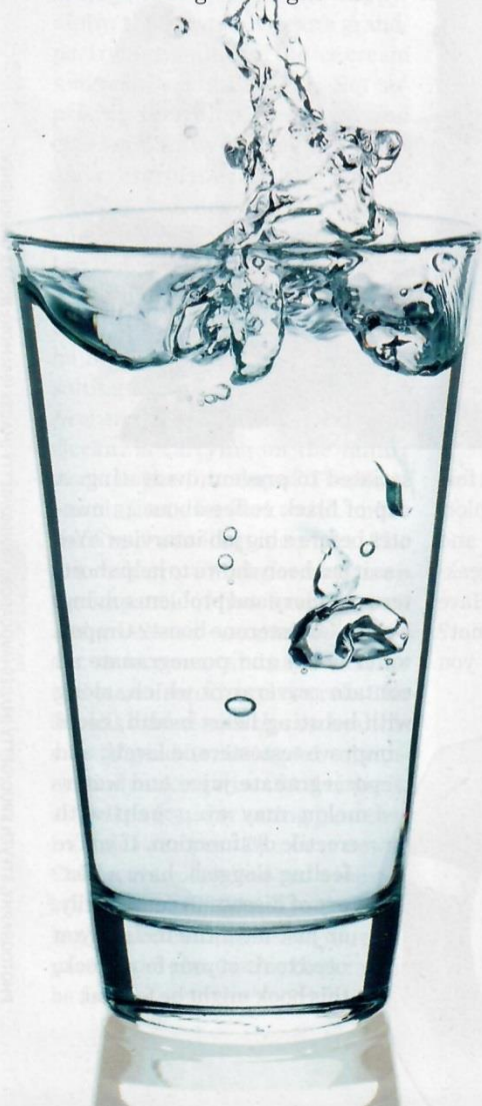
Ambrosia, a Silicon Valley-based company, conducted a trial involving transfusions of blood plasma from 16- to 24-year-olds to elder participants, most of whom were said to have had health improvements within a month. In a case of art imitating life – or perhaps vice versa – to preserve his edge, tech exec Gavin Belson on HBO's *Silicon Valley* enlists a young “transfusion associate” for regular treatment. That's fiction but the fact is research has shown that older mice treated with blood of younger ones had improved brain health and activity, and reduced cognitive impairment.

**6 Family (and Friend) Ties** A study out of Brigham Young University showed older people with family and close friends nearby are likely to live longer than those who are alone. To wit, researchers from the University of California found loneliness to be a significant factor in decline of quality of life in older adults and could lead to depression, cognitive impairment, health problems such as coronary artery disease and even premature death. And if you need more motivation to make a date with Mom or Dad, Swedish researchers believe social support from their kids is one of the reasons older adults with children tend to live about two years longer than their childless compatriots.



**7 Water Over Wine** Blood viscosity, or thickness, is considered a risk factor for heart disease and can be elevated by dehydration. Researchers in California found that men and women (aged 38 to 100) who consumed less caffeine and alcohol but drank five to six glasses of water a day had lower incidence of fatal heart disease.

Recommendations for how much water we need vary but, according to Dietitians of Canada, symptoms of dehydration include dry mouth, dark yellow urine, headache and fatigue. Beyond the tap, eating more fruit and vegetables can also boost hydration; spinach and watermelon, as examples, are almost entirely water. Plus, according to an earlier study, older adults who drank a glass of water 30 minutes before a meal had reduced caloric intake and less feelings of hunger.



**8 Microbiome Magic** By altering their gut bacteria, McGill University scientists successfully extended the lifespan of the common fruit fly by 60 per cent. Cool, but here's why that matters to us. The species of fruit fly shares chromosomal and biochemical similarities with humans – as their reaction goes so might go our own. Plus, the probiotics used (*Lactobacillus plantarum*, *Lactobacillus fermentum* and *Bifidobacteria longum*) are ones we already know to decline as we age. And, triphala, a herbal supplement used in traditional Indian medicine for centuries, was used as a prebiotic for the beneficial bacteria. Prebiotics are a form of dietary fibre on which good gut bacteria feed – and this one has the added benefit of impeding the growth of bad bacteria.



**9 A Ring for Him** “If you liked it, then you should have put a ring on it.” As it turns out, hubby Jay-Z may have been better suited to sing that line from Beyoncé’s anthemic “Single Ladies.” You see, when U.K. researchers delved deeper into findings that matrimony lowered the risk of premature death by 15 per cent – they found it was mostly for the fellas. Unmarried middle-aged women showed little or no increase of mortality risk factors including heart disease, diabetes, high blood pressure and obesity. And although men were found to experience an initial decline in health after divorce, finding a new long-term partner was shown to continue the protective benefits coupling has on their health.

**10**

**Going to Pot** With legalization last October, pot is poised to go mainstream in Canada, and the timing couldn't be better for our aging population. Marijuana has shown promise against ailments and diseases common among the older set including Alzheimer's, arthritis, glaucoma, Parkinson's and even cancer. Plus, joint German-Israeli research has shown that THC – in a dose low enough not to intoxicate – was effective in reversing age-related cognitive decline including that of memory retention and recall. Benefit without the buzz! ☑



# The Bargainist - 20 Tips to Save Money on Gas

<http://www.bargainist.com/deals/2007/08/20-tips-to-save-money-on-gas/>

POSTED ON 08/09/2007 – **12 years ago!!!**



With the astronomical prices of fuel these days, many people have had to tighten their budgets to make room for more spending on gas. However, with the application of some gas-saving tips, you can keep your spending to within a reasonable range, and help save the environment at the same time.

- 1. Maintain your vehicle.** A vehicle that runs smoothly uses less gas than one that is poorly maintained. Regular oil changes, air filter and other recommended maintenance will all help to give you a fuel-efficient vehicle.
- 2. Keep your tires inflated.** Actually, studies have shown that the savings on gas isn't huge, but it does make a small difference to keep your tires inflated to the recommended pressure. And more importantly, this is also safer and makes your tires last longer.
- 3. Don't drive during rush hour.** Go to work, and come home from work, either earlier or later if possible, to avoid the rush hour. Getting stuck in a traffic jam, and stop-and-go driving, is one of the worst ways to waste gas.
- 4. Telecommute.** Working from home can save tons in gas, not to mention giving you more time, productivity, and happiness. If you can telecommute even one or two days a week, this can be a substantial savings.
- 5. Remove weight.** Driving with more people, and more stuff in your car, drags the car and requires more fuel. Lighten your load by removing excess cargo.
- 6. Minimize idling.** One of the worst offenders in lowering your gas mileage, idling gets you zero miles per gallon. If you are going to idle for a minute or less, leave your car on, but if it's going to be much longer than a minute, you should turn off your car.
- 7. Drive slower.** Driving the speed limit is more fuel efficient than speeding.
- 8. Accelerate and brake easier.** Driving too aggressively, especially starting fast and braking fast, is bad for fuel economy. Accelerate gently, and try to minimize use of your brakes, if possible.
- 9. Use higher gears.** Driving fast in low gears is bad for fuel economy as well. Drive in as high a gear as possible, unless you're down-shifting in order to slow down or control speed.
- 10. Buy a fuel-efficient car.** Actually, this is the most important tip on this list. A heavier car wastes gas. Get a lighter car, especially one with a fuel-efficient engine and design. To choose a more efficient vehicle, see the 2019 Fuel Guide list:  
<https://www.fueleconomy.gov/feg/pdfs/guides/FEG2019.pdf>
- 11. Roll up windows on highway.** While many people think they're saving money by turning off the air-conditioner, it actually creates a strong drag if you are driving fast with the windows down, and is worse for your fuel economy. If you are driving slowly, around town, turn off the air-conditioner and roll down the windows. Roll them up on the highway.





**12. Don't top off.** Topping off while you are filling up your tank is a waste of gas, as any gas that you top off will spill or otherwise be wasted.

**13. Park in shade.** A hot car evaporates gas. If it's a hot day, park in the shade, and use your garage.

**14. Walk.** Driving less is a great way to save gas. If you have to make a trip of only a few blocks, try walking instead. You will burn fat instead of gas.

**15. Cycle.** Many people live close enough to work that they can commute by bike. It's not hard, and you get exercise while saving money.

**16. Live closer to work.** Of course, you probably won't be able to implement this tip today, but the next time you're considering where to live, try to find a place close to your workplace, or try to find a job closer to your house. It will save a lot of driving.

**17. Group errands.** Instead of doing one or two errands a day, try to group them all on one day, and plan an efficient route to cut back on driving.

**18. Carpool.** It's not usually hard to find friends, family, or neighbors who live in your area and work near you. Take turns driving each other to save gas for all of you.

**19. Use cruise control.** This method has actually been proven to save a lot of gas, as it reduces heavy acceleration and heavy use of the brake. A steady driving speed will improve fuel economy.

**20. Don't buy hot gas.** Buy gas during the morning or evening hours, when it's cool, or you will be buying gas at a time when it's expanded (and thus getting less).

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## WELCOME and THANKS to PQRTA MEMBERS!



- **Beth Parsons**
- **Pam Manson**

Do you know of anyone who is a retired educator living in our area from BC or CANADA? Encourage them to become a member of BCRTA and PQRTA while it's still FREE to join for the first year! Find out more: <https://bcrt.ca/join/>



Thanks to PQRTA member **Suzanne Bernard** for the collection of buttons to make shirts for boys to go to school in Tanzania. Suzanne, we love the story of the buttons that found you, after losing your Mom's precious collection.



# PQRTA PROGRAM – Monday, April 29, 2019

## “Stay on the Road” Driving Workshop

### by COSCO (Council of Senior Citizens’ Organization)

After an overwhelming response, we held the registration to a whopping 80 attendees. And we still have a waiting list, of 20 or more, that want to know when/where is the next one???



REGISTRATION – Thanks to Suzanne Rush

No photo, but many thanks to Don and Wendy Reimer for their help with “things”.



Yummy catering by an awesome pair!



Thanks to the COSCO team (left to right): Betty Bolton, Gudrun Langolf, and Jerry Gosling



An ICBC Driver Examiner gave members an informative presentation and answered many questions.



Two presidents: PQRTA's Cathy Van Herwaarden (PQRTA) receives a beautiful Cyclamen from COSCO's Gudrun Langolf

# Parksville/Qualicum Adult Literacy Society:

Can you imagine what it would be like to struggle with reading, writing, or comprehending the written word? So much information would just not be understood. It is to adults who experience such challenges that the Parksville/Qualicum Adult Literacy Society (PQALS) offers support through intermediaries such as "The Tutoring Program".

For over 29 years, there has been a tutoring program for English literacy in the Parksville/Qualicum Beach area. "The Tutoring Program": recruits, screens, and trains volunteer tutors; attracts and assesses the language and numeracy needs of adult learners; matches learners with appropriately trained tutors; and provides tutoring space and learning resources to tutors and learners. In an era in which literacy is increasingly important, this program has benefitted over 2000 adult learners by allowing them to increase their employability, better support their families financially, and participate more meaningfully in the community.

## HISTORY

Since its inception as "The Write Place" (1939) and becoming "The Tutoring Program" (1992), the Program has partnered with different community organizations to deliver its programs. Since 2001, Central Vancouver Island Job Opportunities Building Society (CVIJOBS), operating as the Career Center in Parksville, has facilitated the delivery of the Program. It has also applied for grants on behalf of The Tutoring Program in partnership with Vancouver Island University (VIU). Support from VIU has recently ceased.



"The Tutoring Program" is operating in an increasingly uncertain funding environment following budget reductions of over 5000 in recent years. It is currently funded by a single Community Adult Literacy Program (CALP) grant from the Ministry of Advanced Education, Skills and Training. This funding provides only for a single, part-time coordinator. Rising numbers of immigrants to the area combined with native speakers of English seeking literacy improvement for moving to higher educational achievement and/or career development are increasing the demand for tutoring.

In January 2018, the former coordinator of "The Tutoring Program" and a number of tutors decided it was time to find ways to support the Program more effectively. The result was the establishment of the Parksville/Qualicum Adult Literacy Society (PQALS), a stand-alone, non-profit society, incorporated in March of 2018, with a voting membership that could apply for the B.C. Lotto Corporation Community Gaming Grants. The newly established Board of the PQALS has also applied for charitable status, so that the Society could apply for grant from charitable foundations and also seek charitable donations from businesses and individuals. In the course of taking these steps, the Board realized that the Society could go beyond supporting "The Tutoring Program" to acting as an umbrella organization that, through intermediaries, could develop and deliver much needed additional programs in support of adult literacy and numeracy.

The PQALS is currently seeking to expand its membership and to appeal to various funding sources in order to support adult literacy in our communities. As professionals who have been teachers - and learners - in this District and members of the Parksville Qualicum Retired Teachers Association (PQRTA), in particular, you are invited to join. It would be a way to contribute to a legacy of learning for those requesting support in becoming literate in the English Language. Annual membership is \$20. Join by contacting: Jody Schneider at [pqadultliteracyociety@gmail.com](mailto:pqadultliteracyociety@gmail.com) or Sam Frketich at [sfrketich@shaw.ca](mailto:sfrketich@shaw.ca).

An application form will be forwarded to you for completion. Your financial support for this significant community endeavour would be greatly appreciated.

Thank you for your consideration!

Thanks to PQRTA member Sam Frketich for contributing this article.

## Qualicum Beach Honours Society

Excellence with Pride in  
Achievement

## Invites you to join our group of dedicated Directors?

The **Qualicum Beach Honours Society** was formed in 1992. The mandate was, and still is "To promote and recognize academic achievement in the student body of Kwalikum Secondary School (KSS)".

Our student applicants meet at three luncheons and a special banquet, where they have an opportunity to recognize and celebrate the academic achievements of each other. They are applauded by their peers, parents, teachers, and Honours Society Directors for their amazing achievements. This is a long way from the "Not cool to be smart" attitude that many of us grew up with.

Each year, with generous donations from community fundraisers, we have been able to award Scholarships to each of our students. We believe that our greatest achievement has been in making a difference in the academic attitude at KSS.

In 1992, there were 12 students who had to be convinced to join the Society. In recent years, we have had up to 50 applicants voluntarily applying and working hard to become members of the Society. They are also encouraged to give back to the community by volunteering at a variety of events held annually.

Our students must achieve high academic standards, maintaining an 83% average in English 12 and in a minimum of 3 University approved Grade 12 academic courses. While this is not an easy task, it has provided an opportunity for these students to experience "Academic Excellence with Pride in Achievement".

For more information, please see our website: <https://qbhs92.wordpress.com/>

### Care to join us?

**Your time, energy, enthusiasm, and fundraising ideas are welcomed.**

**WHEN:** Directors meet once a month from September to June.

**WHERE:** We meet at KSS on Tuesday afternoons at 3:30.

**HOW:** Please direct your inquiries to Carol Barson: [cbarson@shaw.ca](mailto:cbarson@shaw.ca)



## ELDER COLLEGE SATURDAY SPEAKER:



VANCOUVER ISLAND  
UNIVERSITY

**When:** Saturday, May 11

**Time:** 10am – Noon

**Where:** Nanoose Place Community Centre, 2925 Northwest Bay Rd, Nanoose

**Cost:** \$10 cash/person at the door; Free for under 18

### **Vandals, Burglars, Thugs and Spies – The Politics and Economics of Cyber Crime**

*Presented by: Eric J. Byres (P.Eng, ISA Fellow) CEO, aDolus Inc.*

Who is behind today's cyber-attacks? Join us to discover who is responsible, why they do it and the risks to you.



**About the talk:** They want to steal your identity, ransom your computer, manipulate your vote, hack your car's computer, and crash your electrical grid. Every day we learn about new cyber-attacks on individuals, corporations and governments. What shadowy figures are behind these attacks, and what motivates them? This talk will explore the economics and politics of the cyber underworld and what it all means for you.

**About the presenter:** Eric Byres (PEng, ISA Fellow) is an internationally recognized expert on cybersecurity for critical infrastructures – the systems that are essential to our safety and way of life, like power, water and transportation. He has advised government intelligence agencies and major energy companies around the world, testified before the US Congress and is the recipient of numerous international awards, including the IEEE Outstanding Industry Applications Article Prize and the ISA Donald P. Eckman Education Award. Eric was made a fellow of the International Society of Automation (ISA) in 2009 and given their highest honour, the ISA Excellence in Leadership, in 2013.



**Online:** [viu.ca/eldercollege](http://viu.ca/eldercollege)

**Toll-Free:** 1-866-734-6252

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Have you moved or changed your contact information?  
Remember to let us know!  
Communication Chair: **Val Dyer**  
[tvdyer@shaw.ca](mailto: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](mailto:cocraig@shaw.ca) or **250.752.3762**



**May Events** - Parksville and Qualicum Beach Area

<https://www.visitparksvillequalicumbeach.com/events-2019-5/>

**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](mailto:suzanne.c.rush@gmail.com) or 250.468.5445

May 12 – Mother's Day

May 14 – PQRTA Program – Tour of Arrowsmith Brewery – 4:30 to 5:30pm

May 20 – Victoria Day

May 29 – Teachers' Pension Plan Deposit

May 30 – Canada Pension Plan and Old Age Security 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/>