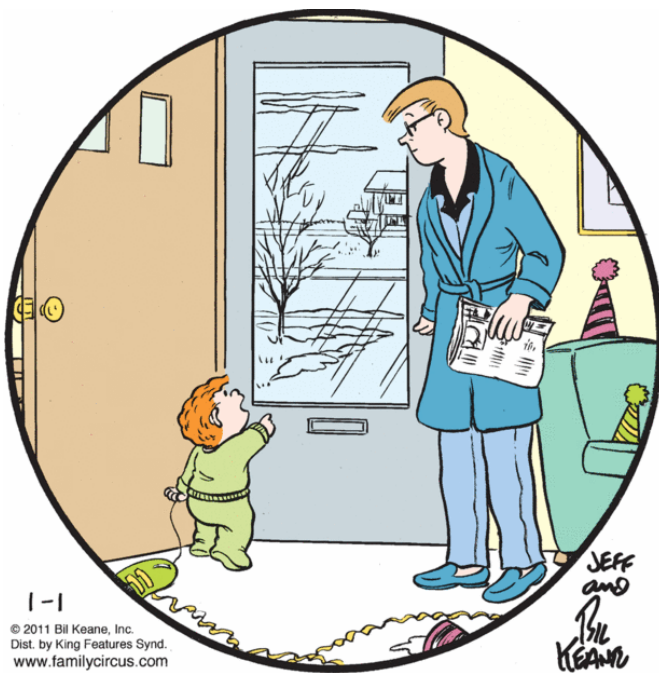




PARKVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER # 30 – January, 2020

PRESIDENT'S GREETING from Cathy Van Herwaarden:



50 New Year Traditions From Around The World

GMT +9



Japan



Buddhist temples across the country herald in the new year by ringing their bells 108 times - one for each of the human sins in Buddhist belief. Many Japanese people believe the act cleanses them of the previous year's sins.

GMT +8



China



Many Chinese people will paint their front door red as a symbol of happiness and good fortune. They may also choose to hide their knives so that nobody cuts themselves, as it is thought cutting could impact on the luck of the entire family for the coming year.

GMT +8



Philippines



Circles have long been considered sacred in the Philippines; as such they feature heavily in New Year with people wearing polka dots, eating round fruits and tossing coins into pans. It is believed these practices will bring prosperity.

GMT +6



Siberia



In Siberia and Russia it is tradition to dive into a frozen lake whilst holding a tree trunk, which is placed underneath the ice.

GMT + 6.5



Burma



The traditional Thingyan festival involves people splashing water on one another in order to start the new year with a purified soul.

GMT +7



Singapore



Every year wishing spheres containing people's hopes for the new year are released onto the Singapore River. The wishes are written on the white spheres and people come from all over the world to take part.

GMT +4



Armenia



Armenian mothers bake special bread which they knead luck and good wishes into.

GMT +3



Russia



Russians write down a wish, burn it and then throw it into a champagne glass. They then must drink the champagne before 12.01.

GMT +2



Belarus



New Year traditions see unmarried women play games to determine which of them will marry in the coming year. One of the games relies on a rooster to choose from piles of corn in front of the women, whoever the pile belongs to will be the first to wed.

GMT +2



Greece



An onion is traditionally hung from the front door of a house on New Year's Eve as a symbol of rebirth for the coming year. Parents then wake their children the next morning by tapping them on the head with the onion.

GMT +2



Finland



The practice of casting tin is popular amongst the Finnish and involves melting down tin before pouring it into a bucket of cold water. Once the tin has turned solid again the shadow it casts is used as the basis of predictions for the year ahead.

GMT +2



Estonia



Traditionally, New Year's Day involves Estonians trying to eat seven, nine or twelve times, as they are all lucky numbers. The more they eat, the more plentiful food will be in the coming year.

GMT +2



Romania



Romanian farmers try to communicate with their animals on New Year's Eve, if they are successful it is believed they will have good luck for the next year...

GMT +2



South Africa



Residents in Johannesburg party hard by throwing old appliances out of the window, representing the adage 'out with the old and in with the new'.

GMT +2



Turkey



As the bells ring in the new year, it is traditional to open your front door and sprinkle salt on the doorstep. The act is thought to bring peace and abundance to your home or business.

GMT +1



Czech Republic



The Czech believe it is possible to predict what the coming year has in store by cutting an apple in half and looking at the shape of its core.

GMT +1



Belgium



On 1st January, Belgian children read 'New Year's letters' to their parents or godparents, which they will have made at school and decorated with traditional motifs of cherubs, angels, roses and ribbon.

GMT +1



Austria



Austrians see pigs as a symbol of good luck; as such they celebrate New Year by feasting on suckling pigs and giving gifts of marzipan or chocolate pigs.

GMT +1



Denmark



Danes like nothing more than seeing in the new year by smashing plates on their neighbour's doorstep. The more broken crockery at your door, the better your luck for the coming year.

GMT +1



France



For many, the new year is ushered in by eating a stack of crepes. While some opt for the tradition of kissing beneath mistletoe as the clock strikes midnight.

GMT +1



Germany



Many Germans will welcome in the new year by eating a donut filled with jam or liquor, called 'Pfannkuchens'. However, as a practical joke some donuts are given a different filling, such as mustard - if you eat one of these it is seen as bad luck.

GMT +1



Italy



Wearing red underwear on New Year's Eve is thought to bring love, prosperity and good luck.

GMT +1



Italy



In Venice, people gather in St. Mark's Square to see in the new year with a mass kissing session. That's one way to create fireworks!

GMT +1



Hungary



On New Year's Eve, Budapest's Time Wheel runs out, it is then mechanically rotated so that the sand can run through it for another year.

GMT +1



Macedonia



Macedonians celebrate a second New Year's Eve on 14th January, according to the Macedonian Orthodox Calendar. On this day children receive presents from relatives - lucky things!

GMT +1



Norway



A dessert called 'kranskekage' is eaten to celebrate the new year in Norway and Denmark. Traditionally a tall cake of many layers, it is made with marzipan and decorated with flags and features a bottle of wine in the centre. Mmm.

GMT +1



Spain



Many Spanish and Latin-American people eat 12 grapes in time with the twelve chimes of the clock at midnight, a tradition which is said to secure them a happy year to come.

GMT



England



The tradition of kissing at midnight stems back to old English and German folklore. It is said that a midnight smooch will set the tone of your relationship for the coming year - so, pucker up!

GMT +1



Netherlands



To purge the old and welcome in the new, bonfires of Christmas trees are burnt and fireworks are let off.

GMT +1



Switzerland



It is tradition to drop a dollop of cream on the floor on New Year's Day to bring luck and a rich year.

GMT



United Kingdom



After midnight, people in the UK and other English-speaking countries often join hands in a circle and sing 'Auld Lang Syne', a poem written by Scottish poet Robert Burns.

GMT



Iceland



Iceland has a whole host of magical traditions that are said to take place on New Year's Eve, such as cows being able to talk, seals taking on human form, the dead rising from their graves and elves moving house.

GMT



Ireland



In the hope that the new year will bring them a husband, some single women place mistletoe under their pillows. Meanwhile some people bang bread against the wall to drive away evil spirits.

GMT



Portugal



In northern parts of the country it's not unusual for children to go door-to-door singing carols or 'janeiros', which are said to bring good luck. In exchange they are given coins and treats.

GMT



Scotland



Known as 'Hogmanay', New Year involves the tradition of 'first footing' - where the first person to cross the threshold into a house after midnight brings luck with them. The luckiest guest to receive is a dark male with a gift of coal.

GMT -2



Brazil



Every year thousands of Brazilians throw white flowers into the ocean as an offering to the Goddess of the Sea in the hope that she'll make their wishes for the next year come true.

GMT -4



Puerto Rico



At the stroke of midnight some people drop backwards into breaking waves. Water also features in another Puerto Rican tradition which involves people throwing pails of water out of their windows to chase away evil spirits.

GMT -5



Bahamas



The traditional New Year's Day Junkanoo parade sees people don elaborate costumes they've spent months creating, with the best ones winning prizes.

GMT -5



Canada



Known as the Polar Bear Swim, the tradition started in 1920 and involves people jumping into the freezing waters of The English Bay on New Year's Day.

GMT -3



Argentina



It is thought that wearing pink underwear will attract love in the new year. While eating beans will help you either keep your current job or find a better one.

GMT -3



Chile



A new tradition was started in Chile when a family from Talca broke into a graveyard to see in the new year with their deceased relative. Nowadays, the mayor of the town opens the graveyard after mass so others can do the same.

GMT -4



Bolivia



Bolivians believe that wearing bright yellow underwear on New Year's Eve will increase their fortune for the year to come.

GMT -5



Colombia



In the hope of having a travel-filled year ahead of them, Colombians carry a suitcase around with them on 31st December.

GMT -5



Ecuador



New Year in Ecuador is celebrated by the burning of effigies, along with photographs from the past year. Men sometimes dress up as women to represent the widows of the past year.

GMT -5



New York



Since 1907, thousands of people have gathered in Times Square every New Year's Eve to watch the New Year ball drop; its minute descent starting at 11.59.

<p>GMT -5</p>  <p>North Carolina </p> <p>Despite protests by PETA, people of Brasstown participate in a traditional New Year 'possum drop', which does exactly what it says on the tin...</p>	<p>GMT -5</p>  <p>Panama </p> <p>Effigies of politicians and other famous people are burnt to mark the end of one year and to ward off evil spirits for the approaching year.</p>	<p>GMT -5</p>  <p>Peru </p> <p>In one Peruvian village people see out the year with a good old fashioned fist fight to settle their differences. They then wipe the slate clean for the new year.</p>
<p>GMT -5</p>  <p>Southern States </p> <p>It's traditional to eat a stew made from black-eyed peas, which are said to symbolise coins. Therefore eating them will bring prosperity for the new year.</p>	<p>GMT -6</p>  <p>Mexico </p> <p>On New Year's Eve, many Mexicans decorate their homes in different colours, each representative of their hopes for the new year. Red is for love, yellow is for work and green is for money.</p>	<p>wanderlust.co.uk all-that-is-interesting.com list25.com telegraph.co.uk businessinsider.com travelandleisure.com</p> <p>PACK SEND We Send Anything, Anywhere! packsend.co.uk</p>

January 6th = The Twelfth Day of Christmas

SOURCES: <https://www.vox.com/2015/12/25/10661878/12-days-of-christmas-explained>

- <https://people.howstuffworks.com/culture-traditions/holidays-christmas/twelve-days-christmas.htm>

- https://www.google.com/search?rlz=1C1EODB_enCA545CA562&biw=1366&bih=657&sxsrf=ACYBGNO1vO5lca7-57utzNKpnIKc49qGag%3A1577556677637&ei=xZoHXprDJvC0PEP_pWn-Ao&q=january+6+epiphany+italy&qgs_l=psy-ab.1.0.35i39l3j0i131i67j0i67j0i131i273j0i67l2j0i131i67j0i67.20890.26222..29396...5.1..0.78.731.11.....0....1..qws-wiz.....10..0i71j35i362i39j0i273j0i131.BG3ABbMrNuU

- <https://italialiving.com/articles/lifestyle/the-feast-of-the-epiphany-and-celebration-of-la-befana/>

What are the 12 days of Christmas?

The 12 days of Christmas is the period in Christian theology that marks the span between the birth of Christ and the coming of the Magi, the Three Wise Men. It begins on December 25th (Christmas) and runs through January 6th (the Epiphany, sometimes also called Three Kings' Day). Some families choose to mark the 12-day period by observing the feast days of various saints (including St. Stephen on December 26) and planning daily Christmas-related activities, but for many, after December 25th things go back to business as usual.



While sects of Christianity celebrate the 12 days of Christmas differently, certain ones, such as the Eastern Orthodox Church, consider the Epiphany to be the most important day of the Christmas season. Some Latin-American cultures celebrate the Epiphany as Three Kings Day, giving gifts on Jan. 6 instead of Christmas. Other cultures will give one gift per day from Christmas to the Epiphany. This tradition has never really caught on in America.

The Twelfth Night, often celebrated on the night of Jan. 5, is considered the end of the Christmas season, before the Epiphany the following day. The Twelfth Night was a time for feasting in England (partly inspired by Shakespeare's play of the same name) in centuries past. Some cultures, like the French and Spanish, celebrate the Feast of the Epiphany with a king's cake, a coffee cake with purple, green and yellow icing to commemorate the visit by the magi to the Christ child.

The Feast of the Epiphany is celebrated January 6 with a national holiday in Italy, and the tradition of La Befana is a big part of Italian Christmas celebrations. Epiphany commemorates the 12th day of Christmas when the three Wise Men arrived at the manger bearing gifts for Baby Jesus. The traditional Christmas holiday season in Italy lasts through Epiphany.

For Italians, La Festa dell'Epifania on January 6th is as significant a holiday as Christmas Day; especially for Italian children! According to the Italian legend, La Befana, a witch-like woman riding on a broom, refused to join the Wise Men on their journey to see the baby Jesus. When she regrets her decision, she sets out to bring gifts to the Child but never finds him. Instead, she leaves gifts for other children. Italian children leave out their shoes or put up stockings for the Befana to fill on January 5th, Epiphany Eve.

And the legend continues that every Epiphany Eve, the old, tattered and soot-covered Befana flies around the world on a broomstick and comes down chimneys to deliver candy and presents to children who have been good during the year. For those who have fallen a bit short of model behavior, la Befana will leave lumps of coal. Knowing that all kids can't be perfect year-round, some shops in Italy sell carbone or black rock candy that actually looks like pieces of coal... so even those not quite perfect can still enjoy a sweet treat.

Unlike Santa Claus, La Befana has been an Italian tradition since the 13th century and comes from Christian legend rather than pop culture.

The arrival of la Befana is celebrated with traditional Italian foods such as panettone (sweet bread) and marks the end of the long and festive holiday season in Italy. In honor of the Three Wise Men, Italians go to church and enjoy spending the day with family.

"The 12 Days of Christmas" is also a Christmas carol in which the singer brags about all the cool gifts they received from their "true love" during the 12 days of Christmas. Each verse builds on the previous one. The carol has its roots in 18th-century England, as a memory-and-forfeit game sung by British children. In the game, players had to remember all of the previous verses and add a new verse at the end. Those unable to remember a verse paid a forfeit, in the form of a kiss or a piece of candy to the others.

"The 12 Days of Christmas" likely has roots that pre-date 1780. There is a Scottish poem "The Yule Days" that includes a king sending his lady, partridges, geese, ducks, swans, the list goes on—just like the English poem. The tune of this now-familiar carol only dates to the early 20th century, when music was composed by Frederic Austin with altered lyrics from the original: colley birds or "coal black" became calling birds.

Happy 12th Day of Christmas!

VEGANUARY - the Perfect New Year's Resolution for Reducing Your Impact in 2020

SOURCE: <https://www.greenmatters.com/p/veganuary-guide-2020?gm>

With the climate crisis accelerating at the fastest rate we've ever seen and with vegan options at the top of their game, there's no time like the present to try living a vegan lifestyle. Eating plant-based has a significantly lower environmental impact than any other diet, including a vegetarian, pescatarian (fish eating), or meat-eating diet; veganism is the kindest diet for animals; and a diet rich in plants is generally healthier than one filled with animal products.

A great way to dip your toes into the vegan lifestyle is by participating in Veganuary for the month of January. Veganuary is a registered charity that encourages people to sign the Veganuary pledge to follow a vegan diet for 31 days. Most people sign the pledge for the month of January (it's the perfect New Year's resolution), though you can sign up for it any time of year. After signing the pledge, Veganuary will send you structured daily emails for 31 days with recipes, meal plans, tips, information about the impact of veganism, and more.



Register for Veganuary – For 31 days, get delicious recipes, meal plans and helpful tips: <https://veganuary.com/register/>

Green Matters Interviewed Wendy Matthews (US Director of Veganuary)

More people than ever are citing environmental reasons as their inspiration for participating in Veganuary this year. Why do you think that is?

More people are connecting the dots between diet and health - not just personal health, but also the health of the planet. And research shows that animal agriculture is the leading contributor of climate change and greenhouse gases, and it creates deforestation and species loss. Oxford University researchers recently stated that the single biggest thing anyone can do to help the planet is to go vegan. So, I think part of the reason is that more information about the environmental impact of animal products is becoming available, and it's also a major focus of our campaign this year.

Why is participating in Veganuary a positive choice for the planet?

83 % of farmland is currently used for animal agriculture — that's either grazing for farm animals, or growing food to feed them. That gives humans only 18% of our calories. So it's a highly inefficient way to produce food. And habitats like rainforests are destroyed due to the huge land requirement for animal farming.

So if everyone ate a plant-based diet, natural habitats could be protected and even restored. This is a global crisis that threatens every species on our planet, which is why Veganuary is urging people to try vegan in January and for the rest of the year. Of course, we won't save the planet in 31 days, but with 350,000 people expected to go vegan for the month, we will save tens of thousands of CO₂ emissions, millions of litres of water and of course countless lives of animals.

What is one of the most common reasons people struggle to stick to a vegan diet during Veganuary, and how can participants avoid falling into that trap?

First, don't think of it as an all or nothing commitment. Changing our entire diet can be difficult, and it's likely that people will have slip ups or make mistakes. But it's important not to use this as a reason to give up completely and go back to old eating habits. I would encourage people to do their best every day, cut themselves some slack when they're not perfect, and trust that it will get easier.

And second, I recommend that people start by veganizing familiar dishes rather than exploring whole new types of cuisine. Meatless crumbles can be used for lasagna, bolognese, chili, or tacos. Plant milks can be used in mashed potatoes, sauces, and soups. And vegan sausages, burgers, and nuggets all make really easy swaps for meat-based products. These are easy changes and for the most part you can't tell the difference.

What are the most common reasons that hold back people from trying Veganuary, and why do you think they should still try it?

The fear they're going to feel deprived, but that's certainly not the case. The variety and availability of vegan convenience food has increased dramatically in recent years. That's really helpful for people who are new to vegan food and just starting to change their diet. Of course you don't want to rely too heavily on processed foods; but really anything that you think you're going to miss on a vegan diet, whether it be cheese or bacon or burgers, you can easily find a plant-based version.



What is the best thing about Veganuary?

The fact that it's a finite amount of time to start with — vegan for 31 days — makes it a little bit more approachable for people. After 31 days, we certainly hope that people will choose to stay vegan because it really is the best thing each of us can do to fight climate chaos and spare animals from suffering. But Veganuary exists to help people discover delicious plant-based foods and realize how easy it is to incorporate them into their lives, whether they choose to stay vegan for good or are just inspired to reduce their consumption of animal products. Our data shows that after their Veganuary experience, 47% were committed to staying vegan.

Or, maybe just try 1 or 2 days a week???

How to Do Veganuary

One of the most important questions you can ask yourself during Veganuary is: What is my motivation? If you can clearly define your "why" we should eat vegan, then eating plant-based for 31 days should be a piece of (vegan) cake. A great way to clarify your motivation is by watching documentaries, such as *The Game Changers*, *Dominion*, *Forks Over Knives*, *Earthlings*, *What the Health*, *Eating Animals*, and *Cowspiracy*.

Benefits of Veganuary

On top of reducing your environmental impact and saving animals, while doing Veganuary, you may also notice positive changes for your body and health. On a vegan diet, many people report improved digestion, clearer skin, weight loss, and more balanced energy levels in the short term. In the long term, you will reduce your chances of developing serious diseases including diabetes, pre-diabetes, high blood pressure, high cholesterol, obesity, heart disease, and certain cancers. And on top of all that, going vegan can facilitate a peace of mind, knowing that you are not hurting any animals.

POSITIVE NEWS FROM 2019:

SOURCE: https://www.boredpanda.com/positive-news-2019-illustrations-mauro-gatti/?utm_source=bp_art&utm_medium=social&utm_campaign=BPFacebook

1. Malawi female Chief comes to power, annuls over 1500 child marriages, makes it illegal and sends young girls back to school.
2. Seven eggs from the world's last two remaining Northern White Rhinos have been successfully fertilized. This may save the species!
3. Amazon tribe wins legal battle against oil companies, preventing drilling in Amazon rainforest.
4. Sweden has rolled out a great initiative! Blood donors get a text message whenever their blood saves a life.
5. A man in India planted a tree every day for 35 years and created a forest larger than Central Park.
6. Norway decides NOT to drill for oil (worth an estimated £53 billion) in the Lofoten Islands to protect its ecosystem.
7. Sea turtles are making a huge comeback, with their populations increasing by 980%, thanks to the Endangered Species Act.
8. Thailand supermarket says no to plastic packaging and wraps produce in banana leaves.
9. An HIV positive man in London has become the second person ever to be cleared of virus after stem cell transplant.
10. Rice farmers around the world are using ducks instead of harmful pesticides! Ducks feed on insects and weeds, without touching the plants.
11. Netherlands has achieved the goal of officially becoming the first country without stray dogs.
12. Canada passed a bill that makes it illegal to keep whales, dolphins, and porpoises in captivity for entertainment.
13. In Rome, you can now pay for Metro Train tickets with plastic bottles. So far more than 350,000 bottles have been recycled!
14. South Korea is organizing daytime disco parties for people over 65 to tackle loneliness and dementia.
15. California limits pet store sales of cats, dogs and rabbits to rescue or shelter animals only.



16. Holland covers hundreds of bus stops with plants – “Green Roofs” – where bees can take refuge.

17. Iceland becomes 1st country in the world to legally enforce equal pay for women and men.

18. San Francisco’s Cuddle Club unites senior people and senior dogs that need companionship, exercise and affection.

19. A robot called LarvalBot is delivering coral babies to the Great Barrier Reef to help restore coral reefs to what they were.

20. An amazing village in India celebrates their daughters by planting 111 trees every time a girl is born. So far, they have planted more than 350,000 trees!



21. Scientists in Finland have developed world’s first vaccine to fight off ‘bee apocalypse’.

22. German circus uses hologram animals instead of real animals, in an attempt to end animal cruelty.

23. Scientists found an edible mushroom that eats plastic, and it could clean our landfills.

24. After it was revealed that more than 1500 people die annually by suicide, Sweden premieres world’s first mental health ambulance.

25. A record-breaking 4855 people waited for hours in the rain for stem cell test to help save a 5-year-old boy fighting a rare cancer.

26. South Korea once recycled 2% of its food waste. Now it recycles 95% thanks to smart bins and special biodegradable bags.

27. Humpback whales have come back from the brink of extinction. Thanks to conservation efforts, they’ve gone from a few hundred to 25,000!

28. YouTube has banned white supremacist content, and thousands of hate speech channels will be removed.

29. Peru has committed to ending palm oil-driven deforestation by 2021 - a “momentous win” for wildlife and sustainable agriculture.

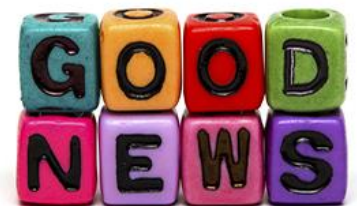
30. Baby African elephants will no longer be taken from the wild and sold to zoos and circuses after a near-total ban has been approved.

31. Villagers knit giant sweaters for Indian elephants to protect them from near-freezing temperatures.

32. A seven-mile “bee corridor” of vibrant wildflowers is being planted to encourage the insect’s population in London.

33. Scientist in Mexico creates fake plastic from cactus juice that biodegrades in a month and is safe to ingest.

34. Netherlands have built 5 artificial islands to preserve wildlife. In the first two years, 30,000 birds and 127 kinds of plants have been re-introduced.
35. In a breakthrough that could save thousands of lives, scientists convert all blood types to the universal type O that is safe for all patients to receive.
36. The UK has reduced its carbon emissions for the sixth year in a row. The last time emissions were this low was 1888.
37. New study finds that dog's highly evolved sense of smell can identify cancer with incredible accuracy.
38. Taiwan's parliament passes historic same-sex marriage law, making it the first place in Asia to do so.
39. Creator of Fortnite (Tim Sweeney) is buying thousands of acres of forest to stop it from being cut down.
40. In America, 57% of black men have made it into the middle class or higher and the share of black men who are poor has fallen from 41% in 1960 to 18% in recent years.
41. Renewable energy sources now account for around a third of all global power capacity.
42. Galapagos iguana makes return to the island almost 200 years after Charles Darwin recorded them there.
43. The world is literally a greener place than it was 20 years ago, NASA satellite study finds.
44. In Lagos, Nigeria, the 'Recycle Pay' project allows parents to cover their kids' school fees by collecting and bringing plastic waste to recyclers.
45. An unprecedented legal victory for indigenous rights in Ecuador frees up huge swath of Amazonian rainforest from gold mining.
46. Colombian women with visual impairments trained to detect breast cancer are outperforming doctors.
47. Global suicide rate has dropped by 385 from its peak in 1994, saving over 4 million lives.
48. For the first time, mathematics' most prestigious prize has been awarded to a woman, Karen Uhlenbeck.
49. Research finds that feeding seaweed to cows cuts 99% of greenhouse gas emissions from their burps and farts.
50. African Development Bank's Solar Project in Africa aims to connect 90 million people to electricity for the first time, lifting them out of energy poverty.



Dec. 5, 2019 - B.C. expands its school-based gang prevention program (called ERASE)

Source: https://vancouver.sun.com/news/local-news/b-c-expands-its-school-based-gang-prevention-program?utm_medium=email&utm_source=bcndp&utm_content=7+-+LEARN+MORE&utm_campaign=20191214_EML_NEWS_56_INFO_BSD_BCNDP_EN_ACTIVE&source=20191214_EML_NEWS_56_INFO_BSD_BCNDP_EN_ACTIVE

The B.C. government says it will expand the provincial anti-gang program in schools with a \$4.93 million grant.

Education Minister Rob Fleming said the money will help schools tackle gun violence and dissuade youth from joining gangs. He said students are dealing with increased complexity in life, with online communication and violence in schools, and the government wants to help youth make good choices.

The new funding is in addition to the \$1.2 million that was announced for the program earlier this year. The program, called ERASE (expect respect and a safe education) is offered in communities identified by police and safety experts as those that could benefit from additional anti-gang support. Communities include Abbotsford, Burnaby, Delta, Kamloops, Kelowna, Langley, Nanaimo, Prince George, Surrey, Vancouver, Victoria and Williams Lake. The additional money will make funding available for more school districts, including Campbell River, Chilliwack, Courtenay and Hope.

The program includes training and support focused on gun and gang violence awareness and prevention, and resources for classroom teachers. More than 8,000 students, parents, educators and community partners have participated in 110 training and education sessions in the initial 12 communities, according to the Ministry of Education.

“By focusing on training and prevention, we are taking important action to support young people earlier and give parents, schools and communities a way to work together toward positive futures. Too often, we hear about the devastating effects of gang life on B.C. youth and their families, which is why we’re taking targeted action and offering intensive supports in B.C. communities that need help the most,” said Fleming.

Each of the 16 priority school districts will receive grants to support the development of local programming, such as after-school clubs and other supports for at-risk youth. The new funding will also provide monthly reports on public social media activity related to gang activity to all 60 B.C. school districts.

Public Safety Minister Mike Farnworth said prevention and intervention at the community level are important parts of combating gun and gang violence.

For more information about ERASE: <https://www2.gov.bc.ca/gov/content/erase>

ERASE = Expect Respect & A Safe Education

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.



Those Who Drink Tea Regularly Have Healthier Brains, Research Shows

<https://www.weforum.org/agenda/2019/09/tea-protection-against-brain-decline>

Home Remedies for Fast Relief from Dry Cough

<https://www.healthyandnaturalworld.com/home-remedies-for-dry-cough/>

Vaping Affects Teeth and Gums, not Just Lungs:

As doctors raise concerns about lung injuries from vaping, dentists are also expressing alarm — about what it can do to your teeth and mouth. "It is not harmless," says an immunologist who took cells from a healthy mouth and exposed them to e-cigarettes or vape products. The results, documented in a 2016 publication, showed while comparatively not as bad as cigarette smoking, vaping was clearly harmful. Repeated experiments confirmed the findings and found vaping delayed wound healing in the mouth.

<https://www.cbc.ca/news/health/vaping-dentistry-1.5377999?cmp=newsletter-Morning+Brief+December+5+2019>

Hiking Changes Your Brain – Doctors Explain

- Hiking in Nature Can Stop Negative, Obsessive Thoughts
- Hiking While Disconnected From Technology Boosts Creative Problem Solving
- Hiking Outdoors Can Improve ADHD in Children
- Hiking In Nature Is Great Exercise and Therefore Boosts Brainpower

<https://www.collective-evolution.com/2016/04/08/doctors-explain-how-hiking-actually-changes-our-brains/?fbclid=IwAR3ud8anzUBv2nkVrD6GN-4oxe0TDWzkipExd9QBpOptFbrytKkBOiw13gyA>

Chocolate Fights a Cough Better Than Prescription Medicine - Science Says!

<https://www.shape.com/lifestyle/mind-and-body/chocolate-fights-coughs-better-codeine-says-science>

More Air Pollution Linked To Higher Death Rate Among Canadians: Study

https://www.ctvnews.ca/mobile/canada/more-air-pollution-linked-to-higher-death-rate-among-canadians-study-1.4701548#_gus&_gucid=&_gup=Facebook&_gsc=6bPLw6Z

Science Says, Eating Chocolate Every Week is good for your Brain

https://theheartysoul.com/science-says-eating-chocolate-every-week-is-good-for-your-brain/?utm_source=THS

Sellers of second-hand clothes are enjoying a boom in business

Retailers say the growth is partly because consumers' growing concern about the environment is leading them to turn away from the fast-fashion industry, with its throwaway garments and carbon footprint.

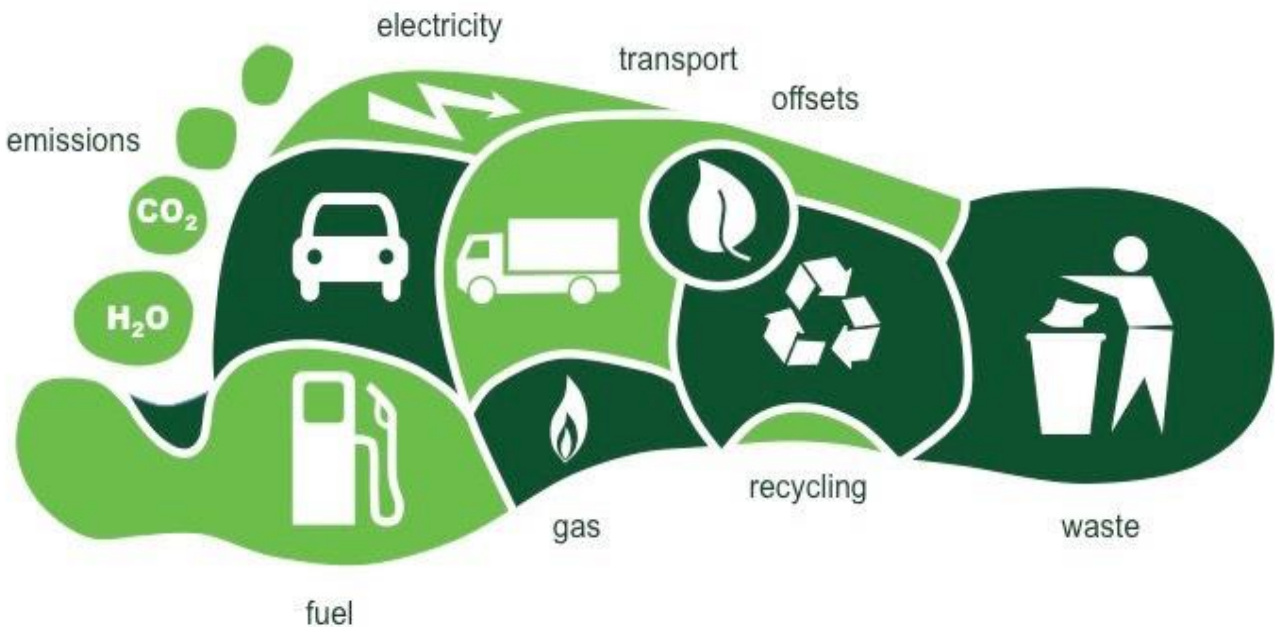
<https://www.cbc.ca/news/business/used-clothing-boom-ecofriendly-1.5356675?cmp=newsletter-Morning+Brief+November+19+2019>

YOUR CARBON FOOTPRINT:

Source: <https://www.greenmatters.com/p/how-is-carbon-footprint-measured?gm>

What Is Your Carbon Footprint?

A carbon footprint is the amount of greenhouse gases human processes release into the atmosphere by an individual or specific group, event, or product. The most important greenhouse gas to watch is carbon dioxide but greenhouse gases are emitted by tons of human processes: driving, electricity, flying, diet, and even how much a person recycles.



How Is Your Carbon Footprint Measured?

Carbon footprint is measured as how many tons of carbon dioxide are emitted per year and takes into consideration all other noxious greenhouse gases like methane, for example. In general terms, walking somewhere has a smaller carbon footprint — or environmental impact — than driving somewhere does. Shipping packages (so, yes, getting Amazon Prime delivered to your house 24/7) has a carbon footprint and so do foods. Since farming produces methane, agriculture is one of the most significant contributors to greenhouse gas emissions.

How to Offset Your Carbon Footprint

Offsetting carbon emissions, and therefore one's carbon footprint, is absolutely possible. For starters, you can opt for more sustainable methods of transportation. Modes of transportation such as flying (the worst) and driving aren't great for the environment, so the more you try to walk, bike, or scooter somewhere, the better. You can also opt for public modes of transportation such as a city bus or train. Carpooling is also another meaningful option for offsetting your carbon footprint.

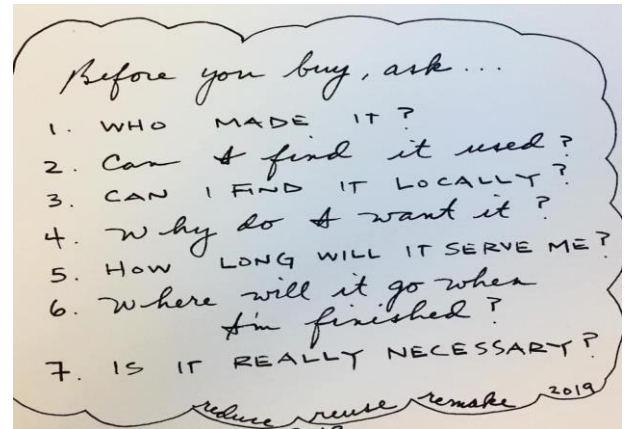
Planting trees is another effective way people can offset their carbon footprints. The more trees are planted, the cleaner the air is. In fact, planting more trees is thought to be a crucial part of reversing and combating climate change, offsetting carbon emissions, and ultimately, saving the planet.

How to Reduce Your Carbon Footprint

The most effective change you can make in order to reduce your carbon footprint is to eat a mostly plant-based diet. Eating vegan or vegetarian most days cuts back your carbon footprint as plant-based diets require less resources and land, emitting fewer greenhouse gas emissions into the air. Livestock is actually responsible for 14.5 percent of manmade global greenhouse gas emissions — particularly methane, which is more potent than even carbon dioxide. Swapping out meat and dairy for plant-based options actually cuts your carbon footprint by 8 pounds for each day you eat plant-based.

Eating plant-based is not the only way your diet can offset carbon emissions. Eating locally, organic, and foods that are in season is another meaningful way to reduce one's carbon footprint. After all, eating foods from other places requires more resources. Think about it: Food ends up in your local supermarket somehow. Busing, flying, or shipping by boat requires a lot more resources than a local farm stand would have to use. Foods that are shipped long distances also have to be frozen and constantly cooled so they don't spoil; again, using more resources, therefore creating more greenhouse gas emissions. Cut back on all of this by eating locally, organic, and in season.

When shopping, buying food in bulk with your own reusable, sustainable container can also help. Reducing food waste is another crucial way to cut back on your carbon footprint. Instead of sending food scraps to the landfill — where they cannot naturally break down without oxygen — you can compost your food scraps. Composting food scraps actually turns biodegradable and compostable food into soil, therefore creating zero waste.



Transportation is another big way you can reduce carbon footprint. Whenever possible, opt to walk, bike, or scooter somewhere. If walking or biking is not an option, try taking public transportation like a city bus or train. You might think of public transportation as not very sustainable, but think about it: using one vehicle to transport several people is much more energy-efficient than using one vehicle to transport only one person. It is actually the same reason why the government and environmental entities encourage us to carpool - one vehicle, multiple people moving in it. If every person on the bus instead drove their own car, there would be a lot more emissions than the emissions of just one bus. If public transportation is not a viable option, there is always carpooling or investing in an energy-efficient vehicle.

Appliances also emit greenhouse gases into the air. To offset these emissions and reduce your carbon footprint, look for appliances marked as energy efficient. When doing the laundry, for example, you can wash with cold water. Heating up water takes more energy, creating more waste and more emissions. Using cold energy to do the laundry, dishes, and even to shower can help reduce your carbon footprint by a lot.

If you have to get somewhere via airplane, you can choose to pay a voluntary carbon offset tax. The tax is basically an acknowledgment that flying is bad for the environment, so you are giving your money towards activities and resources that fund environmental research, plant trees, and participate in other sustainable activities.

PLASTIC POLLUTERS!

This year, GREEN PEACE conducted the second edition of our brand audits to determine the top 5 Plastic Polluters in Canada:



1st - Nestlé



2nd - Tim Hortons



3rd - Starbucks



4th - McDonald's



5th - The Coca-Cola Company

While Starbucks makes its debut in the Top 5, the four other companies were already on the list in 2018.

For years, companies have successfully avoided responsibility for the ever-increasing amount of single-use plastic they have produced.

Recently, as we've seen in the news and through social media, various companies have told us they are doing everything they can to solve the plastic pollution crisis. They triumphantly announce commitments—things like 100% recyclable packaging, using biodegradable plastic or even switching from plastic to paper.

But we know that with **only 9% of plastic recycled globally**, just because something is “**recyclable**” **does not mean it will be recycled**.

Biodegradable plastics don't actually break down in the environment and most waste facilities lack the ability to process them. And switching from plastic to paper products would be a disaster for the world's forests.

We have been saying all along that to truly tackle this global crisis, companies must prioritize reduction of single-use products to avoid creating the waste in the first place. To make that happen they must heavily invest in reuse and refill systems to distribute their products, with clear and ambitious targets.

Over 200,000 people have already told the Canadian top 5 polluters and supermarket chains to reject cheap, disposable plastics and invest in reuse and refill systems. Yet, companies continue to invest in our throwaway culture as the way forward.

That's why we need to maintain the pressure and inform the public about what real and more sustainable solutions look like.

THREE Lies About Plastic:

1. It's Recyclable! (globally, only 9% is actually recycled!)
2. Paper is Friendlier than Plastic (decimation of forests)
3. Bio-Plastic is Better than Plastic (only bio-degrades under optimal conditions)



VIDEO (1:20min.) <https://www.youtube.com/watch?v=zXJ2M9yfcIY>

SAY NO TO PLASTIC

MISH-MASH of MEDICAL NEWS:



Turmeric – 12 Health Benefits:

<https://www.healthyandnaturalworld.com/health-benefits-of-turmeric-and-curcumin/>

Ten Tips to Lower Your Risk of Stroke and Early Signs of Stroke:

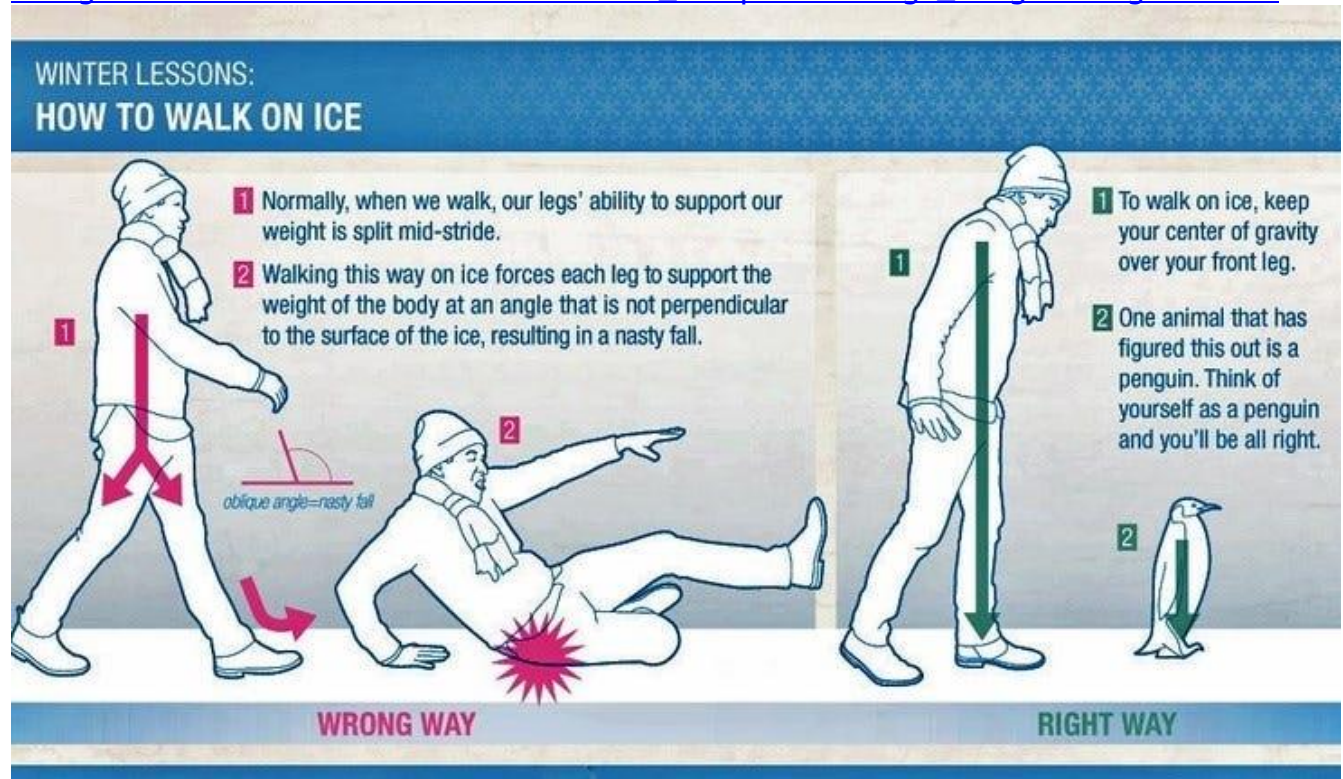
<https://www.healthyandnaturalworld.com/early-signs-of-stroke/>

Five Reasons to Walk Every Day and how many Steps to do!

https://www.smh.com.au/lifestyle/health-and-wellness/five-reasons-we-should-all-walk-every-day-and-how-many-steps-to-do-20191104-p5379y.html?fbclid=IwAR0YdPhSwAtY8pXY00EbEij1DBBrOwIAq_0pWgEsOG2Cpcfoajz9xH2JEyk

How to Avoid Falling on Ice:

https://www.klktv.com/story/39830070/people-are-already-falling-on-the-ice-here-are-a-few-tips-to-avoid-falling?fbclid=IwAR01OYr4L0adbf4LXkR6fKHC_o9uqVwJXfoLEXq7_JGRgfBKLuxGdGdSDCs



People are already falling on the ice this winter; here are a few tips to help minimize your risk of falling on the ice. The Penguin walk helps remind us how to walk on ice.

- Keep your weight forward and on your front foot
- Keep your arms out by your side to help you balance
- Walk flat footed and take short shuffling steps
- Wear footwear that provides traction
- Step down, not out from curbs
- Keeps your knees slightly bent
- Walk on snow or grass, if possible

Just walk like me!



Of course, the best advice is to avoid going out in icy weather whenever possible.

Smile Your Way to Health

Our facial expression either attracts or repels people. A smile is like a magnet, drawing people to us, while a frown or scowl pushes people away. If you want to draw people in, smiling is a powerful tool.

Do you find that the sight of a smiling face causes you to soften and relax, as you are drawn to smile back? You can't help it, and it feels good.



Scientists were curious about the effects of smiling. While there's a strong link between the toothy grin and longevity, there are even more immediate benefits we can experience on a daily basis. Here's some benefits of smiling:

- Make us more attractive and appear younger
- Reduces stress hormones and decreases the stress response in our bodies
- Elevates our moods, through stimulating positive neurotransmitters in the brain
- Boosts our immune system
- Lowers our blood pressures
- Is like a natural drug. It makes us feel better, even reducing body pain.
- Helps us look on the bright side, even when challenge arises
- Makes us appear successful
- Is contagious, and is one of the best viruses we can spread.

Smiling sends a reward signal to our brains, which then sends a signal of happiness to the body. It becomes a positive-feedback loop. A genuine smile positively changes our brains.

If you smile, can it make you feel better? Try to make it a practice to remember to smile, especially when you're feeling stressed. Instead of letting your face harden into a mask of concentration, just pause and remember to smile. Allow the muscles around your eyes and the corners of your mouth to soften and lift. Feel the changes that this makes to your body and your mind. Letting your eyes smile is an important part of the equation.

While a genuine smile is the most effective, even a forced smile, moving the facial muscles causes a positive shift inside our brains and bodies.

Researcher Andrew Newberg offered suggestions to learn how to create a genuine smile. "Visualize someone they deeply love, or recall an event that brought them deep satisfaction and joy. It's such an easy exercise, and we train people to do it."

Don't wait until there is something to smile about!

Just make it a practice, even pausing to smile before answering the phone. People can tell if you're smiling, even if they can't see you.

Smile! You just might like it. So might others who you encounter.

For more, read the full story:

<https://www.castanet.net/edition/news-story-269265-1119-.htm#269265>



Between 65 and Death - list for aging:

https://www.wataugademocrat.com/between-and-death/article_d2b0e8c3-b058-5c3b-bdd8-c697012a55ee.html?utm_medium=social&utm_source=facebook&utm_campaign=user-share

Many of us are between 65 and death, so here's an excellent list for aging:

1. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital. Warning: This is also a bad time for investments, even if it seems wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.



2. Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their own money.

3. Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you're feeling well. Stay informed.

4. Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together

5. Don't stress over the little things - like paying a little extra on price quotes. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

6. Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor and remember: "A man is not old as long as he has intelligence and affection."

7. Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

8. Don't lose sight of fashion trends for your age, but keep your own sense of style. There's nothing worse than an older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you – keep it and be proud of it. It's part of who you are.

9. ALWAYS stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised what old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.

10. Respect the younger generation and their opinions. They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.

11. Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.

12. Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.

13. Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find a person to move in with you and help out. Even then, do so only if you feel you really need the help or do not want to live alone.

14. Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, and/or dance. You can adopt a cat or a dog; grow a garden, play cards, checkers, chess, dominoes, and/or golf. You can paint, volunteer or just collect certain items. Find something you like and spend some real time having fun with it.



15. Even if you don't feel like it, try to accept invitations: Baptisms, graduations, birthdays, weddings, conferences, etc. Try to go. Get out of the house; meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there!

16. Be a conversationalist. Talk less and listen more. Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing their desire to speak with you. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.

17. Pain and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimize them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.

18. If you've been offended by someone – forgive them. If you've offended someone – apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget and move on with your life.

19. If you have a strong belief, savor it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.

20. Laugh. Laugh A LOT. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age; never get to experience a full life. But you did. So what's not to laugh about? Find the humor in your situation.

21. Take no notice of what others say about you and even less notice of what they might be thinking. They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!



REMEMBER: "Life is too short to drink bad wine and warm beer."

ELDER COLLEGE: <https://adm.viu.ca/eldercollege> or 250-248-2096

Road Safety For Seniors

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

ELDH 051 i20Q01 (Parksville) \$26.25

3 sessions: Mon, May 11-Jun 1; 12:30-2:30 pm (No class May 18)

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

Janice Whaley is a PQRTA member and a Uniglobe travel agent



Members' Advantage Program

<https://bcrt.ca/members-advantage-program/>

BCRTA members get significant discounts and other special offers from our many Members' Advantage Program partners.

Advantage offers are available to all BCRTA members, brought to you by dozens of vendors offering cash discounts on products and services. Save on tours, guided travel, cruises, car rental, hotel accommodations, parking, golf, ski vacations, lifestyle services, home products and other essentials.



JOHNSON INSURANCE: Prestige EHC with travel, MEDOC Travel Insurance, Trip Cancellation, Home Insurance, Life Insurance and more

BCRTA TRAVEL DISCOUNTS – up to 50% discount on hotels and/or rental cars
<http://travel.localhospitality.com/bcrt/travel-bcrt.html>

COLLETTE TRAVEL - Save up to \$500 **PLUS** Extra BCRTA Discount of \$100 On Every Offer

MERIT TRAVEL – Special rates <https://merittravel.com/>

TRIP MERCHANT – Personalized travel at discounted rates <https://bcrt.ca/trip-merchant/>

BESTWAY TOURS & SAFARIS <https://bestway.com/>

PERKOPOLIS (Discounts on Services) <https://www.perkopolis.com/>

ENDLESS SAVINGS & MORE <http://www.esmobileapp.com/files/WelcomeBCRTA.pdf>

HEARING LIFE <https://hearinglifeadvantage.ca/bcrt/>

FRESH PREP <https://www.freshprep.ca/fpbcrta>

IRIS <https://bcrt.ca/wp-content/uploads/2019/03/BCRTA-Welcome-Letter-2019.pdf>

PARK 'N FLY – Airport Parking <https://bcrt.ca/wp-content/uploads/2019/12/BCTRA-PARK-N-FLY-Dec-1-2019.pdf>

CPEAC (Canadian Public Employees Acquisition Club)
<http://www.cpeac.org/>





DISTRICT 69 BACKPACK PROGRAM

Since 1997 we have been helping families in our community get a leg up at Christmas with our **Secret Santa project** and our **All They Want For Christmas program**. In 2008 we partnered with School District 69 which has given us charitable status. We have been fortunate enough to see first hand the benefits of providing food and clothing to our local families in need. With the growing need and knowledge in this area we have decided to change where we focus our efforts. We are very excited to launch our new backpack program. This will bring food year around to the children in our community most in need. It has been proven that **"hunger greatly impacts a child's education and behaviour in the school and at home."**

About the program

The idea of the backpack program is not a new concept. There has been a program in the lower mainland since 2013 that has made a tremendous impact. This program is successful today. It is my goal to use this model to guide District 69's very own backpack program.

How does it work

Administration from each school along with the teachers will identify the families in need of our program. The families are anonymous which is utmost important to these families. Each family costs approximately \$575 a year based on a family of four. At the end of every school week the families will be sent home with a backpack consisting of 2 breakfasts 2 lunches 2 dinners and snacks. This program runs September to June and will be launched at the Christmas break 2019. Families have counted on **All They Want For Christmas** for the past years and it's our goal to continue providing that much needed support. At the launch of this new adopted program we hope to start with 50 families. My hope is to include food for the two week break, dental hygiene, warm hoodies and a toy for the younger children.

Where do you come in

We have built solid relationships in the community over the past years which will help us moving forward. Thrifty foods is working with us to provide the food.

District 69 is our partner for all administrative duties and Rotary club Qualicum Beach just came on board also and I'm proud to be a new member.

So your role

- **Become a corporate sponsor.. adopt a family for \$575 .. tax receipts will be issued for all donations**
- **Come to fundraisers**
- **Volunteer**
- **Get the message out and let people know about our charity**

Together we can feed..care for..nurture the children of our community.

Info: Contact Virginia Worcester • 250-240-0772 • 250-752-1828

Interested to make a **tax deductible donation**??? 2 ways:

1. **eTransfer** your donation to Cathy Van Herwaarden: cathyvanh@gmail.com
2. Make **cheques/money order payable to SD 69** with Memo: **Backpack Program** and mail to the following:

Cathy Van Herwaarden
Box 286
Coombs, BC
V0R 1M0

Every Thursday morning, volunteers are needed for about 1 ½ hours to pack the backpacks with "stuff" (food, etc.) Interested to help? Contact Cathy Van Herwaarden cathyvanh@gmail.com or 250.248.0412

Purple Caps for Newborns

Monday, December 2nd - Barb Brett delivered over 50 little purple hats to Nanaimo Hospital Foundation for Newborns

Thanks to Barb Brett, Eileen Butts, Eva Hilborn, Alberta Crowley's friend and Cathy Van Herwaarden for their creating!!!!



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.

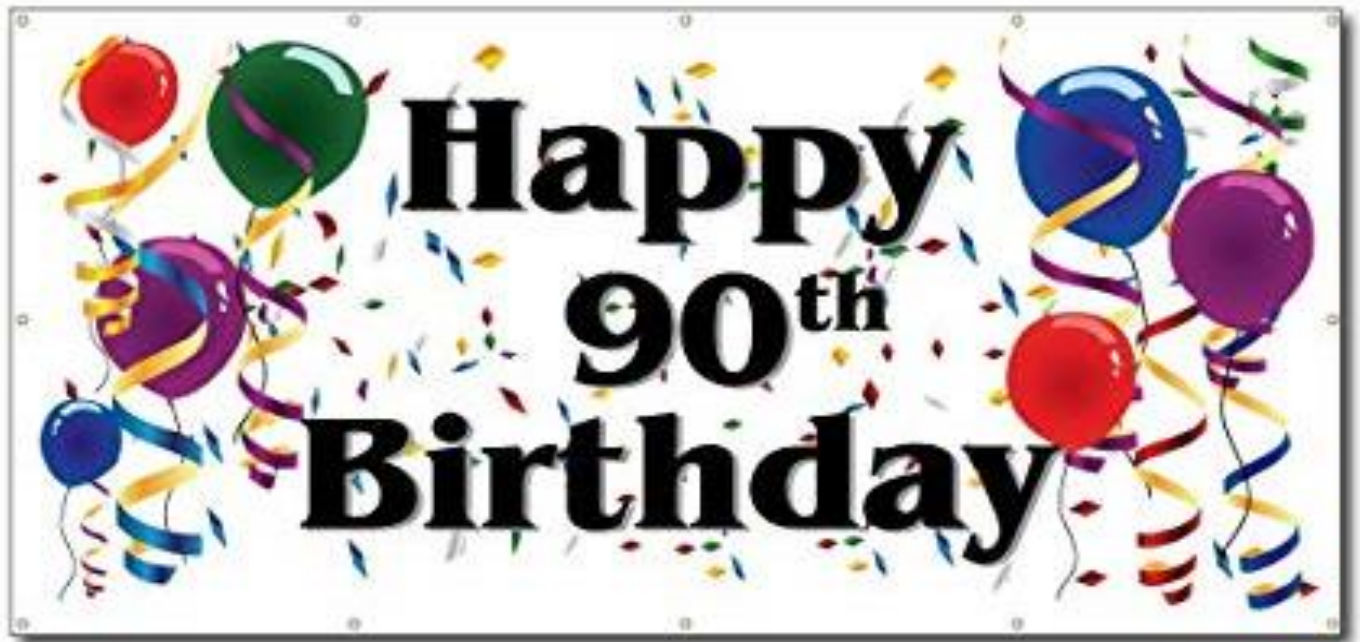
P = PAIN-LIKE FACE A crying baby may look like they are in pain, even when not.

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.

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

At the **end of January**, we will be doing another delivery of purple caps to Nanaimo and District Hospital Foundation. For pick up and/or drop off, contact Cathy Van Herwaarden: cathyvanh@gmail.com or 250.248.0412



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

WELCOME to NEW PQRTA MEMBERS!

- **Kath Hewitt**
- **Francine Frisson**
- **Shirley Clements**
- **Tom Robb**
- **Vickie Jensen**
- **Elizabeth Rose Smith**



Life Member Betty Harrower – December 2019

- Born Catherine Elizabeth Jacobs on March 14, 1923 in Rose Valley, Saskatchewan
- Second oldest of six girls – grew up on a mixed farm (dairy cows, hogs, turkeys, chickens and geese)
- To attend grades 1 to 8, walked one and a half miles to Robbinsdale School which was a one room school house – at one time, 63 students attended with one teacher!
- Achieved Grade 9 and 10 through correspondence with after school assistance from the teacher
- At age 14 or 15, moved three miles away to Rose Valley and lived with three other girls and completed high school.
- At age 17, left home to go live in Moose Jaw, Saskatchewan to attend Normal School
- After one year of teacher training, Betty took a position teaching 30 children in grades one through five at Moosehorn School, near Hendon, Saskatchewan. She earned \$700 for the year. For an extra \$50 per year, she swept the school at the end of each day. The children were nice and she enjoyed her experience, despite minimal equipment and having to light the fire each morning.
- When her parents sold their farm and moved to BC, she followed and taught grade five and six at County Line School in Langley
- In 1943, Betty taught grade two at Simon Fraser School in Vancouver for four years
- While attending a Young People's Rally at St. Andrew's United Church, Betty met her future husband Jack who had returned from serving in the air force in Ceylon, Burma and India. They were married in 1948 and travelled along the Washington and Oregon coast for their honeymoon.



- During Betty's first year of marriage, she taught at Langley Central School. The following year, she taught at Murrayville Elementary.
- In 1951, Betty stopped teaching to begin a family and had three children: Cathie, Bill, and Ian
- In 1960, the family moved to 100 Mile House for Jack's job as vice principal at the secondary school and Betty taught grade one for one year and then substituted.
- Then, Jack got a vice principal job in a larger high school and the family moved sixty miles north to Williams Lake where Betty was a substitute teacher with a one day call turning into a nine month assignment.
- Betty initiated a campaign for CARS (Canadian Arthritis and Rheumatism Society) and canvassed for various charities.
- She was a member of the Hospital auxiliary and organized a play room in the hospital with a "Play Lady" group to play with hospitalized children.
- In 1964, infant daughter Kerry-Lee was adopted.
- In 1966, Jack got a job as vice-principal in Prince George and the family moved again. Betty soon organized a CARS campaign there, too. Then, she became the executive secretary for the United Way as a volunteer for five years. Followed by five more years with a small salary of \$5 per hour.
- Betty became involved in the hospital auxiliary and organized a "Play Lady" group for the children in the Prince George hospital, too.
- In 1971, Betty was recognized as "Citizen of the Year" by the Rotary Club of Prince George. In the fifteen years since its inception, Betty was the first woman to receive the award: an active member of CARS; president of the United Church Women; member of the hospital auxiliary; head of Forster Parents and Adult Friendship and Play Ladies; active in Experiment in International Living; organizer for the Miles For Millions Walkathon; member of the Golden Age club, providing entertainment for senior citizens; member of the Good Neighbour Society; executive secretary for United Appeal; and volunteer to various school organizations and clubs

- In the summer of 1977, the Harrowers visited Vancouver Island in search of a retirement location. Within three days, they found a waterfront location in Nanoose Bay and moved in the summer of 1979 into their “good cabin or poor house” soon to be renovated into double the size
- In 1985, Jack and Betty volunteered in Kenya which was the highlight of Betty’s life. For two years, they experienced very harsh climactic conditions in a dry, arid area. They were asked to teach lessons on farming and cooking. Through a gift from the Rotary Club, they re-built two wells and added four new wells for water. All the while, Betty treated 3800 patients with malaria medication and bandages with “magic” (sulpha) powder, despite no medical training.
- After returning to Canada, Jack and Betty did missionary interpretation work throughout BC followed by five weeks in Newfoundland where they did 59 presentations at schools and churches. The Newfies were very welcoming and this was Betty’s 2nd highlight in her life.
- Sadly, in September of 1989, husband Jack passed due to cancer.
- In 1990, Betty and her eldest daughter Cathie travelled to Japan to teach English. Once a week, they taught a Japanese dentist, his wife and their two teenaged boys. As well, as other adults at a “juku” or cram school.
- In the following years, Betty travelled to many places: Ireland, Australia, New Zealand, Greece, Turkey, Egypt, Jordan, Scandinavia, and Oberammergau
- Betty likes to quilt, play Bridge, garden, dress up for Halloween parties and spend time with her family.
- In 2003, Betty moved to her waterfront patio home in Parksville and began walking for exercise.
- In her life, Betty feels fortunate for a blessed life. She is thankful for all those that made it possible for her to do all the wonderful things in her life, especially her husband’s support.
- **Advice for Aging:** Live it up! Stay busy! And keep walking!

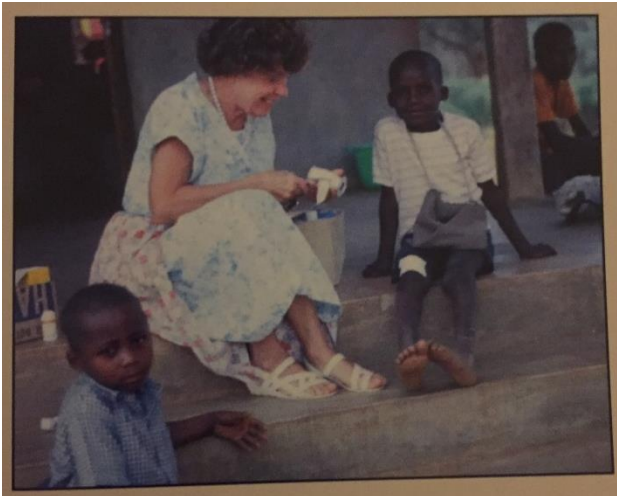




1933 – Betty Jacobs and Muriel Angell in front of Robbinsdale School where Betty attended Grades 1 to 8



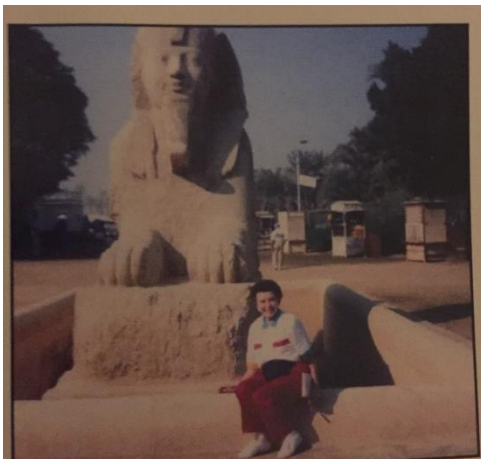
1941 – Betty and Carrie Johnson chopping wood for the teacherage where they lived for one year.



1985 to 1987 - bandaging a wound in Kenya



1948 – Wedding of Jack and Betty



In the 90's, travelled to Egypt and other places.

1971 - As Citizen of the Year, Betty rode in a convertible in the May Day Parade



PQRTA PROGRAM – Dec. 17, 2019

Fairwinds Christmas Luncheon – Nanoose Bay



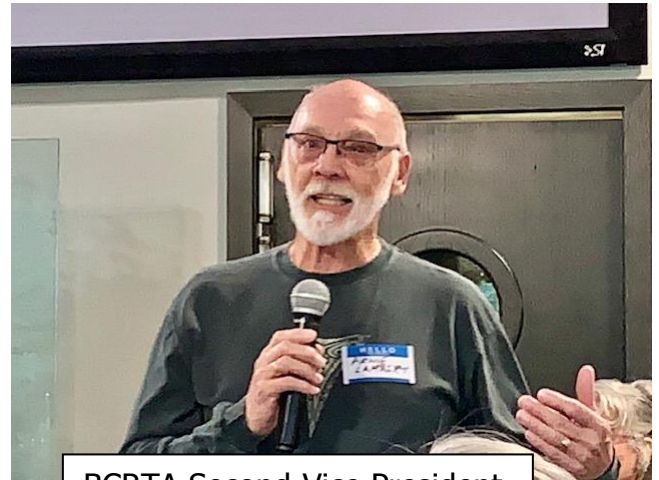
Past President Kay Howard (on left) welcomes MaryAnn Maybroda and Phyllis Robertson



New Member Fran Samouilhan, on left, is welcomed by life member Eva Hilborn (on right).



Life Members: Betty Harrower and Art Skipsey



BCRTA Second-Vice President and PQRTA member Arnie Lambert spoke briefly



Left to Right: Sally Hemingson, Jan Graham, Cathy Van Herwaarden and guest Joan Young





Val Dyer, Laurel Johannson and Christine Rivers



Pamela and Don Cochrane



Dave Hobson, Daphne & Tom Manson, and Barbara (with Dave)



Eileen Butts, Sam Frketich and Bunny Nash



Greg Zbitnew (Josie's son) Ruth O'Hara and Josie Zbitnew



PQRTA President:
Cathy Van Herwaarden



Lorna Calder, Sally Hemingson,
Jan Graham and Elisabeth Pos



DOOR PRIZE WINNERS:
Fran Samouilhan
and Tom Manson





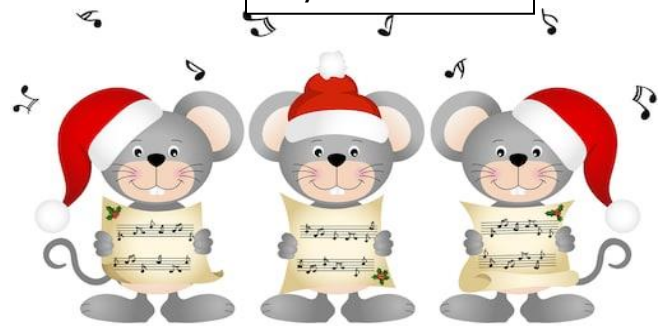
Thanks to Maureen O'Hearn and Bill Cave for a fabulous job of Christmas carols



Phyllis Robertson



"Singing" Sunshine Choir:
Colleen Craig



Joining of hands for singing of "Auld Lang Syne"



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**



OASIS MAGAZINE – Parksville Qualicum Beach Life



Check out the link below for the Fall Edition....

On Pages 10 & 11 and Page 30, you will find two articles that were written by PQRTA member **Nancy Whelan**. Well done, Nancy!

On pages 26 to 29, you will find an article about **Shelter Point Distillery** where some retired teachers toured on October 24th.

Fall Edition: <file:///C:/Users/Cathy/Desktop/Shortcuts/Downloads/i20190920085229232.pdf>
For back issues of Oasis: <http://www.oasislife.ca/magazines/>

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
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/>