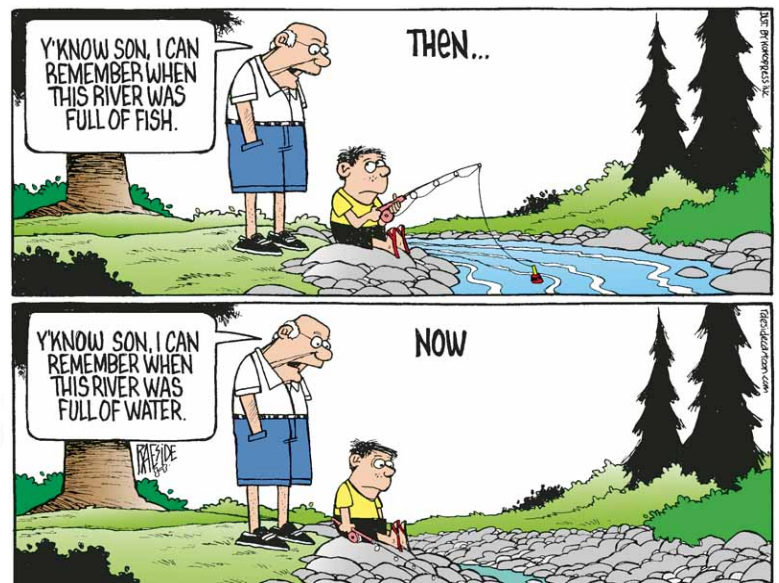
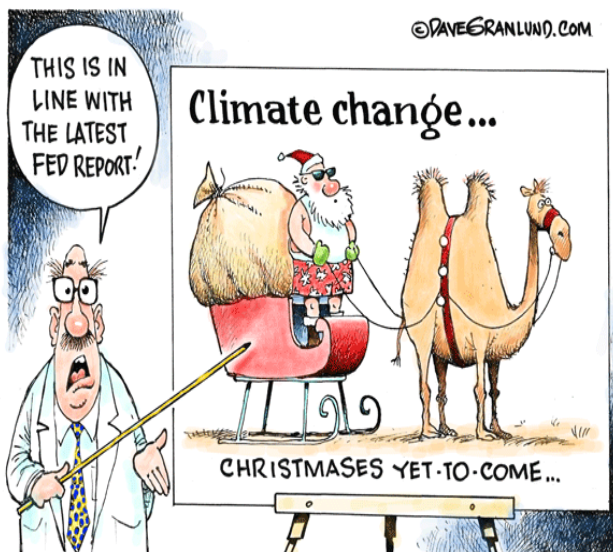




RETIRED TEACHERS' ASSOCIATION NEWSLETTER

Courtesy of Cathy van Herwaarden
PARKSVILLE - QUALICUM PRESIDENT

March, 2020



Do you know of a PRRTA member who needs some sunshine in their life, due to illness or a loss in their family? Please, let us know!

Sunshine Chair: **Barb Lambert**
balambertbc@shaw.ca 604 487-0320



MARCH: <https://www.wincalendar.com/Calendar-Canada/March-2020>

Sunday, March 1, 2020 – Zero Discrimination Day

Zero Discrimination Day aims to celebrate individuality, inclusion and human rights while promoting tolerance, compassion and peace. Discrimination refers to the selective practice of unfairly treating a person or a group of people differently than others due factors such as religion, gender, race, sexuality, age and disability amongst others. Despite laws and education, discrimination continues to be a widespread problem throughout the world.



ZERO DISCRIMINATION DAY

Zero Discrimination Day was first celebrated by UNAIDS, the United Nations' HIV/AIDS Program, in December of 2013. The following year, the UN and other global organizations officially celebrated the day on March 1st, in an effort to promote everyone's right to live a full life with dignity regardless of age, gender, sexuality, nationality, ethnicity, skin color, height, weight, profession, education, and beliefs.



Tuesday, March 3, 2020 – World Wildlife Day

World Wildlife Day seeks to celebrate the world's plants and animals while raising awareness of issues that impact wildlife. Wildlife refers to all undomesticated native plants and animals of a region. The day also serves to highlight issues such as urbanization, poaching, pollution, destruction of wildlife habitat, and the ways that humans can contribute to conservation efforts.

The United Nations General Assembly proclaimed World Wildlife Day in December of 2013 as a celebration that would take place annually on March 3rd. The date chosen coincides with the day the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES) was signed. The CITES is a document that regulates trade of wild animals and plants around the world.

Sunday, March 8th – 2:00am - Daylight Saving Time Begins

Daylight Savings time had begun in an effort to help save energy and provide workers with more hours of serviceable daylight during the long summer days. On Saturday night, set your clocks forward one hour to "spring ahead."



Sunday, March 8, 2020 – International Women's Day

International Women's Day celebrates women's achievements throughout the world. Its purpose is to promote women's equality, encourage support for repressed women and promote appreciation



toward women everywhere. Many organizations, including the United Nations, use this day to also celebrate extraordinary achievements of ordinary women.

International Women's Day was initially promoted by the Socialist Party of America. In 1909, it designated this day in remembrance of a major strike by the International Ladies' Garment Workers Union. The holiday is now recognized internationally and is an Official National Holiday for many countries, including: China, Russia and Ukraine. It is observed annually on March 8th.



Monday, March 9th - Purim Begins...

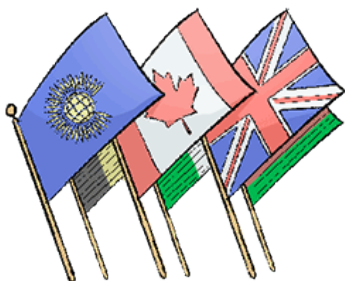
Purim (Hebrew: פורים) is a Jewish Holiday which commemorates Jewish people being saved from extermination in Persia.

The story of Purim comes from the Biblical book of Esther. In it, Haman, a high ranking advisor to King Ahasuerus, sought to kill all Jews in ancient Persia. He is motivated by an incident in which Mordechai, a Jewish leader, defied the king's orders and refused to bow to Haman.

Haman is stopped through the actions of Mordechai and his niece Esther, a beautiful and courageous Jewish woman. Esther initially disguises her Jewish Identity and eventually becomes Queen. Through their actions the King becomes aware of Haman's plot and is persuaded to have him hanged.

Tuesday, March 10th - Mario Day

Mario Day celebrates and honors the success of the famous Nintendo character, Mario. Mr. Shigeru Miyamoto was the creator of Mario. The character's first appearance was on a Donkey Kong arcade game, in 1981. The success was immediate; over 60,000 machines were sold at the time. After that, Mario replaced Donkey Kong as the symbol of Nintendo and consequently became the success that it is today. Mario's success is celebrated every year on March 10th, a reference to the character's name.



Wednesday, March 11, 2020 - Commonwealth Day

Commonwealth Day serves to promote Commonwealth issues and core values. On the second Monday of March, Commonwealth member countries around globe unite to in an effort to promote global issues, international co-operation, and the Commonwealth's work to better the lives of over 2 billion people in its 53 member countries, the majority of which were once under British rule.

In 1931, the former British colonies of Australia, Canada, New Zealand and South Africa decided to join Britain in the creation of the Commonwealth of Nations. Throughout the 20th century, as more and more nations gained their independence from Britain, their new leaders also opted to join the Commonwealth of Nations, further diversifying the religious, racial, social and political makeup of the Commonwealth.

Today, all member countries of the Commonwealth, regardless of size, wealth, race or religion, have an equal say in shaping the Commonwealth of tomorrow. Since 1977, Commonwealth Day has been celebrated on the second Monday in March of every year with a special theme. The 2020 theme is 'Delivering a Common Future: Connecting, Innovating, Transforming'.

Commonwealth Day Quotes:

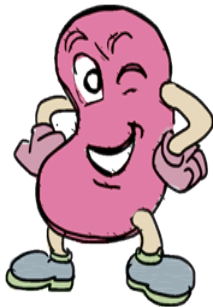
- *The Commonwealth makes the world safe for diversity.* - Nelson Mandela
- *But the Commonwealth's strength lies as much in people as it does in values. Few other global organizations can boast the same rich diversity of humankind and yet also such a commonality of spirit. The Commonwealth can be proud of the fact that in each of its six decades, it has shaped the international response to emerging global challenges.* - Queen Elizabeth II

Commonwealth Day Facts

- Canada, New Zealand, South Africa, and Australia are the oldest-standing members of the Commonwealth; they all joined in 1931. Canada is the largest member at nearly 10 million square kilometres. India is the most populous member with over one billion inhabitants while Nauru is the smallest member, with a mere 13,000 people.
- The 53 members of the Commonwealth span the entire globe. Some nations are realms, meaning that The Queen is Sovereign; others are Monarchies, meaning they have their own monarch as Head of State, while others are independent Republics.
- Membership in the Commonwealth is entirely voluntary, meaning that any member can withdraw from the Commonwealth at any given time. Only two countries have ever withdrawn: the Republic of Ireland in 1949 and more recently, Zimbabwe in 2003.

Commonwealth Day Top Events and Things to Do

- Every Commonwealth Day, the Head of the Commonwealth, Queen Elizabeth II, delivers a message to the people that is broadcast throughout the Commonwealth of Nations. Watch this broadcast on local television or on You Tube.
- The Commonwealth hosts a multi-faith observance at Westminster Abbey in London, England. During this observance, the Commonwealth's major religions are recognized under the same roof. Organize your own multi-faith observance in your local community.
- Watch the movie *Invictus* (2009) starring Morgan Freeman or *Mandela: Long Walk to Freedom* (2013). These movies touch on old racist policies in South Africa, a problem which forced the country to leave the Commonwealth in 1961.
- Spend a few hours scouring through online Census records and conducting genealogy research about your ancestors. Perhaps they were born in a different Commonwealth nation and history brought them to your current country.



Thursday, March 12th - World Kidney Day

World Kidney Day seeks to raise awareness of the importance of kidneys to overall human health and inform the world about ways to prevent kidney disease. Kidneys remove waste products and excess fluids from the body while releasing various hormones and producing vitamins. Humans have two kidneys, located on either side of the spine in the lower abdomen.

World Kidney Day is part of the World Health Organization's health-related celebrations. It was first celebrated in 2006. It is observed on the second Thursday in March each year.



Friday, March 13th – World Sleep Day

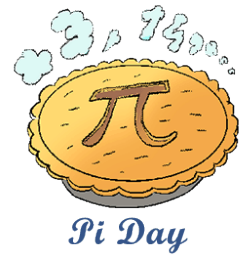
World Sleep Day seeks to draw awareness to the importance of sleep and promote scientific research on sleep. The World Association of Sleep Medicine and World Sleep Federation is credited with the origin of this observance.

According to Symbol Statistics Canada, about one-third of Canadians sleep fewer hours per night than what is recommended for the physical and mental wellbeing of an individual. Sleep deprivation has been shown to increase incidences of diabetes, cardiovascular disease and obesity.

Saturday, March 14th - Pi Day

Pi Day celebrates the mathematical constant π (pi), **3.141592653...**

Pi is the ratio between the circumference (the distance around the circle) and diameter (the distance of a straight line that goes through the center of a circle). Pi is a constant; therefore it will be the same for circles of all sizes. Pi is a special number due to its infinite and patternless nature, meaning that the digits after the decimal point never repeat themselves in a specific pattern.



Pi Day celebrations originated in 1988 at the San Francisco Exploratorium when Larry Shaw, a physicist at the Exploratorium, organized the first Pi Day. It was held on March 14th (3/14), given that the first digits of Pi are **3.14**.



Tuesday, March 17th - Saint Patrick's Day

St. Patrick's Day is a celebration of Irish pride and heritage. Saint Patrick was a British-born priest and former slave who is known for converting the Irish to Christianity and chasing the snakes out of the country. He died on March 17, in the year 461 and was mostly forgotten. As time passed, stories grew around St. Patrick and centuries later he was honored with the title of Patron Saint of Ireland.

Over the years, big parties and the custom of drowning the shamrock at the end of the celebrations - a shamrock is placed in the bottom of a cup that is then filled with whiskey, cider or beer then drank with a toast - have become increasingly popular all over the world. Every year, on March 17th, this holiday is celebrated around the globe with shamrocks, leprechauns and lots of green.

Friday, March 20th – First Day of Spring

Spring traditionally marks the end of winter and the beginning of a season that signifies longer days and warmer temperatures. The first day of Spring is also known as the Vernal Equinox. This marks the day that the Sun's path is directly over the equator. This day also contains equal amount of day time and night time. This day typically occurs each year on March 20 or March 21



Friday, March 20th – French Language Day

French Language Day was introduced by the United Nations in 2010. On that year, the organization also created days for languages as Chinese, English, Spanish, Russian, and Arabic.



These are the six official languages used by the United Nations. The goal of the observance is to raise awareness of the history and culture of each of these languages. French Language Day occurs every year on March 20th.

Friday, March 20th – Persian New Year

Persian New Year is celebrated in honor of spring and the New Year. The Persian New Year is called Nowruz, literally, it means "new day", and it is a celebration of nature's rebirth that lasts for two weeks. Nowruz starts at the stroke of the vernal equinox, when the sun crosses the equator.

Friday, March 20th – International Day of Happiness

The International Day of Happiness seeks to celebrate and promote world happiness as a fundamental human goal. It recognizes the need for a more inclusive, equitable and balanced approach to economic growth, one that promotes sustainable development, poverty eradication, happiness and well-being of all people.



At the UN Conference on Happiness in 2012, the United Nations proclaimed the International Day of Happiness. The day was celebrated for the first time on March 20, 2013 in an effort to highlight the importance of global happiness and its impact on world development and peace.

Saturday, March 21st International Day for the Elimination of Racial Discrimination



An observance founded by the United Nations with the objective of abolishing racism and xenophobia. It occurs every year on March 21st. The UN General Assembly states that no human being should have more benefits than any other. Everyone is born free and have the right to equally contribute to societies and communities, regardless of race, nationality, and religion.

Quote: *We must all work harder to repair the fissures and polarization that are so prevalent in our societies today. We must nurture mutual understanding and invest in making diversity a success. And we must counter and reject political figures who exploit differences for electoral gain.* — UN Secretary-General António Guterres

Saturday, March 21st - International Day of Forests History

International Day of Forests seeks to celebrate forests while providing a platform to raise awareness for the importance of trees. This day also raises awareness of the effects of rapid deforestation. It further seeks to educate the public about the vital role that forests and trees play in sustaining and protecting humans. According to the World Bank: Forested watersheds and wetlands supply 75 percent of the world's accessible fresh water for domestic, agricultural, industrial and ecological use. They further act as natural filters for air.



International Day of Forests was declared in December 2012 by the United Nations General Assembly in an effort to promote the importance of forests to humans and aid in conservation efforts. International Day of Forests is observed annually on March 21st. Since then, International Forest Day has become one of the most influential global events advocating for forest conservation in the world.



Saturday, March 21st – World Down Syndrome Day

World Down Syndrome Day aims to raise awareness of what the syndrome is, and how people with Down Syndrome can be as active as any other member of the community. It internationally encourages people with it to share their activities and achievements and show that they are just as capable as anybody else. It occurs annually on March 21st.

Saturday, March 21st – World Poetry Day

World Poetry Day was proclaimed by UNESCO in 1999 in an effort to support creative expression and endangered languages. World Poetry Day seeks to promote linguistic diversity and expression through poetry. The day also serves to encourage poetry, promote its teaching and support publishers involved in its dissemination. Poetry is a type of artistic expression that emphasizes feelings and ideas by using different styles and rhythms. The United Nations believes that poetry is an affirmation of our common humanity and proves that all humans everywhere share the same questions and feelings. It is celebrated annually on March 21st.



Sunday, March 22nd – World Water Day



World Water Day serves to raise awareness about water issues such as sanitation problems and water shortages in many parts of the world. Today, 1 in 10 people lack access to safe and clean water, a problem which has a direct impact on the economy, health of the population and well-being of women and children worldwide. In 1992, World Water Day was proposed at the United Nations General Conference on Environment and Development. The United Nations General Assembly responded to the proposition in 1993 by declaring March 22 as World Water Day.

Each year, the UN Water agency allocates a theme corresponding to a current or potential challenge for World Water Day. This year's theme, 'Nature and Climate Change', explores how water and climate change are inextricably linked.

Sunday, March 22nd - Lailat al Miraj

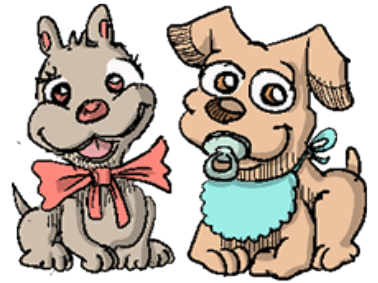
Lailatul Miraj (Arabic: الإسراء والمعراج) commemorates Prophet Muhammad's ascension to heaven. Muslims believe that on this night, an angel came to the Prophet, washed his abdomen with Zamzam water, and filled his heart with wisdom and belief. Then, Muhammad was called by God from Mecca to Jerusalem, where he prayed at the Masjid Al-Aqsa (Jerusalem). From Jerusalem, he ascended to heaven, where he was honored by being allowed to see God directly, visiting the highest levels of heaven, and leading all the past Prophets in prayer, including Joseph, Adam, Abraham, Moses, Aaron, Jesus, and John the Baptist.



To get to his destinations, he rode Al-Buraq, a heavenly animal that was smaller than a mule but bigger than a donkey. He was given the gift of prayer by God. When he returned to Mecca, he accurately described a caravan that was headed to Mecca from Jerusalem to show the Quraish that had actually been there. Although the exact date of Lailatul Miraj is unknown, most believe it fell on 27 Rajab.

Monday, March 23rd – National Puppy Day

National Puppy Day seeks to celebrate the unconditional love that puppies bring to people's lives. It is also a day to help save orphaned puppies across the globe and educate people about puppy mills and their many horrors. Puppies are young dogs, and depending on the breed, some remain puppies for longer than others.



National Puppy Day is held on March 23rd every year in the hopes of improving the lives of puppies everywhere. Colleen Paige, who is also the founder of National Dog Day and National Cat Day, founded the celebration in 2006.

Monday, March 23rd – World Meteorological Day

World Meteorological Day celebrates the coming into force on 1950, which established the World Meteorological Organization. The day celebrates and emphasizes the importance of National Meteorological and Hydrological Services to the security of society. The observance occurs every year on March 23rd, the same day as the coming into force on 1950.



Tuesday, March 24th - International Day for the Right to the Truth concerning Gross Human Rights Violations and for the Dignity of Victims History



International Day for the Right to the Truth concerning Gross Human Rights Violations and for the Dignity of Victims is a United Nations sponsored holiday. This date honors Monsignor Óscar Arnulfo Romero, who was a defender of Human rights and was murdered on March 24th of 1980. Besides honoring the memory of Romero, the observance also pays tribute to those who lost their lives fighting for human rights. The observance occurs every year on March 24th.

Tuesday, March 24th – World Tuberculosis Day

World Tuberculosis Day, also known as World TB Day, seeks to raise awareness for Tuberculosis. Tuberculosis is a bacterial infectious disease that affects the lungs. It is estimated that in 2017, 10 million people fell ill with Tuberculosis and 1.6 million died from the disease.



World Tuberculosis Day is a World Health Organization holiday that is observed annually on March 24. The celebratory date commemorates the discovery of Tuberculosis bacteria by Dr. Koch in 1882.

Wednesday, March 25th - International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade



International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade honors the memory of all slaves that suffered or died due to the slavery system. Slavery occurred for over 400 years



ΕΙ ΚΟΣΤΗ ΓΕΜΠΗ ΜΑΪΟΥ
Greece Independence Day

and over 15 million human beings were victims of the slave trade. The Ark of Return is a memorial to all victims of slavery at the United Nations Headquarters in New York.

Wednesday, March 25th - Greek Independence Day

Greek Independence Day celebrates the anniversary of the declaration of the start of the Greek War of Independence from the Ottoman Empire. On 25 March 1821, Greece revolted against the Ottoman Empire, of which it had been part for nearly 4 centuries. The war lasted until 1829 and required the assistance of Russia, Britain and France.

Greek Independence Day is celebrated on 25 March annually. It is a major public holiday that celebrates Greece's sovereignty, pride and culture.

Wednesday, March 25th - International Waffle Day

International Waffle Day began as a celebration in Sweden, but it soon spread to many other countries in Europe and other continents as well. Historians believe that versions of Waffles have been around for 8,000 years. However, it was not until 1725 when a waffle first appeared in a cookbook, the writer being Robert Smith. The Ingredients for a basic waffle recipe include: 1 3/4 cups flour, 1 tablespoon baking powder, 1/2 teaspoon salt, 2 eggs, separated, 1 3/4 cups buttermilk, and 1/2 cup oil. International Waffle Day is observed annually on March 25th.



Wednesday, March 25th - International Day of Solidarity with Detained and Missing Staff Members

International Day of Solidarity with Detained and Missing Staff Members is a United Nations sponsored holiday, in memory of Alec Collett, a UN employee journalist who was abducted by armed men in 1985. His body was found only in 2009 at Lebanon. The observance occurs every year on March 25th, the anniversary of Collett's abduction.

Quote:

Whether in their home countries or abroad, United Nations staff members have an admirable commitment to service. Their safety must be our priority. On this International Day of Solidarity, I call on the Member States and the international community to strengthen resolve to give them the protection they need to continue their work for peace and prosperity for all. — Secretary-General António Guterres

Wednesday, March 25th - International Manatee Day

The Manatee Appreciation Day raises awareness about the Manatees. The species is one of the most unusual of the aquatic life. Manatees are also called "sea cows". The Manatees can only be found in waters where the temperature is at least 60 degrees Fahrenheit. This species can live up to 60 years. The observance occurs every year on the last Wednesday of March.



**World
Theatre Day**

Friday, March 27th - World Theatre Day

The World Theatre Day was created by the International Theatre Institute in 1962. The day is celebrated by actors, directors, and everyone else that has theatre in their lives. The observance also aims to increase the awareness of the importance of theater as an art form. World Theatre Day's

official website states that many governments, politicians, and institutions do not value the art of acting on a stage as they should. The celebration occurs yearly on March 27th.

Saturday, March 28th – 8:30pm to 9:30pm - Earth Hour

Earth Hour Day refers to a period where people are encouraged to turn off non-essential electric lights for one hour. The event is held annually on a specific day towards the end of March. The first lights-off event began in Sydney, Australia, in 2007.



Earth Hour Quotes

- *If we do not permit the earth to produce beauty and joy, it will in the end not produce food, either.* - Joseph Wood Krutch
- *There is a great need for the introduction of new values in our society, where bigger is not necessarily better, where slower can be faster, and where less can be more.* - Ralph Nader
- *Never doubt that a small group of thoughtfully committed citizens can change the world. Indeed, it's the only thing that ever has.* - Gaylord Nelson
- *The wealth of the nation is its air, water, soil, forests, minerals, rivers, lakes, oceans, scenic beauty, wildlife habitats and biodiversity... that's all there is. That's the whole economy. That's where all the economic activity and jobs come from. These biological systems are the sustaining wealth of the world.* - Bill Vaughan



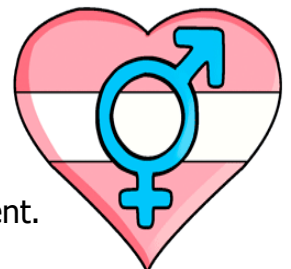
Earth
HOUR

Earth Hour Top Events and Things to Do

- Gather your friends for a candlelight workout and burn some calories along with those candles. In your down time, think on ways you can bring your commitment to climate action beyond Earth Hour.
- Hundreds of the world's most iconic landmarks, from the Empire State Building, to the Eiffel Tower and the Sydney Opera House participate in Earth Hour. This year, take a walk around your town or city and try to see which buildings switched off their lights for the planet.
- March 25 is as good a day as any to make a resolution to reduce your carbon footprint. Turn off the lights when leaving the room for 15 minutes or more, or switch to e-billing to save paper.

Tuesday, March 31st - International Transgender Day of Visibility

The International Transgender Day of Visibility aims to raise awareness of the transgender people achievements, its community, and abolish transphobia. The Trans Student Educational Resources website highlights that this observance is not a day for lamentation, the International Transgender Day of Visibility is a day for empowerment and acknowledgement. The holiday is commemorated every year on March 31st.



HERRING AID



- Department of Fishery and Oceans (DFO) has approved a 20% herring harvest
- DFO scientists say this poses a “high risk”
- 2020’s stock forecast is less than half 2019’s
- There have been petitions and protests
- DFO has not changed its position
- The fishery is about to happen
- Help us save this wonder of nature!

**Save the
Herring!**

Background

1. Herring were once abundant on the Pacific coast.
2. In the 1960’s the stock was severely over-fished, with harvests of 200K metric tons in some years.
3. There were fisheries closures and the stocks bounced back from near extinction.
4. In recent years, there has been an apparently sustainable fishery of 20% of the estimated biomass.
5. The estimates of biomass are very imprecise.
6. In 2019 the estimate was a range of 67K to 221K metric tons. The quota was set at 20% of 123K (the “forecast”), or 25K. The actual return was only 86K so the quota could have permitted significant overfishing.
7. The DFO followed the same methods for its recommendation on the 2020 fishery, i.e. they set the quota based on their “forecast.” This year, that forecast has decreased to 54K, due to a huge decrease in the expected stock.
8. The DFO scientists pointed out that the unreliability of the forecasts made this approach high risk, even in 2019. The warning has been repeated for 2020.

9. The range of biomass for 2020 is 27K to 110K metric tons. A harvest based on the forecast will amount to 11K. That, combined with a return at the low end of the range, could jeopardize the stock's very survival.
10. DFO scientists obviously realized this, so their report contains an incredible qualification.

Why We Should Save The Herring

1. The following creatures feed on, and depend on, herring:
 - a. salmon, an icon of the BC coast on which entire ecosystems and livelihoods depend, and for whose preservation, we're making huge investments;
 - b. seabirds, including gulls, eagles, herons, ospreys, ducks, and the stars of the Brant Festival, geese;
 - c. seals and sea-lions, in turn a food source for transient orcas; and
 - d. many other forms of marine wildlife who reap benefits from the presence of herring biomass.
2. The herring are worth more in the water. Why spend to save salmon and, at the same time, starve them of their main food source?
3. Only 12% of the catch goes to feed people. And that's in the form of roe for consumption in Japan. All the rest of the harvest—all the males, all the female carcasses, and all the females too young to produce spawn—go to create cat food and feed for the salmon fish farms that are harming our wild salmon stocks.
4. Four out of five herring fisheries have crashed under DFO management. This is the last remaining one.
5. They're a First Nations food source.
6. Reduction or elimination of a harvest can include help to the fishers. If the fishery kills the resource, they'll need help anyway. Rule changes should involve compensation and assistance to the fishing community.
7. The herring spawning cycle, and the wildlife it draws, are a stunning natural spectacle, a wonder of nature we hold in trust for future generations. Let's fight to keep it from dying.

The Case for Ending the Herring Fishery

Increasingly, environmentalists, First Nations, conservationists, sports anglers, and tourist-dependent communities that rely on other species for which herring is forage—chinook salmon, southern resident orcas, at least 40 species of sea birds, and, of course, the humans who make a living from whale watching and recreational sports fishing—want the Salish Sea herring fishery closed.

BC's tourism sector, much of it associated with outdoor recreation and wildlife viewing, generated \$17 billion in 2016 revenue. Tidal sports angling, most of it directed at fishing for chinook which are dependent on herring, generated \$3.2 billion. Whale watching of orcas, which rely on chinook, and humpbacks which eat herring, generates about \$200 million a year in BC. The roe herring fishery was worth \$33 million in 2016. On the jobs front too, the numbers are worth comparing. While commercial fishing employs about 1,100 people,

saltwater sports fishing employs 5,000 and tourism on Vancouver Island employs more than 20,000. In fact, tourism in BC contributed five times more to provincial GDP than the entire agriculture and fisheries sectors combined.

One recent major study of the Salish Sea food web concludes that not enough chinook now remain to sustain orcas, seals, sea lions, sport fishing, and commercial harvests. Predictably, there's now a clamour to cull seals and sea lions, although one study of 1,000 samples of seal scat in the San Juan Islands found that 60 percent of seals' diet was herring. The question arises, why are seals increasing predation on dwindling chinook stocks if herring stocks, which historically provided more than half their diet, are at historic levels of abundance?

- One survey from 2009 shows 53 percent of major historic herring spawning areas in the Salish Sea now in serious decline
- Of five herring fisheries areas off the BC coast, three are closed and one is restricted to traditional roe-on-kelp harvests. Only the one in the Salish Sea is deemed to have sufficient stock to support a commercial fishery.
- We've fished stocks to collapse before, amid repeated assurances that the fisheries science shows harvests to be sustainable.

Chinook, which prey on herring stocks, are now in such serious trouble that extinction for many Salish Sea populations seems possible. In its latest report, the federal science committee evaluating species at risk lists nine chinook populations as endangered, four as threatened, and one as being of special concern. About half of BC's 28 chinook populations are now threatened with extirpation.

Southern resident orcas, which feed predominantly upon the now- vanishing chinook salmon, are also listed as an endangered population. It has dwindled to 74, a 35-year low, and biologists say two more are expected to starve to death by summer.

It gets worse. A 2012 study of seabirds in the Salish Sea found that almost 40 percent—22 species—showed “significantly declining trends.” One group of seabirds, the forage fish feeders for whom herring are the most important food source, deserve special concern because of the steepness of the population declines, the researchers warned.

The seabirds that deserve most attention (some have lost almost 20 percent of their populations)—the western grebe, the common loon, the horned grebe and the rhinoceros auklet—“feed largely on small, mid-water schooling bait (or forage) fish when in the Salish Sea. Pacific herring and Pacific sand lance (needlefish) are the two most important forage fish prey, particularly now that some species such as eulachon have collapsed.”

The report says herring eggs and larvae are the two most important prey types for marine birds in the Salish Sea.

For more about the case for ending the herring fishery:
<https://www.focusonvictoria.ca/focus-magazine-march-april-2019/the-case-for-ending-the-herring-fishery-r9/?fbclid=IwAR1N4-3YA89uu-yi65Vfrhw0HEE5a6OpvTbgcl3EnauXXpefsIP0ChG1zYQ>



The 2020 Department of Fisheries and Oceans Report

1. The report is a long one—209 pages.
2. When you get to page 59, you find the 20% harvest recommendation for the Strait of Georgia fishery. The 2019 report said, "Stock biomass is high and growth is positive." This sentence has been removed in the 2020 report.
3. In the final three pages, buried in the last Appendix, Appendix 13, we find this:
"Further analysis of additional resource management issues not incorporated into the preliminary risk calculations indicate there is a moderate to high potential to over-harvest in this fishery, which may pose a risk to the stocks."
4. And this: *"To account for these potential additional issues, the overall risk that the fishery poses to the stocks was changed to high."*
5. DFO's own scientists are telling them this fishery could wipe out the last viable herring fishery on the coast.
6. They ignored the warning and seemed to bury it. This information should have been prominently stated. Along with the decline in stock forecasts of over 50%, it completely vitiates their recommendation.
7. There have been petitions, letters to regulators, and press coverage, but the DFO hasn't budged.
8. The herring fishery usually goes ahead in early March.
9. If the DFO allows it to happen there may be no more herring next year or ever!

We are working hard to get out the word. Get involved:

- Sign a petition,
- Write to a regulator,
- Or just stand on the shore and scream, but do something!



Leave Seaweed on the Beach during Herring Spawn Season

Source: <https://www.coastreporter.net/community/features/leave-seaweed-on-the-beach-during-herring-spawn-season-1.24080229>

Friends of Forage Fish volunteer group is reminding gardeners that herring spawn season has started and no seaweed should be collected for gardens in February, March and early April.

Herring will often choose seaweeds as the anchor for their eggs. When the egg-laden seaweed gets broken off and washed up on the beach, those eggs can survive until the next high tide. By taking seaweeds during the spawning season, there is the potential to destroy thousands of herring eggs.

The seaweed line is home to many small sea creatures and provides shelter, shade and moisture between the tidal periods. Gardeners should ask themselves, "Do I really need seaweed for mulch?" If you must collect seaweed as mulch for your garden, take only small amounts and over a large area to minimize the impact, and not during herring spawn season.

What Really Happens To Plastic Drink Bottles That You Recycle?

Source: <https://www.cbc.ca/news/technology/bottle-recycling-1.5416614?cmp=newsletter-Morning+Brief+January+7+2020>

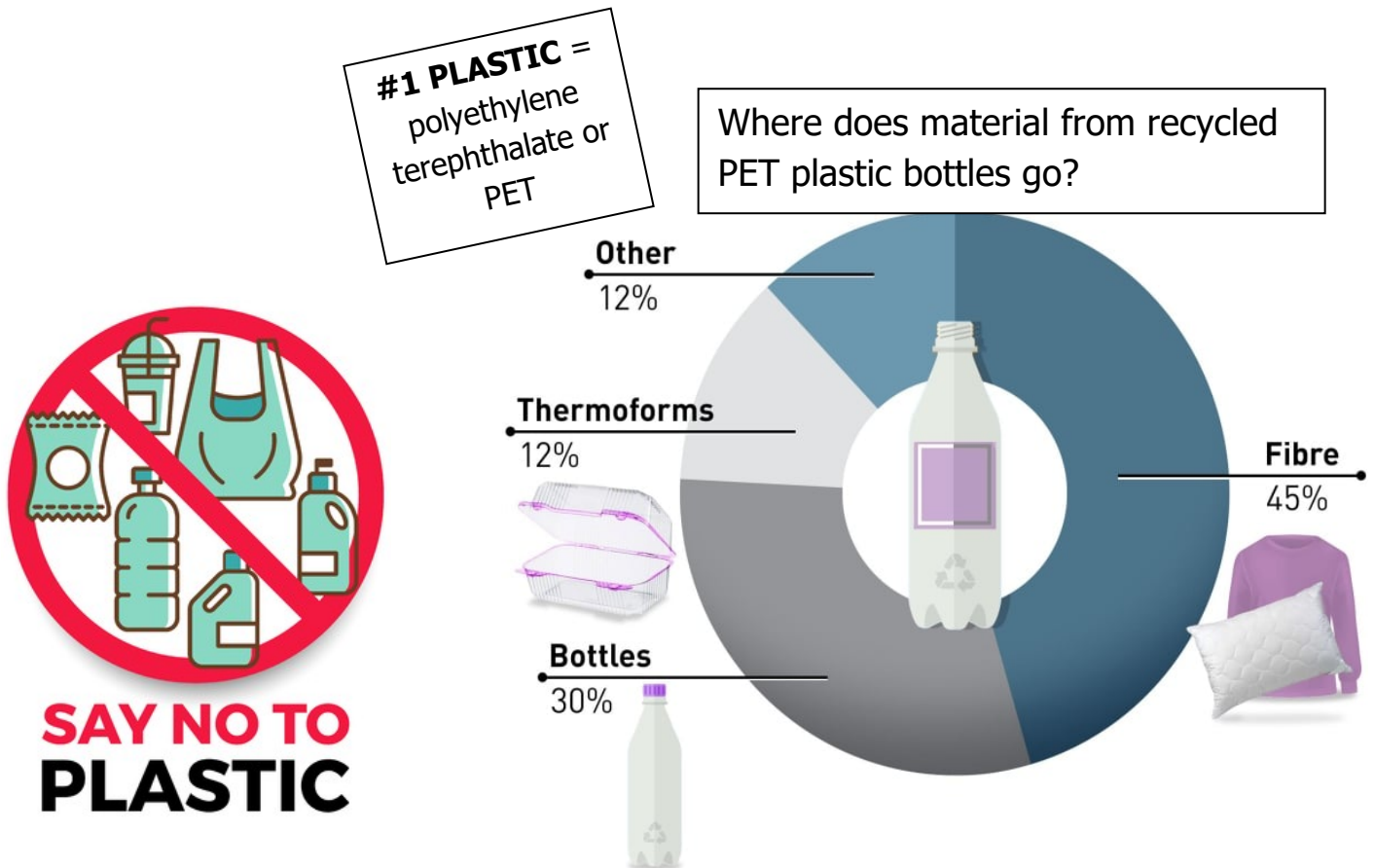
The infinite triangular loop of arrows that we know as the recycling symbol adorns millions of plastic pop and water bottles that we carefully sort. It comforts us with the idea that each one will be recycled over and over again forever. Unfortunately, most of the time, it's a lie!

Many bottles aren't recycled at all, and those that do get recycled usually aren't turned into other bottles or recycled again after that.

Instead, they end up in the world's landfills — or worse, in the ocean. In Canada, plastic bottles and caps were the top plastic trash items collected during shoreline cleanups in 2019, just behind cigarette butts. They're also typically among the top three items in shoreline cleanups worldwide.

The plastic used to make water and pop bottles is polyethylene terephthalate or PET, which is also known as No. 1 plastic. The number is its "resin code," which often appears in a triangle that resembles the recycling symbol. It's technically one of the most recyclable plastics in use today, but that doesn't mean that it gets turned into other bottles.

While many plastics degrade in quality when recycled and can only be recycled once or a handful of times, "PET is the one plastic you can recycle over and over again," says Michael Schedler, a plastic recycling consultant who has worked in the industry for decades.



CBC NEWS

Source: Canadian Improvement Fund

How you're recycling plastic incorrectly, from coffee cups to toothpaste!

Source: <https://www.theguardian.com/environment/2019/jun/17/recycling-plastic-wrong-guide>

If you don't clean your recycling, it can harm more than it helps. And that icon with the arrows is virtually meaningless

It's a familiar scene: you stand at the bin, trash in hand, and wonder: "Can I recycle this?" We tend to throw it in the recycling bin anyway, in the hope that some unknown person, somewhere else, will sort it out. Recyclers call this aspirational recycling, or wish-cycling.



While recycling continues to be an essential tool for dealing with the flood of plastic inundating the planet, it's time for a reality check.

1. Your Coffee Cup Probably Isn't Recyclable



Items composed of different kinds of materials present a big challenge for recyclers. The billions of single-use coffee cups discarded each year are a classic example: a thin, plastic coating inside the cup may prevent leakage, but it's extremely difficult to separate it from the paper cup itself. That means the cups can't be recycled as paper, nor can they be recycled as plastic. Their ultimate destination is usually the landfill.

Coffee cup lids don't fare much better – due to the low quality of the plastic, they aren't particularly attractive to buyers of second-hand plastic, and in any event they tend to fragment into small, unusable pieces. Some curbside programs recommend putting them straight in the trash bin. The best solution is to get your own reusable coffee cup.

2. Toothpaste Tubes Need Special Treatment

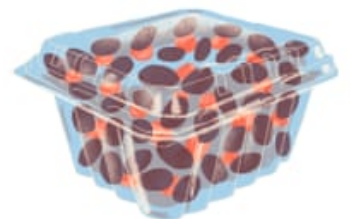


Clean teeth, yes. Clean planet, questionable. Toothpaste tubes are another troubling composite: while the bulk of the tubes may be made of plastic, they can contain other materials such as a thin coating of aluminum. Tubes and toothbrushes also contain different kinds of plastics mixed together (hard handle, soft bristles), increasing the challenges of separating and processing each type individually.

Most curbside programs don't accept oral care products but new schemes, such as a partnership between Colgate and Terra Cycle, are encouraging people to send in their old tubes, toothbrushes and floss containers for proper processing. Metal tubes, glass jars and tins of toothpaste are more widely recyclable than their plastic counterparts, and plastic-free, compostable bamboo toothbrushes are becoming increasingly popular.

3. Don't Be Fooled By Food Containers

It's bad enough that fruit and vegetables, which come pre-packaged in their own nutritious skins, are sold in plastic containers. What's worse is that the flimsy "clamshells" they often come in are low quality and made of different kinds of plastics – the container must be firm while the hinge must be soft – and thus are poor candidates for recycling.



In general, plastic bottles labeled with the recycling numbers 1 and 2, including items such as soda, water bottles and milk jugs, are accepted. Any empty plastic bottles with a neck and screw on cap are recyclable. Beyond that it's less assured, and you should check with your local recycling facility.

4. Yes, Your Recycling Needs To Be Cleaned

If you assume that a magical person at a recycling plant is washing out your jar of crusty tomato sauce or scrubbing last night's takeout containers, think again. Recycling facilities typically do not clean recycling before processing it, so if you don't you may be creating an even bigger problem.



A plastic container filled with food, soda or leftover shampoo could leak and contaminate an entire batch of perfectly good recyclables, rendering everything junk.

Food waste is definitely a contaminant that can make other items dirty and attract pests. While recyclers say your items don't have to be squeaky clean, dirty items will benefit from a quick rinse or removal of excess food and liquids.

5. Plastic Bags Are A Recycling Plant's Nightmare



Despite single-use plastic bag bans and rising awareness of their harm, many still find their way into the recycling system and cause damage at the recycling plant.

Flimsy plastic bags quickly degrade and can clog up expensive sorting equipment, causing delays and endangering workers. Often recycling centers' multimillion-dollar processing machines have to shut down every half-hour because the plastic bags get jammed into the equipment.

Plastic bags should be kept away from curbside recycling unless your local recycler advises otherwise, and definitely don't use them to bag up your other plastics or line your recycling bin.

6. Those Little Arrows? They Don't Mean Anything

Time for a big debunk. Many people believe this instantly recognizable triangle icon indicates that an item is recyclable, or that it is made from recycled materials. Actually, what is known as the "chasing arrows" icon is "essentially clip-art". There is no oversight for how the recycling icon is used. As a result, it is often misused on packaging to make it look like something is recyclable, when in fact it's not. This misleads the consumer and causes them to throw that packaging in with the real recyclables.



The symbol emerged in 1970 to honor the first Earth Day. The Möbius-strip inspired design is now in the public domain, meaning anyone can use it for any purpose. The numbers inside the arrows, from one to seven, were developed by the plastic industry in the late 1980s. Misleadingly, as not every number is recyclable.

In fact, hard plastics with the numbers 1 and 2, such as soda, shampoo, and laundry detergent bottles, have the most consistent recycling markets. Numbers three through seven include a lot of the soft plastics mentioned above – clamshell containers, coffee cup lids – and present greater difficulty.

7. Plastic **CAN'T** Be Recycled Forever

Recycling conjures up an image of a closed circle. Yet, one of the biggest misconceptions about plastic is assuming that it can be recycled into the same kind of object.



Beverage companies tend to use only a small amount of recycled plastic in their new bottles (if any), because unlike virgin plastic, 100% recycled plastic is not translucent. More likely, your plastic bottle is being turned into an item of lesser value, such as plastic lumber, carpets or a fleece sweatshirt.

Plastic degrades in quality when it is recycled, and while it's tough to know how many times a piece of plastic will get recycled before becoming unusable, experts estimate it may only be once or twice. After that, it is landfilled, incinerated, or ends up in the environment.

There's only one real solution: **Make and Consume Less Plastic**

15 Ways to Shrink Your Plastic Footprint

Source: <https://www.theguardian.com/environment/2019/nov/27/how-to-shrink-plastic-footprint-recycling>

As plastics corporations ramp up production, they are also promoting a failing recycling system. **Just 9% of plastics get recycled.** Traditional plastics are made from extracted oil and gas, and they contribute to the rising temperatures behind the climate crisis.

Environment experts are increasingly calling for a reduction in plastic use, as the waste accumulates in the oceans, poor countries and even human bodies. Plastics are also burned, as China – which once accepted the bulk of America's waste – has begun to refuse it. And more than a million Americans lived next to polluting incinerators.

Significant reductions will require systemic change, researchers say.

If this list is overwhelming and you're not sure where to start, collect your plastic waste for a month and conduct an audit. Cut back on what you find the most of.

1 Carry a reusable bottle, fork/spoon and bag

Be sure to use these items as many times as possible so they are worth the resources they take to create.

2 Refuse the lid on your coffee cup

Take a few sips before you leave the shop so you can avoid spilling. (Some coffee shops will say they are required to give you a lid, citing possible liability for burns.)

3 Choose products in glass or can, if possible, and recycle those materials. Plastic recycling is largely failing, but you should still try to recycle your waste plastics if they are accepted in your community. Make sure you are recycling correctly with this guide. Glass and aluminum cans are much more likely to be recycled. Glass is most efficient when reused (ie with returnable milk bottles).

4 Eat IN the restaurant, when possible, instead of taking it to go. Unless you have a physical disability, let your server know in advance that you won't need a straw.

5 Request NO plastic utensils or straws, if you order takeout or delivery. This is an option on some food delivery apps.

6 Opt for products with less packaging. Say no to bagged lemons, apples, onions and garlic, and tea that come in plastic packets. Choose more fresh produce for snacks to avoid individual plastic wrappers.

7 Shop from the bulk section and use your own containers. Some grocery stores will let you use pretty much any container, as long as you verify the weight of the empty container in advance.

8 Use bars of soap (also available for shampoo and shaving) instead of bottles and skip the plastic loofah. Find bars that are wrapped in paper, and for an extra environmental benefit, avoid palm oil.

9 Use a razor that requires replacing only the individual blades

The upfront expense may be daunting, but if you can afford it, you will save money over time. Note that TSA does not allow passengers to fly with individual blades.

10 Use a bamboo toothbrush or one with a replaceable head

The market for these products is growing rapidly. Most bristles will still have synthetic fibers, but you can at least avoid throwing away the brush's plastic arm every few months.

11 Buy concentrated cleaners that can be mixed with water in a reusable container. You can find these in powder, gel and liquid form.

12 Choose frozen, concentrated juice that comes in cardboard tubes instead of the plastic jugs. Some of them taste good, and they are lighter to carry home.

13 Don't buy bottled water. Use tap water or filter your own

"Bottled water is no safer than filtered tap water, but the industry doesn't have to disclose the results of its testing" according to the Environmental Working Group.

14 Buy fewer clothes, or shop second hand. Wash your clothes less so they last longer. Hang them to dry. Most clothing contains synthetic fibers made of plastic. These fibers shed in the wash and end up in waterways. Synthetic materials may have some advantages over natural ones, however, because they may last longer.

15 When shopping online, group as many items together as possible, so you can receive fewer plastic envelopes. You can also choose slower shipping times, which could reduce the climate footprint of your purchase.



SCAM ALERT

<https://scambusters.org/windowsupdate.html>

By Keith – Scambusters Issue #894 January 29, 2020



"Critical" Windows Update Message is a Fake

Those of us who use Microsoft Windows are so used to getting messages about Windows updates that we probably don't give them a second thought and let things take care of themselves.

So, when you receive an email notification that reads, "Install Microsoft Windows update now!" or "Critical Microsoft Windows Update!" you might be inclined to take it seriously.

However, when you think of it, that's not the way Microsoft works. Updates either take place in the background automatically or you receive some kind of onscreen notification of an impending update. You definitely don't receive emails from Microsoft.

So, it's a scam. The email generally has a single line urging you to "install the latest critical update from Microsoft attached to this email."

But the attachment is actually a malware-bearing file that will likely lock up your PC and demand a ransom, according to the technology intelligence site TechRadar.

This isn't the only convincing, but flawed, new attempt to trick users into following links.

Package Delivery

A new scam, only spotted recently, uses text messages notifying recipients of an upcoming package delivery. Because text messages use just simple typography, it's next to impossible to tell if a shipping or delivery notification is genuine.

Again, many of us are used to receiving this type of message on our phones about deliveries. They may come from the sender -- such as Amazon -- or delivery organizations like UPS, FedEx or the USPS.

Tech site HowToGeek explains that the scam messages contain a link that can be activated by touch. It takes victims to a fake Amazon site where they're asked to complete a survey in return for an "expensive" reward.

All recipients have to do is to pay the shipping cost, which means, of course, providing credit card details.

But, says HowToGeek, the real scam is buried in the fine print. This states that by agreeing to pay for shipping for the "gift," the user is also agreeing to receive products every month, for which their card will be charged almost \$100 a time.



In both the above cases, the simple solution is the same one that we always recommend -- be ultra-wary about clicking or tapping links or attachments in messages. Better to go to the supposed source's real website and check out delivery and shipment notifications there.

Beware Parking Lot Mechanics

This is a clever trick. You leave your car in a large mall parking lot and return to find an apparent problem; there's brake fluid all over the ground beneath your auto. If you didn't spot it, a passer-by (who is really a scammer) draws your attention to it.

They claim they just happen to know a nearby repair shop where you can get it fixed. But drive slowly and carefully, they warn. This is just a ruse to make them seem more genuine.

They offer to phone ahead and you make your way to a nearby repair shop or lock-up unit. There's a guy outside, waiting for you. You're still near the mall, so he suggests you leave the car with him and go have a coffee.

You hand over your keys and that's the last you see of your car. The second scammer has nothing to do with the repair shop he's standing by.

The message is clear: don't trust parking lot mechanics. If you seem to have a dangerous and urgent problem with your car, call out your roadside assistance service. If you don't have one, find a nearby reputable repair shop independently and take your vehicle there or ask them to come check your car.

Don't Fall for this Big Grant Trick

Facebook scams are a dime a dozen. But one of the latest tricks is causing victims a lot of trouble and losing them a few thousand dollars.

Victims receive what looks like a genuine message from one of their FB "friends." It claims they paid \$4,000 to get a \$150,000 grant.

In case they're skeptical, the message includes photos of the friend, seeming to confirm they sent it. In reality, the "sender's" account has been hacked and photos copied from the Internet.

Like all of these fake grant scams, the aim is to hook the individual and then ask for successive amounts of money for handling, taxes, and so on. In one case, a victim was even told the grant was related to a lottery program and that the more money she paid to collect, the more she would receive!

This might seem a pretty obvious scam to most of us, but it's being targeted at older people who tend to be more trusting.

The truth is that grants of any sort are not easy to obtain and recipients generally have to jump through hoops and fill in all sorts of forms to even be considered. An instant grant of \$150,000 to an individual is unheard of. And a request to pay a fee to get the money is a big red flag.

Alert of the Week

Coming back to the topic of Amazon and phishing scams, there's another new trick targeting members of the retailing giant's Amazon Prime service.

If you use this service, don't fall for an email notification that your membership is about to expire, your card details are no longer valid, and you need to update them by following a link. It's a fake of course, so ditch it. If you worry the message may be real, go to Amazon.com and check your account there.



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.



Infectious Diseases and Climate Change – Is there a connection?

<https://www.cbc.ca/news/technology/what-on-earth-newsletter-infectious-disease-climate-change-1.5446356?cmp=newsletter-Morning+Brief+January+31+2020>

Climate Change Effects by Dr. Jeff Lewis – Qualicum Beach Residents Association

On February 13th, Dr. Jeff Lewis, from Vancouver Island University's Geography Department, gave a fascinating presentation on climate change and its effect on our community. He has allowed us to share his slide show on the QB Residents' Association website:

https://www.qbresidents.ca/uploads/2/2/9/2/22929730/climate_change_qbra_2020_lewis.pdf

Corona Virus – Why are bats often blamed for disease?

https://globalnews.ca/news/6538327/covid-coronavirus-bats/?utm_source=Notification&utm_medium=Resocial%20&utm_campaign=Health

Women Better Than Men at Remembering Words and Faces

https://www.medicalnewstoday.com/articles/325457.php?utm_source=newsletter&utm_medium=email&utm_country=CA&utm_hcp=no&utm_campaign=MNT%20Weekly%20%28non-HCP%20non-US%29%20-%20OLD%20STYLE%202019-06-19&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

The Man Who Thinks Trees Talk To Each Other:

<https://www.theguardian.com/environment/2016/sep/12/peter-wohlleben-man-who-believes-trees-talk-to-each-other>

Generosity Makes You Happier

https://www.medicalnewstoday.com/articles/318406.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Yawning: Why we do it and what it means

https://www.medicalnewstoday.com/articles/318414.php?utm_campaign=trueAnthem%253A+Trending+Content&utm_content=5969f80904d3013f88ce6843&utm_medium=trueAnthem&utm_source=facebook

Sleep Positions and Your Personality

<https://www.wimp.com/heres-what-your-sleep-position-says-about-your-personality/>

Computer: Top Row Key Functions

https://wikr.com/lbpfc-2214-this-is-what-the-top-row-of-keys-are-for-on-your-computer/?utm_source=daily&utm_medium=post&utm_campaign=dp

iPads NOT for Babies

<http://www.somedaily.org/ipad-far-bigger-threat-children-anyone-realizes/#.WU0iculiZbB.facebook>

7 things that Reading Does for You!

<https://www.davidwolfe.com/7-things-reading-does-mind-body/>



Distracted Driving Pushing up Insurance Premiums

Distracted driving fatalities have surpassed deaths caused by impaired driving in some parts of Canada, according to data from the Traffic Injury Research Foundation (TIRF). So far this year in Ontario alone, police report that distracted driving has accounted for 44 fatalities, while impaired driving has led to 34.



There seems to be a disconnect. Drivers don't connect the behaviours they're engaging in and the risks that are associated with those distractions behind the wheel."

The number of collisions related to distracted driving — which encompasses smartphone use, eating, applying makeup or fiddling with the radio while behind the wheel — is also pushing up the price of auto insurance. Canadians say they've even been denied comprehensive and collision insurance because of a distracted driving conviction.

With all the safety features that are being built into vehicles now, you would actually expect that trend should be coming down, but over the last couple of years, we've noticed that the number of collisions we're seeing has been going up, and so we started asking questions. Some insurance companies are trying to tackle the problem, financing surveys and sponsoring educational strategies.

The number of collisions in general is driving up the price of insurance for everyone. Insurance is just a pool and claims are paid from the combined premiums that have been collected. So, if more claims keep coming in, the cost of the pool is going up, and therefore the premiums are going up as well.

Read more here:

<https://www.cbc.ca/news/business/driving-distracted-worse-than-impaired-1.5330396?cmp=newsletter-Morning+Brief+October+29+2019>

Poo Power

7% of global greenhouse gas emissions caused by humans come from the production and use of fuelwood and charcoal, which also contributes to deforestation.

Sanivation, in Kenya, collects human waste from special toilets and turns it into sustainable fuel (human waste briquettes), which improves sanitation and reduces the environmental impact of burning wood.

<https://www.weforum.org/agenda/2020/02/kenya-biogas-biofuel-poo-energy>

BPA's in plastic containers

https://www.healthline.com/health-news/meal-prepping-may-actually-be-sabotaging-your-diet?utm_campaign=trueAnthem%253A+Trending+Content&utm_content=594f192204d3015d672f3969&utm_medium=trueAnthem&utm_source=facebook#5

Ride Hailing – NOT good for the planet

<https://vancouver.sun.com/opinion/op-ed-beer-ride-hailing-good-for-you-but-not-for-the-planet>

How Fracking Causes Water Pollution

<https://www.greenmatters.com/p/fracking-water-pollution?gm>

MISH-MASH of MEDICAL NEWS:



Dangers of Instant Noodles

<https://www.healthyandnaturalworld.com/instant-noodles-dangers/>

Cooking with Aluminum Foil – not a safe option!

<https://www.healthyandnaturalworld.com/aluminum-foil-risks/>

10 Cancer Causing Products to Remove from your Home

<https://www.healthyandnaturalworld.com/cancer-causing-products-to-remove-from-your-home/>

Simple Ways to De-Tox Every Day

<https://www.healthyandnaturalworld.com/simple-ways-to-detox-every-day/>

Best Foods to Cleanse Your Liver

<https://www.healthyandnaturalworld.com/the-best-foods-to-cleanse-your-liver/>

Naturally Flush Your Colon at Home

<https://www.healthyandnaturalworld.com/colon-cleansing/>

Renal Diet: Proven Foods for Healthy Kidneys & Foods You Must Avoid

<https://www.healthyandnaturalworld.com/renal-diet/>

Most Effective Foods to Cleanse your Lungs (Research Based)

<https://www.healthyandnaturalworld.com/the-best-foods-to-cleanse-your-lungs/>

Quickly Drain Your Lymph System to Boost Immunity and Remove Toxins

<https://www.healthyandnaturalworld.com/natural-ways-to-cleanse-your-lymphatic-system/>

11 Ways to Treat Back Pain without Surgery

https://www.medicalnewstoday.com/articles/325609.php?utm_source=newsletter&utm_medium=email&utm_country=CA&utm_hcp=no&utm_campaign=MNT%20Weekly%20%28non-HCP%20non-US%29%20-%20OLD%20STYLE%202019-07-03&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

Living Well Companion Go– Medical Alert from Telus

Automatic fall detection, built-in GPS, instant access to a trained operator 24/7, two way voice communication on the pendant, Emergency button capability, water resistant, coverage across Canada. Bundle with other TELUS products and enjoy your first month at \$0

To learn more: 1-888-505-8008

<https://www.telus.com/en/bc/health/personal/livingwell-companion/go>

Why Your Body Needs A Hug Every Day!

<http://davidwolfe.tv/body-needs-hug-every-day/>

Latest research reveals the more you hug your kids – the smarter they get

<http://en.newsner.com/latest-research-reveals-the-more-you-hug-your-kids-the-smarter-they-get/about/family>

Brain's Fear Hub Generates Neurons In Adulthood

http://www.medicalnewstoday.com/articles/318983.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Secrets to a Long and Healthy Life

http://news.nationalgeographic.com/2015/04/150412-longevity-health-blue-zones-obesity-diet-ngbooktalk/?utm_source=Facebook&utm_medium=Social&utm_content=link_fb20170603news-resurfbluezonebooktalk3&utm_campaign=Content&sf84561988=1

51 Fascinating Facts about the Human Brain

<http://mindyourzen.com/human-brain-facts/>

Learning with music can change brain structure, study shows

We have long known that music encourages people to move. This study provides the first experimental evidence that adding musical cues to learning new motor task can lead to changes in white matter structure in the brain."

http://www.medicalnewstoday.com/releases/318331.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Sleep on Your Left Side – not right!

Video: <https://www.youtube.com/watch?v=Hg7wN2kIr6c>

How Video Games Affect the Brain

http://www.medicalnewstoday.com/articles/318345.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Stem Cell Therapy for Rheumatoid Arthritis

https://www.medicalnewstoday.com/articles/325583.php?utm_source=newsletter&utm_medium=email&utm_country=CA&utm_hcp=no&utm_campaign=MNT%20Weekly%20%28non-HCP%20non-US%29%20-%20OLD%20STYLE%202019-07-03&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

Plant Based Diet for Inflammatory Bowel Disease

https://www.medicalnewstoday.com/articles/325589.php?utm_source=newsletter&utm_medium=email&utm_country=CA&utm_hcp=no&utm_campaign=MNT%20Weekly%20%28non-HCP%20non-US%29%20-%20OLD%20STYLE%202019-07-03&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

Balsamic Vinegar –10 Health Benefits

https://www.medicalnewstoday.com/articles/321906.php?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

Easily Remove Pesticides from Fruits and Vegetables:

<https://www.healthyandnaturalworld.com/easily-remove-pesticides-fruits-vegetables/>

Having a Purpose is Key to Health and Happiness in Retirement

<http://retirementandgoodliving.com/why-having-a-purpose-is-the-key-to-health-happiness-in-retirement/>

Bathroom Germs Can Spread to Cell Phones

<https://www.nbcdfw.com/news/video-vault/Bathroom-Germs-Can-Spread-to-Cell-Phones-Dallas-Fort-Worth-450320023.html?amp=y>

Reduce exposure to harmful aluminum

<https://www.medicalnewstoday.com/articles/327485>

SECRETS FOR A LONGER LIFE:

Source: http://www.medicinenet.com/longer_life_secrets_pictures_slideshow/article.htm

Protect Your DNA

As you age, the ends of your chromosomes -- called telomeres -- become shorter. This makes you more likely to get sick. But lifestyle changes can boost an enzyme that increases their length. Plus, studies show diet and exercise can protect them. The bottom line: Healthy habits may slow aging at the cellular level.

Play to Win

An 80-year study found that people who are conscientious -- meaning they pay attention to detail, think things through, and try to do what's right -- live longer. They do more things to protect their health and make choices that lead to stronger relationships and better careers.

Make Friends

Here's one more reason to be grateful for your friends -- they might help you live longer. Australian researchers found elderly social butterflies were less likely to die over a 10-year period compared to people with the fewest friends. A look at results from 148 more studies shows a clear link between social ties and a long life.

Choose Your Friends Wisely

Your friends' habits rub off on you, so look for buddies with healthy lifestyles. Your chances of becoming obese go up if you have a friend who adds extra pounds. Smoking also spreads through social ties, but the good news is that quitting is also contagious.

Quit Smoking

It's no secret that giving up cigarettes can lengthen your days, but the amount of extra time may surprise you. A 50-year British study shows that quitting at age 30 could increase your lifespan by an entire decade. Kicking the habit at age 40, 50, or 60 can add 9, 6, or 3 years to your life, respectively.

Embrace the Siesta

A siesta is standard in many parts of the world, and now there's scientific evidence that napping may help you live longer. A study that involved 24,000 people suggests those who have a regular snooze are 37% less likely to die from heart disease than those who rarely steal a few winks. Researchers think naps might help your heart by keeping stress hormones down.

Follow a Mediterranean Diet

The Mediterranean diet is rich in fruits, vegetables, whole grains, olive oil, and fish. An analysis of 50 studies involving more than half a million people confirms the benefits. It can put a serious dent in your risk of metabolic syndrome -- a mix of obesity, high blood sugar, increased blood pressure, and other factors that make you more likely to get heart disease and diabetes.

Eat Like an Okinawan

The people of Okinawa, Japan, once lived longer than any other group on Earth. The region's traditional diet, which is high in green and yellow vegetables, and low in calories gets the credit. Plus, some Okinawans made a habit of eating only 80% of the food on their plate. Younger generations have dropped the old ways and aren't living as long as their ancestors.

Get Hitched

Married people tend to outlive their single friends. Researchers say it's due to the social and economic support that wedded bliss provides. While a current union offers the greatest benefit, people who are divorced or widowed have lower death rates than those who've never tied the knot.

Lose Weight

If you're overweight, slimming down can protect against diabetes, heart disease, and other conditions that take years off your life. Belly fat is bad for you, so focus on deflating that spare tire. A 5-year study of Hispanics and African-Americans suggests eating more fiber and exercising regularly are great ways to whittle your middle.

Keep Moving

The evidence is clear -- people who exercise live longer on average than those who don't. Dozens of studies show that regular physical activity lowers your risk of heart disease, stroke, diabetes, some forms of cancer, and depression. It may even help you stay mentally sharp in old age. Ten-minute spurts are fine, as long as they add up to about 2.5 hours of moderate exercise per week.

Drink in Moderation

Heart disease is less common in moderate drinkers than in people who don't drink at all. On the other hand, too much alcohol pads the belly, boosts blood pressure, and can cause a host of other health problems. If you drink alcohol, the limit should be one drink a day for women and one or two for men. But if you don't drink, don't start. There are better ways to protect your heart!

Get Spiritual

People who attend religious services tend to live longer than those who don't. In a 12-year study of people over age 65, those who went more than once a week had higher levels of a key immune system protein than their peers who didn't. The strong social network that develops among people who worship together may contribute to your overall health.

Forgive

Letting go of grudges has surprising physical health benefits. Chronic anger is linked to decreased lung function, heart disease, stroke, and other ailments. Forgiveness will reduce anxiety, lower blood pressure, and help you breathe more easily. These benefits tend to increase as you get older.

Use Safety Gear

Accidents are the fifth most common cause of death in the U.S., and the top cause of death for people ages 1 to 24. Wearing safety gear is a simple way to boost your odds of a long life. For example, seatbelts reduce the chances of death or serious injury in a car wreck by 50%. Most deaths from bike accidents are caused by head injuries, so always wear a helmet.

Make Sleep a Priority

Getting enough good quality sleep can lower your risk of obesity, diabetes, heart disease, and mood disorders. It'll also help you recover from illness faster. Burning the midnight oil, on the other hand, is bad for you. Snooze for less than 5 hours a night and you might boost your chances of dying early, so make sleep a priority.

Manage Stress

You'll never completely avoid stress, but you can learn good ways to control it. Try yoga, meditation, or deep breathing. Even a few minutes a day can make a difference.

Maintain a Sense of Purpose

Hobbies and activities that have meaning for you may lengthen your life. Japanese researchers found men with a strong sense of purpose were less likely to die from stroke, heart disease, or other causes over a 13-year period compared to those who were less sure of themselves. Being clear about what you're doing and why can also lower your chances of getting Alzheimer's disease.



Further to Falls Prevention...

- One-fourth of older adults are in danger of being injured through a fall.
- Every 20 minutes, an older adult dies from a fall.
- Nearly 2.8 million older adults visit emergency rooms for nonfatal fall injuries per year

30 Second Chair Stand Test To Gauge Your Balance / Stability

Source: <http://www.orlandosentinel.com/health/aging/sc-one-simple-balance-test-health-0405-20170331-story.html>

1. Sit in the middle of the chair.
2. Place your hands on the opposite shoulder crossed at the wrists.
3. Keep your feet flat on the floor.
4. Keep your back straight and keep your arms against your chest.



Use a straight back chair with 17" high seat without arm rests!

If you have a history of falling or are feeling extremely unsteady, don't try this without first talking to a doctor.

- Count the number of times that you rise to a full standing position in 30 seconds.
- If you are over halfway to a standing position when time has elapsed, count it as a stand.
- If you must use your arms to stand, stop the test. Record ZERO for the number and score.

Source: <https://www.hqsc.govt.nz/assets/Falls/PR/005-falls-toolkit-chair-stand-test.pdf>

Chair stand – Number of stands by age group¹

MEN			
Age group (years)	Below Average	Average	Above Average
60 – 64	< 14	14 – 19	>19
65 – 69	< 12	12 – 18	>18
70 – 74	< 12	12 – 17	>17
75 – 79	< 11	11 – 17	>17
80 – 84	< 10	10 – 15	>15
85 – 89	< 8	8 – 14	>14
90 – 94	< 7	7 – 12	>12

A Below Average Score indicates a high risk for falls!

WOMEN			
Age group (years)	Below Average	Average	Above Average
60 – 64	< 12	12 – 17	>17
65 – 69	< 11	11 – 16	>16
70 – 74	< 10	10 – 15	>15
75 – 79	< 10	10 – 15	>15
80 – 84	< 9	9 – 14	>14
85 – 89	< 8	8 – 13	>13
90 – 94	< 4	4 – 11	>11

This tests your leg strength and endurance.

Do you need strengthening exercises such as switching your weight from heels to toes or doing a bridge?

ZONE REPORT HIGHLIGHTS – February 2020

PRESIDENT'S Report

In March the BCTF will hold their AGM at the Hyatt in downtown Vancouver. Gerry Tiede will bring greetings from the BCRTA to the AGM and the BCRTA delegates will attend the pension portion of the AGM on the 17th of March

Gerry left on February 15th for the very first BCRTA group departure venture. The group of BCRTA members including some PQRTA members, led by Gerry, will spend 25 days in Portugal with many members carrying on to an additional 7 days in Morocco. Watch for more group departure trips to be advertised in the future.

BCRTA 75th Anniversary – committee is preparing a feature article for PostScript magazine and a celebration at the 2020 AGM in October. If you have any historical photos or stories of branch activities, please pass along.

Membership

Cell phone provider Rogers will soon have a province-wide phone purchase and service plan available to our members.

Communications

We encourage members who use Facebook to like our page: www.facebook.com/BCRTA

The Membership application form is now available to be filled out and submitted online. There is also a Member 'update' section where members can update any information about their membership or contact info as well as obtain their membership number.

Excellence in Public Education

Gerry Tiede will write a letter to the Premier of British Columbia asking that June 1st be proclaimed Intergenerational Day in perpetuity. We have had success in the proclamation being granted every year, but it is the committee's hope that it can be proclaimed 'in perpetuity'.

The Golden Star awards application deadline is April 15th. Do you know of any teachers who could apply for a \$1500 grant for their program that includes intergenerational activities?

Spring 2020 PostScript

BCRTA welcomes article ideas and submissions from members. For more information go to www.bcrta.ca and view the guidelines under the tab "Publications".

BOOK LOOK: The Lost Women Series

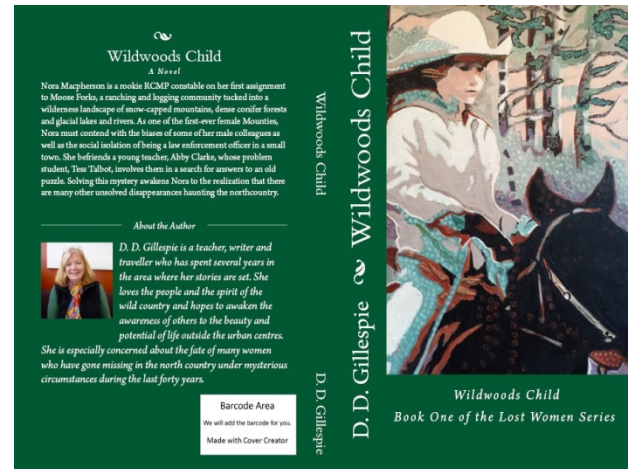


About the Author

D.D. Gillespie is a retired teacher, writer and traveler who has spent several years in the area where these stories are set. She loves the people and the spirit of the wild country and hopes to awaken the awareness of others to the beauty and potential of life outside urban centers. She is especially concerned about the fate of the many women who have gone missing under mysterious circumstances in the Canadian north country during the last forty years. She currently makes her home with her husband in Parksville.

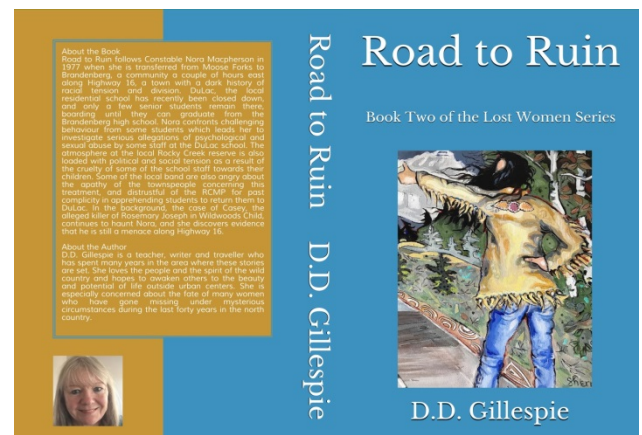
Book One

Wildwoods Child introduces Nora Macpherson as a rookie RCMP constable on her first assignment to Moose Forks, a ranching and logging community tucked into a wilderness landscape of snow-capped mountains, dense coniferous forests and glacial lakes and rivers in British Columbia. As one of the first-ever female Mounties, Nora must contend with the biases of some of her male colleagues as well as the social isolation of being a law enforcement officer in a small town. She befriends a young teacher, Abby Clarke, whose problem student, Tess Talbot, involves them in a search for answers to an old puzzle. Solving this mystery awakens Nora to the realization that there are many other unsolved disappearances haunting the north country.



Book Two

Road to Ruin follows Constable Nora Macpherson in 1977 when she is transferred from Moose Forks to Brandenburg, a community a couple of hours east along Highway 16, a town with a dark history of racial tension and division. The local residential school has recently been closed down, and only a few senior students remain there, boarding until they can graduate from the Brandenburg high school. Nora confronts challenging behaviour from some students which leads her to investigate allegations of psychological and sexual abuse by some staff at the school. The atmosphere at the local Rocky Creek reserve is also loaded with political and social tension as a result of the cruelty of some of the school staff towards their children. Some of the local band are also angry about the apathy of the townspeople concerning this treatment, and distrustful of the RCMP for past complicity in apprehending students to return them to the school. In the background, the case of Casey, the alleged killer of Rosemary Joseph in *Wildwoods Child*, continues to haunt Nora, and she discovers evidence that he is still a menace along Highway 16.



Next in the series: **Deadly Dance** – a look at the lives of exotic dancers who travel the dangerous northern highway from one gig to the next.

To purchase: Kindle Edition or Paperback

Book One: <https://www.amazon.ca/Wildwoods-Child-Murder-Mystery-Women-ebook/dp/B01ELTGXU6>

Book Two: <https://www.amazon.com/dp/B082CBQQZY>

