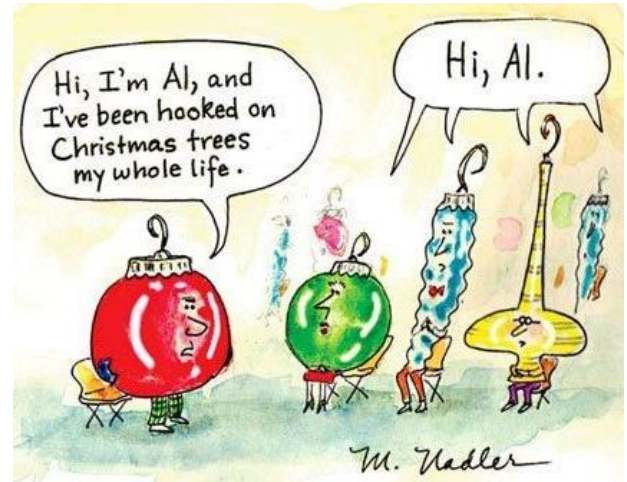


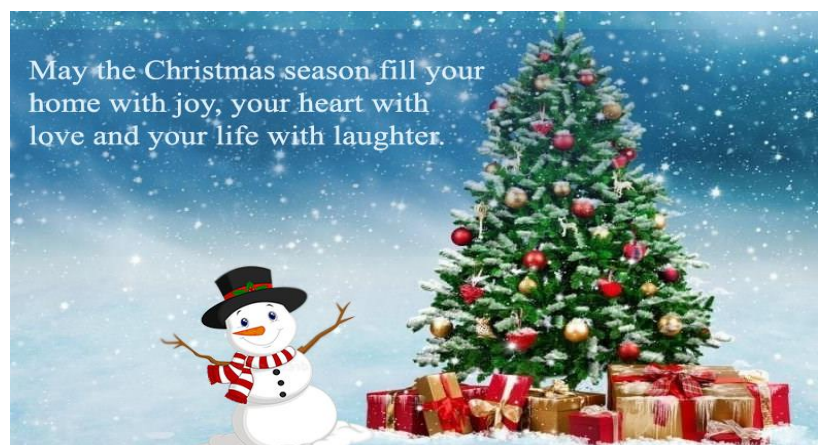
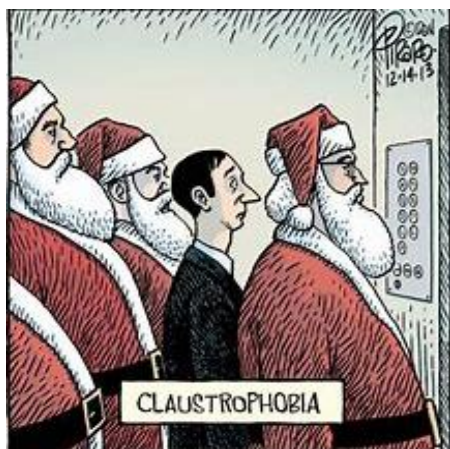


PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER # 29 – December, 2019

PRESIDENT'S GREETING from Cathy Van Herwaarden:



"I'm dreaming of a white Christmas, just like the ones I used to know..."



December 6th – St. Nicholas Day

SOURCES:

<https://blog.mangolanguages.com/5-awesome-traditions-to-celebrate-st.-nicholas-day>

<https://www.britannica.com/topic/Saint-Nicholas-Day>

<https://wellnessmama.com/317960/st-nicholas-day/>

https://en.wikipedia.org/wiki/Saint_Nicholas_Day

The North American Santa Claus and the British Father Christmas, derive from Saint Nicholas.

Saint Nicholas Day is observed on December 5/6 in Western Christian countries and December 19 in Eastern Christian countries on the Old Calendar as the feast day of Saint Nicholas.



It is celebrated as a Christian festival with particular regard to St. Nick's reputation as a bringer of gifts, as well as through the attendance of Mass or other worship services.

"Santa Claus" is itself derived in part from the Dutch *Sinterklaas*, the saint's name in that language. However, the gift giving associated with these descendant figures is associated with Christmas Day rather than Saint Nicholas Day itself.

In the Netherlands, the primary occasion for gift-giving is 5 December, when his feast day is celebrated.

In Belgium, they celebrate Sinterklaas on the morning of the 6 December.

In the days leading up to 5 or 6 December (starting when Saint Nicholas has arrived by steamboat around mid-November), young children put their shoes in front of the chimneys and sing *Sinterklaas* songs. Often they put a carrot or some hay in their shoes, as a gift to St. Nicholas' horse.

In recent years the horse has been named *Schimmel* or *Amerigo* in the Netherlands and *Slecht Weer Vandaag* (bad weather today) in Flanders. The next morning they find a small present in their shoes, ranging from sweets to marbles or some other small toy.

On the evening of 5 December, *Sinterklaas* impersonators (often parents or close by family) bring presents to children who have behaved well (or not; they often both receive presents) in the past year. In practice, just as with Santa Claus, all children receive gifts without distinction. This is often done by placing a bag filled with presents outside the house or living room, after which a neighbor or parent bangs on the door or window, pretending to be *Sinterklaas'* assistant. Another option is to hire or ask someone to dress up as *Sinterklass* and deliver the presents personally. *Sinterklaas* wears a bishop's robes including a red cape and mitre and is assisted by many mischievous helpers, called 'Zwarte Pieten' ("Black Petes") or "Père Fouettard" in the French-speaking part of Belgium, with black faces and colourful Moorish dress, dating back two centuries.

In the past, it was said that the Zwarte Pieten took all the naughty children, put them into sacks, and Sinterklaas took them with him to Spain (it is believed that Sinterklaas comes from Spain, where he returns after 5 December), in order to scare the children. Therefore, many Sinterklaas songs still allude to a watching Zwarte Piet and a judging Sinterklaas.



PHOTO: <https://www.timeanddate.com/holidays/netherlands/st-nicholas-eve>

Recently, there has been a recurrent discussion about the perceived politically incorrect nature of Zwarte Piet. In particular, Dutch citizens with backgrounds from Suriname might feel offended by the Dutch slavery history connected to this emblem and regard the representation of Zwarte Piet as racist. Others state that the black skin color of Zwarte Piet originates in his profession as a chimney sweep, hence the delivery of packages through the chimney.

In recent years, Christmas, along with Santa Claus, has been pushed by shopkeepers as another gift-giving festival, with some success; although, especially for young children, Saint Nicholas Eve is still much more important than Christmas. The rise of Father Christmas (known in Dutch as *de Kerstman*) is often cited as an example of globalization and Americanisation.

On the Frisian islands (*Waddeneilanden*), the Sinterklaas feast has developed independently into traditions very different from the one on the mainland.

In Luxembourg, *Kleeschen* is accompanied by the *Houseker* a frightening helper wearing a brown monk's habit.

History

After the Reformation, St. Nicholas was largely forgotten in Protestant Europe, although his memory was kept alive in Holland as Sinterklaas. The Dutch took the tradition to New Amsterdam (now New York City) in the American colonies, where he was transformed into Santa Claus by the English-speaking majority. His legend of a kindly old man was united with old Nordic folktales of a magician who punished naughty children and rewarded good children with presents. The resulting image of Santa Claus in the United States crystallized in the 19th century, and he has ever since remained the patron of the gift-giving festival of Christmas.

In Britain, he was largely replaced with Father Christmas.

Who Was St. Nicholas?

The real man behind the fictitious modern day Santa Claus was St. Nicholas of Myra. Born in 280 A.D. in Asia Minor, he lost his parents at an early age, though they left him great wealth when they died. He was known for giving anonymous gifts to help those in need and was eventually made a bishop.

The good bishop died on December 6th; thus this day is now St. Nicholas Day.

Why the Gift Giving?

The history of leaving shoes or stockings out for St. Nicholas likely stems from the story of his leaving small bags of gold for a man and his three daughters. During those times women had to bring a dowry to a marriage in order to find a good husband.

St. Nick heard of a man who had three daughters but could not afford the dowry. Without it, the daughters would most likely enter a life of prostitution instead of being able to marry. According to legend, St. Nick threw three bags of gold through their window at night, saving them from a life at a brothel and cementing his place as the patron of gift giving.



St. Nicholas Day Parades

In the Netherlands, the festivities kick off with parades around the country, marking Saint Nicholas' arrival from Spain. Called *Sinterklaas* [Saint Nicholas] in Dutch, nearly every town and city has an annual arrival parade, usually featuring someone dressed as *Sinterklaas* on a horse, boat, carriage, or even helicopter.

In the time between his arrival and St. Nicholas' Day, *Sinterklaas* travels to hospitals, schools, and from home to home, leaving small gifts for well-behaved children. In exchange, children will often leave out a carrot, some hay, and a bowl of water for *Sinterklaas*' horse.

Leaving Shoes or Boots Out on Dec. 5th

On the eve of St. Nicholas' Day, children leave out a shoe or boot in the hallway, hoping to wake up to it filled with gifts from Saint Nicholas. Not unlike the idea of Santa Claus leaving coal for naughty children, Saint Nicholas might leave a stick for misbehaving children. There are variations of this tradition across countries, ranging from a bag of salt to a switch for parents to use as discipline. Today, most children will receive gifts from Saint Nicholas despite their record of behavior over the past year.



In the boots, children usually find:

- **Coins:** Each child receives some quarters in their shoe to signify the money St. Nicholas gave.
- **Treats:** dark chocolate, small bags of nuts, homemade marshmallows, and candy canes which have the shape of a bishop's crosier, and even small toys
- **Oranges:** These signify the gold St. Nick gave away and kids love oranges this time of year (which they don't usually get because they aren't in season).

St. Nicholas' Feast Day

In some countries, the eve of the holiday is more important than the actual day. Think of it like Christmas Day — often, families hold their gatherings and exchange presents on



Christmas Eve and spend Christmas Day in church or quietly celebrating with immediate family. Likewise, St. Nicholas' Eve is celebrated with gift-giving and a big feast shared by family, called *Sinterklaasavond* (*Sinterklaas* evening) in the Netherlands.

What's on the menu? A traditional table might have Bishop's wine, breads, St. Nicholas-shaped cookies, and a special main dish reserved for the holiday. In France, that might be pork with mustard and apples. In Germany, you might enjoy *Pfannkuchen*, or German pancakes. Around the world, there are traditional St. Nicholas pizzas, soups, and pastries.

Gifts for Unmarried Women

In Italy, children aren't the only ones receiving gifts on Saint Nicholas' Day — unmarried women make the list, too. Across Italy, unmarried women might attend a special mass on St. Nicholas' Day to participate in *Rito delle nubili*, a ritual where they turn a column seven times to help change their luck in finding a spouse.



Wondering why unmarried women receive so much attention on St. Nicholas' Day? Saint Nicholas is viewed as a patron of more than just children and the needy — he also protected virgins. One story of Saint Nicholas tells how he once provided a poor man with dowries for his three daughters, ensuring they could marry well.

A Visit from Krampus, St. Nicholas' Cloven-Footed Companion



Not all is merry and bright during Saint Nicholas' Day — and that's all thanks to Krampus. Around the world, variations of this menacing figure accompany Saint Nicholas to punish children who misbehave. You're most likely to bump into Krampus in Germany, Austria, Hungary, Slovenia, and the Czech Republic. He's usually depicted as half-man, half-goat — a frightening creature that borrows traits from demons, beasts, and the devil.

Legend has it Krampus travels with Saint Nicholas, leaving coal for naughty children or — in some cases — kidnapping them in his sack. Another spine-chilling Krampus tradition: the Eve of Saint Nicholas' Day is *Krampusnacht*, or Krampus Night, in some parts of Europe. Krampus takes to the streets, visiting the homes of misbehaving children. If that doesn't motivate you to be good this year, we don't know what will!

In Europe, especially in "Germany and Poland, boys would dress as bishops begging alms for the poor." In Ukraine, children wait for St. Nicholas to come and to put a present under their pillows provided that the children were good during the year. Children who behaved badly may expect to find a twig or a piece of coal under their pillows.

In the Netherlands, Dutch children put out a clog filled with hay and a carrot for Saint Nicholas' horse. On Saint Nicholas Day, gifts are tagged with personal humorous rhymes written by the sender.

In the United States, one custom associated with Saint Nicholas Day is children leaving their shoes in the foyer on Saint Nicholas Eve in hope that Saint Nicholas will place some coins on the soles.



Shen'Kollë in Greece

In Greece (as well as Albania, Serbia, and Bulgaria), St. Nicholas is celebrated on the eve of his feast day, December 5th. This day is known as *Shen'Kolli i Dimnit* (Saint Nicholas of Winter). In these cultures, this day is one of fasting, not gift giving. In fact, on this day, most people abstain from meat or fast completely or prepare a feast to eat just after midnight.

Sinterklaas in Belgium

In Belgium, children leave their boots in front of the fireplace for St. Nicholas. Often, they include a carrot or a treat for his horses, as legend has it that he arrived with his horses via sleigh or steamboat in these areas.

St. Nicholas and Père Fouettard in France

In France, St. Nicholas arrives on December 6th and gives children small gifts and chocolates. In the weeks leading up to this day, parents and grandparents tell stories of the legend of St. Nick, including a disturbing but popular one. The story goes that three children wandered away and got lost. A butcher lured them into his shop where he killed them and salted them away in a large tub. According to legend, St. Nicholas revived the boys and brought them home to their families. (At least there's a happy ending!)

This story earned St. Nicholas his reputation as protector of children in France. The butcher (known as "Père Fouettard," meaning "Father Whipper") is imagined to follow St. Nicholas in penance and leave lumps of coal or even whip misbehaving children. In France, statues and paintings often portray this event, showing the saint with children in a barrel.

Sankt Nikolaus and Krampusnacht in Germany and Austria

In Germany and Austria (and some other countries in this region), children leave out a boot for St. Nicholas and receive small toys, coins, or candy. In these areas, St. Nicholas still dresses like a bishop and often is portrayed on a horse. Like the French story, a sinister companion accompanies St. Nick, in this case the even more terrifying demon-like Krampus.

In these areas, they don't mess around with an Elf on the Shelf to encourage kids to be good: they invoke the legend of the Krampus! This beast is thought to punish children who misbehave and to capture particularly naughty children in his sack and carry them away to his lair. The Krampus has roots in Germanic folklore and its influence has spread to Austria, southern Bavaria, South Tyrol, northern Friuli, Hungary, Slovenia, the Czech Republic, the Slovak Republic, and Croatia.

December 5th is known as Krampus Night, or Krampusnacht, in which the hairy devil appears on the streets. Traditionally young men dress up as the Krampus on the night of December 5th and roam the streets frightening children with rusty chains and bells.

Random Acts of Kindness

The most important lesson from the legend of St. Nicholas is his generosity. It's always a good lesson in gratitude for all our blessings. Remember to "pay it forward"!

Dec. 26th – Boxing Day

SOURCE: <https://nationaltoday.com/boxing-day/>

What is Boxing Day?

Boxing Day is held every December 26th in many countries associated with the British Empire. It started as a day to give gifts to the household staff of Britain's upper classes, but has morphed into a sort of shopping holiday of its own. In fact, it's one of the most popular days to return Christmas gifts to the stores.



Boxing Day History

The day after Christmas, Boxing Day, is celebrated in the United Kingdom, Austria, New Zealand and Canada. But let's clear up something first — Boxing Day is not about pummeling opponents. This unique holiday has its roots in gift-giving on one hand and classism on the other. Here's what we know about Boxing Day's origins.



The entire British class system worked to make Christmas Day a big deal for wealthy elites. They splurged on Christmas holiday dinners of geese, turkey and other fowl cooked by kitchen staff. Household servants worked hard making all the holiday preparations during the years well before the conveniences and technological advances of the Industrial Revolution. Messenger boys regularly ran errands and postmen delivered mail and packages year-round.

Boxing Day, on December 26, gave the wealthy a chance to repay their servants and tradespeople with paid time off and small gift boxes filled with trinkets or coins as a show of appreciation for their service during the holidays and throughout the year. Servants and tradespeople also prepared gift boxes for their own families, too.

Some historians attribute Boxing Day to the small boxes of alms placed near the church doors requesting donations to help the poor during Advent. On the day after Christmas, members of the church clergy would distribute the donations to needy citizens throughout the community. December 26 was chosen for these charitable acts because the day was dedicated to St. Stephen, a patron saint known for good works and his status as the first Christian martyr.

Ironically, during modern times, Boxing Day is synonymous with holiday shopping, good times, and sports. Rather than boxing, soccer and cricket matches are the sports of choice that bring everyone together for more holiday fun.



BCTF News:



BC Teachers' Federation Runs Information Campaign Outside BC NDP Convention

Hundreds of B.C. teachers who've been without a contract since June rallied outside the B.C. NDP's annual convention in Victoria in an effort to gather support before negotiations resume next month.

On Saturday, November 23, more than 300 teachers' union members were in Victoria, meeting and speaking to NDP delegates about the ongoing teachers' dispute.

The BCTF and the provincial government have been negotiating since February, and teachers have been working without a long-term contract since the previous agreement expired at the end of June.

"We are here to have thoughtful conversations, not to disrupt anything at all," BCTF president Teri Mooring said. "It seems like there still is a gap of knowledge as to what we are facing at the bargaining table."

The union has consistently raised the issue that the province still needs to hire almost 400 new teachers. The BCTF is arguing the province is struggling to fill the jobs because of what it calls low wages.

Statistics Canada's most recent data on Canadian teacher salaries shows that only Quebec pays a lower starting salary for the sector.

Mooring adds there are a lot of certified adults in the classrooms where there should be certified teachers instead.

The government negotiating team and the BCTF negotiators are set to resume talks in December.

The NDP and the union have long been aligned on many policy issues and Mooring sees the convention as a chance to remind 800 delegates from across the province of that. "We are really hoping to raise awareness amongst the public and amongst NDP delegates that they really need to put their actions where their values lie," Mooring said.

In October, the BC Public School Employer Association said it tabled a three-year contract offer to teachers with an annual two per cent salary increase. That's in line with the deal the province has cut with nearly a quarter million other public employees so far, guided by its Sustainable Services Mandate, which limits wage increases to two per cent per year. Horgan says he isn't bothered by BCTF members speaking to people outside the convention. "What we have is a dispute between parties in a collective bargaining negotiation. It's not dispute about values. It's not a dispute about our equal passion for public education," Horgan said. "It doesn't disappoint me. I talk to teachers all the time."

SOURCE: <https://globalnews.ca/news/6209610/bc-teachers-ndp-convention/>

Comparison of Extended Health Care Benefits – Sept. 2019

	Teachers' Pension Plan (TPP) Extended Health Benefits	Johnson Inc. – Extended Health Care with Prestige Travel
Plan Percentage	80% (1 st of 1,000); 100% thereafter	80%
Deductible	\$200 per person per calendar year (excludes insulin injectors, hearing aids, vision care)	None
Lifetime Maximum	\$200,000	\$250,000
Prescription Drugs	Covered <ul style="list-style-type: none"> - Direct Pay Drug Card - PharmaCare Low Cost Alternative (LCA) and Reference Drug Program (RDP) pricing - 8% mark-up limit - \$10 dispensing fee cap per script 	Plan 1: Option A: \$1200 / Option B: \$2500 (per household) Plan 2: Option A: \$1500 / Option B: \$3500 (per household) Annual household drug limit based on date of birth <ul style="list-style-type: none"> • Direct Pay Drug Card • BC Provincial (ie. PharmaCare) Formulary • PharmaCare Low Cost Alternative (LCA) & Reference Drug Program (RDP) pricing • 8% mark-up limit • \$10 dispensing fee cap per script NEW – Vaccines (\$100 per calendar year)
Accidental Dental	Covered	\$1000 per calendar year
Ambulance Services	Covered	Covered
Health Education	Not Covered	\$100 per calendar year
Hearing Aids	\$1400 per calendar years <ul style="list-style-type: none"> • Reimbursed at 100% 	\$1000 per 5 calendar years
Home Care	\$50 / day <ul style="list-style-type: none"> • Up to 10 days after hospital stay • Care must be from LPN or RN 	\$50 / day <ul style="list-style-type: none"> • Up to 10 days after hospital stay
Hospital Accommodation	Covered <ul style="list-style-type: none"> • Semi-private or private room 	\$100 / day <ul style="list-style-type: none"> • Reimbursed at 100% • Semi-private or private room
Medical Aids and Appliances	Covered (some limits apply)	Covered (some limits apply)
Paramedical Services	Combined \$1000 per calendar year	Combined \$1000 per calendar year
Private Duty Nursing	Covered	\$3000 per 3 calendar years
Vision Care	\$300 per 2 calendar years <ul style="list-style-type: none"> • Reimbursed at 100% 	\$300 per 2 calendar years
Eye Examinations	Covered - included in Vision Care maximum	1 exam per 2 calendar years - up to \$100
Travel	Out of Province (within Canada) only - reimbursed at 100% - included in lifetime maximum	Out of Province & Out of Country - reimbursed at 100% - \$5000 per year - multi-trip plan (up to 62 days per trip) - trip cancellation / interruption (\$8000 per trip)

Nov. 23, 2019 Update - Cambie Court Case – First Week of Closing Arguments

SOURCE: http://www.savemedicare.ca/first_week_of_closing_arguments

It's hard to believe Cambie Corporation's year's long legal battle against public health care is finishing up. This week, as the closing arguments started, we received incredible support both online and at the courthouse.

The plaintiffs were the first group able to present their arguments to the judge, one last time. All week we heard a rehash of Cambie Corp's long winded testimony. Their legal team even tried to submit new evidence, although that isn't allowed during the final weeks of court. Throughout, the lawyers continue to say this case is about solving wait times for patients, even though we know the laws they are trying to change relate, not to patient access to faster care, but to doctor profits.

By the end of the week, they:

- Had not shown in their written or verbal submissions that the legislation they're challenging *causes* wait times;
- Wanted it both ways in their argument: they said that for 20 years private surgical and diagnostic clinics have been operating in B.C. without harming the public health care system, and yet, over that exact period, wait times in the province have only gotten worse.
- Had argued that the legislation does actually work. It does stop more private clinics from operating. They said there are not enough doctors willing to work outside the public system; they need to be subsidized by the public system in order to be profitable in the private system.
- Had stated in their written submissions that they don't have to prove, nor does it matter if they do (nor do they ever prove), that wait times will be reduced with more two-tier health care.

The plaintiff's closing arguments reminded us that this case is about allowing publicly paid doctors to charge whatever they want in private clinics - a change that could incentivize their spending more time in the private tier, while still being subsidized by the public system. It's also about allowing American-style insurance companies to enter the Canadian market so that more people choose private care - expanding the private clinic's clientele.

The changes that Cambie's lawyers are arguing for would serve the healthiest and wealthiest, while eroding the public system that the rest of us rely on. Doctors and nurses can't be in two places at once - if they spend more time in the private system, you can imagine what will happen to wait times in the public system.

Next week, the Defense, the Province of B.C. and the Attorney General of Canada, will have an opportunity to present their closing arguments. We expect them to argue that Cambie's

“cure” will only exacerbate existing problems. We’re planning an action to spread the word about Cambie’s false claims - stay tuned for ways you can be involved.

The week after that (December 2-6th), the intervenors will take the stand and we will be in the courtroom on December 5th, defending the right for everyone to receive the care they need, based on need, not on their ability to pay.

13 Things You Need To Know About Supporters of Brian Day

SOURCE:

https://pressprogress.ca/13_things_you_need_to_know_about_the_people_trying_to_end_canadian_health_care_as_we_know_it/

Brian Day is co-owner of Cambie Surgeries, a private for-profit corporation based in Vancouver operating clinics specializing in various surgical procedures who argues it should be his constitutional right to charge patients more than what Medicare already covers.

Meet the right-wing interests who have launched a constitutional challenge against Canada's health care system:

1. Authorities found “significant evidence” that Brian Day was illegally billing patients
2. Before launching his lawsuit, day hosted a cocktail fundraiser for the Fraser institute: a right-wing think tank that opposes universal health care - tickets ran as high as \$65 a pop
3. Day believes poor people do not deserve the same quality treatment as rich people
4. Day has a very strange way with words: Day once told the National Post that Canada’s health care system works the same way as North Korea’s national airline
5. Day dreams of a multi-billion dollar for-profit health industry in Canada
6. The Canadian Constitution Federation (CCF) has an agenda: a right-wing organization is bankrolling a team of lawyers to help day out.
7. They’re part of an international network funded by the Koch brothers: the CCF is a member of the atlas network which also includes Canadian think tanks and pressure groups like the Fraser Institute, the Manning Centre and the Canadian Taxpayers Federation. The network receives substantial funding from wealthy tea party donors, including American oil tycoons Charles and David Koch.
8. They have deep roots in Canada’s Conservative movement
9. The CCF’s executive director was chief of staff to Jason Kenney (Conservative Premier of Alberta)
10. The CCF’s chairman is old pals with Stephen Harper
11. The founder of the Fraser Institute is a CCF board member, too
12. One CCF board member is the president of an anti-abortion group
13. They’re effectively subsidized by taxpayers to oppose public health care - and although the group misses no opportunity to condemn “wasted tax dollars” spent on health care: isn’t it ironic that the CCF’s charitable status means their activities opposing public health care are also subsidized by taxpayers

POINTS TO PONDER:

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



Youth Lawsuit Draws Attention to Climate Crisis

Scientists worldwide have warned we only have a decade to get emissions down substantially or face the well-known consequences of rapidly accelerating global heating. The costly effects are already being felt — from contaminated air and water to increasingly frequent and severe extreme weather events to melting permafrost and species extinction.

But instead of doing everything possible to ensure that young people have a secure, healthy future, governments here and elsewhere continue to expand fossil fuel infrastructure, arguing — as they have for decades — that we can’t get off fossil fuels overnight. It’s kind of like an addict who really isn’t ready to quit.

A group of young people has decided marching isn’t enough. The 15 youth, ranging in age from seven to 19, and hailing from Vancouver Island to the Northwest Territories to Nova Scotia, are taking the federal government to court “to protect their charter and public trust rights from climate change harms,” claiming the federal government’s failure to take actions consistent with the scientific evidence violates their rights to life, liberty and security of the person under section 7 of the Canadian Charter of Rights and Freedoms, and for failing to protect essential public trust resources.

Since climate change disproportionately affects youth, they’re also alleging that government’s conduct violates their right to equality under section 15 of the charter. The youth are supported by the David Suzuki Foundation, Pacific Centre for Environmental Law and Litigation and Our Children’s Trust and represented by law firms Arvay Finlay LLP and Tollefson Law Corporation.

These youth aren’t seeking money. Rather, they’ll ask for a Federal Court order requiring Canada’s government to prepare a plan to redress charter and public trust doctrine violations by reducing greenhouse gas emissions and making a sufficient contribution to preventing, mitigating and redressing dangerous climate change.

We’ve now pumped so many greenhouse gas emissions into the atmosphere that we’ve locked in many inevitable consequences.

Carbon dioxide remains in the atmosphere for a long time, while gases like methane remain for less time but have a greater effect on rising global temperatures. Everything we pump into the air now will remain for decades, causing the planet to continue heating for years. To prevent runaway impacts, we have to cut emissions immediately and protect and restore forests, wetlands and other natural systems, including oceans that sequester carbon.

Let’s listen to the kids and leave them a brighter future!

<http://community.davidsuzuki.org/index.php/email/emailWebview>

32 Years Ago, The World Pledged To Fix The Ozone Layer. And It Worked!

<https://www.weforum.org/agenda/2017/09/ozone-action-worked-environmental-progress>

Climate Change – what can you do?

- Eat less meat.
- Choose to walk or bike more often.
- Grow a garden.
- Plant a tree.
- Turn the heat down and put on a sweater.
- Choose electric, when you buy your next car.
- Choose an ebike, if you're not that lucky.
- Avoid single use plastics.
- Refuse. Reuse. Reduce. Re-gift. Repair. Recycle.
- Avoid air travel, even if you are that lucky.
- Buy more second hand clothes.
- A climate emergency means every decision must be seen through the carbon lens: is the negative impact justifiable? Think of that when you vote.
- Understand that we are now at the point where certain lifestyle expectations have to change, if the planet is to be liveable for our living children's generation.
- Be prepared to change, be prepared to accept a little more hardship. Network in your community to make that easier.
- Act as an example for those weaker around you.
- Practice compassion.
- Practice forbearance the quality of being patient and being able to forgive someone or control yourself in a difficult situation
- Practice truthfulness.
- Remember your shopping bags



Each year, Canada generates 3.25 million tonnes of plastic waste – the equivalent weight of over 140,000 full garbage trucks! So much of the plastic packaging and waste we generate we get from our weekly visits to supermarkets.

It has gotten nearly impossible to avoid single-use plastic when shopping for food and other necessities. And sadly despite our best efforts to sort for recycling, only 9% of plastic waste is recycled in Canada. The rest is burned, landfilled or ends up in the environment at home and abroad.

Canada's major supermarkets aren't taking any real action to address their massive plastic footprints.

By ditching single-use plastic packaging, supermarkets have the power to help lead the way in dramatically reducing the amount of single-use plastic produced.

From seabirds eating bottle caps to whales with stomachs full of plastic bags, the effects of plastic pollution can be devastating.

Ask supermarkets to ditch throwaway plastic packaging - Sign the petition:

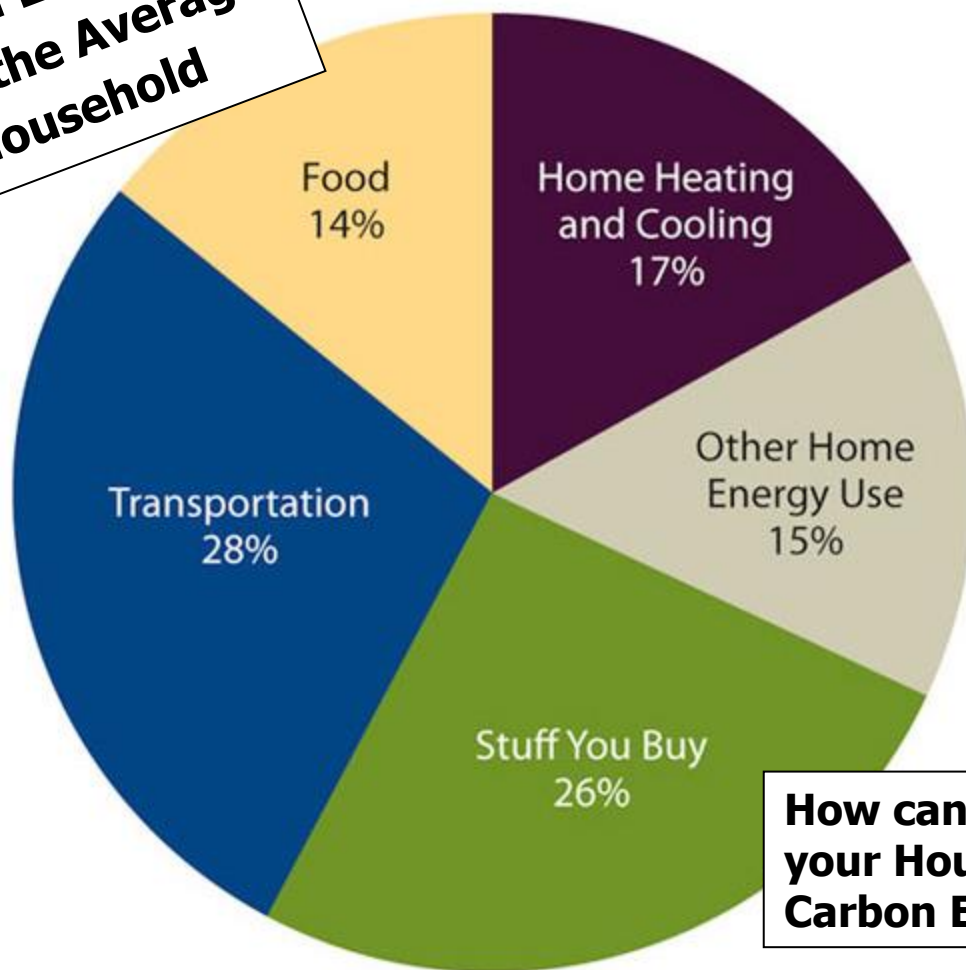


https://act.greenpeace.org/page/36787/petition/1?locale=en-US&utm_campaign=plastic&campaign_project=supermarkets&utm_source=offline&utm_medium=referral&utm_term=sign&utm_content=link&content_specific=reuserevolution.typeform.survey&ea.tracking.id=en_plastic_supermarkets_offline_referral_20191024_sign_link_reuserevolution.typeform.survey

Carbon Emissions from the Average Household

SOURCE: Union of Concerned Scientists

<http://www.globalstewards.org/reduce-carbon-footprint.htm>



How can you cut your Household Carbon Emissions?

Irish Teenager Wins Google Science Award For Removing Microplastics From Ocean

He used magnets to attract microplastics from water. The project found that a magnetic liquid called ferrofluid attracted the tiny plastic particles and removed them from the water. After nearly a thousand tests, his device successfully removed about 88 percent of the microplastics from water samples.

<https://www.ecowatch.com/google-science-award-irish-teenager-2639623184.html>

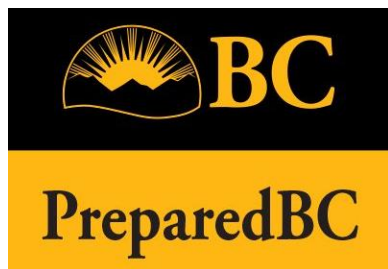
A Plastic Alternative made from Fish Waste

https://www.weforum.org/agenda/2019/11/tipping-the-scales-briton-develops-fish-waste-plastic/?utm_source=Facebook%20Videos&utm_medium=Facebook%20Videos&utm_campaign=Facebook%20Video%20Blogs

Bee Population Recovering, due to Regenerative Farming

Using a mixture of different crops in Saskatchewan fields, which bloom at different times and grow at different rates, replenishes the nutrients and bacteria necessary for the soil to be fertile. And the flowers like red clover, phacelia and sunflowers that are grown along with barley, oats and peas have encouraged the bees to repopulate.

<https://globalnews.ca/news/5767381/bee-population-recovering-regenerative-farming/>



Are You Ready For An Emergency?


Earthquake, Wildfire, Floods, Landslides,
Tsunamis, Severe Weather, Power Outages???

Get Ready, Now!!!

SOURCE: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc>











In the news, there seems to be more and more reports of severe weather disasters. Following a disaster, you may need to stay at home with your emergency kit or leave immediately with your grab-and-go-bags. Gather and organize your emergency supplies now, so you're ready when disaster strikes.

Building your emergency kit or grab-and-go bag doesn't need to be expensive or take a lot of time. Follow our basic supply lists below. Just remember to consider the unique needs of your household, such as medications and including items for pets or seniors.

**PreparedBC**

BASIC EMERGENCY KIT SUPPLIES

gov.bc.ca/PreparedBC

	First aid kit, prescriptions and other personal items		Emergency plan, copies of important documents and cash		Garbage bags, moist towelettes and plastic ties
	Battery-powered or hand-crank radio		Phone charger and battery bank		Blanket, seasonal clothing and footwear
	Battery-powered or hand-crank flashlight		Non-perishable food for at least three days		Water for at least three days; four litres per person per day
	Whistle				

What Supplies Does my Emergency Kit Need?

Put your supplies in one or two containers, such as plastic bins or duffel bags. Store them in an area of your home that's easy to get to, such as a hall closet, spare room or garage.

- Non-perishable food: three-day to one-week supply, with a manual can opener
- Water: four litres per person, per day for drinking and sanitation
- Phone charger, battery bank or inverter
- Battery-powered or hand-crank radio
- Battery-powered or hand-crank flashlight
- Extra batteries
- First-aid kit and medications
- Personal toiletries and items, such as an extra pair of glasses or contact lenses
- Copy of your emergency plan, copies of important documents, such as insurance papers
- Cash in small bills
- Garbage bags and moist towelettes for personal sanitation
- Seasonal clothing, sturdy footwear and emergency blanket
- Dust masks, if you live in an area that's prone to earthquakes
- Whistle
- Help/OK Sign (Download the PDF): https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/embc/images/preparedbc_emergency_help_ok_sign.pdf
Display the appropriate side outward in your window during a disaster.

How to Build a Grab-and-Go Bag



You may need to leave immediately in the event of an emergency. Be ready to go by having a smaller version of your emergency kit in an easy-to-access place in your home. In addition to having one at home, create grab-and-go bags for your workplace and vehicles that contain:

- Food (ready to eat) and water
- Phone charger and battery bank
- Small battery-powered or hand-crank radio
- Battery-powered or hand-crank flashlight
- Extra batteries
- Small first-aid kit and personal medications
- Personal toiletries and items, such as an extra pair of glasses or contact lenses
- Copy of your emergency plan, copies of important documents, such as insurance papers
- Cash in small bills
- Local map with your family meeting place identified
- Seasonal clothing and an emergency blanket
- Pen and notepad
- Whistle



Home Emergency Plan - Fill in the blanks: https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/embc/preparedbc/preparedbc-guides/preparedbc_household_plan_2019.pdf

A clipboard with a yellow border and a grey clip on the left side. The clipboard contains a list of 11 tasks, each preceded by a yellow square checkbox. The tasks are arranged in two columns. The first column contains tasks 1 through 5, and the second column contains tasks 6 through 11. The tasks are as follows:

- ☐ 1. Identify the risks for your region.
- ☐ 2. Make an emergency phone list with at least one out-of-area contact.
- ☐ 3. Pick a meeting spot if you're separated from family members.
- ☐ 4. Assign someone to collect your children from school or daycare if you can't.
- ☐ 5. Identify what official sources you'll get information from.
- ☐ 6. Learn how to turn off utilities.
- ☐ 7. Store enough emergency water for your family.
- ☐ 8. Store enough emergency food to support your family for a minimum of three days.
- ☐ 9. Identify any special needs, such as medications, and make sure a proper supply is on hand.
- ☐ 10. Secure your space.
- ☐ 11. Create grab-and-go bags.

MISH-MASH of MEDICAL NEWS:



Dancing Makes Us Happy!

When we dance our brain releases endorphins, hormones which can trigger neurotransmitters that create a feeling of comfort, relaxation, fun and power. When we move in tune with the rhythm, the positive effects of music are amplified. Therefore, a little secret to make the most of the music is to synchronize our movements with the beat, so we will be doubling the pleasure. Dancing is also a social activity that allows us connect with the others, share experiences and meet new people, which has a very positive effect on our mental health. What's more, as we move, our muscles relax to the music, which allows us to free ourselves of the tension built up during the day, especially the one accumulated in the deepest part of the musculature.

<https://psychology-spot.com/dancing-makes-me-happy/>

7 Foods for Better Bone Health:

<https://www.everythingzoomer.com/health/2019/11/04/foods-for-bone-health/>

7 Foods to Fend Off Cold and Flu

<https://www.everythingzoomer.com/health/diet-nutrition/2019/10/01/7-foods-fend-off-colds-flu/>

5 Home Remedies for Cold and Flu

<https://www.everythingzoomer.com/health/2019/10/18/home-remedies-colds-flu/>

7 Symptoms Men Shouldn't Ignore

<https://www.everythingzoomer.com/health/longevity/2019/11/01/male-health-problems/>

7 Symptoms Women Shouldn't Ignore:

<https://www.everythingzoomer.com/health/longevity/2018/05/20/female-medical-problems/>

Coconut Oil NOT so Healthy!

<https://www.cbc.ca/news/health/coconut-oil-healthy-marketplace-1.5357284?cmp=newsletter-Morning+Brief+November+15+2019>

How to go to sleep in less than one minute – use 4,7,8 breathing! And more ideas!

<https://www.healthyandnaturalworld.com/how-to-go-to-sleep-fast-in-under-1-minute/>

10 Simple Ways to Lower Cholesterol Naturally – Statins have Side Effects!

<https://www.healthyandnaturalworld.com/simple-and-effective-ways-to-lower-cholesterol-naturally/>

List of Tests for Diabetes

https://www.medicalnewstoday.com/articles/325729.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%202019-07-17&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

Acid Reflux - Remedies and Causes

https://draxe.com/health/gut-health/acid-reflux-medication-liver-disease/?utm_campaign=acidrefluxmedication&utm_medium=social&utm_source=facebook&utm_content=draxe

Swimming – Physical and Mental Benefits

<https://www.medicalnewstoday.com/articles/321496.php?sr>



Benefits of Drinking HOT Water

https://www.medicalnewstoday.com/articles/319673.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Tomato Sauce Can Boost Gut Health

https://www.medicalnewstoday.com/articles/321855.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Walking Fast Can Extend Your Life 15 Years

- Walking briskly for an hour each day reduces the effect of weight-promoting genes by 50 per cent
- physical fitness is a better indicator of life expectancy than body mass index (BMI)
- A 15-minute walk can curb chocolate cravings — even in stressful situations
- Women who walk seven or more hours a week have a 14 per cent lower risk of breast cancer as compared to those who walk three hours or less a week
- Walking can help relieve arthritis pain and, getting five to six miles in per week can even prevent arthritis altogether
- People who walk at least 20 minutes a day, at least 5 times a week, have 43 per cent fewer sick days

<https://www.everythingzoomer.com/health/2019/07/09/how-walking-fast-can-extend-your-life-by-15-years-or-more/>



Source: <https://www.cleanfoodhouse.com/15-minutes-of-walking-on-a-daily-basis-can-change-your-body-drastically/>

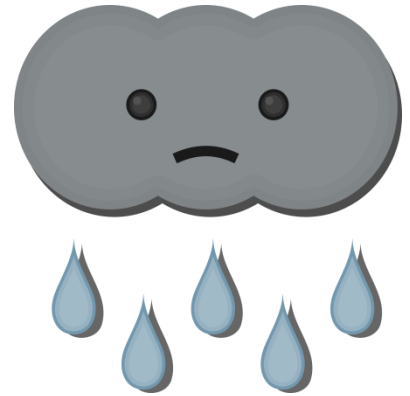
Leg Exercise 'tells' the Brain to Stay Healthy

https://www.medicalnewstoday.com/articles/321921.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

WHEN SUNNY DAYS GIVE WAY TO GLOOMY WAYS – TIPS TO AVOID GETTING SAD

Source: <http://thedailyscan.providencehealthcare.org/2019/10/gloomy/>

Seasonal Affective Disorder, or SAD, is a type of depression that can afflict people starting in the fall, when days become shorter, greyer and colder. It usually affects adults, and mainly women, who live far away from the equator, according to the Canadian Mental Health Association. The CMHA also says that about two to three per cent of Canadians experience SAD in their lifetime, while another 15 per cent develop “blues” that don’t fully fit the SAD definition. There is a spectrum related to the post-holiday season and the weather.



The disorder’s symptoms include low moods, a lack of interest in activities that people normally enjoy, and a lack of general energy.

The theory behind this seasonal disorder is that our bodies respond differently to daylight. The shorter daylight hours may lead to increased melatonin, lethargy and decreased mood. One theory is that light entering the eyes can cause hormone changes in the body. Generally, we believe it is caused by multiple factors including our hormones, genetics and environment.

If you find yourself experiencing some of the symptoms of SAD, try the following approaches:

Expose Yourself: Generally, more light exposure is recommended as a therapy for those with winter/seasonal mood disorders. This can include getting outside more particularly on bright days, but could also include sitting by a bright window or using light therapy. Special light boxes for this purpose are available at some pharmacies and retailers.

Eat Right, Drink Right And Be Merry: Diet may improve the mood as well. Winter blues can increase cravings for foods high in sugar and carbohydrates. Making sure your diet is balanced and includes plenty of fruits and vegetables may help. Avoid alcohol and other substances, if you can.

Move: Activity can help any mood disorder. Research has shown that exercise of 30 minutes a day several times a week can be effective. But any type and amount of physical exercise can help. Going for short walks outside is a quick and simple way to lighten heavy moods.

Get Social – Without Social Media: Connecting with people in person or involving oneself in an interesting activity that doesn’t include watching TV or browsing the internet is a great way to lift a mood. In fact, research has shown that extensive use of social media can increase depression and anxiety in some people. You can also spend more time with family or friends, volunteer or start a new hobby you’ve always been meaning to try.

Imagine and observe: Visualize the sunny days of spring. Observe how the days are getting longer in January and focus on the first few signs of the changing season, such as people outside biking or the buds in the garden.

Also seek counselling, if there are ongoing stressors or anxiety in your life. And of course, if your mood gets dangerously low to the point of feeling hopeless or suicidal, it is important to see a doctor right away.

While seasonal mood disorders diminish our sense of happiness and well-being, they do have a natural ending once the days get longer. And that may be the most uplifting thought of all.

10 Worst Toys for 2019 Holiday Season:

SOURCE: <https://wnep.com/2019/11/20/toy-safety-group-reveals-10-worst-toys-list-for-2019-holiday-season/> For more info: <https://toysafety.org/>

The group World Against Toys Causing Harm, Inc. (W.A.T.C.H.) said the toys below could be dangerous in the hands of children.

Most of the toys included in this list pose serious choking hazards, but there is also the risk of eye injuries, and even "harmful chemicals."

1. **Nerf Ultra One:** W.A.T.C.H. says the darts provided can shoot with enough force to potentially cause eye injuries



2. **Spike the Fine Motor Hedgehog:** W.A.T.C.H. says the quills can potentially be mouthed and occlude a child's airway.

3. **Bunchems Bunch'n Build:** W.A.T.C.H. says there have been reports of the plastic, connective toys becoming ensnared in children's hair.

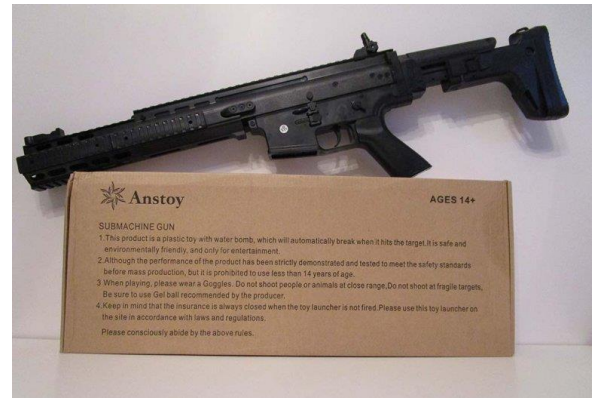


4. **Yeti:** W.A.T.C.H. says once separated from the toy, the hair presents the potential for ingestion or aspiration injuries.

5. **Nickelodeon Frozen Treats Slime:** The consumer group says that the colorful "slime" is offered to children with the appearance of some of their favorite frozen treats, including "mint chocolate chip", "berry smoothie", and "soft serve." At the same time, the manufacturer issues a warning regarding "harmful chemicals" while advising: "NOT REAL FOOD—DO NOT EAT."



6. **Anstoy Electronic Toy Gun:** W.A.T.C.H. says detailed replicas mistaken for lethal weaponry have resulted in numerous deaths over the years, and should never be sold as toys.



7. **Diecast School Bus:** W.A.T.C.H. says the firm rubber tires, mounted on plastic wheels, can be removed, presenting the potential for a serious choking injury for oral age children.

8. **Pogo Trick Board:** Despite the manufacturer's warning to wear a helmet and other "protective gear", only two of the three children shown on the packaging are wearing helmets, and none are using other protective items, says W.A.T.C.H.



9. **Power Rangers Electronic Cheetah Claw:** W.A.T.C.H. says five-year-olds are encouraged to use the "strength of the CHEETAH CLAW" to "take on...enemies!" The manufacturer simultaneously advises children not to "hit or swing at people..."

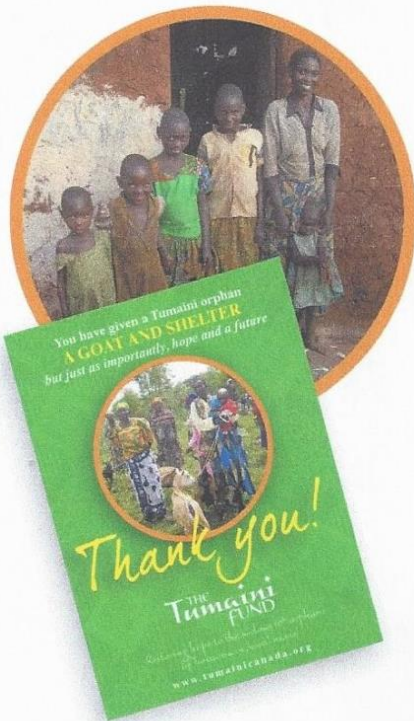
10. **Viga Pull Along Caterpillar:** Despite the industry's standard requiring strings on playpen and crib toys to be less than 12 inches in length, says W.A.T.C.H., manufacturers are still permitted to market "pull toys" such as the "Pull Along Caterpillar" with a cord measuring approximately 24 inches.



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

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

PQRTA CHRISTMAS CHARITY:



Background: About 20 years ago, when Barb Brett first joined PQRTA, nothing charitable was done at Christmas. It occurred to Barb that as a group of people from all over the province, teachers had always been involved in school food hamper drives - in some way, shape, or form. Gathering of food items just seemed like a natural thing to do and Barb started the food collection for Salvation Army and has continued to collect at each of our Christmas luncheons for all these years. Thankfully, our members have been exceedingly generous with both cash and food for many years. Let's keep up the tradition!

At one of our PQRTA Executive meetings, it was discussed that some people may wish to choose an alternate charity for their donations, so this year at our Fairwinds' Christmas luncheon on **Tuesday, December 17th**, we will be collecting for three different local charities. If you wish to donate, choose one/two/ or all three charities. It is up to you to decide which organization to give to, either at our luncheon or at your own convenience.

Thanks to Barb Brett (PQRTA Secretary and Well-Being Contact) for continuing to be our Christmas charity leader and finding out the following:

Manna Homeless Society: <http://www.mannahs.com/>

- At this time of year, the primary need is warm clothing: scarves, hats, gloves, socks, coats, blankets, etc.
- Protein food is also appreciated.
- Cash is always beneficial and income tax receipts are provided.

Clothing/canned goods can be dropped off at the North Island Wildlife Recovery Centre (1240 Leffler Rd, Errington). At the far side of the parking lot, there is a special free-standing collection box for drop-offs. Or, contact Cathy Van Herwaarden to arrange pick-up: pqrtapresident@gmail.com or 250.248.0412

Online, an Income Tax Deductible donation can be made to Manna, through "CanadaHelps": <https://www.canadahelps.org/en/charities/manna-homeless-society/>

S O S (Society of Organized Services): <https://www.sosd69.com/>

- Gifts for children/teens are the current goal and desperately needed. Items should be new and unwrapped.
- Cash is always beneficial, and will be used to provide grocery store gift certificates.
- All donations can be taken to the S O S Administration Office: 245 Hirst Ave W in Parksville
- Income Tax Receipts are mailed - please provide your name and mailing address
- Online, an Income Tax Deductible donation can be made to SOS, through CanadaHelps: <https://www.canadahelps.org/en/dn/16704>

Salvation Army: <https://parksvillesalvationarmy.ca>

Their primary goal at this time of year is providing food to the needy in the Parksville Qualicum area. Food donations are always welcome (canned protein, canned fruit, hot cereal, hot chocolate, peanut butter, etc.); but they can do far more with cash donations, as the grocery stores are very generous. Income Tax Receipts are mailed (please provide your name and mailing address). 4 ways to donate: <https://parksvillesalvationarmy.ca/donate/>

Email sent November 19, 2019 – **Thanks to those of you who have already donated!**

Orca Place Supportive Housing (222 Corfield Street in Parksville) wishes to make it a special Christmas for their 52 residents (20 female and 32 male). They would like to fill their Christmas stockings and they hope that our retired teacher group would be willing to help with this project.

Here's the wish list for Orca Place Supportive Housing clients:

- gift cards (groceries, McDonald's, Starbucks, Subway, etc.)
- razors
- shaving cream
- full size deodorants
- hard soled slippers

Inexpensive slippers have been purchased. Now, cash is needed to cover costs!

There's several ways to help:

1. Cash, Cheque or Money Order (\$10, \$20 or more)

Diane Williams and I will go shopping for desired items and we hope to be able to take advantage of reduced rates, due to our connections with local stores.

Make cheque or money order payable to me (Cathy Van Herwaarden) and arrange for pick up, drop off or mail through postal service.

2. eTransfer (\$10, \$20 or more)

email: pqrtapresident@gmail.com

QUESTION - What charity is this money for?

ANSWER – Orcaplace (all one word)

DEADLINE:
December 10th

3. Redeem your QF points for grocery cards (\$10 or \$20). Just visit the customer service desk at your local Quality Foods store and make your request. Then, mail cards to me, or make arrangements for pick up or drop off.

4. Shopping - You go shopping for some particular items and then drop off to Diane or Cathy. Please let us know what you have purchased, in order to keep track of items.

5. Other - Do you have another item that you would to contribute to fill the stockings? Perhaps, a knitted/crocheted scarf or toque? Other?

Two places to drop off:

a) Diane Williams' home: 237 Fern Road West, Qualicum Beach

b) Cathy Van's home: 2061 Pierpont Road (Virginia Estates in Coombs) - around the corner from Bamboozle

Mail through the postal service:

Cathy Van Herwaarden

Box 286

Coombs, BC

V0R 1M0

Diane Williams has a built-in mail slot as part of her front door to drop off envelopes and a labelled box at her back door to collect donated items.



For pick up, contact Cathy Van:

Email: pqrtapresident@gmail.com

Phone: 250.248.0412

Please pass along this Stocking Stuffer request to anyone that might be interested. Thanks!



Happy Belated **90th birthday**
and Congratulations to
Margaret Purdon who is now
a PQRTA **Life Member!**

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!

pqrtapresident@gmail.com or phone: 250.248.0412

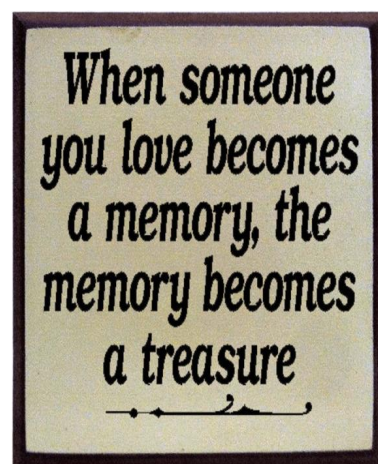


Recycle stamps!



NEW PQRTA MEMBERS!

- Joyce Annau
- Francine Frisson
- Kath Hewitt



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 depend on individual donations for our scholarships, now.

This year, we hope to give two 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 your tax deductible donation for the School District 69 scholarship. Please make your cheque or money order payable to **School District 69**.

Mail your donation:

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

Donation pick up or drop off

Phone Elaine: 250.927.0375
Email Elaine: reysis3@shaw.ca



In mid-December, all of your donation cheques will be deposited and you will be mailed your individual income tax receipt from Qualicum School District.

PQRTA PROGRAM – Thurs. Nov. 14, 2019

Qualicum Beach Museum



The Qualicum Beach Museum would like to acknowledge that the land on which we gather is the unceded traditional lands of the Coast Salish peoples, specifically the Qualicum First Nations whose historical relationship with the land continues to this day.

The name Qualicum comes from the Salish word Xwkwá'luxwum which means "Place where the dog salmon run". People would come from all along the coast to harvest the abundant chum salmon in the local waters.

A travelling Indigenous Languages Exhibition with inter-active displays from Royal BC Museum – available 'til Jan 2, 2020

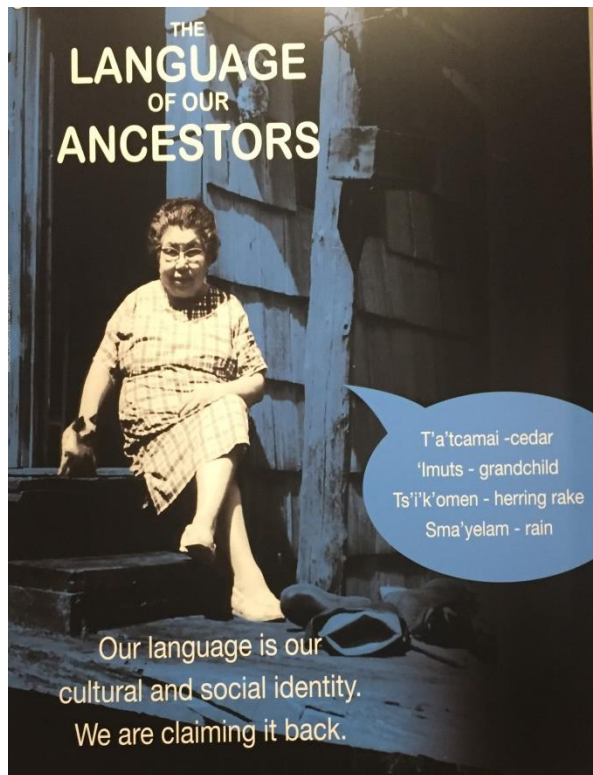


The United Nations Declaration on the Rights of Indigenous Peoples declares language to be a human right.

UNESCO declared 2019 as the year for Indigenous languages.



Our tour was made extra special by a visit from Chief Michael Recalma of Qualicum First Nations.



Although Pentlatch is our language, the last fluent speaker, Joe Nimnim who lived in the Comox Valley, dies in 1942. We are working to re-learn our language as part of the reclaiming of our identity. To do this we are using archival records made by a German-American anthropologist in the 1800's, Franz Boas. Boas compiled in-depth documentation of the Pentlatch language dialect. His work includes a brief handwritten dictionary, and a comparative analysis of the Salishan languages and stories written in Pentlatch and then translated into English. The Pentlatch language has linguistic similarities with Mainland and Island Comox, Hulq'umi'num, Shishalh, SENCOTEN, and other Salish language dialects. This, along with Boas' records, are valuable in our research and work to rebuild our language.



RESIDENTIAL SCHOOLS:

To achieve assimilation, the Canadian government worked with churches to create and administer residential schools for Indigenous children. Even though the death rate in the schools was 40 percent by 1907, by 1920 attendance was mandatory for children aged 5 to 15. Indian agents and the police forcibly removed children from their homes and arrested parents who resisted. Most residential schools banned Indigenous languages and punished those who used them.

The last of these "Schools of Sorrow" in British Columbia closed in 1986. (The last one in Canada closed a decade later.) In 2008, Prime Minister Stephen Harper formally apologized for Canada's role in the operation of Indian residential schools and for the abuse, neglect and disruption suffered by generations of those who attended. But speaking ancestral languages still brings feelings of shame, fear and remorse to some residential school survivors.

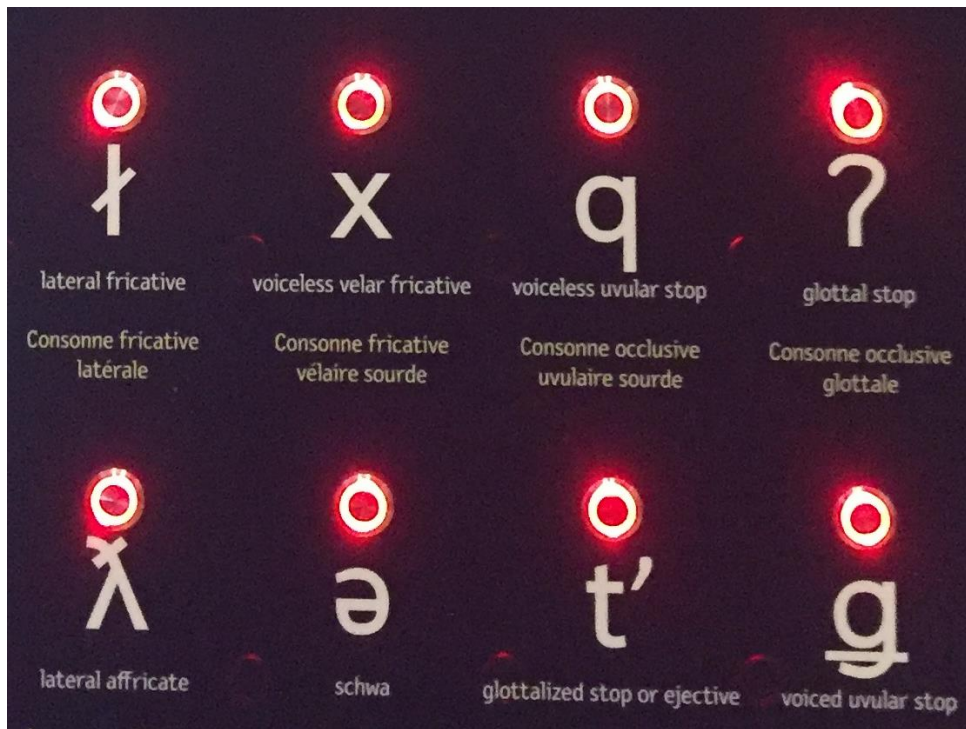
LOSS OF CHILDREN:

Removing Indigenous children from their homes was a government strategy for assimilation. In 1951, Canada amended the Indian Act to allow the provinces to apply child welfare laws to children on and off reserves. From the early 1960s to the late 1980s, government agencies removed and estimated 20,000 Indigenous children from their families and placed them with non-Indigenous families. This became known as the Sixties Scoop. It further interrupted language transmission from parent to child. Still today, half the children in government care are Indigenous.



Displays: Videos, an interactive map, listening stations to hear traditional songs or delve into pronunciations, plus more!





What's that font?

Indigenous languages are traditionally oral. Most Indigenous writing systems (orthographies) were first developed by linguists, anthropologists and missionaries.

Because many Indigenous languages contain sounds that do not occur in English, unique symbols were needed to represent them. Many different orthographies are in use in BC today.

You have until **January 2, 2020** to partake in this travelling display from Royal BC Museum at the Qualicum Beach Museum: Tuesday, Thursday and Saturday, 1-4pm

A Valuable Collection of Audio Recordings

In the 1940s and 1950s Ida Halpern, a Canadian musicologist, travelled to Kwakwaka'wakw, Nuuu-chan-nulth, Tlingit, Haida and Coast Salish communities in BC to make recordings. The resulting archive of songs, ceremonies and languages is an invaluable resource for First Nations today. The Royal BC Museum is privileged to hold the Halpern recordings and is nominating this significant collection for inclusion in UNESCO's Memory of the World register.



Mungo Martin, one of the First Nations cultural authorities who worked with Halpern to record songs and cultural traditions for future generations.



Ida Halpern with her portable recording machine, about 1970.

















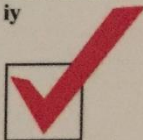

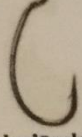




A success story

In 1994, 20 Stó:lō people came together to learn Halq'eméylem in order to become teachers of the language. The Stó:lō Shxweli Halq'eméylem Language Program grew from this beginning.

Stó:lō Shxweli has compiled an extensive Halq'eméylem language archive using the FirstVoices website and created language teaching curricula using the FirstVoices Language Tutor. Halq'eméylem language classes are now taught in many schools and communities.

Stó:lō Shxweli is developing a wide variety of resources, print and digital, to support all learners of the Halq'eméylem language.

Halq'eméylem qel

ts  tselqó:me black cap	ts'  ts'átem crawling	th  thqá:t tree	th'  th'á:le heart	tl'  tl'ítl'alqtéle fawn	l  lálém house
h  héyeqw fire	lh  lhi:m picking berries	s  sqelá:w beaver	sh  kweshú pig	shxw  shxwimála store	x  xá:ysem ant
ɬ  ɬá:m crying	xw  xwélmexw First Nation Person	ɬw  ɬwexwáye fly	ey  ey good	ey  qw'eyilex dance	iy  iyó:lem okay or correct
oy  óyém slow or late	ōy  kw'ōyekw small trout hook	uy  qwsuyel set a net	ew  ewó:lem play	iw  iwó:lem playing	ow  q'ówet drum

Thanks to PQRTA Member Janice Whaley for this one!

Are you Left or Right Brain dominant? Look at the photo...

Go with your first impression. What do you see?



If you see the girl sitting and boy with his arms around her neck, then you are left brain.

Look again! It's quite the opposite!

Make the right brain work and you will see that it's the boy who is sitting and wearing a black polo. The girl has her arms around the neck of the boy and wearing blue jeans!

Not convinced about this then who has hair on his arms and legs? Pretty interesting, isn't it?

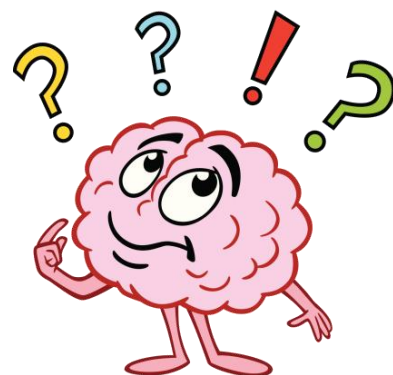
We all have two cerebral hemispheres that constantly interact but each has specific functions.

The left hemisphere breaks down problems and analysis.

The right hemisphere is interested in everything and innovates.

The ideal is to foster communication between the two brains.

But our education, or our temperament, sometimes leads us to favour one of these two areas. This predominance determines different ways of thinking about life.



GEOGRAPHY OF A WOMAN AND A MAN

The Geography of A Woman

Between 18 and 22, a woman is like **Africa**!
Half discovered, half wild, fertile and naturally beautiful!

Between 23 and 30, a woman is like **Europe**.
Well developed and open to trade, especially for someone of real value.

Between 31 and 35, a woman is like **Spain**.
Very hot, relaxed and convinced of her own beauty.

Between 36 and 40, a woman is like **Greece**.
Gently aging but still a warm and desirable place to visit!

Between 41 and 50, a woman is like **Great Britain**.
With a glorious and all conquering past!

Between 51 and 60, a woman is like **Israel**.
Has been through war, doesn't make the same mistakes twice,
and takes care of business .

Between 61 and 70, a woman is like **Canada**.
Self-preserving, but open to meeting new people!

After 70, she becomes **Tibet**.
Wildly beautiful, with a mysterious past and the wisdom of the ages.
An adventurous spirit and a thirst for spiritual knowledge!

The Geography of A Man

Between 1 and 80, a man is like **North Korea**
AND the **United States**
Ruled by a pair of nuts!





Have you moved or changed your contact information?
Remember to let us know!
Communication Chair: **Stephanie Koropatnick**
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 or **250.752.3762**



December Events - Parksville and Qualicum Beach Area

<http://www.visitparksvillequalicumbeach.com/events-2019-12/>

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:

pqrtaprograms@gmail.com or 250.468.5445

Dec. 10 – Deadline for Christmas Lunch and Stocking Stuffer Donations

Dec. 17 – Christmas Luncheon at Fairwinds Restaurant, Nanoose Bay

Dec. 20 – Teachers' Pension Plan Payment

Dec. 22 – First Day of Hanukkah

Dec. 23 – Canada Pension Plan and Old Age Pension payments

Dec. 24 – Christmas Eve

Dec. 25 – Christmas Day

Dec. 26 – Boxing Day

Dec. 30 – End of Hanukkah

Dec. 31 – New Year's Eve



PQRTA EXECUTIVE and CONTACTS for 2019/2020:

President – Cathy Van Herwaarden

Vice-President – Stephanie Koropatnick

Past-President – Kay Howard

Treasurer – Ellen Coates

Secretary – Barb Brett

Programs – Suzanne Rush

Membership – Diane Williams

Communication – Stephanie Koropatnick

Heritage – Sharon Cox-Gustavson

Historian – **VACANT**

Phoning Contacts – Jan Graham, Nancy Whelan

Well Being Contact – Barb Brett



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