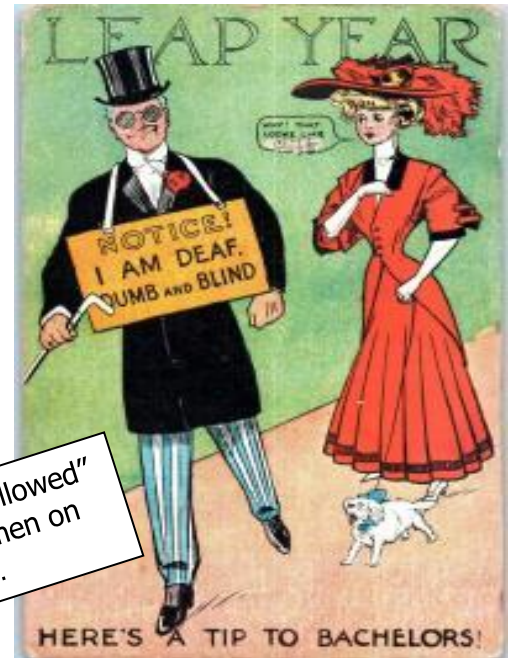




PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER # 31 – February, 2020

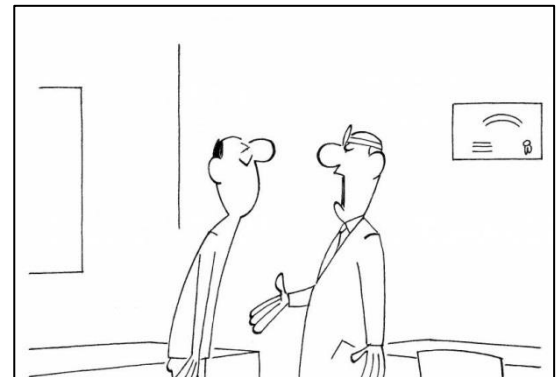
PRESIDENT'S GREETING from Cathy Van Herwaarden:



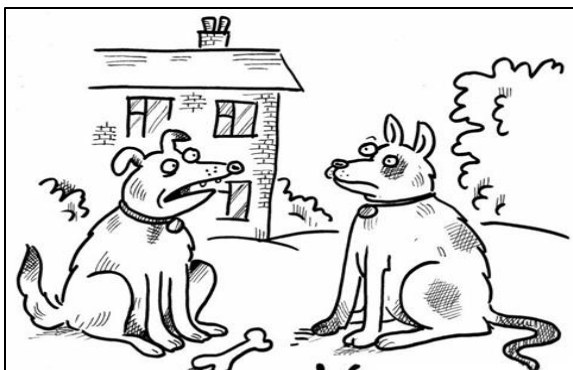
Women were "allowed" to propose to men on Leap Day, so...



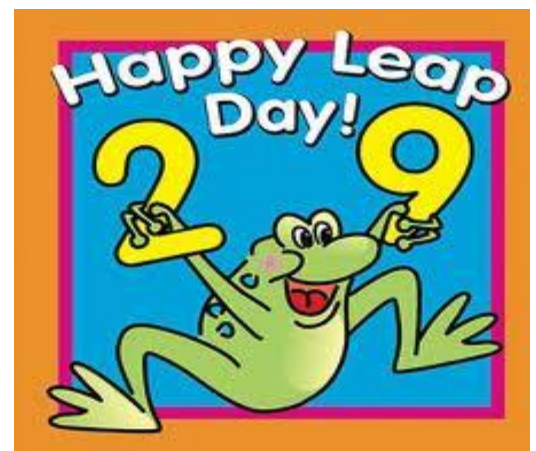
"I hate Leap Year! It's always got that extra day in it!"



"You have the body of a 22 year old man, providing your birthday is February 29th."



"I was born in a leap year, so I only have a birthday every twenty eight years."



January 27, 2020 – 75th Anniversary of the Holocaust

History of Auschwitz

Holocaust Remembrance Day commemorates Nazi crimes worldwide. On January 27, 1945, the Soviet army liberated the prisoners in Auschwitz. What they found was unfathomable.

<https://www.dw.com/en/auschwitzs-harrowing-history/a-52082752?maca=en-Facebook-sharing>

The Last Survivors of Auschwitz: 75 years since they were freed from the Nazi death camp, former prisoners remember the horrors they witnessed as they continue to bear physical and emotional scars

<https://www.dailymail.co.uk/news/article-7885379/The-survivors-Auschwitz-75th-anniversary-Holocaust.html>

First Transport to Auschwitz – 997 girls

<https://www.washingtonpost.com/history/2020/01/27/first-transport-jews-auschwitz-was-997-teenage-girls-few-survived/>

Auschwitz Survivors Urge World to Remember

https://www.npr.org/2020/01/27/798480937/75-years-after-auschwitz-liberation-survivors-urge-world-to-remember?utm_term=nprnews&utm_medium=social&utm_campaign=npr&utm_source=facebook.com



If we held a moment of silence for every victim of the Holocaust, we would be silent for **eleven and a half years!**

Jan. 25th to Feb. 8th – Chinese New Year

RAT	OX	TIGER	HARE	DRAGON	SNAKE	HORSE	RAM	MONKEY	ROOSTER	DOG	PIG
											
1900	1901	1902	1903	1904	1905	1906	1907	1908	1909	1910	1911
1912	1913	1914	1915	1916	1917	1918	1919	1920	1921	1922	1923
1924	1925	1926	1927	1928	1929	1930	1931	1932	1933	1934	1935
1936	1937	1938	1939	1940	1941	1942	1943	1944	1945	1946	1947
1948	1949	1950	1951	1952	1953	1954	1955	1956	1957	1958	1959
1960	1961	1962	1963	1964	1965	1966	1967	1968	1969	1970	1971
1972	1973	1974	1975	1976	1977	1978	1979	1980	1981	1982	1983
1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995
1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019

It's Pig year 2019 until January 24, 2020 which is Chinese New Year's Eve.

The year of the Rat begins on January 25th until February 10, 2021.

What Characteristics does your Chinese Zodiac Sign Mean? Click here to find out:

<https://www.thisinsider.com/explanation-chinese-zodiac-meaning-2017-1#year-of-the-goat-8>

Sunday, Feb. 2nd – Groundhog Day

<https://www.timeanddate.com/holidays/canada/groundhog-day>



Groundhog Day is not a public holiday, but it is growing more popular in Canada.



There is a festival in Wiarton, Bruce County, Ontario, where the town groundhog, Wiarton Willie, delivers his "prediction" early in the morning on February 2nd every year.

Early or Late Spring?

Thousands of years ago when animalism and nature worship was prevalent, people in the part of Europe where Germany is today, believed that the badger had the power to predict the coming of spring. They watched the badger, to know when to plant their crops.

This tradition was brought over to North America, predominantly to Pennsylvania in the United States, where it was the groundhog, not the badger, which made these "predictions".

According to folklore, if the groundhog sees its shadow on February 2nd, it will return to its burrow, indicating that there will be six more weeks of winter. If it does not see its shadow, then spring is on the way.

The Groundhog Day concept first became popular in Canada in 1956 when Wiarton Willie became a household name for his early February weather predictions. Wiarton's Groundhog Day festival grew as Willie's fame increased and became one of the largest winter festivals in Bruce County, Ontario, Canada.

Monday, Feb. 17, 2020

1:00 to 4:00pm
Coombs Fairgrounds
1014 Ford Road, Coombs
(turn at the general
store)
FREE hotdogs, popcorn,
coffee and tea
(while supplies last)

FAMILY DAY

Fly over for an eggcellent time!



Heritage Demos,
Displays, Crafts and
Games for "kids of
all ages", Children's
Garden Railway
Train, Hamilton
Hobby Farm,
Sandbox Treasure
Hunt, Cookie
Decorating, 4-H
Demos, Photo Booth

The first BC **Family Day** was celebrated on Monday, February 11, 2013

Friday, Feb. 14th – Valentine's Day

https://en.wikipedia.org/wiki/Valentine%27s_Day



Valentine's Day, also called **Saint Valentine's Day**. It is recognized as a significant cultural, religious, and commercial celebration of romance and romantic love in many regions around the world.

One martyrdom story tells of Saint Valentine of Rome who was imprisoned for performing weddings for soldiers, who were forbidden to marry and for ministering to Christians who were persecuted under the Roman Empire. Helping Christians was considered a crime!

According to legend, during his imprisonment, Saint Valentine restored sight to the blind daughter of his judge, and before his execution on February 14, 269, Valentine wrote her a letter signed "Your Valentine" as a farewell.

All that is reliably known of the saint commemorated on February 14 is his name and that he was martyred and buried at a cemetery on the Via Flaminia close to the Ponte Milvio to the north of Rome on that day.

During the Middle Ages, it was believed that birds paired in mid-February. This was then associated with the romance of Valentine.

Valentine's Day first became associated with romantic love within the circle of Geoffrey Chaucer in the 14th century, when the tradition of courtly love flourished.

In 18th-century England, it evolved into an occasion when lovers expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "*valentines*").

1909 Valentine's Day card



Since the 19th century, handwritten valentines have given way to mass-produced greeting cards. The custom of sending cards, flowers, chocolates and other gifts originated in the United Kingdom.

In the early 19th century, paper valentines became so popular in England that they were assembled in factories. Fancy valentines were made with real lace and ribbons, with paper lace introduced in the mid-19th century. In 1835, sixty-thousand valentine cards were sent by post in the United Kingdom, despite postage being expensive.

In the United States, the first mass-produced valentines of embossed paper lace were produced and sold shortly after 1847

by Esther Howland (1828–1904) of Worcester, Massachusetts. Esther's father operated a large book and stationery store, but Howland took her inspiration from an English valentine that she had received from a business associate of her father. Intrigued with the idea of making similar valentines, Howland began her business by importing paper lace and floral decorations from England.



In 1868, the British chocolate company Cadbury created Fancy Boxes (a decorated box of chocolates) in the shape of a heart for Valentine's Day. Boxes of filled chocolates quickly became associated with the holiday

MOOSEHIDE CAMPAIGN – Feb. 24, 2020 – Victoria, BC

Standing Up Against Violence to Women and Children

<https://www.moosehidecampaign.ca/>

The Moose Hide Campaign is a grassroots movement of Indigenous and non-Indigenous men and boys who are standing up against violence towards women and children.

On Moose Hide Campaign day in B.C. people from across the province will be fasting and coming together to show their commitment to ending violence against women and children.

Wearing this moose hide signifies your commitment to honour, respect, and protect the women and children in your life and to work together to end violence against women and children.



You can participate in Moose Hide Campaign Day in person at the Victoria Conference Centre for the Provincial Gathering, the Prince George Regional Gathering or remotely from anywhere in the province.

To attend the provincial gathering at Victoria Conference Centre or to signal your participation remotely from elsewhere in the province, please click here:

https://www.cognitoforms.com/MooseHideCampaign/_9thAnnualProvincialGatheringAndDayOfFasting

Wed. Feb. 26th – Pink Shirt Day

People are encouraged to practice kindness and wear pink to symbolize that bullying is not tolerated.

Bullying is a major problem in schools, workplaces, homes, and online. Now, a movement celebrated across the globe, Pink Shirt Day has humble beginnings.

Inspired by an act of kindness in small-town Nova Scotia, CKNW Kids' Fund (working with the Boys & Girls Clubs) was inspired to raise funds to support anti-bullying programs.



Here is a snippet of an article detailing the original incident:

"David Shepherd, Travis Price and their teenage friends organized a high-school protest to wear pink in sympathy with a Grade 9 boy who was being bullied [for wearing a pink shirt]...[They] took a stand against bullying when they protested against the harassment of a new Grade 9 student by distributing pink T-shirts to all the boys in their school."

2020 FOCUS: LIFT EACH OTHER UP

Our theme for this year's Pink Shirt Day is "Lift each other up", a simple but powerful message encouraging us to look beyond our differences and celebrate the things that make us unique. When we lift each other up, we see beyond the things that separate us and see instead the things that unite us as people; we can see how our differences are beautiful. In a world of people tearing each other down, it is more important than ever to focus on being kind to one another. This Pink Shirt Day and every day, let's "Lift Each Other Up".

Join the movement against bullying – wear pink!!! <http://pinkshirtday.ca/>

Feb. 29th – Leap Day

Source: https://en.wikipedia.org/wiki/February_29

February 29 is also known as **leap day** or **leap year day**. It is a date added to most years that are divisible by 4, such as 2016, 2020, and 2024.

A leap day is added in various solar calendars (calendars based on the Earth's revolution around the Sun), including the Gregorian calendar standard in most of the world.



In the Gregorian calendar, years that are divisible by 100, but not by 400, do not contain a leap day. Thus, 1700, 1800, and 1900 did not contain a leap day; neither will 2100, 2200, and 2300. Conversely, 1600 and 2000 did and 2400 will. Years containing a leap day are called leap years. Years not containing a leap day are called common years. February 29 is the 60th day of the Gregorian calendar, in such a year, with 306 days remaining until the end of the year.

A leap day is observed because the Earth's period of orbital revolution around the Sun takes approximately 6 hours longer than 365 whole days. A leap day compensates for this lag, realigning the calendar with the Earth's position in the Solar System; otherwise, seasons would occur later than intended in the calendar year.

Although most modern calendar years have 365 days, a complete revolution around the Sun (one solar year) takes approximately 365 days and 6 hours. An extra 24 hours thus accumulates every four years, requiring that an extra calendar day be added to align the calendar with the Sun's apparent position. Without the added day, in future years the seasons would occur later in the calendar, eventually leading to confusion about when to undertake activities dependent on weather, ecology, or hours of daylight.

Solar years are actually slightly shorter than 365 days and 6 hours (365.25 days), which had been known since the 2nd century BC when Hipparchus stated that it lasted $365 + \frac{1}{4} - \frac{1}{300}$ days, but this was ignored by Julius Caesar and his astronomical adviser Sosigenes. The Gregorian calendar corrected this by adopting the length of the tropical year with adding a calendar day every four years.



The Calendar Rhyme

Thirty days hath September,
April, June, and November,
All the rest have thirty-one,
Except for February alone
Has twenty-eight days clear,
And twenty-nine in each leap year.

Leap Day Customs & Traditions:

Source: <https://www.timeanddate.com/date/leap-day-february-29.html>

Leap Day, on February 29, has been a day of traditions, folklore and superstitions ever since Leap Years were first introduced by Julius Caesar over 2000 years ago.



1. Women Propose to Their Men

According to an old Irish legend, or possibly history, St Brigid struck a deal with St Patrick to allow women to propose to men – and not just the other way around – every four years.

This is believed to have been introduced to balance the traditional roles of men and women in a similar way to how leap day balances the calendar.

2. 12 Pairs of Gloves

In some places, leap day has been known as “Bachelors’ Day” for the same reason. A man was expected to pay a penalty, such as a gown or money, if he refused a marriage proposal from a woman on Leap Day.

In many European countries, especially in the upper classes of society, tradition dictates that any man who refuses a woman's proposal on February 29 has to buy her 12 pairs of gloves. The intention is that the woman can wear the gloves to hide the embarrassment of not having an engagement ring. During the middle ages there were laws governing this tradition.

3. Leap Day Babies World Record

People born on February 29 are all invited to join The Honor Society of Leap Year Day Babies. According to the Guinness Book of Records, there are [Leap Day World Record Holders](#) both of a family producing three consecutive generations born on February 29 and of the number of children born on February 29 in the same family.

4. Unlucky in Love

In Scotland, it used to be considered unlucky for someone to be born on leap day, just as Friday 13th is considered an unlucky day by many. Greeks consider it unlucky for couples to marry during a leap year, and especially on Leap Day.

5. St Oswald’s Day

Leap day is also St Oswald’s Day, named after the archbishop of York who died on February 29, 992. His memorial is celebrated on February 29 during leap years and on February 28 during common years.

Source: <https://www.catholicireland.net/saintoftheday/st-oswald-912-992-english-monk-bishop/>

Summary of St Oswald There are two saints called **Oswald** in England: one was a king, the other a monk. The king lived in the 7th century in Northumbria. The other was a monk, of danish origin, lived in the 10th century and became bishop of Worcester, and later archbishop of York; his feast is on 28th February.



MEDICAL NEWS:



Sources:

- <https://www.who.int/health-topics/coronavirus>
- <https://en.wikipedia.org/wiki/Coronavirus>
- <https://www.cbc.ca/news/health/coronavirus-china-canada-questions-1.5433986?cmp=newsletter-Morning+Brief+January+22+2020>
- <https://www.cbc.ca/news/coronavirus-evacuate-china-wuhan-1.5442681?cmp=newsletter-Morning+Brief+January+28+2020>
- <https://www.nytimes.com/2020/01/29/world/asia/coronavirus-china.html>
- https://www.huffingtonpost.ca/amp/entry/coronavirus-mask-what-to-buy_ca_5e2b0fcfc5b67d8874b0db77/

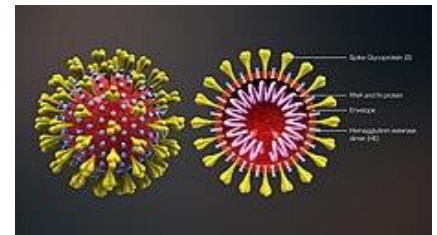
CORONA VIRUSES

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

In mammals and birds, coronaviruses are a group of viruses that cause disease, primarily infecting the upper respiratory and gastrointestinal tract. Since the early 1970s, coronaviruses have been recognized as causing pathological conditions in veterinary medicine. In cows and pigs, corona viruses may cause diarrhea, while in chickens they can cause an upper respiratory disease. There are no vaccines or antiviral drugs that are approved for prevention or treatment. Coronaviruses also cause a range of diseases in farm animals and domesticated pets, some of which can be serious and are a threat to the farming industry.

In humans, the viruses cause respiratory infections which are typically mild including the common cold but rarer forms like SARS and MERS can be lethal.

The name "coronavirus" is derived from the Latin *corona*, meaning *crown* or *halo*, which refers to the characteristic appearance of the virus particles which have a fringe of large, bulbous surface projections creating an image reminiscent of a royal crown or of the solar corona.



Coronaviruses are believed to cause a significant percentage of all common colds in human adults and children. Coronaviruses cause colds with major symptoms (fever, throat swollen adenoids) in humans primarily in the winter and early spring seasons. Coronaviruses can cause pneumonia, either direct viral pneumonia or a secondary bacterial pneumonia and they can also cause bronchitis, either direct viral bronchitis or a secondary bacterial bronchitis.

The much publicized human coronavirus discovered in 2003, SARS-CoV which causes severe acute respiratory syndrome (SARS), has a unique pathogenesis because it causes both upper and lower respiratory tract infections.

The novel coronavirus (nCoV) is a new strain that has not been previously identified in humans.

Coronaviruses are zoonotic, meaning they are transmitted between animals and people. Detailed investigations found that SARS-CoV was transmitted from civet cats to humans and MERS-CoV from dromedary camels to humans. Several known coronaviruses are circulating in animals that have not yet infected humans. As surveillance improves around the world, more coronaviruses are likely to be identified.

Coronaviruses can be transmitted from person to person, usually after close contact with an infected patient, for example, in a household workplace, or health care centre.

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Standard recommendations to prevent infection spread include regular hand washing, covering mouth and nose when coughing and sneezing, thoroughly cooking meat and eggs. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.

There is no vaccine for a novel coronavirus. It's a new disease and a vaccine has not been developed yet. It can take a number of years for a new vaccine to be developed.

There is no specific treatment for disease caused by a novel coronavirus. However, many of the symptoms can be treated and therefore treatment is based on the patient's clinical condition. Moreover, supportive care for infected persons can be highly effective.

SARS (Severe Acute Respiratory Syndrome)

A total of 774 people died from SARS, according to the World Health Organization (WHO). The SARS crisis began in late 2002 and wound down in July 2003, staying in the news cycle for 8 months. SARS began in Asia with over 8,000 people infected and about 10% died.

MERS (Middle East Respiratory Syndrome)

In September 2012, a new type of coronavirus was identified, initially called Novel Coronavirus 2012, and now officially named Middle East respiratory syndrome coronavirus (MERS-CoV).

On 28 September 2012, the World Health Organization stated that the virus did not seem to pass easily from person to person. However, on 12 May 2013, a case of human-to-human transmission in France was confirmed by the French Ministry of Social Affairs and Health.

By 30 October 2013, there were 124 cases and 52 deaths in Saudi Arabia.

In May 2014, the only two United States cases of MERS-CoV infection were recorded, both occurring in healthcare workers who worked in Saudi Arabia and then traveled to the U.S. One was treated in Indiana and one in Florida. Both of these individuals were hospitalized temporarily and then discharged.

In May 2015, an outbreak of MERS-CoV occurred in the Republic of Korea, when a man who had traveled to the Middle East, visited 4 different hospitals in the Seoul area to treat his illness. This caused one of the largest outbreaks of MERS-CoV outside of the Middle East. As of December 2019, 2,468 cases of MERS-CoV infection had been confirmed by laboratory tests, 851 of which were fatal, a mortality rate of approximately 34.5%.

Novel coronavirus (2019-nCoV)

In December 2019, a pneumonia outbreak was reported in Wuhan, China.

On 31 December 2019, the outbreak was traced to a novel strain of coronavirus, which was labeled as 2019-nCoV by the World Health Organization (WHO).

On 21 January 2020, the first case of infection in the U.S. was reported.

By 28 January 2020, more than 130 deaths had been reported and more than 5,570 confirmed cases in this coronavirus pneumonia outbreak.

The Wuhan strain has been identified as a new strain of Betacoronavirus from group 2B with approximately seventy percent genetic similarity to the SARS-CoV. The outbreak has happened as China was preparing for the Lunar New Year holiday, the biggest travel period of the year, increasing the likelihood of the coronavirus circulating further beyond Wuhan.

The virus is thought to have spread to people from wild animals sold at a Wuhan market. The virus was suspected to have originated in snakes, but many leading researchers disagree with this conclusion. China on Sunday banned trade in wild animals and urged people to stop eating meat from them.

Coronavirus Deaths Are So Far Mostly Older Men, Many With Previous Health Issues

Jan. 23, 2020

HONG KONG — When the man finally went to a hospital, he had been sick for a week. It was Dec. 26, and Mr. Zeng, 61, was weak with a cough. He got worse. A day later he was transferred to intensive care, and on Dec. 30 he was put on a ventilator to try to keep him alive.

He was moved to another hospital and attached to another machine that oxygenated his blood. Still, he got worse, and on Jan. 9 his heart stopped.

Mr. Zeng, whom the authorities have identified only by his surname, became the first confirmed death from the new coronavirus that emerged in the central city of Wuhan and has since spread around the country and beyond.

An examination of the information provided by the government about the initial deaths show a disease that has thus far largely killed older men, many of who had underlying health problems.

Most had gone to the hospital with a fever and a cough, though at least three did not have fevers when they were admitted, according to the health commission's statement.

Among the first 17 victims were 13 men and four women. All were identified only by their last names. The youngest was a 48-year-old woman, Yin, who died on Monday, more than a month after her symptoms were first recorded. The oldest cases were two 89-year-old men who died on Saturday and Sunday. The median age was 75.

Many had underlying conditions like cirrhosis of the liver, hypertension, diabetes and Parkinson's disease. Most patients spent more than a week in hospitals, with some undergoing treatment for a month or longer. But two died just four days after they were admitted.

While much about the virus remains unknown, medical experts found some positive signs in the fact that the disease did not appear to be killing young and otherwise healthy people. It was a somewhat reassuring sign, Dr. Lipkin wrote, that "the majority of fatal cases are elderly and/or have a chronic disease that would increase their susceptibility to infectious diseases."

Jan. 29, 2020 - Coronavirus Live Updates: China Now Has More Cases Than It Had of SARS

Chinese officials confirmed over 6,000 cases of the mysterious illness as foreign governments airlifted their citizens out of Wuhan, the outbreak's epicenter.

The virus shows signs of spreading overseas, with people who never visited China falling ill in Germany, Japan, Taiwan and Vietnam.

The number of confirmed cases increased to 6,065 worldwide on Wednesday, January 29th, according to the World Health Organization, with all but 68 of the infections taking place in mainland China. On Tuesday, January 28th, there were 4,593 infections worldwide.

Do paper face masks protect against coronavirus?

No, and in fact information from the Health Network calls the paper masks counterproductive. A common paper mask will do little to protect you from the virus, as it leaves parts of your eyes and mouth exposed, and doesn't filter specific particles. It's an OK strategy, if you have a cold or flu and don't want to cough on people, but that's about it.

Does an N95 mask work?

A properly fitted N95 mask will protect against the virus. The mask gets its name because it filters out 95 per cent of particles greater than 0.3 microns in size. Often used to protect against smoke and fumes, these are professional-grade masks that need to be fitted to the individual person and changed frequently.

Do I need a mask?

Ultimately, the average person doesn't need to run off and stock up on N-95s right now. Frontline health-care workers dealing directly with infected patients are the most likely market for them. Experts say the best strategy for the average Canadian to stay healthy is washing your hands and avoiding touching your hands to your eyes and mouth.



Watch out for the Corona Virus!
Pick it up at a store near you!



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.



Light pollution is key 'bringer of insect apocalypse'

Scientists say bug deaths can be cut by switching off unnecessary lights – motion sensors better than full-time lighting!

https://www.theguardian.com/environment/2019/nov/22/light-pollution-insect-apocalypse?CMP=Share_iOSApp_Other&fbclid=IwAR0oO7-b2nFBKR9YX8lrS2PnT8lbGRZSO_cmE4mbKGhukZ1p0Yi2ghRTqKE

Why do Orca Grandmothers Live so Long? It's for their Grandkids!

Female orcas go through menopause, living up to 90 years—a longstanding mystery. Now, a new study suggests there's a reason why.

<https://www.nationalgeographic.com/animals/2019/12/orcas-killer-whales-menopause-grandmothers/>

Toddlers Engage More with Print Books than Tablets: Study

The new report also suggests that parents engage more and use richer language when reading to children from a print book, rather than an E-book

https://abcnews.go.com/Health/toddlers-engage-print-books-tablets/story?id=61935415&fbclid=IwAR3-FdDZNNBHavX4Zr7V1ipWz7S-leWujmInglV6j2JtcVC76Jb5rXd_HxA

Micro-Grids

As the global population grows, so does the demand for electricity. However, more than a billion people around the world don't have access to power grids — including 200,000 in Canada who aren't linked to the broader electrical grid or natural gas distribution system. Enter the micro-grid that contains everything needed to provide power to a community.

"You're not building a system for a million people. You're building a system for maybe a thousand people, 500, maybe 250" said Clean Tech lead at Export Development Canada.

<https://www.cbc.ca/news/technology/what-on-earth-newsletter-microgrids-green-energy-1.5437568?cmp=newsletter-Morning+Brief+January+24+2020>

Greener Home Heating Methods

The burning of fossil fuels to heat our homes is a major source of greenhouse gas emissions in this cold country. If your home relies on its own individual heating system, as most do, what are the alternatives to fossil fuels and will they work in the colder parts of this country?

<https://www.cbc.ca/news/technology/greener-heating-1.5429709?cmp=newsletter-Morning+Brief+January+20+2020>

Saturn has 82 moons (20 just discovered) – beats Jupiter!

<https://www.cbc.ca/news/technology/saturn-moons-1.5312110?cmp=newsletter-Morning+Brief+October+8+2019>

How Hiking in Nature Actually Changes Our Brains

<https://www.collective-evolution.com/2016/04/08/doctors-explain-how-hiking-actually-changes-our-brains/>

Vegan for a Better Environment:

<https://uk.veganuary.com/blog/try-vegan-better-environment/>

According to the United Nations Food and Agriculture Organization, farmed animals contribute 14.5 per cent of human-generated greenhouse gas emissions, which is more than every car, plane, truck and train on the planet.

This is because at every stage – from acquiring land for grazing to plastic-wrapping the final product – the production of meat, milk and eggs is energy intensive.

And because animal farming is so inefficient (we get back far fewer calories than we feed to the animals), a LOT of land is needed to grow their feed. This has led to forests and other habitats being destroyed, which not only releases even more climate-changing gases, it means there are fewer trees on the planet to absorb the CO₂. But there's more...

Animals themselves exacerbate the problem. They release methane – a gas that has a warming effect **86 times** more potent than carbon dioxide (over a 20-year timeframe).

Farmed animals produce such large amounts through their digestive process and manure, that animal agriculture is considered one of two leading emitters of methane gas worldwide. The other is the production of fossil fuels. And more...

In addition to CO₂ and methane, animal agriculture is also responsible for nitrous oxide emissions. This gas – which is released when the animals' waste is broken down – is 300 times more potent than carbon dioxide in terms of its potential to intensify global warming.

SOURCE: <https://uk.veganuary.com/blog/try-vegan-reduce-pollution/>

No wonder, then, that whenever climate researchers discuss ways in which we can each reduce our carbon footprint, eating a plant-based diet is among their key recommendations

One of the many environmental problems associated with farming animals is the waste they produce. When small-scale farming produced small amounts of slurry, it could be applied to the land as fertiliser. Now that there are billions of farmed animals on the planet, the amounts produced are gargantuan, and it cannot easily be disposed of. Instead, this fermenting manure is stored in immense tanks and 'lagoons', from where it all too often leaks out.

Once in the waterways, it causes devastation to aquatic wildlife. Tens of thousands of miles of rivers in the US, Europe and Asia are polluted with slurry each year.

When slurry, along with other agricultural pollutants such as nitrogen compounds and fertilisers, pour into the waterways, they stimulate an overgrowth of algae which then decomposes. This reduces the oxygen in the water, causing marine life to flee or die. In the most serious cases, it creates dead zones – vast areas of water that contain low or no oxygen. Animals who live there usually suffocate to death.

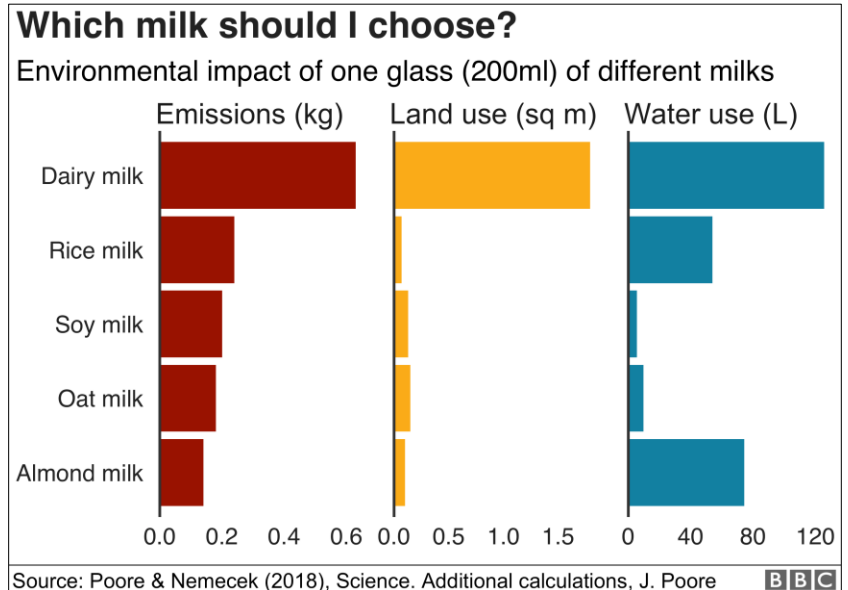
Ocean dead zones with zero oxygen have quadrupled in size since 1950. The largest – in the Arabian Sea – is said to be the size of Florida, and researchers believe that agricultural runoff is responsible. Environmentalists drawing attention to another huge dead zone in the Gulf of Mexico point the finger squarely at the meat industry.



SOURCE: <https://www.bbc.com/news/science-environment-46654042>

A scientific study suggests the greenhouse gas emissions used in the production of plant-based milks are lower than for dairy milk. **But which milk has the smallest impact on the planet?**

Looking at the global averages illustrated in this chart, producing a glass of dairy milk results in almost three times the greenhouse gas emissions of any non-dairy milks, according to a University of Oxford study.



Producing a glass of dairy milk every day for a year requires 650 sq m (7,000 sq ft) of land, the equivalent of two tennis courts and more than 10 times as much as the same amount of oat milk, according to this study.

Almond milk requires more water to produce than soy or oat milk. A single glass requires 74 litres (130 pints of water) - more than a typical shower. Rice milk is also comparatively thirsty, requiring 54 litres of water per glass.

However, it's worth noting that both almond and rice milk still require less water to produce than the typical glass of dairy milk.

Where something is produced can mean there is a variation in its impact on the climate. Sourcing products made close to home may result in a smaller carbon footprint than products that have had to be transported a long way.

Do you want to know the climate impact of what you eat and drink?

- What is the difference between beef and chicken?
- Does a bowl of rice produce more climate warming greenhouse gases than a plate of chips?
- Is wine more environmentally friendly than beer?

Check out the food calculator on this page:

<https://www.bbc.com/news/science-environment-46459714>

Nutrition for Cognition – PowerPoint Presentation - compliments of Prince George RTA
Speaker: Dr. Jacqueline A. Pettersen, Cognitive/Behavioural Neurologist, UBC Norther
Medical Program: <http://www.pgrrta.ca/assets/pettersen-nutrition-for-cognition-talk-rta-oct-2018.pdf>

BCTF Sad News:

We lost a beloved member of our Communications staff this week. Susan Croll was the editor of Teacher magazine and a passionate #bced #bcpoli activist. This obituary by her partner Jim Sinclair is a beautiful tribute to an amazing woman. We love you Susan!



CROLL, Susan: September 24, 1957 - January 21, 2020

On Tuesday, January 21, 2020, Susan's Croll's three-year struggle with cancer and her lifetime of work for a better world for all came to an end. She died as she wanted, at home, overlooking the Fraser River and in the arms of her lifelong partner Jim Sinclair. She was 62 years old.

Born in Montreal to Joan and Bill Croll in 1957, she spent her early years in Chambly before moving to Vancouver in 1972 where her father, a CN rail engineer and union activist, had been transferred. She would spend the rest of her life in Vancouver.

Both her mother and father instilled in her early on a sense of justice, fairness and respect for working people that she carried with her for her entire life. Her rebellion against unfairness and discrimination started early in life when she was expelled from elementary school for wearing pants, something girls were not allowed to do. While she started university after high school, she soon found the rest of the world more interesting. She began work in a series of jobs, including custodial work in Burnaby, a box manufacturing plant in Richmond and on the CN railway.

She landed at the BC Telephone Company where she became an operator and then president of the largest local of the Telephone Workers Union (TWU). She was a strong feminist her entire life and during her time at BC Tel she led the fight to successfully open male-dominated "craft" jobs to women.

Her passion for social justice went beyond the workplace, including becoming one of the leaders of Women Against the Budget during the Solidarity movement in 1983 and in solidarity work with Central America, including visiting Nicaragua and organizing for Tools for Peace. She campaigned energetically for progressive candidates in dozens of municipal, provincial and federal elections over a lifetime. But it would be the birth of her son Lee Andrew Croll in 1987 that would change her life direction. He opened up her love for children and she returned to Simon Fraser University where she finished her BA with honours and received her teaching degree. She would continue her education earning two master's degrees later in life.

She began her teaching career working on call in Maple Ridge in 1994. She received a permanent position as a result of the language in the BCTF collective agreement protecting learning conditions that resulted in an oversized class being turned into two classes.

She quickly became involved in the British Columbia Teachers Federation (BCTF) and after two decades teaching she was elected full time vice-president of the Maple Ridge Teachers' Association, a position she held until 2013 when she was appointed editor of Teacher magazine, the flagship publication of the BCTF. Susan was a beautiful writer and an excellent editor. Under her editorship the magazine won many awards from the Canadian Association of Labour Media.

She was also passionate about the outdoors and in particular loved the ocean and mountains. She spent many summers kayaking with friends on the west coast of Vancouver Island, making her last trip with son Lee two years ago. She loved swimming and walking.

For more than 30 years Susan's home away from home was the family cabin on Hollyburn Mountain. She loved hiking the trails, swimming in the cold lakes and enjoying many a good meal and glass of wine with family and friends.

Despite a diagnosis of terminal cancer in January of 2019 and constant chemo treatments, Susan returned to family roots in Scotland, visited friends in Mexico and England, and spent three weeks enjoying Italy during her remaining time.

Strong willed, some might say stubborn, Susan decided she was going to enjoy the "best Christmas ever" at her own home on the banks of the Fraser River and left the hospital for home on December 18.

She was predeceased by her parents Joan and Bill Croll and is survived by her son Lee (Adrianna), her brother Tom (Donna), her brother-in-law Sandy Sinclair (Amanda) and her partner Jim and her many, many "precious friends" who she loved and was loved by.

The family wants to thank the Cancer Agency staff and the Fraser Health Authority staff both in the community and at the Royal Columbian Hospital for their great care and support. They also want to thank healthcare workers Anita, Jaibun, Leah and Akie, whose wonderful care and love made it possible for Susan to realize her wish to remain at home until she died.

Donations in lieu of flowers can be made to the Lookout Foundation - Susan Croll Education Fund, 544 Columbia Street, New Westminster, B.C., V3L 1B1. Donations can also be made online at lookoutsociety.ca. Susan was a board member of the Lookout Society. The fund's purpose is to organize and support the educational needs of residents.

A Celebration of Life will be held February 9 beginning at 1:30 p.m. at the La Perla Ballroom #204 - 810 Quayside Drive, New Westminster (paid parking at Inn of the Quay).

Published on January 25, 2020

<https://vancouverandprovince.remembering.ca/obituary/susan-croll-1078320790>

BCRTA NEWS:



ACER-CART to Engage With New Parliament

At the suggestion of the BCRTA executive, the Western Region of the Canadian Association of retired Teachers (ACER-CART) has recommended to the ACER-CART national executive that it prepare introductory material to be sent to all Members of Parliament, the newly appointed Federal Cabinet, and Canada's senators.

This material will outline who we are as provincial or territorial organizations under the ACER-CART banner, and specify what our goals and priorities are for federal legislation. ACER-CART vice-president (also BCRTA president) Gerry Tiede, along with Western Regional coordinator, Marilyn Bossert of Alberta have begun action on this initiative at the national level.

ACER-CART's Western regional representatives met in Edmonton in November and exchanged ideas on a variety of topics including governance models, insurance trends, national health trends, and ways to market our provincial organizations to retired teachers.



Steve Bailey sits on the board of ACER-CART as BCRTA's representative.

ACER-CART = Association Canadienne Des Enseignantes et Des Enseignants Retraités – Canadian Association of Retired Teachers

Book Look - Echo Sunshine Book Club – Port Alberni

The Girl with Seven Names: A North Korean Defector's Story" by Hyeonseo Lee

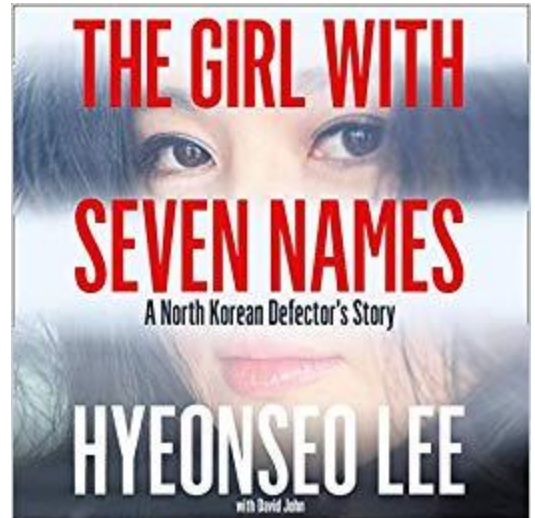
This is an extraordinary insight into life under one of the world's most ruthless and secretive dictatorships – and the story of one woman's terrifying struggle to avoid capture/repatriation and guide her family to freedom.

As a child growing up in North Korea, Hyeonseo Lee was one of millions trapped by a secretive and brutal totalitarian regime. Her home on the border with China gave her some exposure to the world beyond the confines of her country and, as the famine of the 1990s struck, she began to wonder, question and to realize that she had been brainwashed her entire life. Given the repression, poverty and starvation she witnessed surely her country could not be, as she had been told "the best on the planet"?

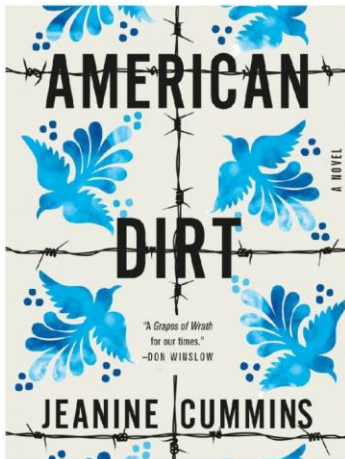
At the age of seventeen, she decided to escape North Korea. Twelve years and two lifetimes later, she would return to the North Korean border in a daring mission to bring her mother and brother to South Korea, on one of the most arduous, costly and dangerous journeys imaginable.

This is the unique story not only of Hyeonseo's escape from the darkness into the light, but also of her coming of age, education and the resolve she found to rebuild her life – not once, but twice – first in China, then in South Korea. Strong, brave and eloquent, this memoir is a triumph of her remarkable spirit.

Our group gave this book a rating of 9. Everyone thought it was an excellent book which gave detailed information about life in North Korea. In fact it was suggested that it should be a compulsory read for high school students.



Oprah's Pick: American Dirt by Jeanine Cummins



It tells the powerful story of Lydia and Luca, a mother and son fleeing from their hometown of Acapulco, Mexico, after a shocking act of violence. "Jeanine Cummins accomplishes a remarkable feat, literally putting us in the shoes of migrants and making us feel their anguish and desperation to live in freedom," says Oprah.

"Gripping reality posing as fiction."

HERITAGE CORNER:

Recently, while perusing the old PQRTA memory books, I found some letters from Life Member Betty Harrower's missionary trip to Kenya with husband Jack in 1978. Of interest?

Letter from overseas

Betty and Jack Harrower
Box 478
Kitui, KENYA

March, 1978
(Received April 14)

Dear Family and Friends

It is strange in a land where some things move so slowly, that time can pass so quickly. Perhaps it is our age. Whatever the reason, we realize the end of our two-year term is almost upon us.

People are anxiously awaiting the rains expected toward the end of March. They say "It's so hot the rains will surely come soon." We can attest to the first part of that statement. We are grateful we have a reliable car now and are not 'footing it' as we were a year ago. Even now, some projects are 3-4 km from a road, requiring a warm walk, but most projects can be reached by car.

The projects are going well. One well, dug in co-operation with the Waterford-Kitui Partnership, is nearing completion. This is a Self-Help project where users give their time to dig a well for the use of the community. A hand pump will be provided. We hope another Self-Help Well Project will begin next week. Agro Forestry has been most helpful and interested in the Ideal Shamba where the hope is, a small family of five could live on what is grown there. They provided many fruit trees and shade trees last season and another small forest 'arrived' last week. They also provide much of the seeds required for the Ideal Shamba.

The economics of various projects are being looked at carefully. While we are here some things such as food for poultry can be brought out from Kitui by car. When we are gone, they may find the only way they can carry on that project is to raise their own feed.

We continue to be impressed by the dignity and pride of so many of the poor people. We have had amazingly few requests for food. On rare occasions someone may need a bit of rice or some sugar. However, the other night a young man, whose mother just spent a month in hospital suffering from a nervous breakdown, came by to tell us they had no food in their house. While he was at the hospital with his mother, seeing that she was cared for and had food, cattle got into their garden and destroyed everything. An older brother has just left for Nairobi to look for work. Today, Jack took the young man to see the Chief Officer to determine whether there is any help available in such cases. In the meantime, we have sufficient funds to ensure that they have food.

Several of the young men of this area have gone to Nairobi lately in search of employment. We worry, because Nairobi is already overflowing with unemployed young men. If one man in a family connection here can get a job, the whole of the extended family gain, because it is then his duty to help any family member requiring assistance, whether it be paying school fees or helping a relative find a job.

A short time ago, the people of the area were told that a part of the medical complex would open soon. The people responded by raising money to buy tables, shelves and benches and by organizing work parties to clear the grounds. It will be wonderful for the people here when the medical facility opens so that sick and injured people can get help from medically trained people. However, they may find the clinic hours a bit more restricted than those on our front porch.

We note that yesterday, March 23, the 200th patient, since April 1, 1986, was treated. Giving First Aid has proved to be a wonderful way to get to know many people and gain some understanding of their problems, but we feel they deserve treatment from professionals and hope they will have it before long.

We appreciated a visit from my sisters Isobel and Marge, and brother-in-law, Earl, during February. They were able to see numerous parts of Kenya, but our joy was in seeing them.

Now we are looking forward to Cathie and Gil's visit in July. People are already asking when our daughter will arrive.

When we offered to work in a Third World country for a couple of years, it was our hope we would be able to work with underprivileged people. How fortunate we were to be sent to the Kitui Rural Development Project where we have found such special people. God works in mysterious ways.....

With our love to each of you.

Betty and Jack

P.S. Because it has at times taken five months for parcels to get here, please send no parcels after May 1, 1987. Letters should not be sent after September 15, 1987.
B & J.



Betty and Jack Harrower

Letter from overseas

Betty & Jack Harrower
Box 478
Kitui, KENYA

Christmas, 1986

Dear Family and Friends,

As we write to extend Christmas greetings to you, the temperature is hovering between 102 and 104 F and the sun is blazing down so it is difficult to picture the white Christmas many of you may be experiencing before long. Whatever your location or surroundings, we send warm wishes for a happy, meaningful Christmas season. If the spirit of Christmas is giving, caring and sharing, then we have Christmas all the year round. Although poor, the people show loving concern and are always ready to help as though we are one of their own.

We just celebrated the first anniversary of our arrival in Kenya by attending the Canadian Thanksgiving Dinner sponsored by the Canadian High Commission. In most ways the year has passed very quickly. Since we have started several more projects, the coming year promises to slip by even faster. We know already it will be hard to leave Kaumu because of the many people in the area who have become our good friends.

Our main focus in this area is on projects, although we are both teaching three hours a week at the Zombe Youth Polytechnic.

The rains are expected soon, so people are concentrating on gardens once again.

One of the projects this season will be developing an ideal demonstration Shamba (garden) which will provide sufficient food for the family, wood for cooking and building, and fodder, in case of drought, for a few goats. This shamba will demonstrate inter cropping of legumes with legume trees, papaya, guava, oranges and lemons. The purpose of the trees is to provide a great deal of shade and shelter from the wind for the standard crops.

One of the groups has developed a small apiary of eight bee hives. It is waiting for rain, flowers and wild bees. In the meantime, food and water are put out daily to attract swarms of wild bees. If this project proves to be successful we will have an increase in requests for these new type bee hives.

Jack has helped to build poultry houses in three different areas as demonstration units. Hopefully, the poultry projects should expand considerably early next year.

Two interesting facets of our work have developed recently. The first is the production of small strong sleighs which can be made for around \$2.00. Some people have oxen but cannot afford a cart so these economically built sleighs fill a big need. We have already heard from one family how much drudgery this has saved the women in their area. The second idea is to test for water by use of a hand drill in three areas where water is needed to help a good number of families. We hope to be able to improve the quality and quantity of water with this equipment before digging and making a cased well.

Betty gives Adult Education classes at our home and a number of illiterate adults are attending. They are learning to print their names and to recognize and write figures. It is a thrilling moment for all when a participant can print his/her own name with no help. Although Saturday morning is work bee time at the local school, when cut off drains are dug, trees planted and fencing done, some of those people attend the classes here in the afternoon. We follow the writing class with a baking demonstration, baking simple cookies, biscuits, cakes, bread, using ingredients the people can buy locally. After the baking is finished it must be tested so we have tea and whatever has been baked. We find, invariably, that the class, instead of running from 2-4 extends to 6 P.M.

As is general, we are sure, where there are missionaries with no dispensary nearby, we are expected to provide First Aid whenever the need arises. In this area the need seems to arise often as over 900 people from this and the surrounding areas have come for treatment of various injuries or malaria. Their thank you's are interesting to observe. Some thank God, some thank us and sometimes nothing is said, but we are happy we can help in this way.

Kenya is said to be a country of contrasts and we have certainly found that to be true. Recently we travelled through a part of Kenya where the growth is lush and green and the farms large, while in other areas the land is dry and parched and the farms are very small. Some areas are heavily populated and every acre of land appears to be under cultivation while the population is sparse in other places.

Kenya is famous for the beauty and variety of its bird life and many of those birds can be found in our area. Each morning we waken to the singing of numerous birds and we always eat breakfast on the front porch so we can watch as birds come to the bird bath for their daily dip. It is impossible to describe the singing of the birds from different parts of the wilderness but it is a sound we will never forget.

During the year our family grew. Kerry and Keith were married and are living in Fernie. Kerry is now a housewife and she and Keith are expecting a baby soon.

Bill and Linda were married and at the same time Bill was transferred to Victoria where he is co-ordinating salmon farms on the B.C. coast. Linda is continuing her studies at the University of Victoria. As a result of Bill' and Linda's marriage we now have two teen aged grandsons. Cathie is living in New Hazelton where she is teaching Special Education and is the School Librarian. Ian is working for the Ministry of Human Resources in Fort St. James.

We have been thrilled with your many letters of encouragement and support. We can't live up to your expectations for us but your welcome letters make us want to try harder.

Thanks for the many kindnesses you have shown over the past year.

We wish you many blessings in the new year.

We send our love.

Letter from overseas



KENYA

October, 1987

Dear Family and Friends

This will be our last letter to you written from Africa since we are about to return home to Vancouver Island.

We prepare to leave Kenya after two interesting and busy years, years during which our knowledge and appreciation of the people we work with, have increased as time has gone by. We both feel the time here has been a highlight of our lives and we will have many happy memories to treasure.

The big emphasis since May has been the digging of six wells in different areas. Fortunately, all of them, ranging in depth from 75 feet to 14 feet will provide water for people in the area. It is exciting to know that over three thousand people will now have clean drinking water and will no longer have to walk as often, the many hot dreary miles, in order to scoop water out of a shallow hole dug in a dry river bed.

We were hoping to travel in Kenya for a week or so before leaving the country but finishing wells will keep us here until the last minute. When everything concerned with wells must be done by hand it takes much time. The women carry the sand, the gravel and the water for the cement and dig a trench if required. Men, trained in cement work mix the cement, make the curved cement blocks and do the curbing of the well. These are the only people paid as the projects are all Self Help Projects. Other men, volunteers do the digging of the well. As the months passed, the hot weather grew hotter and workers found it difficult to work long hours or even very quickly.

It is sad to leave the Kitui area knowing that many of the people in the Eastern Province are suffering as a result of the drought and the resulting famine. No help in the form of Famine Relief has yet come from the Government and as time goes by, it seems doubtful that such help will be forthcoming. We wonder how the poor people will be able to buy seed for planting when the rains do come. The next harvest will produce no food until the end of January so there will be much suffering until then.

How fortunate we are to be returning to Canada where so many things we take for granted are available to the vast majority of people.

On the other hand, we are leaving a country where strong family ties ensure that older people are wanted, needed and useful, and, where possible, young people are assisted in getting an education or a job by family and relatives. We are leaving a country where people have the same dreams and hopes for their children as we have, but it is often harder to realize them.

We are leaving a community where we learned much more from the people than we were able to teach. We experienced the art of sharing even when there was little to share, as we had never done before. While we had many successes and some failures, many thrills and some disappointments, we believe the two years were well spent.

We are grateful to The United Church of Canada for sending our quarterly letter to you for these two years. We appreciate the efforts of the staff of the Division of World Outreach to visit our



These letters are a service of Mission Interpretation, Division of Communication, The United Church of Canada,
85 St. Clair Avenue East, Toronto, Ontario M4T 1M8 Telephone (416) 925.5931

area. Meeting the new members of the staff of the Division of World Outreach was a pleasure. Their visits to many of the missionaries served to encourage us greatly.

We met and got to know all the missionaries in Kenya representing The United Church of Canada. We are proud to be associated with such a positive committed group of people who are giving of their time and talents to demonstrate the love and concern they have for their fellow man.

During our two years in Kenya we were uplifted and encouraged by your letters, your gifts and your prayers. Your faith in us inspired us to do the best job we could. To our knowledge, no one will be replacing us, but we feel the local people are able and willing to continue with the demonstration projects.

We are grateful to The United Church for allowing us the privilege of serving in Kenya and are pleased they gave their blessing to the Rotary Club of Calgary South to supply funding for the digging of wells. Without this help from the Rotary Club, only one well could have been completed.

During this year, we had the pleasure of visits from sisters, Isabel and Marge, and brother-in-law, Earl, as well as from daughter, Cathie and her friend, Gil Scott. We were glad they could see the various projects and meet some of our friends in the Kaumu area. We are looking forward to being reunited with our family. This will be a very special Christmas for us.

We hope you are looking forward to a happy and meaningful Christmas season with the same anticipation as we are.

Our new address is: Box 36, Seadog, R.R.#1, Nanoose Bay, B.C., VOR 2R0

May God's blessing be with you.

Betty and Jack Harrower

MANNA HOMELESS SOCIETY

Saturday, Feb 8th - "The Right to Food" with Graham Riches

Saturday, Mar 14th - "The Right to Shelter" with Renata Sutherland

A guided discussion centered on Canadian Human Rights; soliciting advocacy and local resource development

Parksville Community Conference Centre from 1:30 to 3:30pm

Tickets \$5.00 at the door

QF Gift Cards or Cash donations collected for Orca Place Food Program

Feb. 22, 2020 - Coldest Night of the Year <https://cnoy.org/home>

Register to walk and fundraise for the Island Crisis Care Society

Communities Protecting Our Coast (CPOC) Presents

ARTIFISHAL

WILD SALMON - THE FIGHT FOR SURVIVAL

This Patagonia produced film explores wild salmon's slide toward extinction and presents a case for a radical rethink of our approach to this vital species.

An expert panel of scientists will 'dissect' the film and entertain audience questions.

John Beaton (Moderator)

Internationally acclaimed poet and avid fisherman

Cormack Gates

PhD, Conservation Biology

Bob Hooton

MSc, Fisheries Biologist, Author

Misty MacDuffee

Biologist, Raincoast Conservation

Eiko Jones Photography



SUNDAY FEBRUARY 9 at 2 pm
Knox United Church, Parksville

Admission by Donation

Special thanks to our contributing sponsors: Arrowsmith Naturalists, BC Fly Fishing Federation, Canadian Federation of University Women, Morningstar Farms, Qualicum Beach Streamkeepers, The Knox Green Team, Watershed Watch Salmon Society

Our salmon are fighting for survival.

Over the decades, we have interrupted salmon by draining rivers, damming rivers, settling riverbanks, overfishing streams and injecting billions of genetically inferior fish into the wild population.

The film encourages us to imagine the restoration of wild waterways – and, it is hoped, the fish they once hosted, and the networks of plant, animal and human life that used to center on wild salmon, including Native American communities.

Do you know anyone who could benefit from Eva's generosity?

\$

4

0

0

0

EARLY CHILDHOOD EDUCATORS
**EMPOWER OUR
FUTURE GENERATION**



EVA HILBORN
EARLY CHILDHOOD EDUCATION AWARD
VANCOUVER ISLAND UNIVERSITY

\$4000

Available to a VIU Student from Oceanside enrolled in the 2020 – 2021 ECE: Two Year Diploma Course

- 1 VISIT WWW.VIU.CA
- 2 REGISTER FOR A DIPLOMA COURSE
- 3 APPLY FOR VIU STUDENT'S AWARD

Student's Award Deadline: March 31, 2020

VIU ElderCollege – looking for members, instructors and volunteers!

You can view all the Spring and Summer courses online:

<https://adm.viu.ca/eldercollege/eldercollege-courses>

TO REGISTER:

- Call **1-866-734-6252**;
- Come in person at the VIU Parksville Campus, 2nd Floor, 100 Jensen Ave East; or
- Come in person at the VIU Nanaimo Campus, Building 200, 900 Fifth Street.

Online: viu.ca/eldercollege

Toll-Free: 1-866-734-6252



Two Day Workshop

**Compassionate Support of Needs
For Care-Companions and Partners Diagnosed
With Alzheimer's Who Have Chosen MAiD**

Wed. March 18th & Thurs. March 19th 9am – 4pm

Venue: The Gardens Private Dining Room, Qualicum Beach B.C.

\$75. p.p. Registration includes 4 Sessions + 2 lunches + snacks

Register Early 8 spaces available

Info: 250.752.4996 / tranquilshorescreative@gmail.com

Co-facilitators: Jule Briese, care companion and author of *The Hot Chocolate and Decadent Cake Society – Alzheimer's and the Choice For MAiD*
Wayne Briese, partner recently diagnosed with Alzheimer's.

An eight- hour course offered in 4 two hours sessions or facilitated as 2 day retreat.

This course is primarily for those challenged with dementia and their care companions.

Enrolment is limited to 8 participants in order to create a safe, comfortable nurturing space allowing for personal sharing, discussions and reflection.

Two Day Retreat Bethlehem Centre Nanaimo B.C.

**Compassionate Support of Needs
For Care-Companions and Partners Diagnosed
With Alzheimer's Who Have Chosen MAiD**

Tues. April 21 9:30am to Wed. April 22 4:00 pm

Couples p.p. \$250 Singles \$270

1 night accommodation + 4 meals included + 4 Sessions + Self Time

Registration Deadline : March 10th 8 spaces available

Info: 250.752.4996 / tranquilshorescreative@gmail.com

Co-facilitators: Jule Briese, care companion and author of *The Hot Chocolate and Decadent Cake Society – Alzheimer's and the Choice For MAiD*
Wayne Briese, partner recently diagnosed with Alzheimer's.

Jule Briese the designer and facilitator of this course is a retired educator and a strong advocate for Advance Informed Consent for MAiD for those with dementia who have made this choice known. Jule has a background facilitating nurturing workshops in the areas related to personal well-being, grief and loss, and managing conflict in our personal lives. A care companion to her husband challenged with dementia, she supports his choice for MAiD. Jule is also the author of *The Hot Chocolate and Decadent Cake Society Alzheimer's and The Choice for MAiD - A Memoir in Poetry and Prose*.

Jule can be contacted by e-mail tranquilshorecreative@gmail.com
or by phone 250.752.4996.

Parksville Qualicum Adult Literacy Society - Newsletter, January 19, 2020

Just to recap 2019's achievements: at a nuts and bolts level, PQALS was granted official charitable status by the Canada Revenue Agency, held their first AGM in May which resulted in the first duly elected board, participated in several community markets and launched a beautiful website.

Notably, through donations and membership fees, approximately \$14,000 has been raised resulting in a first service contract with CVIJOBS (Central Vancouver Island Job Opportunities Building Society - a non-profit Society) to provide a part time Program Assistant and the biennial tutor training for **The Tutoring Program**. For this we give many thanks to our members for their contributions through membership and their hard work as Gate Ambassadors at Parksville Beach Festival - which earned PQALS \$2,722. A heartfelt thank you, also, to those who made generous donations to the Society. PQALS received \$5,400 from Charlotte Crowley and Barbara Lowe of Yoga on the Beach, \$1000 from the Knights of Columbus, \$1,980 from regular and lifetime membership fees, and very kind personal donations among others of \$500 from Jim Green, \$200 from Lucky Loonies, and \$3,000 from a donor who wishes to remain anonymous. Peter Rail has generously made an enduring contribution of a different sort, giving his time and expertise to create the Society's website. Some time ago, the local newspaper carried an article noting a general decline in support for charitable organizations and clubs. In the face of this trend, it is all the more inspiring that you have all stepped up to the plate, in whatever way you could, **to support adult literacy, numeracy and ESL tutoring**. The local need for this worthwhile service continues to grow with the population but, with so much input, creativity, enthusiasm and plain old hard work, our group can make a real difference in people's lives.

So, to this end, PQALS is looking forward to continued successful fundraising efforts this year. With your help, we would like to provide another volunteer team of Gate Ambassadors for the Beach Festival. It was a good experience, the four-hour shifts flew by and it was very enjoyable meeting each other outside of Society meetings. The Board is also carefully preparing to approach local businesses and organizations to seek ongoing sponsorship funding. Establishing long term stable funding is key to achieving the goals of the Society and we are quite hopeful that there are people in the area who will value our work and support the cause! Taking a table at the Summer-by-the-Sea public markets does not generate funding, however, it was a great point of contact with the community. It raises PQALS' profile in the community and several prospective tutors and learners have discovered The Tutoring Program by this means.

PQALS hopes to have your support through membership. Annual memberships expired at year end, so if you have not already renewed your membership, please do so. You can remit the \$20 annual fee by mail to Parksville Qualicum Adult Literacy Society, Box 1005, Parksville, BC, V9P 2H1 or drop it off at The Tutoring Program office. You can also become a Lifetime Member for \$100.

All members are very welcome to attend PQALS Board meetings. After the Board business is dealt with, the floor is open for comments and your participation is welcome. This year's meetings are booked in Room 328, 198 East Island Hwy, Parksville, on Wednesdays 12:00 – 2:00: January 22, March 18, the Annual General Meeting on May 20.

Are you interested to volunteer for the Tutoring Program to support Adult Literacy, Numeracy and/or ESL? We need YOU!

Travel Opportunity with PQRTA Member Janice Whaley

October 24 to November 4, 2020 - join Janice for a fabulous escorted tour to Naples, Amalfi Coast and Puglia (the often ignored and forgotten "heel" of Italy) in a small group tour (minimum of 10 and maximum 18) with a final deposit date of March 1st. This promises to be an amazing experience!

11 nights – fully escorted from Vancouver Island

Includes Accommodation (7 nights in boutique accommodation and 4 nights in 4* hotels)

Transport in a premium mini-coach transportation

Daily breakfast, 3 lunches, 2 dinners

Entrance fees and some special Surprises!

Oct 24 – Oct 26

Travel the amazing and beautiful Amalfi Coast with stops along the way

Immerse yourself in the fascinating history of Pompeii

Taste delicious cuisine at Ristorante Lo Smeraldino

To see more about the restaurant, go

to ristorantelosmeraldino.it

Enjoy half a day to explore Naples on your own



Oct 27 – Nov 4

Immerse yourself in the fascinating history of Matera on a tour of the ancient Sassi

Taste delicious wines and produce at a wine cellar museum in an underground grotto

Enjoy a sumptuous local street food tour in the port city of Bari

The enchanting Italian region of Puglia is famous for its historic cities, quaint fishing villages and (of course) its exquisite cuisine. On this round trip, we'll delve into the area's many splendors - from Naples to Martina Franca, Lecce, Gallipoli, Bari and back again - touring historic towns, discovering local traditions and indulging in a wine tasting or two along the way.

Tour - \$4549 per person (based on Double Occupancy - \$900 single supplement)

Book before February 14th and receive \$25 off per person

\$500 Non-refundable deposit at time of booking – must be booked by March 1st

Final payment – 90 days before departure – June 20, 2020

Not included Services

International Flights

Meals not mentioned, drinks during meals
(except coffee at breakfast!)

Gratuities and insurance

Any items of a personal nature (Shopping!)

For more information:

Janice Whaley

Vacation Travel Consultant

Uniglobe LGI Travel Ltd

Qualicum Beach, B.C., V9K 1A5

Tel: (250)752-6471

janicew@uniglobelgi.com

* Please note all prices quoted are subject to change without notice until a booking is confirmed *

* Travel Insurance is essential for all international travel.*

* It is the responsibility of the traveller to check all visa requirements for your destination

* Please check any health requirements for your destination by contacting VIHA at 250.850.2141 *

ORES - OCEANSIDE RETIRED EDUCATORS' SCHOLARSHIP

All PQRTA members are a part of ORES group which formed when the Canada Revenue Association told BCRTA that membership fees could only be used to enhance members experience and were not to be used to cover scholarships. Since that time, we have been reliant on your tax deductible donation for Oceanside Retired Educators' Scholarships

Thank you to all of you that have donated towards our two scholarships. This year, we have collected **\$2095** to be awarded in June 2020 to the following:

1. A student from either Kwalikum or Ballenas Secondary who is training in the field of education: teacher, early childhood educator, or education assistant.
2. A student from PASS (Parksville Alternate Secondary School) who is continuing training (most likely in the trades).

In April/May, our small ORES committee will meet again to review applications and make a decision about the scholarship winners. If you are interested in learning more, or in helping us to choose winners, please contact Elaine Young:

Email: reyis3@shaw.ca

Phone: 250.927.0375



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

PQRTA Member in the News:



Retired
Principal
Leanna
Garner
PQB News
Jan.28,2020



Peter Tryon, President of the Kiwanis Club, presents a cheque in the amount of \$500 to representatives from Qualicum Community Education and Wellness Society's Intergenerational Table (Lorna Gray, Anna Sjoo, Leanna Garner and Anne Skipsey). The funds are helping to fund a new intergenerational program being held at the Qualicum Beach Seniors' Activity Centre.

PQRTA PROGRAM – Mon. Jan. 27, 2020

Falls Prevention – Presented by Stephanie Koropatnick

Bradley Centre in Coombs



Sixteen attendees learned that falls, in seniors, are the leading cause of injury and the sixth leading cause of death.

Risk Reduction: Personal

- Keep being mobile – stay socially connected
- Wear good footwear – low heeled shoes with good tread that fit around your heel
- Wear slippers that fit well with non-skid soles
- Use a walking stick or walker
- See your doctor about dizziness or unsteadiness - could be due medication or an undiagnosed condition - get vision checked
- Maintain fitness – 30 minutes of physical activity daily - do weight and non-weight bearing exercises, too
- Work towards improving your balance – as Dr. Art Hister suggested: while brushing your teeth, stand on one leg – when you get good at that, then close your eyes!
- Get enough Vitamin D and calcium to ensure healthy bones
- Drink plenty of fluids - avoid drinking too much alcohol
- Be MINDFUL of your surroundings at all times!

Risk Reduction: Indoors and Outdoors

- Remove clutter (toys, newspapers, books, cords, etc.) from walkways and stairs
- Make sure all floor mats are well-secured and flat or remove completely
- Install grab bars and secure handrails
- Be aware of pets
- Increase wattage of lighting
- Use night lights or motion sensors
- Clean up spills on floors, immediately
- Use step stools and/or reachers
- Use a bath seat, so you can sit while showering
- Use a rubber mat or non-skid coating in the bathtub and shower
- Paint or fasten reflective tape to edges of outdoor stairs
- Report sidewalk hazards to town office

BC Balance and Dizziness Society:

<https://balanceanddizziness.org/>

BC Injury Research and Prevention:

<http://www.injuryresearch.bc.ca/>

Improve Your Balance to Help Prevent Falls

Source: <https://www.prevention.com/fitness/a20443104/6-ways-to-improve-your-balance/?fbclid=IwAR21xkbd5YeeTIEszLXCFxqrEEXfv8WDr3cplgVjifnvH35ViF8Pea8LVZs>

Falling is one of the most serious medical problems facing older people. Falling actually kills more women every year than breast cancer.

Balance is a crucial survival skill, but it's perishable. The muscles we use to stand tall weaken ever so gradually after we hit 30 (yes, only 30). The length of our stride shortens, the pace of our steps slows, and vision—critical to coordination—becomes fuzzier. Even menopause can make our gait a tad more wobbly. "Aging, however, isn't the only reason people lose their sense of stability. Balance is really 'use it or lose it.' You can maintain it if you stay active.

How well we keep our balance in midlife can protect us from what lies ahead: One in three adults over age 65 takes a serious tumble each year. Avoiding falls means a longer life: About 20% of women who fracture a hip become permanently disabled, and another 20% die within a year. In fact, health problems linked to hip fractures result in more women's deaths each year than breast cancer does.

An enhanced sense of stability, not only protects you from future falls, but there are immediate health benefits—better mobility, fewer injuries, greater capacity to push yourself harder during workouts—that increase overall fitness.

The problem is that people are often unaware that their coordination is slipping. While there are hallmarks of clumsiness—such as poor handwriting and constantly banged-up shins and knees—even naturally agile people need to work to boost balance with age. "Balance is a separate system, just like strength or flexibility. You can improve it, if you continue to challenge it. Here are 8 strategies to strengthen core and lower-body muscles that keep you steady on your feet:

Stand On One Leg

Try to do this while you are washing the dishes, suggests Laskowski. When you can hold the pose for 30 seconds on each side, stand on a less stable surface, such as a couch cushion; to increase the challenge even more, do it with your eyes closed.

Balance On A Wobble Board

It's one of a few gym gizmos designed to challenge your stability. Participants in one study improved with three training sessions a week, each just 6 minutes long.

Here's how to do it: Stand on the board, feet shoulder-width apart, abs tight, and rock forward and back and side to side for a minute at a time. (Hold a chair for support, if needed.) Work up to 2 minutes, without holding on or letting the edges of the device touch the floor.



Keep injecting novelty into your routine. Push yourself to try something new, and you'll boost both balance and overall health.

Take A Tai Chi Class

A study of tai chi practitioners in their mid-60s found that on measures of stability most scored around the 90th percentile of the American Fitness Standards. Additionally, a review of 18 trials including nearly 4,000 participants found that people participating in tai chi were less likely to fall than those who took part in basic stretching programs or made lifestyle changes.



And more!

Yoga works, too: According to research, women 65 and older who took twice-weekly yoga classes for 9 weeks increased ankle flexibility and showed more confidence in walking. That last part is important, because when people are fearful of losing balance, they tend to do less to challenge them. That fear doesn't plague only the elderly: A Howard University study found that among those 65 and older, 22% had already become fearful of falling.

Walk Heel To Toe

The same sobriety field test cops give drunk drivers also improves balance. Take 20 steps forward, heel to toe. Then walk backward, with toe to heel, in a straight line.

Do Squats

Sturdy legs can help prevent a stumble from turning into a fall. To build quads, start with a simple squat: With feet hip-width apart, bend knees and hips and slowly lower yourself as if sitting in a chair behind you. Keep arms straight out, abs tight, back straight, and knees above shoelaces. Stop when thighs are parallel to the floor (or as close as you can get), then contract glutes as you stand back up. Aim for 3 sets of 10, with a 1-min. break after each set.

Practice The Force

It takes muscle strength to get out of a chair, but it takes muscle force to do it quickly. That force—the ability to get your leg in the right place in a nanosecond—is important in preventing falls. We lose muscle force faster than strength, and according to new research, it takes older women longer to build it back up.

Try this move: Instead of gingerly rising from a chair, once in a while leap out of it so forcefully that you need to take a few running steps after you do so. (You can use your arms to gain momentum.) The explosiveness of that action builds power. Side-to-side and back-to-front muscle movements have the same effect, such as when you play tennis or basketball.

Take Up Ballet

When researchers measured muscle movements of a group of professional ballet dancers against those of people who had no ballet or gymnastics training, they found the ballet dancers moved with greater precision and grace. Not too surprising, right? What was surprising, to researchers at least, was the reason ballet dancers balanced better. The dancers used more muscle groups, even just when walking across a flat floor, than people who had no training. That indicates that dance training strengthens your nervous system's ability to coordinate muscle groups so you keep your balance.



Get A Good Night's Rest

Sleep more than 7 hours a night. Sleep deprivation (here are 5 signs you're sleep deprived) slows reaction time, and a study at California Pacific Medical Center shows that it's also directly related to falls. Researchers tracked nearly 3,000 older women and found that those who typically slept between 5 and 7 hours each night were 40% more likely to fall than those who slept longer.

TEST YOUR BALANCE - Try these three moves to see how well you can balance.

- 1. On Both Feet:** Stand with feet together, anklebones touching, and arms folded across chest; then close your eyes. Have someone time you: Though it's normal to sway a little, you should be able to stand for 60 seconds without moving your feet. Next, place one foot directly in front of the other and close your eyes. You should be able to stand for at least 38 seconds on both sides.
- 2. On One Foot:** Stand on one foot and bend other knee, lifting non-supporting foot off floor without letting it touch standing leg. (Do this in a doorway so you can grab the sides if you start to fall.) Repeat with eyes closed. People age 60 and younger can typically hold the pose for about 29 seconds with their eyes open, 21 seconds with their eyes closed. People age 61 and older: 22 seconds with eyes open, 10 seconds with eyes closed.
- 3. On Ball Of Foot:** Stand on one foot with hands on hips, and place non-supporting foot against inside knee of standing leg. Raise heel off floor and hold the pose—you should be able to do so for 25 seconds.



Build Incredible Balance and a Rock Solid Core

Source: <https://www.prevention.com/fitness/a20446305/best-moves-for-better-balance-and-stronger-core/>

Icy sidewalks. Uneven pavement. Even the non-clumsy among us stumble almost daily. "I trip all the time, on the treadmill, or over dumbbells at the gym," says Holly Perkins, a Los Angeles-based celebrity trainer. "But because I'm constantly working on my balance, it's no big deal—I can recover without falling."

Staying steady on your feet requires more diligence as the years go by, thanks in part to age-related muscle loss. "Muscle holds your joints and bones in place, so if you're not fighting that battle to keep your muscle mass, you're looking at a decrease in stability," says Perkins. But luckily, there are plenty of exercises you can do to work on your balance.

Balance involves your core muscles—the ones surrounding your trunk. But other body parts come into play, too, including your feet and ankles, Perkins says. Your core will keep you upright when you slip on a patch of ice, but if you roll an ankle on rock, a strong core won't help much. You'll need strong, stable ankles.

Try our ultimate balance-building routine. Perkins suggests doing it 2 to 3 times a week or doing a few of the exercises each day. Try it as a warm-up or cool-down to your regular workout, or even on its own.

More Exercises For Balance: Calf Raise, Stability Ball Sits, Superman, Ball Balance, Elevated Plank, Modified Side Plank, Elevated Tree Pose, Warrior III Core Crunch:

<https://www.prevention.com/fitness/a20446305/best-moves-for-better-balance-and-stronger-core/>

Purple Caps for Newborns

We still need 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>

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

Thanks to Barb Brett for delivering over 110 little purple hats to Nanaimo Hospital Foundation, at the beginning of February.

Many thanks to our knitters and crocheters! Keep 'em comin'!



- Barb Brett
- Cathy Van Herwaarden
- Suzanne Rush
- Eva Hilborn
- Colleen Lucas
- Jutta L'Hirondelle



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



February Events - Parksville and Qualicum Beach Area
<https://www.visitparksvillequalicumbeach.com/events-2020-2/>

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/>

Oasis Magazine: Parksville Qualicum Beach Life
<http://www.oasislife.ca/magazines/>



UPCOMING EVENTS and REMINDERS:

Feb. 1 – Spaghetti Dinner Fundraiser
Feb. 2 – Groundhog Day
Feb. 9 – Artifishal film – Knox United
Feb. 14 – Valentine's Day
Feb. 17 – BC Family Day

Feb. 18 – BCRTA Advantage Program
Feb. 22 – Coldest Night of the Year Walk
Feb. 24 – Moosehide Campaign
Feb. 26 – Pink Shirt Day
Feb. 29 – Leap Day

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
Communications	Stephanie Koropatnick
Sunshine	Colleen Craig
Heritage	Sharon Cox-Gustavson
Historian	VACANT
Phoning Contacts	Jan Graham, Nancy Whelan
Well Being Contact	Barb Brett



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