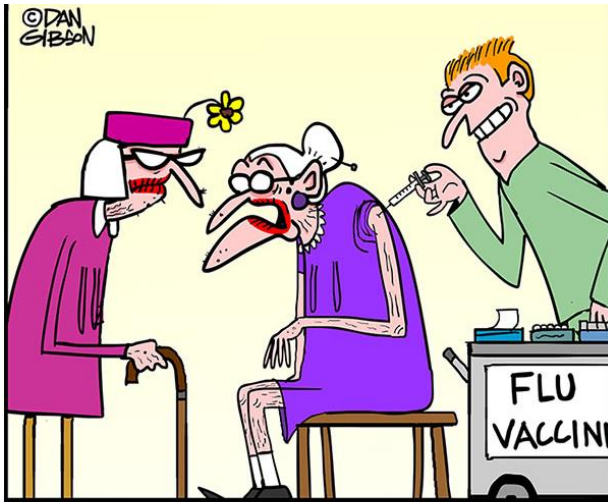


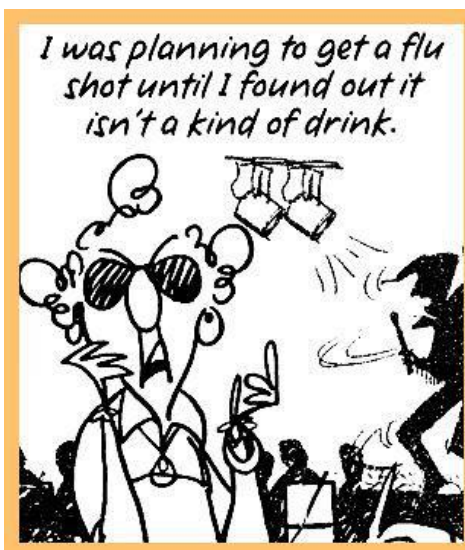


# PARKVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER # 28 – November, 2019

## PRESIDENT'S GREETING from Cathy Van Herwaarden:



I knew it was too good to be true when my horoscope said I was going to get poked by a younger man.



# Daylight Saving Time

By Josh K. Elliott - Global News - October 23, 2019

SOURCE: [https://globalnews.ca/news/6071524/when-daylight-saving-time-2019-2020/?utm\\_source=Notification&utm\\_campaign=Resocial](https://globalnews.ca/news/6071524/when-daylight-saving-time-2019-2020/?utm_source=Notification&utm_campaign=Resocial)

Daylight Saving Time has been used in Canada for over a century, despite complaints that it's inconvenient. There are also contradictory claims about whether or not it helps save energy.

The controversial practice was widely adopted in Europe and North America during the First World War as a supposed fuel-saving measure. Modern critics argue that it doesn't accomplish that goal anymore, because most power grids have become more efficient since the 1910s.

Some communities across the country have opted not to participate in the time-shifting practice, including most of Saskatchewan and several towns in BC, Ontario and Quebec.

The European Union has voted to scrap daylight saving time by 2021.



## History of Daylight Saving Time (DST)

By Anne Buckle <https://www.timeanddate.com/time/dst/history.html>

*Daylight Saving Time (DST) is used to save energy and make better use of daylight. It was first used in 1908 in Thunder Bay, Canada.*

### What Is Daylight Saving Time?

DST is a seasonal time change measure where clocks are set ahead of standard time during part of the year, usually by one hour. As DST starts, the sun rises and sets later, on the clock, than the day before.

Today, about 40% of countries worldwide use it to make better use of daylight and to conserve energy.

### First Used in Canada in 1908

While Germany and Austria were the first countries to use DST in 1916, it is a little-known fact that a few hundred Canadians beat the German Empire by eight years. On July 1, 1908, the residents of Port Arthur, Ontario, today's Thunder Bay, turned their clocks forward by one hour to start the world's first DST period.

Other locations in Canada soon followed suit. On April 23, 1914, Regina in Saskatchewan implemented DST. The cities of Winnipeg and Brandon in Manitoba did so on April 24, 1916. According to the April 3, 1916, edition of the Manitoba Free Press, Daylight Saving Time in Regina "proved so popular that bylaw now brings it into effect automatically."

### Germany Popularized DST

However, the idea did not catch on globally until Germany introduced DST in 1916. Clocks in the German Empire, and its ally Austria, were turned ahead by one hour on April 30, 1916 — 2 years into World War I. The rationale was to minimize the use of artificial lighting to save fuel for the war effort.

Within a few weeks, the idea was followed by the United Kingdom, France, and many other countries. Most of them reverted to standard time after World War I, and it wasn't until the next World War that DST made its return in most of Europe.

## Who Invented DST?

If you think Daylight Saving Time is a good idea, thank New Zealand scientist George Vernon Hudson and British builder William Willett. In 1895, Hudson presented a paper to the Wellington Philosophical Society, proposing a 2-hour shift forward in October and a 2-hour shift back in March. There was interest in the idea, but it was never followed through.

In 1905, independently from Hudson, British builder William Willett suggested setting the clocks ahead 20 minutes on each of the four Sundays in April, and switching them back by the same amount on each of the four Sundays in September, a total of eight time switches per year.

## First Daylight Saving Bill

Willett's Daylight Saving plan caught the attention of the British Member of Parliament Robert Pearce who introduced a bill to the House of Commons in February 1908. The first Daylight Saving Bill was drafted in 1909, presented to Parliament several times and examined by a select committee. However, the idea was opposed by many, especially farmers, so the bill was never made into a law.

Willett died in 1915, the year before the United Kingdom started using DST in May 1916. It is not known if he was aware that his idea had become a reality seven years prior to his death in a small town in Ontario.

## Benjamin Franklin, the Father of DST?

Many sources also credit Benjamin Franklin with being the first to suggest seasonal time change. However, the idea voiced by the American inventor and politician in 1784 can hardly be described as fundamental for the development of modern DST. After all, it did not even involve turning the clocks. In a letter to the editor of the Journal of Paris, which was entitled "An Economical Project for Diminishing the Cost of Light", Franklin simply suggested that Parisians could economize candle usage by getting people out of bed earlier in the morning. What's more: Franklin meant it as a joke. ☺

## An Ancient Idea

Although modern DST has only been used for about 100 years, ancient civilizations are known to have engaged in comparable practices thousands of years ago. For example, the Roman water clocks used different scales for different months of the year to adjust the daily schedules to the solar time.



## Daylight Saving Today

Daylight Saving Time is now used in over 70 countries worldwide and affects over one billion people every year. The beginning and end dates vary from one country to another.

## Your Health and Daylight Savings Time:

By Anne Buckle <https://www.timeanddate.com/time/dst/daylight-saving-health.html> (source)

*Daylight Saving Time (DST) messes with our body clock. According to studies, the 1-hour time change can trigger underlying health issues.*

Changing the clocks does not create extra daylight, but it shifts the time the sun rises and sets. This can cause disruptions to our body clock, otherwise known as the circadian rhythm.



## **Lack of Sleep**

Setting your clock forward 1 hour for DST in spring might mean losing an hour of sleep on the morning after the change. For some people, this may just be a minor annoyance. However, the lack of sleep can have unfortunate effects in those predisposed.

- A Swedish study found that the risk of having a heart attack increases in the first 3 weekdays after switching to DST in the spring.
- Tiredness induced by the clock change is thought to be the main cause for the increase in traffic accidents on the Monday following the start of DST.
- On Mondays after the start of DST, there were more workplace injuries and the injuries were of greater severity compared with other Mondays.
- The start of DST has also been linked to miscarriages for in-vitro fertilization patients.

## **Depression Trigger**

Losing 1 hour of afternoon daylight after setting the clocks back to standard time can trigger mental illness, including bipolar disorder, and seasonal affective disorder (SAD), also known as winter depression.

- A Danish study found an 11% increase in depression cases after the time seasonal change. The cases dissipated gradually after 10 weeks.
- An Australian study found that male suicide rates increased the days after the spring and fall DST shift.

## **Transitional Feelings**

Even though disrupting the circadian rhythm can have some serious effects, most studies find that they pass during the days following a DST change.

Facebook found that, following a DST switch, more people were saying they were “tired” than on a normal Monday. However, many Facebook users also reported that they were feeling “happy” and “wonderful”—perhaps an effect of the longer evenings.

## **More Sleep = Better Health**

Just like losing 1 hour of sleep in spring can have a negative effect, gaining 1 hour of sleep can do the opposite:

- On the Monday after the DST transition in the fall heart attack rates decrease.
- At the same time, the number of car accidents in Canada decreased slightly.



## **Transition Tips**

Being tired can decrease productivity, concentration, and general well-being. There are some simple ways of making it easier to handle the clock change:

- Set your alarm to wake up a little earlier than usual on the Friday and Saturday before the DST switch. This makes it easier to get out of bed on Monday morning.
- Eat a healthy breakfast first thing. Food tells your body it is the start of the day.
- Go for a walk. Light, and especially sunlight, helps to adjust your body clock.
- Help your child adjust by putting him or her to bed a little bit earlier the week before the time change.

## **Five Ways that Daylight Savings Time Messes with your Health: Mood & Productivity, Injuries, Car Crashes, Heart Trouble, Diet & Appetite**

For more information, press “ctrl” and click on this link:

<https://www.cbsnews.com/news/daylight-saving-time-affects-your-health-wellness/>



## THE UNKNOWN SOLDIER:

<https://www.warmuseum.ca/firstworldwar/history/after-the-war/remembrance/the-unknown-soldier/>

Canada repatriated the remains of an Unknown Soldier from France in May 2000 and laid them to rest at the National War Memorial in Ottawa. The idea originated as a millennium project of the Royal Canadian Legion and was coordinated through the government by Veterans Affairs Canada.

### What the Unknown Soldier Represents

The Unknown Soldier was originally intended to represent all war dead whose remains had not been identified, a common problem along static First World War battlefields frequently churned by artillery and subsumed in mud. Since 1920, a single Unknown Soldier in London's Westminster Abbey had represented the unidentified war dead of Canada and other Commonwealth states. The original ceremony, presided over by King George V, had included many of the British Empire's Victoria Cross winners, and a group of 100 women, each of whom had lost their husband and all their sons during the war. France and the United States followed Great Britain's example in 1921, as did numerous other countries

in subsequent years. These tombs and memorials gradually assumed broader significance, becoming sites of memory and mourning for all war dead and for civil ceremonies of broadly based remembrance instead of simple military commemoration.

### Canada's Unknown Soldier

In 1993, Australia marked the 75th anniversary of the end of the First World War by repatriating from France the remains of its own Unknown Soldier, the first Commonwealth country to have done so since 1920. He was buried in the Australian War Memorial's Hall of Memory in Canberra.

Canada followed the Australian example in 2000 at the suggestion of the Royal Canadian Legion and other groups. A single set of remains was selected from among Canada's 6,846 unknown soldiers of the First World War for return to Canada and re-interment at the National War Memorial in Ottawa. The Unknown Soldier ultimately came from a cemetery near Vimy Ridge and was flown home to lie in state in the Hall of Honour in the Centre Block of Parliament from 25 May to 28 May 2000, where tens of thousands filed past to pay their respects.

The Unknown Soldier was buried on the afternoon of 28 May 2000 in a nationally televised ceremony. The site has become an important focus of commemoration, especially in the national Remembrance Day service held at the National War Memorial on 11 November.

The idea of the original unknown warrior was thought of by a Padre called David Railton who had served on the front line during the Great War. It was his intention that all of the relatives of the combatants whose bodies had not been identified could believe that the Unknown Warrior could very well be their lost husband, father, brother or son...

THIS is the reason we wear poppies. We do not glorify war. We remember - with humility - the great and the ultimate sacrifices that were made, not just in this war, but in every war and conflict where our service personnel have fought - to ensure the liberty and freedoms that we now take for granted.



# RED DRESS PROJECT



The Red Dress Project was started by Winnipeg-based artist Jamie Black in 2011 to focus on the issue of missing and murdered aboriginal women across Canada. The local chapter of the Canadian Federation of University Women (CFUW – PQ) are co-ordinating this initiative in the Oceanside area. Red dresses will hang during all 16 Days of “Activism for Elimination of Gender-Based Violence”, a project of the United Nations.

Red is a really powerful colour in Indigenous communities. It’s the colour of life and blood. It’s what connects all of us to each other. It’s a very sacred colour, and it also represents the violence that Indigenous women are facing.

Red dresses are a visual reminder of the staggering number of women who are no longer with us. According to the Native Women’s Association of Canada, Indigenous women are almost three times more likely to be killed by a stranger than non-Indigenous women. There are more than 1000 missing and murdered Indigenous women and girls in Canada. Nearly half of these cases remain unsolved.

The Red Dress Display coincides with the UN’s 16 Days of Activism Against Gender-Based Violence. During normal business hours from **November 25 to December 10**, Oceanside residents will see red dresses hanging at the following locations:

- Qualicum Beach Town Hall
- Qualicum Beach Civic Centre
- The Old School House (TOSH) – 122 Fern Rd. W in Qualicum Beach
- Parksville Community and Conference Centre
- McMillan Arts Centre (MAC) – 133 McMillan St. in Parksville
- Constituency Offices of Michelle Stilwell (MLA) and Gord Johns (MP)

During this period, residents and businesses are invited to add to the project by hanging a red dress on their own property.

For more information: <http://www.thereddressproject.org/> or <http://cfuwpq.ca/>

**Cambie Case Update** – Final push to make the case that Canada’s public health care system must be based on need and not on the ability to pay!

After 104 witnesses, almost 180 days and 30,000 pages of evidence, Brian Day’s challenge to our public health care system is almost over!

Closing Statements will take place over 3 weeks, from Nov. 18 – Dec. 5, 2019.

It will cost almost \$100,000 for our lawyers to complete and give their Closing Statements in court on December 4th. They must wade through the evidence, be present in the court room to hear what Cambie’s lawyers are arguing, and then come up with the words needed to convince the judge that the legislation Brian Day is attacking actually safeguards our public health care system.

We need to ensure that we don’t go down the road of the US-style health care with its punitive private insurance market and for-profit hospitals.

Health care is a human right and, in this province and across this country, we value helping our neighbour. We reject Brian Day’s argument that those who can pay out of pocket should get faster service while the public system gets starved of doctors, nurses, and technicians, and wait times only get longer.

Donations will help us make a stand for everyone in BC and right across the country, as this case is sure to make its way to the Supreme Court of Canada.

Let’s stand together and say loudly and clearly that our health care system is not for sale.

Thank you!

In solidarity,  
Edith MacHattie  
Co-Chair, BC Health Coalition



If you would like to donate towards the legal costs to fight privatization of health care, press “ctrl” and click to follow the link:

[https://savemedicare-bchealthcoalition.nationbuilder.com/donate?utm\\_campaign=cambie\\_closing\\_donation&utm\\_medium=email&utm\\_source=bchealthcoalition](https://savemedicare-bchealthcoalition.nationbuilder.com/donate?utm_campaign=cambie_closing_donation&utm_medium=email&utm_source=bchealthcoalition)



## Parents Should Know: FSA Tests Are Not Useful



### What teachers believe:

- The purpose of assessment is to support and promote learning.
- Teachers use a variety of methods to effectively assess student progress and meet student needs.
- Ongoing classroom assessment helps teachers plan and adapt lessons and allow students to show what they are learning in many ways.
- There are better ways than the FSA to see how the BC school system meets the learning needs of individuals and groups.
- The FSA is not a reliable method of measuring individual progress.
- Better models of provincial assessment with protections to ensure ethical use of students' data are possible.

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**Let's stop  
wasting  
class time on  
Foundation  
Skills  
Assessment  
tests**

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### What the research says:

Effective classroom assessment provides the best support for student learning. Large-scale assessment is most useful for broadly evaluating the education system and its programs.

Large-scale testing may affect students' motivation and learning, with the worst effects being on low-achieving students, who most need support. Effects of testing may include:

- Student focus on short-term goals: "What's on the test?"
- Students deciding they are unable to succeed and giving up.
- "Teaching to the test" instead of developing a real understanding of the subject area or skill.
- Students, parents, and others believing that test results are the best measurements of intelligence or ability.

*There are millions of achievement tests, and multi-millions of test items, but there is little evidence that creating more achievement tests will help much. Even if the tests become more available online, more responsive, adaptive and efficient (and prettier) for as long as they are focused on providing information about student achievement, they will continue to tell us little.*

—John Hattie, What doesn't work in education: The politics of distraction, 2015







### What teachers are concerned about:

- The purpose of classroom assessment is to support student learning. Teachers oppose the FSA tests because they interfere with instruction and do nothing to improve student achievement.
- The misuse of FSA testing results by the Fraser Institute creates misleading school rankings that misrepresent the results and harm learners.

***One of the significant failings of the current Foundation Skills Assessment (FSA) program is that the results are used to make judgments that go beyond its mandate. [Outside groups] misinterpret and publicize results in ways that are damaging to classrooms and schools, and therefore damaging to learners."***

—Final Report of the Advisory Group on Provincial Assessment, May 2014

### What teachers are doing:

- Teachers are asking parents to withdraw their children from participation in the Grade 4 and Grade 7 FSA assessments according to Ministry of Education guidelines concerning exemptions.
- Teachers continue to use a wide range of assessment tools in their classrooms to support student learning. This allows teachers to monitor progress and adjust their teaching to meet student needs.
- Teachers will continue to work with parents and others in the education community to find assessments that are educationally sound and work for everyone.

***Sometimes, the most brilliant and intelligent minds do not shine in standardized tests because they do not have standardized minds.***

—Diane Ravitch, Education Historian and Education Policy Analyst

### What you can do:

- Parents can ask school principals to withdraw their children from the FSA tests, according to Ministry of Education guidelines concerning exemptions. There is a withdrawal letter and form available on the BCTF Parent page at [bctf.ca/parents.aspx](http://bctf.ca/parents.aspx).
- Talk to teachers about the assessments they use to support learning.
- Join other parents in a conversation on the impacts of the FSA testing.

**For further information: [bctf.ca/fsa.aspx](http://bctf.ca/fsa.aspx)**

## BCRTA Conference and AGM – October 3, 4, and 5, 2019

PQRTA President Cathy Van Herwaarden (below right) and PQRTA Vice-President Stephanie Koropatnick (below left) had lots of fun in the photo booth and we learned lots, too!



## Dr. Art Hister – Seniors' Wellness

- became a media doctor in 1985 and has worked as a health analyst for many media outlets

All over the world, females live longer than males:

LIFE EXPECTANCY	MALE	FEMALE
Canada	80	84
Argentina	76	79
Japan	83.7	86.8
Ethiopia	63	65
Russia	69	75



Women have protective hormones – men don't have much estrogen!

Women have way better social skills (talk more!) – often discuss health issues – men don't!





## Bad News: Huge rising rates of preventable illnesses

- Strokes	- Kidney Disease
- Heart Attacks	- Joint Replacement
- Heart Failure	- Eye Conditions
- Diabetes	- Hearing Loss
- Many Cancers	- Chronic Pain
- Arthritis	- Frailty
- Osteoporosis	- Parkinson's

## Nearly Everyone Can Improve Their Health Outcome!

- Even if you're already old
- Even if you're already sick
- Even if your lifestyle has been awful
- Even if you have genetic risks

The healthier you begin to live, the more likely you are to live longer in better health with more energy.



## Most Important Health Practices:

- Don't Smoke
- Exercise Regularly
- Eat Sensibly
- Minimize Stress
- Maintain Healthy Weight
- Get enough good sleep
- Drink alcohol only in moderate amounts

Healthy Lifestyle changes can lead to much longer life, even for couch potatoes!

Canadians who follow recommended healthy behaviours live **17.9 years longer** than people with unhealthiest behaviours.

It's never too late to start living healthier, even for the very old!

Study of 1000 seniors who already had heart disease, followed for 9 years:  
Those who became more active were significantly more likely to live longer!

Never too late to try healthier living, even if you're in poor health!

Study of 6,673 prostate cancers followed 12+ years:

Men who had lower:

- Blood pressure
- Blood sugar
- Cholesterol

Had significantly decreased risk of dying from any cause during the study!

Moving more is the single healthiest change you can make!



With every decade, exercise is more important to maintain independence and to have a full life.

Dr. Art's most important health tip – just move more! All that you need to do to become fit is to live in a two story house and have a very poor memory. ☺





Simple tips to move more:

- Take the stairs: 3 floors up and 6 floors down
- Hook up with a more active person
- Maybe get a Fitbit
- Never pay for parking 😊

Doesn't take much movement to make a big difference:

- For older women, 4400 steps a day led to lowered risk of premature death

Aerobic Fitness is not enough! Think BARF:

B – Balance

A – Aerobics

R – Resistance: doing some weights

F – Flexibility

Why Falls Matter so much, especially for seniors

- Leading cause of hospitalization
- Leading cause of brain injury
- Even minor falls are strongly associated with increased hospitalization and mortality
- Fractures from falls raise the risk of death for 10 years after the break

Hip Fractures are especially BAD!

- 20 to 25% of women and 30 to 35% of men die within 6 months of fracturing a hip
- Of those who survive, only 1/3 will regain their pre-fracture independence

Reduce the risk of falls:

- Remove hazards in your home
- Add handrails or safety bars
- Work on your balance
- Improve your muscle strength

Improve your Balance:

- Brush your teeth, standing on only one leg
- When that's easy, brush on one leg with eyes closed

Try it! It's not as easy as you might think.



Work on Muscle Strength, as after age 40, we lose 3 to 5% muscle mass per decade with much accelerating after age 70.

Weight training mantra: Some weights, some days, not too much

For example, take a 5-lb potato sack in each hand and lift it 10 times, repeat daily for 2 weeks. After 2 weeks, put a small potato in each sack. 😊

Dr. Art's Diet Advice: Just use your common sense!

1. Eat lots of veggies, fruits, healthy oils, seeds, whole grains, nuts, beans
2. Don't eat lots of CRAP: Processed foods, Trans Fats, Sugary Products, low-fat foods

And remember Coffee is a health drink! 10 year study:

- The more coffee drunk, the lower the risk of dying
- 3 cups of coffee per day = 16% lower death rate
- 4 cups of coffee per day = 21% lower death rate from heart disease

Coffee is loaded with anti-oxidants and makes for a healthier micro-biome!



If you eat a healthy diet, do you need to take supplements?

- Nutrient supplementation invariably fails to mimic the effects of good dietary habits
- No proof vitamins or anti-oxidants protect for heart disease, chronic conditions, or cancer

Do NOT need supplements even for bone health!

Older adults who take vitamin D and calcium are no less likely to break their hips or other bones than peers who don't use these supplements



Instead of extra vitamin D, get outside more!



For example: Japanese "Forest Bathing" – Study of 280 young adults assessed during day in city and during 30 minutes in a forest environment promoted:

- Lower levels of cortisol
- Lower pulse rate
- Lower blood pressure
- Better stress response



Don't get over treated or over tested! For every test and treatment, both patients and doctors greatly over-estimate benefits and greatly under-estimate harm.

For a vast majority of drugs, the chance that an individual will benefit is quite small with a small chance of substantial risk.

- 138 people need to take daily ASA to prevent ONE heart attack
- Any regular use of NSAIDs (non-steroidal anti-inflammatory drugs such as aspirin, Advil, Motrin, Aleve, or Celebrex) causes 31% higher risk of cardiac arrest – can cause ulcers in the stomach and promote bleeding

There are no anti-aging miracles!

- The only 100% sure way to stop aging is to die! ☺
- But it's very easy to fool the world into believing that you're younger than your real age: just lie about your age! ☺

Don't ignore hearing loss!

- 2/3 of adults aged 70 years and older have hearing loss
- Only 20% wear hearing aids
- Hearing loss associated with more cognitive decline over 25 years
- Those with hearing aids have no difference in cognitive decline.



Life is too short, so don't stress too much! Common strategies to lower stress:



- Laughter
- Yoga
- Meditation
- Exercise

Think more positively! Even a forced smile can lower stress levels!



# Making Room for Living Well – Heather Knittel & Susan Borax

- Goodriddance Professional Organizing Services
- Downsizing and relocation needs
- Finding good homes for excess possessions: sale, donation, and recycling
- 2010 published book called Good Riddance: Showing Clutter the Door



## Identifying clutter:

- Things you do not use or love
- Things that are messy or disorganized
- Anything not finished

## Negative side of clutter:

- Wasting money
- Conflict in relationships
- Low self esteem
- CHAOS - Can't Have Anyone Over Syndrome
- Unhealthy lifestyle

Downsizing is challenging! Just get rid of the **CRUD**! (Completely Ridiculous Useless Debris)

- Something that seemed important, but now is laughable
- Anything that needs to be assembled, but never was
- Incomplete projects
- Gadgets that don't work and require batteries to operate
- Gifts you bought, but neglected to give
- Gifts you received, but never used
- Impulse purchases
- Any box that you are afraid to open
- Items that require hand washing, ironing, refinishing or re-upholstering



## CRUD logic:

- It might come in handy
- It was given to me
- It might be worth something
- I just need to go through it
- It is too good to throw away
- Nothing's wrong with it, it just needs mending
- I'll keep it as a spare
- The children might want it



## Types of CRUD:

- Sentimental (baby clothes or Aunty Shirley gave it to you as wedding gift)
- Accomplishment (trophies, certificates, etc.)



Don't leave home, empty handed – take something out of the house, as you go!

## Use the **SPACE** method:

- S = Sort
- P = Purge
- A = Assign
- C = Contain
- E = Equalize





### Step One: SORT – Be Ruthless!

- Each item is to be handled only once
- You must decide what to do while the item is your hands
- Fill up the labeled boxes
- Don't be influenced by sentiment
  - How old?
  - More than one? / Similar?
  - Quality?
  - Colours?

### Step Two: PURGE

- Disposal
- Donation
- Sell

### Step Three: ASSIGN – Create Zones:

- Decide what you want to do with each room
- Keep items you need in each room that connects to the purpose or function of the room
- Make permanent homes for your items

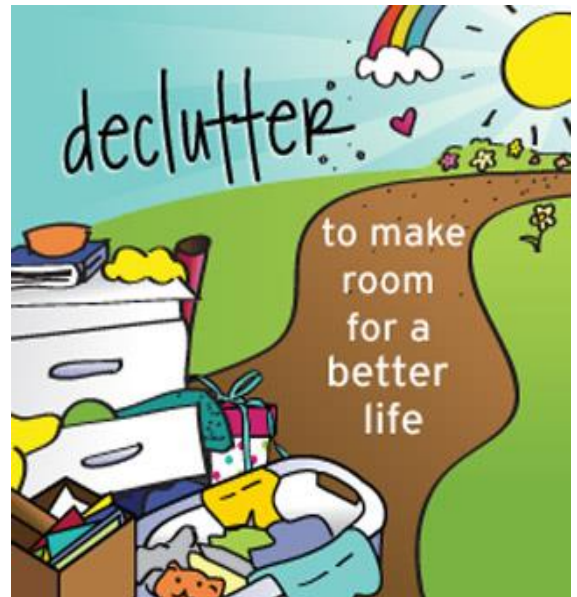
### Step Four: CONTAIN

- Shelf it
- Box it
- Put it in a drawer
- Hang it

- Display it
- Divide it
- Label it

### Step Five: EQUALIZE

- Don't make yourself so busy
- Don't just make it look better
- Apply the "One In – One Out" principle
- Get support from family
- Just say NO



## BCRTA Executive Director – Tim Anderson

- Hired accounting consultants specialized in helping non-profits
- Moving to new software with latest features – better member tracking / services and room for future expansion and systems integration
- Extensive training for staff

### Build Partnerships

- More direct sharing of strategies with sister RTA organizations across Canada
- Cooperation with Pension Corporation on protection of member private info – Information Sharing agreement, elimination of Social Insurance Numbers as identity number and use ID # instead
- Working with Teacher Pension Board, BCTF, Teacher Regulation branch, BC Retired Government Employees Assoc., BC Retired Principals and Vice-Principals, National Pensioner Foundation, COSCO (Council of Senior Citizen Organizations), and other

### Advantage Partnerships

- Improve member awareness of Advantage Partner benefits
- Build revenue streams: Johnson, Collette, Hearing Life, Trip Members
- New Advantage Partners: Fresh Prep and Simply Connect (Rogers)

### Advertising

- Each page of advertising pays for three pages of content
- Two years ago = \$0
- Past year = \$24,773

Way to go, Tim!



### Branch Support

- Resources for effective functioning
- Branch Guidebook – available to local executive members
- ACER-CART materials
- Technical support

### Communication

- Web content continually expanded
- Connections Newsletter – sent to email addresses
- PostScript – our flagship piece - classified ads of 30 words or less are free to members
- Member Survey

### Canadian Association of Retired Teachers (ACER-CART) – What do we get for our 35¢?

- Oppose Bill C-27 with e-Petition, read out in parliament
- Election booklet in 2015 and again in 2019
- A national Minister of Seniors
- Negotiation of National Health Accord – 13 bi-lateral agreements with each province and territory
- Support for seniors home care – part of the bi-lateral agreement
- Enhancement of Canada Pension Plan
- Pension splitting for retirees
- Automatic enrollment for OAS and GIS
- National Pharmacare Plan
- Pension and retirement income security
- Adherence to the principles of the Canada Health Act: universality, portability, accessibility, comprehensiveness, public administration

### Strategic Planning Update - Grow our insurance programs

- improvement this year with \$100 worth of vaccination coverage

### BCRTA Advantage

- low rates
- best friend advice
- Choice – Prestige Plan or Medoc



### BCRTA Survey – listening to members

In the summer of 2019 edition of PostScript, BCRTA asked members to let us know about their personal situation and needs, how well BCRTA is serving them, and what they would like to see in the future.

The survey was a smashing success, with 1500 responses (300 online and 1200 on paper). Here are some highlights...

Highest rated survey items:

- Advocacy for Pension Security
- PostScript Magazine
- Personal Support from BCRTA

Survey Items to Work On:

- Branch Engagement
- Local Travel Options (not world)
- Interests Not Yet Addressed
- Better Use of Advantage Programs



PostScript Articles:

- Highest Interest: Health, Finance, and Travel Experiences
- Would like to see more about travel, books, and environment/green living

Valued Website Resources:

- Pension Information
- Health Insurance Information

Connection Newsletter Articles of Interest:

- Health
- Personal Finances (tax, insurance, pension)
- BCRTA News

Major Concern for Individuals:

- Overall health and independence
- Reliable health care
- Cost of prescriptions
- Financial security

Topics of interest in Publications:

- Travel
- Books
- Environment/Green Living



**WOW** – Each month, BCRTA members volunteer an estimated 238, 260 hours which equals \$57 million per year of unpaid work!!!

For a full compilation of the survey results see the following link:

<https://bcrt.ca/wp-content/uploads/2019/10/2019-Survey-Results.pdf>



## BCRTA Update:

- The renovations to the BCRTA office have been completed in the BCTF building with second office, dedicated reception area and meeting area/workroom – extremely grateful for continued support of BCTF who covered the renovation cost – short ribbon cutting ceremony with some members of BCTF executive and staff
- Bill C-27 ePetition read into parliament by MP Zimmer – 13,720 signatures with 4,107 from BC – credit given to BCRTA as a leading activist and envy of other provincial associations across Canada
- Our BCRTA President (Gerry Tiede) is also Vice-President of ACER-CART (Canadian Assoc. of Retired Teachers)
- Reimbursement rate for mileage has increased to 54 cents
- Yearly membership fee to be increased to \$42 for the 2020 – 2021 year, plus optional \$2.00 for RR Smith Memorial Charity Fund
- Moneris credit card processing in use for membership payments and advertising invoices
- Facebook and Twitter accounts – are you following?



**MOTION:** Passed - That the BCRTA support the Call to Climate Action and urge the BC government to:

- Move our energy requirement away from fossil fuels and non-renewable energy sources and
- Move to developing and maintaining sustainable energy infrastructures and energy resources and
- Urge each branch to examine its own practices and structures so that we do our part to help human-caused climate change

**MOTION:** Passed - That BCRTA encourage the federal and provincial governments to move quickly to ban flavoured juices used in vaping devices

(Did you know that \$43 million which is 2 or 3% of our pension money is invested with Altria who owns shares in 5 major tobacco products?)

**MOTION:** Passed - That we strive to eliminate use of single-use plastics and Styrofoam at any BCRTA provincial meeting and branch meetings (NOTE: Being “green” can have consequences, as 3 housekeepers were sent home when no housekeeping requested in hotel rooms)

## BCRTA Membership Committee

- Provincial membership is currently 17,000 – but 38,000 members receive BC Retired Teacher Pension Plan
- 860 life members (90+ years of age) – 162 members passed away in 2018/2019
- increased by 632 new members – not as many as 2018, as potential retirees continue to work full or part time to meet the Supreme Court’s decision that awarded class sizes and composition improvements
- changes made to the application for membership form – no longer require SINs
- revised welcome brochure will be sent to new members along with membership cards
- an agreement to exchange advertising between Teacher Pension Plan and BCRTA publications will create another point of contact to inform potential new members of the benefits of BCRTA membership

**Membership Award:** 1<sup>ST</sup> PRIZE TO PARKSVILLE QUALICUM – Trophy & Purdy's Chocolates

Most Increased  
Membership in our  
size category: 201  
to 500 members



Purdy's chocolates  
were enjoyed by the  
PQRTA Exec at our  
Exec meeting on  
October 28<sup>th</sup>. YUM!!!

### **BCRTA Advocacy Committee**

- Letter to National Research Council, in support of improvement to the National building code to include acoustic performance criteria that would prevent hearing loss for teachers in poorly designed classrooms.
- Letter to Minister of Finance – received **\$16,500 refund** cheque for Provincial Sales Tax payments on periodicals, over the past 4 years – no PST for printing!
- Letter to Minister of Labour – protecting children from employment related injuries and exploitation – changes in legislation and now BC no longer has the lowest child employment standards in North America
- Letter to Minister of Health: opposition to private, for-profit plasma collection services

### **BCRTA Communications Committee**

- Working on video with member interviews regarding benefits of belonging to BCRTA and what BCRTA means to them.
- Branches are being encouraged to set up a branch homepage on the BCRTA website
- Connections is read online by 8000 members – published after each board meeting to highlight current and immediate work (decisions, projects and endeavors)
- PostScript – published 4 times a year – member contributions with articles continues to be outstanding and envy of other provincial associations
- PostScript Excellence Awards for member written articles with winners invited to the AGM dinner on October 4th:
  1. Best Personal Experience – Pat Thieson – A Rediscovered Joy – Spring 2019
  2. Best Travel Experience – Garry Litke – Fez – Spring 2019
  3. Best Photograph – David Wei – Ocean House Haida Gwaii – Fall 2018

### **BCRTA Excellence in Education Committee**

- Coordinated the administration and adjudication of the intergenerational Golden Star Award Program – 6 awards of \$1500 – pictures and articles will be published in PostScript throughout the coming year

### **BCRTA Heritage Committee**

- Started updating the history of the BCRTA to 2000 to the present for the upcoming 75<sup>th</sup> anniversary
- Historic documents in storage were examined and duplicates weeded out
- Handwritten papers were digitized and originals stored in archival Envelopes for preservation



## BCRTA Well-Being Committee

Well Being is defined as the interconnected dimensions of the physical, mental, material, emotional, social and spiritual health of members of the BCRTA that includes the awareness of developments and issues relating to the well-being of retired members and seniors in general.

This past year, the committee:

- Provided at least four articles to the PostScript Magazine
- Finalized the "Social Policy" which now includes policy on dental health
- Discovered that 911 service in rural areas is adequate – community can provide refresher courses for seniors and others, if requested
- Discovered that most communities have a "Green Sleeve" medical information package for first responders, but local branches to pursue a generic kit for all members
- Sent a paper petition for a national universal Pharmacare program to all branches for collection of signatures – if 25 signatures collected, then to be submitted to the branch local Member of Parliament to be read into parliament
- An electronic petition was submitted to the Clerk of Petitions at the House of Commons in Ottawa and awaiting response (more details to come)



## BCRTA Pension and Benefits Committee:

While Bill C-27 has died on the order paper, we must continue to be diligent in our opposition to some of its language. New Target Benefit plans, although inferior to defined benefit plans, would be good for employees who currently have no pension plan; any pension plan is better than no pension plan. But no employee or pensioner should surrender their earned, defined benefits for something less.

The Government of Canada held a consultation on enhancing retirement security, last November. BCRTA participated and made the following points:

- Earned pensions were contractual promises and must not be changed retroactively
- Legislation needs to recognize that the money in a pension plan belongs to the plan members, not the employer
- Insolvency trustees must ensure that the pension is at the top priority, not the last, as it is now
- Retired pensioners need to be recognized as full partners in pension decision making
- There is a need for a Pension Benefit Guarantee Fund, paid for by pension plans, that will pay the pensions if companies or plans go bankrupt

Group Insurance:

- Our **new trip cancellation and trip interruption insurance** with **\$12,000** of coverage is available to friends and family members of the BCRTA.
- Participants in Medoc or Prestige Travel Plans already have \$8000 of Trip Cancellation coverage, but some members require additional coverage for extended travel

This past year, 31 retirement workshops were offered to 1100 active teachers:

- There's More To It Than Money
- Making Sense of Pensions and Benefits



## GRETA THUNBERG: In her own words...

As the rumours, lies and constant leaving out of well-established facts continue, please share this newly updated clarification about me and my school strike.

Please help me communicate this to the grown-ups who lie about me and family so that I can focus on school instead:



Recently I've seen many rumors circulating about me and enormous amounts of hate. This is no surprise to me. I know that since most people are not aware of the full meaning of the climate crisis (which is understandable since it has never been treated as a crisis) a school strike for the climate would seem very strange to people in general. So let me make some things clear about my school strike.

In May 2018 I was one of the winners in a writing competition about the environment held by Svenska Dagbladet, a Swedish newspaper. I got my article published and some people contacted me, among others was Bo Thorén from Fossil Free Dalsland. He had some kind of group with people, especially youth, who wanted to do something about the climate crisis.

I had a few phone meetings with other activists. The purpose was to come up with ideas of new projects that would bring attention to the climate crisis. Bo had a few ideas of things we could do. Everything from marches to a loose idea of some kind of a school strike (that school children would do something on the schoolyards or in the classrooms). That idea was inspired by the Parkland Students, who had refused to go to school after the school shootings.

I liked the idea of a school strike. So I developed that idea and tried to get the other young people to join me, but no one was really interested. They thought that a Swedish version of the Zero Hour march was going to have a bigger impact. So I went on planning the school strike all by myself and after that I didn't participate in any more meetings.



When I told my parents about my plans they weren't very fond of it. They did not support the idea of school striking and they said that if I were to do this I would have to do it completely by myself and with no support from them.

On the 20 of August I sat down outside the Swedish Parliament. I handed out fliers with a long list of facts about the climate crisis and explanations on why

I was striking. The first thing I did was to post on Twitter and Instagram what I was doing and it soon went viral. Then journalists and newspapers started to come. A Swedish entrepreneur and business man active in the climate movement, Ingmar Rentzhog, was among the first to arrive. He spoke with me and took pictures that he posted on Facebook. That was the first time I had ever met or spoken with him. I had not communicated or encountered with him ever before.

Many people love to spread rumors saying that I have people "behind me" or that I'm being "paid" or "used" to do what I'm doing. But there is no one "behind" me except for myself.

My parents were as far from climate activists as possible before I made them aware of the situation.

I am not part of any organization. I sometimes support and cooperate with several NGOs that work with the climate and environment. But I am absolutely independent and I only represent myself. And I do what I do completely for free, I have not received any money or any promise of future payments in any form at all. And nor has anyone linked to me or my family done so.

And of course it will stay this way. I have not met one single climate activist who is fighting for the climate for money. That idea is completely absurd.



Furthermore I only travel with permission from my school and my parents pay for tickets and accommodations.

My family has written a book together about our family and how me and my sister Beata have influenced my parents way of thinking and seeing the world, especially when it comes to the climate. And about our diagnoses.

That book was due to be released in May. But since there was a major disagreement with the book company, we ended up changing to a new publisher and so the book was released in August instead.

Before the book was released my parents made it clear that their possible profits from the book "Scener ur hjärtat" will be going to 8 different charities working with environment, children with diagnoses and animal rights.

And yes, I write my own speeches. But since I know that what I say is going to reach many, many people I often ask for input. I also have a few scientists that I frequently ask for help on how to express certain complicated matters. I want everything to be absolutely correct so that I don't spread incorrect facts, or things that can be misunderstood.

Some people mock me for my diagnosis. But Asperger is not a disease, it's a gift. People also say that since I have Asperger I couldn't possibly have put myself in this position. But that's exactly why I did this. Because if I would have been "normal" and social I would have organized myself in an organisation, or started an organisation by myself. But since I am not that good at socializing I did this instead. I was so frustrated that nothing was being done about the climate crisis and I felt like I had to do something, anything. And sometimes NOT doing things - like just sitting down outside the parliament - speaks much louder than doing things. Just like a whisper sometimes is louder than shouting.

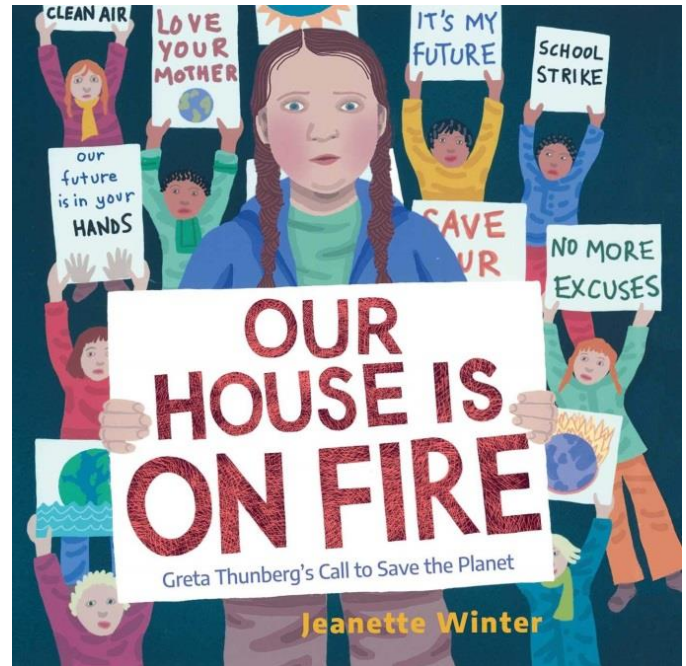


Also there is one complaint that I "sound and write like an adult". And to that I can only say; don't you think that a 16-year old can speak for herself? There's also some people who say that I oversimplify things. For example when I say that "the climate crisis is a black and white issue", "we need to stop the emissions of greenhouse gases" and "I want you to panic". But that I only say, because it's true. Yes, the climate crisis is the most complex issue that we have ever faced and it's going to take everything from our part to "stop it". But the solution is black and white; we need to stop the emissions of greenhouse gases.

Because either we limit the warming to 1.5 degrees C over pre industrial levels, or we don't. Either we reach a tipping point where we start a chain reaction with events way beyond human control, or we don't. Either we go on as a civilization, or we don't. There are no gray areas when it comes to survival.

And when I say that I want you to panic I mean that we need to treat the crisis as a crisis. When your house is on fire you don't sit down and talk about how nice you can rebuild it once you put out the fire. If your house is on fire you run outside and make sure that everyone is out while you call the fire department. That requires some level of panic.

There is one other argument that I can't do anything about. And that is the fact that I'm "just a child and we shouldn't be listening to children." But that is easily fixed - just start to listen to the rock solid science instead. Because if everyone listened to the scientists and the facts that I constantly refer to - then no one would have to listen to me or any of the other hundreds of thousands of school children on strike for the climate across the world. Then we could all go back to school.



I am just a messenger, and yet I get all this hate. I am not saying anything new, I am just saying what scientists have repeatedly said for decades. And I agree with you, I'm too young to do this. We children shouldn't have to do this. But since almost no one is doing anything, and our very future is at risk, we feel like we have to continue.

And if you have any other concern or doubt about me, then you can listen to my TED talk ([https://www.ted.com/talks/greta\\_thunberg\\_the\\_disarming\\_case\\_to\\_act\\_right\\_now\\_on\\_climate/up-next](https://www.ted.com/talks/greta_thunberg_the_disarming_case_to_act_right_now_on_climate/up-next)), in which I talk about how my interest for the climate and environment began.








And thank you everyone for your kind support! It brings me hope.  
Greta

PS I was briefly a youth advisor for the board of the non profit foundation "We don't have time". It turns out they used my name as part of another branch of their organisation that is a start up business. They have admitted clearly that they did so without the knowledge of me or my family. I no longer have any connection to "We don't have time". Nor does anyone in my family. They have deeply apologised for what has happened and I have accepted their apology.



# CLIMATE CHANGE – What will happen?

SOURCE: <https://health2016.globalchange.gov/>

	Climate Driver	Exposure	Health Outcome	Impact
 <b>Extreme Heat</b>	More frequent, severe, prolonged heat events	Elevated temperatures	Heat-related death and illness	Rising temperatures will lead to an increase in heat-related deaths and illnesses.
 <b>Outdoor Air Quality</b>	Increasing temperatures and changing precipitation patterns	Worsened air quality (ozone, particulate matter, and higher pollen counts)	Premature death, acute and chronic cardiovascular and respiratory illnesses	Rising temperatures and wildfires and decreasing precipitation will lead to increases in ozone and particulate matter, elevating the risks of cardiovascular and respiratory illnesses and death.
 <b>Flooding</b>	Rising sea level and more frequent or intense extreme precipitation, hurricanes, and storm surge events	Contaminated water, debris, and disruptions to essential infrastructure	Drowning, injuries, mental health consequences, gastrointestinal and other illness	Increased coastal and inland flooding exposes populations to a range of negative health impacts before, during, and after events.
 <b>Vector-Borne Infection</b> (Lyme Disease)	Changes in temperature extremes and seasonal weather patterns	Earlier and geographically expanded tick activity	Lyme disease	Ticks will show earlier seasonal activity and a generally northward range expansion, increasing risk of human exposure to Lyme disease-causing bacteria.
 <b>Water-Related Infection</b> ( <i>Vibrio vulnificus</i> )	Rising sea surface temperature, changes in precipitation and runoff affecting coastal salinity	Recreational water or shellfish contaminated with <i>Vibrio vulnificus</i>	<i>Vibrio vulnificus</i> induced diarrhea & intestinal illness, wound and blood-stream infections, death	Increases in water temperatures will alter timing and location of <i>Vibrio vulnificus</i> growth, increasing exposure and risk of water-borne illness.
 <b>Food-Related Infection</b> ( <i>Salmonella</i> )	Increases in temperature, humidity, and season length	Increased growth of pathogens, seasonal shifts in incidence of <i>Salmonella</i> exposure	<i>Salmonella</i> infection, gastrointestinal outbreaks	Rising temperatures increase <i>Salmonella</i> prevalence in food; longer seasons and warming winters increase risk of exposure and infection.
 <b>Mental Health and Well-Being</b>	Climate change impacts, especially extreme weather	Level of exposure to traumatic events, like disasters	Distress, grief, behavioral health disorders, social impacts, resilience	Changes in exposure to climate- or weather-related disasters cause or exacerbate stress and mental health consequences, with greater risk for certain populations.

# GREENPEACE

Imagine how different the Earth could be if we all ate less meat, reduced food waste, and enjoyed better access to locally grown fruits and veggies.

**For starters, we would be taking a big bite out of our greenhouse gas (GHG) emissions.**

In October, the City of Toronto committed to doing just that, putting the climate impacts of the food we eat on the table, when it became one of the 14 major world cities to commit to becoming a 'Good Food City' by 2030. **This is a huge win for the climate.**

## **Why is this important?**

While people often think about transportation as a major source of emissions, food is actually one of the biggest sources of consumption-based emissions from cities. According to data just released from Statistics Canada, household spending on food and beverages in Canada accounted for a quarter of all indirect emissions and were a top source of GHG emissions after household energy consumption.<sup>1</sup> Globally, livestock accounts for over 14% of all direct emissions - more than the world's planes, trains, cars, and ships combined.

## **What does it mean to become a 'Good Food City'?**

More than half of the world's population live in cities, which mean they have an essential role to play in solving the climate crisis.

For that reason, the City of Toronto has just committed to reducing meat consumption and food waste, while increasing the availability of plant-based options. If other cities follow the lead, we can move towards a more sustainable, equitable and resilient food system across Canada, while meeting our national climate goals.

The clock is ticking. We don't have time — or food — to waste. We need to celebrate the cities that are doing their part to recognize and ACT on the climate emergency. Toronto is one of those cities, and they just showed the rest of Canada how acting on the climate means eating for the climate.

Reduce the meat.  
Reduce the heat.

*Greenpeace activists in Denmark protest meat production at an industrial pig farm. October 2019*



# **Environment Fact Sheets - Household food consumption and Canadian greenhouse gas emissions, 2015**

by Jennie Wang and Abdoul-Razak Mamane Release date: October 9, 2019

SOURCE: <https://www150.statcan.gc.ca/n1/pub/16-508-x/16-508-x2019004-eng.htm>

People generally think about transportation and industrial activities when they think about sources of greenhouse gas (GHG) emissions. They don't necessarily think about emissions that were released during the production of the foods we eat. However, the emissions associated with restaurant meals, bread or the milk in the fridge can be attributed to household consumption and are termed indirect emissions.

Canadian households were directly responsible for 142,936 kilotonnes of CO<sub>2</sub> equivalent GHG emissions in 2015—19% of total emissions in Canada—through use of fuels for transportation (55%) and home heating, lighting and appliance use (45%). However, when including the indirect emissions associated with their purchases of goods and services, households were responsible for 42% of total Canadian GHG emissions in 2015.

Indirect emissions associated with household spending on food and beverages accounted for a quarter of indirect emissions and were a top source after indirect emissions associated with household energy consumption.

GHG emissions associated with different types of food can vary depending on the resources needed during production (e.g. fuel and fertilizer use), emissions from animals (e.g., enteric fermentation) and manure management, as well as the amount and type of energy used in manufacturing, storage, distribution and consumption.

In a full accounting of food-related emissions, households would also be indirectly responsible for emissions related to food they purchase that is imported into Canada; however, emissions related to foreign production are not included in the GHG account. Overall, 64% of Canada's food supply was produced domestically in 2015, down from 71% in 2010, although there were large variations by type of food product (Statistics Canada, 2018).

In addition to these emissions associated with spending on food and beverages, Natural Resources Canada estimates that 11% of the emissions associated with residential electricity use in 2015 relate to the use of kitchen appliances including refrigerators, electric ranges, freezers and dishwashers used in food storage, preparation and cleanup.

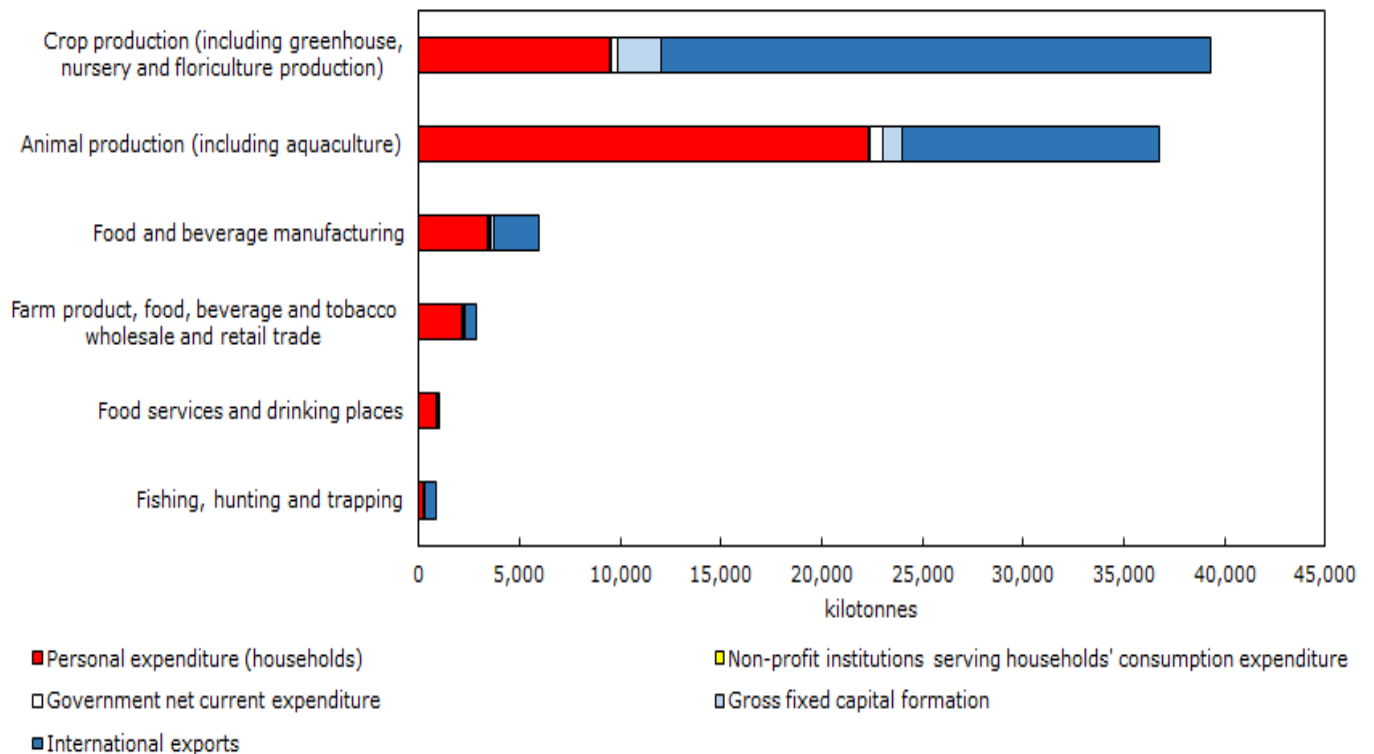
Focusing on direct emissions from Canadian food-related industries, one sees that crop and animal production industries dominated because of the higher emissions from this stage of the food supply chain. The largest shares of GHG emissions were associated with crop production (45%) and animal production industries (42%), with a further 7% attributed to food and beverage manufacturing, 3% to farm product and food and beverage wholesale and retail trade, 1% to food services and drinking places and 1% to fishing, hunting and trapping.

Exported products account for 50% of emissions associated with these industries in 2015. The crop production industry had the highest share of emissions associated with exported products (70%), while in comparison 35% of emissions from animal production were related to exports.



**Chart 1**

**Selected food-related industries' greenhouse gas emissions by final demand category, 2015**



**Note:** This chart displays the direct emissions of selected food-related industries by final demand category including personal expenditure. These emissions are not equivalent to the indirect emission from households' consumption expenditure on food and beverages services or products in Table 1. Direct emissions by industry exclude electricity consumption.

**Source:** Statistics Canada, Environment, Environment Energy and Transportation Statistics Division, 2019, special tabulation from the Physical Flow Accounts.

## Fires in the Amazon

In August, as devastating forest fires ripped through the Amazon rainforest, thousands of Greenpeace supporters stepped up to respond. Greenpeace campaigners worked tirelessly:

- on the ground with local Indigenous communities
- supporting a delegation of Indigenous leaders from Brazil who toured Europe in September calling for international support for Amazon protection
- launching a global push to hold to account the major fast food chains that are purchasing meat products from Brazil, an industry that is a driving force behind the forest destruction (*for cattle to roam, the land is cleared, often with the help of fire*)



*Greenpeace activists in London hang a banner at a Burger King restaurant, September 2019*

# MISH-MASH of MEDICAL NEWS:



## Vegetables and their Nutritional Values

<https://www.healthyandnaturalworld.com/types-of-vegetables/>

## Proven Natural Remedies for Knee Osteoarthritis and Joint Pain (Evidence Based)

<https://www.healthyandnaturalworld.com/proven-natural-remedies-for-knee-osteoarthritis/>

## Science Based Ways to Increase Absorption of Turmeric (Curcumin)

<https://www.healthyandnaturalworld.com/turmeric-smoothie-recipes-to-boost-bioavailability/>

## 11 Nuts and Their Health Benefits

<https://www.healthyandnaturalworld.com/types-of-nuts/>

## Swimming May Slow Down Aging by Decades

<https://www.everythingzoomer.com/health/fitness/2019/07/10/swimming-exercise-aging/>

## Gout – Why the Stigma?

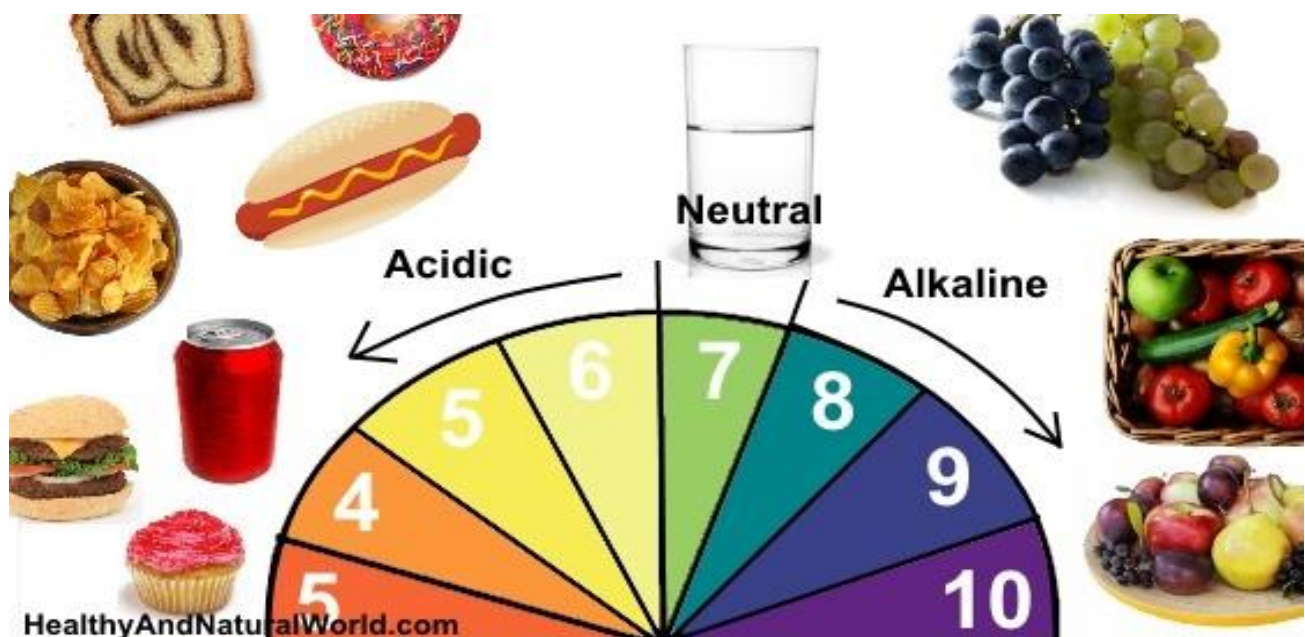
[https://www.medicalnewstoday.com/articles/325290.php?utm\\_source=newsletter&utm\\_medium=email&utm\\_country=CA&utm\\_hcp=no&utm\\_campaign=MNT%20Weekly%20%28non-HCP%20non-US%29%20-%20OLD%20STYLE%202019-06-05&utm\\_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29](https://www.medicalnewstoday.com/articles/325290.php?utm_source=newsletter&utm_medium=email&utm_country=CA&utm_hcp=no&utm_campaign=MNT%20Weekly%20%28non-HCP%20non-US%29%20-%20OLD%20STYLE%202019-06-05&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29)

## Tips for Better Posture

[https://www.medicalnewstoday.com/articles/325290.php?utm\\_source=newsletter&utm\\_medium=email&utm\\_country=CA&utm\\_hcp=no&utm\\_campaign=MNT%20Weekly%20%28non-HCP%20non-US%29%20-%20OLD%20STYLE%202019-06-05&utm\\_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29](https://www.medicalnewstoday.com/articles/325290.php?utm_source=newsletter&utm_medium=email&utm_country=CA&utm_hcp=no&utm_campaign=MNT%20Weekly%20%28non-HCP%20non-US%29%20-%20OLD%20STYLE%202019-06-05&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29)

## How to Balance your Body's PH and why!

<https://www.healthyandnaturalworld.com/how-to-balance-your-ph/>



# WELCOME to NEW PQRTA MEMBERS!

- Dianne Gillespie
- Terry Graff
- Brenda McConachie
- Lucy Goodbrand
- Anna Rosa Stewart



**SADLY** – Helen O'Connor passed away.

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## ORES - OCEANSIDE RETIRED EDUCATORS' SCHOLARSHIP

Our PQRTA fees are only to be used to enhance activities for members, so we subsidize our monthly events. Previous years, our PQRTA fees were used to cover our scholarships (SD 69 and CHES); but we have to follow Canada Revenue rules and now depend on individual donations for our scholarships.

This year, we hope to give two SD69 scholarships through Oceanside Retired Educators.

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

We are still collecting donations for the Qualicum students. Please make your cheque payable to **School District 69** and send to the following:

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

**On November 14<sup>th</sup>**, you can give your SD69 donations to Elaine Young at the tour of the Qualicum Beach museum.



Otherwise, for pick-up or drop off of your donation, contact Elaine:

Phone: 250.927.0375  
Email: reys3@shaw.ca

You will receive your individual 2019 income tax receipt from Qualicum School District. Thanks so much to all of you for your continued support of our local students.

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## CHES – Canadian Harambee Education Society



Thank you for your donations which have been sent along to cover the sponsorship of a new student in Form 1 at St. Anne's Musoli School for girls in Kakamega, Kenya. Education helps to reduce poverty!

CHES will mail an individual income tax receipt to all donors.



# PQRTA PROGRAM – Thurs. Oct. 24, 2019

## Lunch and Learn: Black Creek Diner and Shelter Point Distillery



Stephanie Koropatnick checks out the building.



Left to Right: Donna Tucker, John Tucker and Don Standing relax in leather armchairs in the lounge while learning about whisky.



Brian, the "Spirit Guy" tells us all about the distillery business.



### From Field to Flask:

Barley has been harvested from the fields and has begun the process of turning into single malt whisky. Scotch is only distilled in Scotland.





Thanks to PQRTA member Jo Graham for the magazine link below...

There is a glossy Vancouver Island magazine called Boulevard. It has an article this month called "Spirits of the West", about the Shelter Point Distillery. It begins on page 68.  
[https://issuu.com/boulevardlifestylesinc/docs/2019\\_09\\_blvd\\_ci\\_lr](https://issuu.com/boulevardlifestylesinc/docs/2019_09_blvd_ci_lr).



In pours the distilled alcohol from the barley and yeast mix.



The big tank behind us is 5,000 gallons of alcohol ready to be stored in casks that once held bourbon which adds to the flavour.



Whisky, gin, or vodka! Let the tasting begin!

# Elder College:



## Road Safety for Seniors (Perhaps of particular interest?)

This course is an amalgamation of the courses Safe Driving for Seniors and Brushing Up for Seniors previously presented at VIU Elder College with some new material which has been added, including an update for the Enhanced Road Assessment, preparing for re-examination and how aging affects driving.



ELDH 051 F19Q01 (Parksville)

3 sessions: Mon, Nov 18-Dec 2; 12:30-2:30 pm \$26.50

TIM SCHEWE (workshop presenter) is a retired RCMP constable with 25 years of service, including 20 in traffic enforcement and 10 as a technical collision investigator.

Three Ways To Register:

1. **PHONE:** Call toll free 1-866-734-6252 or 250-248-2096 (Parksville) 250-740-6400 (Nanaimo)
2. **ONLINE:** eldercollege@viu.ca
3. **IN PERSON:** Parksville Campus  
Parksville Civic & Technology Centre  
100 Jensen Avenue East, 2nd Floor  
Parksville, BC, V9P 2G3

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## Saturday Speaker: November 16, 2019

ADMISSION: \$10 cash/person at the door (Free under 18)

Nanoose Place Community Centre

2925 Northwest Bay Road, Nanoose Bay

Everyone welcome! 10:00am to 12:00pm



## Earthquake Early Warning For BC

Learn about Ocean Networks Canada's prototype Earthquake Early Warning system and how it is being expanded and enhanced for residents of southwestern BC.

### About the talk:

Ocean Networks Canada is in a unique position to detect subduction earthquakes because they operate the world's largest wired undersea observatory. Learn about the prototype Earthquake Early Warning system already in place, and how it is being expanded and enhanced so that it can be used to provide early warning to the residents of southwestern B.C.

**Presenter:** Bob Crosby, BA Sc (Electrical Engineering), Dipl.T.

Bob Crosby was a Software Quality Control Specialist in the Software Engineering department at Ocean Networks Canada (ONC) for 6 years until 2017. ONC is located at and operated by the University of Victoria. The main observatory at ONC is the NEPTUNE network which is currently the largest and most complex wired undersea observatory network in the world. Bob was the principal software tester on ONC's prototype earthquake warning system, and he continues to support the project on a contract basis. Bob has a B.A. Sc. degree in Electrical Engineering from the University of Waterloo and a Diploma in Electronics Technology from Algonquin College and has 40 years' experience in the electronics and software development industries.



## Purple Caps for Newborns

### We need even more people to knit and/or crochet!

Nanaimo and District Hospital Foundation needs more of the small purple caps for newborn babies, as about 100 babies are born every month. New parents choose a purple cap, upon completion of the class about Shaken Baby Syndrome and Purple Crying in babies.



**Period of PURPLE Crying** is an acronym that describes the characteristics of normal developmental crying in babies:

**P = PEAK OF CRYING** Your baby may cry more each week, the most in month 2, then less in months 3-5.

**U = UNEXPECTED** Crying can come and go and you don't know why.

**R = RESISTS SOOTHING** Your baby may not stop crying no matter what you try.

**P = PAIN-LIKE FACE** A crying baby may look like they are in pain, even when not.

**L = LONG LASTING** Crying can last as much as 5 hours a day, or more.

**E = EVENING** Your baby may cry more in the late afternoon and evening.

At the end of November, Barb Brett (PQRTA Secretary and Well-Being Contact) has kindly offered to do another delivery of purple caps to Nanaimo and District Hospital Foundation.

For patterns or sizing information: <https://www.clickforbabies.org/partners/british-columbia.php>

For pick up and/or drop off, please contact Barb Brett: 250.752.7029 or [b462brett@telus.net](mailto:b462brett@telus.net)

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## ORCA PLACE SUPPORTIVE HOUSING:

222 Corfield Street S, Parksville, BC (just up from the Parksville Post Office)

This year (and every year), Orca Place would love to make Christmas a happy occasion indoors. They were lucky to have received a 6 1/2 foot pre-lit tree and they have been blessed with some decorations for the tree and dining tables. If you have any Christmas decorations that you don't want, please think of donating them to Orca Place.



**For donations:** Ring the Office bell at the front door, let them know what you have to offer and a staff member will meet you at the door.



Recycle stamps!

## Save Your Postage Stamps!

Did you know that "The Order of the Eastern Star" sells used postage stamps and makes personalized bandages for local cancer patients? As you get "real" mail, cut off the stamps, but leave some of the envelope around each stamp. When you have a collection, arrange pick-up or drop off. Thanks from Cathy Van!

[cathyvanh@gmail.com](mailto:cathyvanh@gmail.com) or phone: 250.248.0412



**Saturday, November 9<sup>th</sup>** – 9:00am to 2:00pm

**Annual Fall Christmas Bazaar:** Home baking, books, small collectables, crafts, and knitting. Luncheon \$7.00

**Grace United Church** – 2304 Alberni Hwy (beside the Goat Market in Coombs)

**Saturday, November 16<sup>th</sup>** - Fowl Supper  
Turkey Dinner with all the trimmings plus dessert, tea, coffee

Arrowsmith Hall – 1014 Ford Road, Coombs  
Two Seatings: 4:30pm and 6:00pm

\$20 for Adults (16 to 64)  
\$15 for Seniors (65+) and Youth (10 to 15)  
FREE for Children 0 to 9 years of age

Advance tickets available:

- Arrowsmith Hall (Nov. 12-15)
- Request online: [gbhonours@gmail.com](mailto:gbhonours@gmail.com)
- Phone Jill Chudleigh: 250-752-3842

OR First Come, First Served at the door



All proceeds in support of  
Qualicum Beach Honours  
Society Student Scholarships

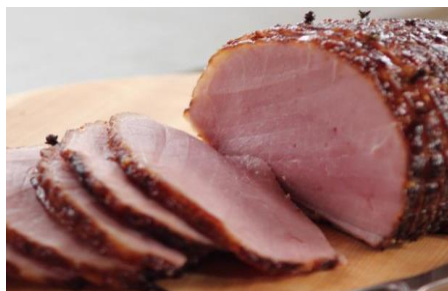
**Friday, November 29<sup>th</sup>** – Fall Supper Fundraiser – Ham and Scallop Potato

**Grace United Church** – 2304 Alberni Hwy (beside the Goat Market in Coombs)

Doors Open 5:00pm  
Supper 6:00pm

\$20 for Adults  
\$10 for children 6 to 12 years  
FREE for children under 6 years

Tickets must be pre-purchased or pre-ordered. No tickets at the door!  
Call Sharon for tickets: 250.248.6655

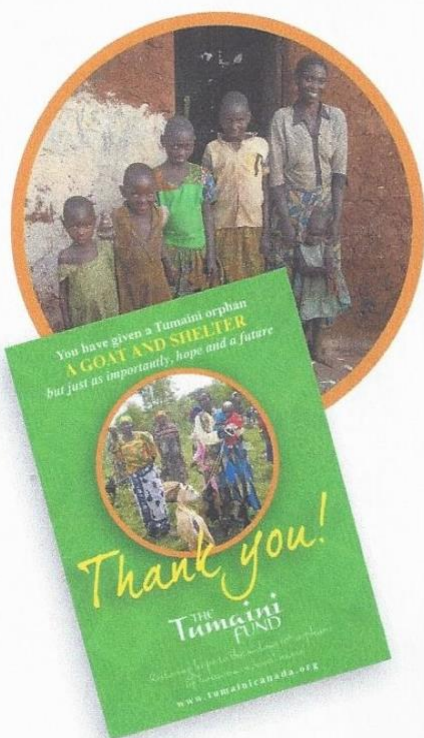




# Christmas Gift Ideas

FROM  
**THE TUMAINI FUND**  
CANADA

*If you have folks on your Christmas list who don't need or want anything material, perhaps you'd like to give them a gift in their name to help an orphan.*



*You will receive a small card outlining the value and blessing of your gift that you may include with your own Christmas wishes.*

**100% of all donations goes directly towards these projects in Kagera Tanzania, guaranteed.**

*For the full story:*  
[www.tumainicanada.org](http://www.tumainicanada.org)

Tumaini Fund Canada  
2341 Balsam Crescent, NanOOSE Bay, BC. V9P 9G2

## **Primary School Uniform**

Without which a student may not attend school **\$6**

## **Mosquito Net**

Under which two or three children can sleep **\$10**

## **Set of 10 Daftari Notebooks**

Required by secondary students to attend school **\$15**

## **Solar Lamp**

Helps students study in huts with no electricity **\$20**

## **Bicycle**

Saves hours of walking every day to and from school **\$150**

## **Treadle Sewing Machine**

After two years training allows a tailoring student to start their own small business **\$150**

## **Goat and Shelter**

Provides milk, income and breeding stock **\$250**

Please make out a cheque for \$ \_\_\_\_\_  
payable to: **Tumaini Fund Canada** 2341 Balsam Crescent, NanOOSE Bay, BC. V9P 9G2

Name of Donor \_\_\_\_\_

Address for Canadian Tax Receipt:  
\_\_\_\_\_  
\_\_\_\_\_

Charity Registration No. 84352 7938 RR001





Have you moved or changed your contact information?  
Remember to let us know!  
Communication Chair: **Stephanie Koropatnick**  
[pqrtacommunications@gmail.com](mailto:pqrtacommunications@gmail.com) or 250.752.8050

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**



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

<https://www.visitparksvillequalicumbeach.com/events-2019-11/>

**What's On Digest** – Events in Parksville Qualicum Beach & Area

<http://parksvillequalicum.whatsondigest.com/next-month>

**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

Nov. 3 – Daylight Saving Time ends at 2:00am (fall back)

Nov. 5 – Guy Fawkes Day (United Kingdom)

Nov. 11 – Remembrance Day

Nov. 14 – Learn and Lunch – QB Museum and Q Burgers

Nov. 25 – Dec. 10 – Red Dress Project

Nov. 27 – Teachers' Pension Plan payment

Nov. 28 – Canada Pension Plan and Old Age Security payment and USA Thanksgiving Day

Nov. 30 – St. Andrew's Day (Scotland)

## PQRTA EXECUTIVE and CONTACTS for 2018/2019:

President – Cathy Van Herwaarden

Vice-President – Stephanie Koropatnick

Past-President – Kay Howard

Treasurer – Ellen Coates

Secretary – Barb Brett

Program – Suzanne Rush

Membership – Diane Williams

Communication – Stephanie Koropatnick

Sunshine – Colleen Craig

Heritage – Sharon Cox-Gustavson

Historian – **VACANT**

Phoning Contacts – Jan Graham and Nancy Whelan

Well Being Contact – Barb Brett



**BCRTA Website** - <https://bcrt.ca/>