



PARKSVILLE QUALICUM RETIRED TEACHERS' ASSOCIATION NEWSLETTER #35 – June 2020

PRESIDENT'S GREETING from Cathy Van Herwaarden:



This art speaks louder than words!

The courage and dedication shown by our nurses, medical staff and frontline workers during this COVID-19 pandemic is truly extraordinary.

On Tuesday, May 12th, Premier John Horgan released the following statement:

"Today (May 12th) is International Nurses Day, and in appreciation of B.C. nurses, the Province is proud to proclaim May 11 – 17 as Nursing Week to recognize the extraordinary contributions of licensed practical nurses, registered psychiatric nurses, registered nurses and nurse practitioners."

"This year, British Columbians join people from around the world in raising our hands to the nurses working tirelessly to help people in need during the COVID-19 pandemic. COVID-19 has reminded us all of the selflessness, dedication and leadership it takes to be a nurse."

"May 12th also marks the 200th anniversary of Florence Nightingale's birth. As a nurse, she helped lay the foundation for safe, sanitary medical practices in the 19th and 20th centuries, and continues to inspire those who follow in her footsteps to help ease people's pain and suffering through compassionate care. Nightingale was famously quoted as saying, 'How very little can be done under the spirit of fear,' and I think these words can inspire us all to act with courage and determination during the COVID-19 crisis."

"On behalf of British Columbians, thank you to B.C.'s nurses for moving heaven and earth to help people with COVID-19 and all the other medical needs that don't stop during a pandemic. We recognize that you are being pushed to the limit, which is why we must all keep doing our part to protect and support B.C.'s front line workers and our health care system."

"Like so many British Columbians, I have been standing on my front porch every evening to bang pots and pans in your honour. I continue to feel sincere gratitude each time. Thank you for everything you do."

https://news.gov.bc.ca/releases/2020PREM0055-000856?utm_medium=email&utm_source=bcndp&utm_content=11+-+READ+THE+STATEMENT&utm_campaign=20200516_EML_NEWS_70_INFO_BSD_BCNDP_EN_ACTIVE&source=20200516_EML_NEWS_70_INFO_BSD_BCNDP_EN_ACTIVE

Nurse Portrayed As Super Hero In Banksy Artwork

https://www.cbc.ca/news/entertainment/banksy-art-nurse-superhero-1.5558357?cmp=newsletter_CBC%20News%20Morning%20Brief_1162_25921



Street artist Banksy created this artwork, called *Game Changer*, as an appreciation for the U.K.'s National Health Service (NHS).

It shows a boy playing with a nurse superhero toy with figures of Batman and Spiderman discarded in a basket on the floor.

The work is on display at Southampton General Hospital in Britain until after the lockdown ends and will then be auctioned for NHS charities.

Florence Nightingale (May 12, 1820 to August 13, 1910)

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

Florence Nightingale was a British social reformer, statistician, and the founder of modern nursing.

Nightingale came to prominence while serving as a manager and trainer of nurses during the Crimean War, in which she organised care for wounded soldiers. She gave nursing a favourable reputation and became an icon of Victorian culture, especially in the persona of "The Lady with the Lamp" making rounds of wounded soldiers at night.

In recognition of her pioneering work in nursing, the Nightingale Pledge taken by new nurses, and the Florence Nightingale Medal, the highest international distinction a nurse can achieve, were named in her honour, and the annual International Nurses' Day is celebrated on her birthday (May 12th).

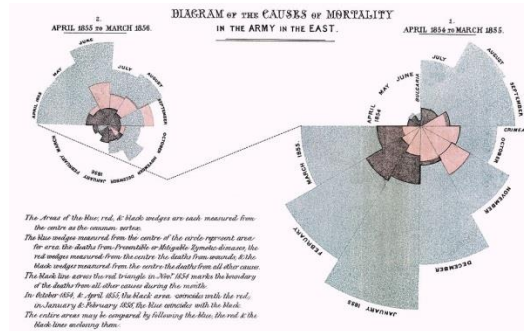


Her social reforms included improving healthcare for all sections of British society, advocating better hunger relief in India, helping to abolish prostitution laws that were harsh for women, and expanding the acceptable forms of female participation in the workforce.

Florence Nightingale exhibited a gift for mathematics from an early age and excelled in the subject under the tutelage of her father. Later, Nightingale became a pioneer in the visual presentation of information and statistical graphics. She used methods such as the pie chart which, at the time, was a relatively novel method of presenting data. Indeed, Nightingale is

described as "a true pioneer in the graphical representation of statistics", and is credited with developing a form of the pie chart now known as the polar area diagram, or occasionally the Nightingale Rose Diagram, equivalent to a modern circular histogram, to illustrate seasonal sources of patient mortality in the military field hospital she managed. Nightingale called a compilation of such diagrams a "coxcomb", but later that term would frequently be used for the individual diagrams. She made extensive use of coxcombs to present reports on the nature and magnitude of the conditions of medical care in the Crimean War to Members of Parliament and civil servants who would have been unlikely to read or understand traditional statistical reports.

"Diagram of the causes of mortality in the army in the East" by Florence Nightingale



As well, Nightingale was a prodigious and versatile writer. In her lifetime, much of her published work was concerned with spreading medical knowledge. Some of her tracts were written in simple English so that they could easily be understood by those with poor literary skills. She was also a pioneer in data visualization with the use of infographics, effectively using graphical presentations of statistical data. Much of her writing, including her extensive work on religion and mysticism, has only been published posthumously.

Early life

Florence Nightingale was born on 12 May 1820 into a wealthy and well-connected British family at the *Villa Colombaia*, in Florence, Tuscany, Italy, and was named after the city of her birth. Florence's older sister Frances Parthenope had similarly been named after her place of birth, *Parthenope*, a Greek settlement now part of the city of Naples. The family moved back to England in 1821, with Nightingale being brought up in the family's homes at Embley, Hampshire, and Lea Hurst, Derbyshire.

Florence inherited a liberal-humanitarian outlook from both sides of her family. In 1838, her father took the family on a tour in Europe where he was introduced to the English-born Parisian hostess Mary Clarke, with whom Florence bonded. She recorded that "Clarkey" was a stimulating hostess who did not care for her appearance, and while her ideas did not always agree with those of her guests, "she was incapable of boring anyone." Clarke's behaviour was said to be exasperating and eccentric and she had no respect for upper-class British women, whom she regarded generally as inconsequential. Mary Clarke said that if given the choice between being a woman or a galley slave, then she would choose the freedom of the galleys. Clarke generally rejected female company and spent her time with male intellectuals. Clarkey made an exception, however, in the case of the Nightingale family and Florence in particular. She and Florence were to remain close friends for 40 years despite their 27 year age difference. Clarke demonstrated that women could be equals to men, an idea that Florence had not obtained from her mother.

In February 1837 while at Embley Park, Nightingale (age 17) underwent the first of several experiences that she believed were calls from God, prompting a strong desire to devote her

life to the service of others. In her youth, Nightingale was respectful of her family's opposition to her working as a nurse, only announcing her decision to enter the field in 1844 at age 24. Despite the intense anger and distress of her mother and sister, she rebelled against the expected role for a woman of her status to become a wife and mother. Despite opposition from her family and the restrictive social code for affluent young English women, Nightingale worked hard to educate herself in the art and science of nursing.

As a young woman, Nightingale was described as attractive, slender and graceful. While her demeanour was often severe, she was said to be very charming and to possess a radiant smile. Her most persistent suitor was the politician and poet Richard Monckton Milnes, but after a nine-year courtship she rejected him, convinced that marriage would interfere with her ability to follow her calling to nursing.

In Rome in 1847 (age 27), she met Sidney Herbert, a politician who had been Secretary at War (1845–1846). Herbert and Nightingale became lifelong close friends and she became Herbert's key adviser throughout his political career. Herbert would be Secretary of War again during the Crimean War, when he and his wife would be instrumental in facilitating Nightingale's nursing work in the Crimea.

Nightingale continued her travels as far as Greece and Egypt. At Thebes, she wrote of being "called to God", while a week later near Cairo she wrote in her diary: "God called me in the morning and asked me would I do good for him alone without reputation."

Later in 1850 (age 30), she visited the Lutheran religious community at Kaiserswerth-am-Rhein in Germany, where she observed a pastor and deaconesses working for the sick and the deprived. She regarded the experience as a turning point in her life and received four months of medical training at the institute, which formed the basis for her later care.

On 22 August 1853 (age 33), Nightingale took the post of superintendent at the Institute for the Care of Sick Gentlewomen in Upper Harley Street, London, a position she held until October 1854. Her father had given her an annual income of £500 (roughly £40,000 /US\$65,000 in present terms), which allowed her to live comfortably and to pursue her career.

Crimean War - Oct. 5, 1853 – Mar. 30, 1856 - Allied British and French forces were at war against the Russian Empire for control of the Ottoman territory

Florence Nightingale's most famous contribution came during the Crimean War, which became her central focus when reports got back to Britain about the horrific conditions for the wounded. On 21 October 1854, Nightingale (age 34) and the staff of 38 women volunteer nurses that she trained, including her aunt Mai Smith, and 15 Catholic nuns were sent (under the authorisation of Secretary At War - Sidney Herbert) to the Ottoman Empire. Nightingale was assisted by her friend Mary Clarke. They were deployed about 295 nautical miles (546 km; 339 mi) across the Black Sea from Balaklava in the Crimea, where the main British camp was based.



Upon arrival, her team found that poor care for wounded soldiers was being delivered by overworked medical staff in the face of official indifference. Medicines were in short supply,

hygiene was being neglected, and mass infections were common, many of them fatal. There was no equipment to process food for the patients.

During her first winter at Scutari – the British base hospital in Constantinople – 4,077 soldiers died there. Ten times more soldiers died from illnesses such as typhus, typhoid, cholera, and dysentery than from battle wounds. With overcrowding, defective sewers and lack of ventilation, the Sanitary Commission had to be sent out by the British government to Scutari in March 1855, almost six months after Nightingale had arrived. The commission flushed out the sewers and improved ventilation. Death rates were sharply reduced from 42% to 2%, but Nightingale never claimed credit for helping to reduce the death rate - even though she implemented handwashing and other hygiene practices in the war hospital. Nightingale still believed that the death rates were due to poor nutrition, lack of supplies, stale air, and overworking of the soldiers.

After she returned to Britain and began collecting evidence before the Royal Commission on the Health of the Army, she came to believe that most of the soldiers at the hospital were killed by poor living conditions. This experience influenced her later career, when she advocated sanitary living conditions as of great importance. Consequently, she reduced peacetime deaths in the army and turned her attention to the sanitary design of hospitals and the introduction of sanitation in working-class homes.

The Lady with the Lamp

During the Crimean war, Nightingale gained the nickname "The Lady with the Lamp" from a phrase in a report in *The Times*: *She is a "ministering angel" without any exaggeration in these hospitals, and as her slender form glides quietly along each corridor, every poor fellow's face softens with gratitude at the sight of her.* When all the medical officers have retired for the night and silence and darkness have settled down upon those miles of prostrate sick, she may be observed alone, with a little lamp in her hand, making her solitary rounds.

The phrase was further popularised by Henry Wadsworth Longfellow's 1857 poem "Santa Filomena".

Lo! in that house of misery
A lady with a lamp I see
Pass through the glimmering gloom,
And flit from room to room.



The Lady with the Lamp, a popular painting of Florence Nightingale by Henrietta Rae in 1891

Later Career

1855 (age 35) - the Nightingale Fund was established for the training of nurses during a public meeting to recognise Nightingale for her work in the Crimean war. There was an outpouring of generous donations.

1856 (age 36) - Nightingale was considered a pioneer in the concept of *medical tourism* as well, based on her 1856 letters describing spas in the Ottoman Empire. She detailed the health conditions, physical descriptions, dietary information, and other vital details of patients whom she directed there. The treatment there was significantly less expensive than in Switzerland.

1859 (age 39) - Nightingale was elected the first female member of the Royal Statistical Society. As well, Nightingale wrote *Notes on Nursing* which served as the cornerstone of the

curriculum at the Nightingale School and other nursing schools, though it was written specifically for the education of those nursing at home.

1860 (age 40) – Nightingale laid the foundation of professional nursing with the establishment of her nursing school at St Thomas' Hospital in London.

1860s - one of Nightingale's signal achievements was the introduction of trained nurses into the workhouse system in Britain

1860 to 1863 – Nightingale's attention turned to the health of the British army in India and she demonstrated that bad drainage, contaminated water, overcrowding and poor ventilation were causing the high death rate. Nightingale concluded that the health of the army and the people of India had to go hand in hand and so campaigned to improve the sanitary conditions of the country as a whole. She successfully lobbied for the establishment of a Royal Commission and Nightingale made a comprehensive statistical study of sanitation in Indian rural life and was the leading figure in the introduction of improved medical care and public health service in India. After 10 years of sanitary reform, Nightingale reported that mortality among the soldiers in India had declined to 18 per 1,000, instead of 69 per 1,000.

1870 (age 50) - Nightingale mentored Linda Richards (America's first trained nurse) and enabled her to return to the United States with adequate training and knowledge to establish high-quality nursing schools. Richards went on to become a nursing pioneer in US & Japan.

1874 (age 54) – Nightingale became an honorary member of the American Statistical Assoc.

1874 and 1875 – Nightingale lobbied to strengthen the proposed Public Health Acts to require owners of existing properties to pay for connection to mains drainage and improve sanitation in private houses. Historians now believe that both drainage and devolved enforcement played a crucial role in increasing average national life expectancy by 20 years between 1871 and the mid-1930s during which time medical science made no impact on the most fatal epidemic diseases.

By 1882 (age 62) - several Nightingale nurses had become matrons at several leading hospitals in London and throughout Britain, as well as at Sydney Hospital in New South Wales, Australia.

1883 (age 63) - Nightingale became the first recipient of the Royal Red Cross

1904 (age 84) - Nightingale was appointed a Lady of Grace of the Order of St. John

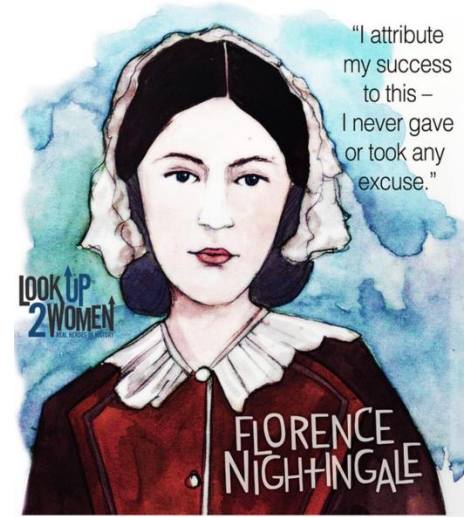
1907 (age 87) – Nightingale became the first woman to be awarded the Order of Merit

August 13, 1910 (age 90) – In London, Florence Nightingale died peacefully in her sleep. Her relatives declined the offer of burial in Westminster Abbey and she is buried in the family plot at St. Margaret's churchyard in East Wellow, Hampshire, near Embley Park with a memorial of the upmost simplicity with just her initials and dates of birth and death. Nightingale's achievements are all the more impressive when they are considered against the background of social restraints on women in Victorian England. Her father, William Edward Nightingale, was an extremely wealthy landowner, and the family moved in the highest circles of English society. In those days, women of Nightingale's class did not attend universities and did not pursue professional careers; their purpose in life was to marry and bear children. Nightingale was fortunate. Her father believed women should be educated, and he personally taught her Italian, Latin, Greek, philosophy, history and – most unusual of all for women of the time – writing and mathematics.

13 Inspiring Florence Nightingale Quotes To Heal You And Those Around You

<https://www.goalcast.com/2018/02/08/inspirational-florence-nightingale-quotes/>

- Rather, ten times, die in the surf, heralding the way to a new world, than stand idly on the shore.
- I think one's feelings waste themselves in words, they ought all to be distilled into actions and into actions which bring results.
- The very first requirement in a hospital is that it should do the sick no harm.
- Live life when you have it. Life is a splendid gift – there is nothing small about it.
- So never lose an opportunity of urging a practical beginning, however small, for it is wonderful how often in such matters the mustard-seed germinates and roots itself.
- And what nursing has to do in either case, is to put the patient in the best condition for nature to act upon him.
- To be 'in charge' is certainly not only to carry out the proper measures yourself, but to see that everyone else does so too.
- If a nurse declines to do these kinds of things for her patient, 'because it is not her business', I should say that nursing was not her calling.
- What cruel mistakes are sometimes made by benevolent men and women in matters of business about which they know nothing and think they know a great deal.
- Wise and humane management of the patient is the best safeguard against infection.
- How very little can be done under the spirit of fear.
- Were there none who were discontented with what they have, the world would never reach anything better.



THE FLORENCE NIGHTINGALE PLEDGE

I SOLEMNLY PLEDGE MYSELF BEFORE GOD AND IN THE PRESENCE OF THIS ASSEMBLY TO PASS MY LIFE IN PURITY AND TO PRACTICE MY PROFESSION FAITHFULLY. I WILL ABSTAIN FROM WHATEVER IS DELETERIOUS AND MISCHIEVOUS, AND WILL NOT TAKE OR KNOWINGLY ADMINISTER ANY HARMFUL DRUG.

I WILL DO ALL IN MY POWER TO MAINTAIN AND ELEVATE THE STANDARD OF MY PROFESSION, AND WILL HOLD IN CONFIDENCE ALL PERSONAL MATTERS COMMITTED TO MY KEEPING, AND ALL FAMILY AFFAIRS COMING TO MY KNOWLEDGE IN THE PRACTICE OF MY CALLING.

WITH LOYALTY WILL I ENDEAVOR TO AID THE PHYSICIAN IN HIS WORK, AND DEVOTE MYSELF TO THE WELFARE OF THOSE COMMITTED TO MY CARE.

Life with COVID

Be sure to read to the end!

The COVID is raging
My life is a mess
I live in pyjamas
And don't have to dress

I'm in isolation
Just staying at home
And would give my last dollar
To be free to roam

I'm seriously at risk
(or that's what they say)
Telling me to stay in
And not go out each day

In my head, I'm so young
Though my licence reveals
I'm a 70-plus senior
(but that's not how it feels!)

When I run out of food
And deliveries are late
I have to buy groceries
Between 7 and 8

So early in the morning
I head out to restock
And discover a line up
That winds 'round the block

Social distancing seniors
All 6 feet apart
Make me wonder just when
I became an old fart

My meals are repetitive
(a lot like my gas!)
And I'm tired of discussing
Why trump is an ass

My latest new outfit
Is gloves and a mask
And I'm starting to wonder
If I'm up to this task

I wash all my groceries
All fruit, meat and veg...
Will this additional
precaution
Tip me over the edge?

My beautiful brown hair
Has wide roots of grey
No hairdressers around
To help wash them away

I've been talking to myself
Now I'm answering back
Is it Monday or Friday?
I've really lost track

I've stopped doing
housework
It's weeks since I've dusted
And I know without visitors
I'll never get busted

I facetime my friends
Or we group chat on zoom
And try to pretend
We're all in the same room

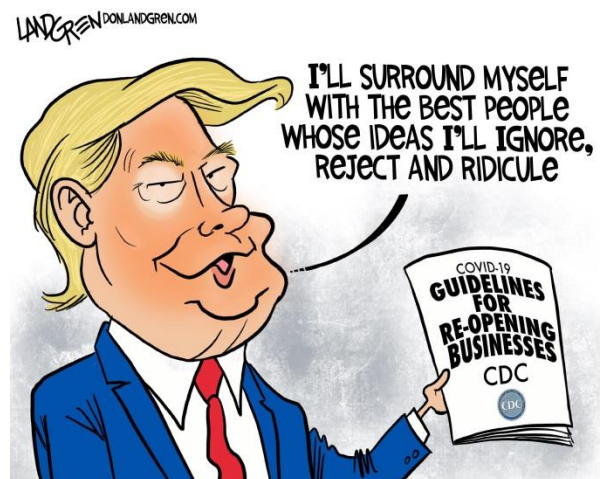
Thank goodness liquor stores
Are considered 'essential'
Without daily drinks
This would drive us all
mental

Every once in a while
It is good to reflect
On what this all means
And what we can expect

It's a time to be grateful
For all that we've got
Like a warm house and food
That others have not

The bottom line here
By the time this all ends
Is that we'll get through it
With our family and friends

So even if your partner
Is a bit of a grump
You can really be grateful
You're not married to Trump!



PERSPECTIVE TO PONDER:

In order to gain a small amount of perspective, imagine that you were born in 1900:

On your 14th birthday World War I starts, and ends on your 18th birthday. Twenty-two million people perish in that war.

Later that year, a Spanish Flu epidemic hits the planet, and runs until your 20th birthday. Fifty million people die from it in those two years. Yes, 50 million!

On your 29th birthday, the Great Depression begins. Unemployment hits 25% and the World GDP drops 27%. That runs until you are 33, and the country nearly collapses along with the world economy.

When you turn 39, World War II starts in Europe and Canada jumps in to help our allies. You aren't even over the hill yet. And don't try to catch your breath, because by your 41st birthday the United States is fully involved, as well. Between your 39th and 45th birthday, seventy-five million people perish in that war.

Then, at age 50, the Korean War starts and another five million perish.

At age 55, the Vietnam War begins, does not end for twenty years and four million people perish in that conflict.

On your 62nd birthday you have the Cuban Missile Crisis, a tipping point in the Cold War, and life on our planet, as we know it, should have ended; but great leaders prevented that from happening.

On your 75 birthday, the Vietnam War finally ends.

Think of everyone on the planet born in 1900. How did they survive all of that?

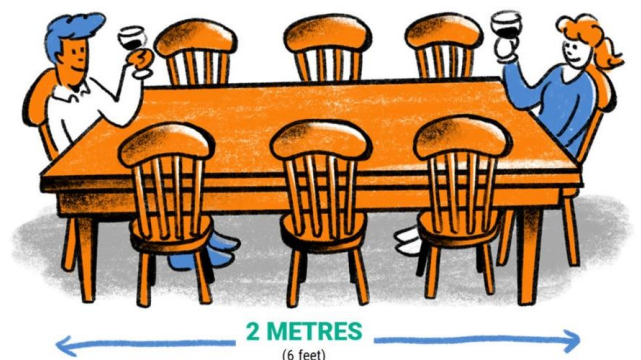
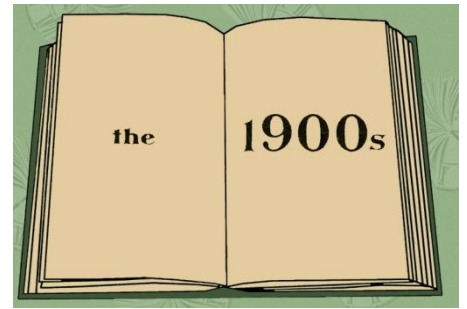
A kid in 1985 didn't think that their 85 year old grandparent understood how hard school was, and how mean that kid in your class was, blissfully unaware that his/her grandparent had survived and even thrived through all of the events listed above.

Perspective is an amazing art! Refined as time goes on, and enlightening like you wouldn't believe.

Remember to keep things in perspective. Let's be smart, help each other out, and we will get through all of this, together!

As per Dr. Bonnie Henry:

FEW FACES, BIG SPACES!



A Time for Introspection

The earth whispered but you did not hear.
The earth spoke but you did not listen
The earth screamed but you turned her off.
And so I was born...

I was not born to punish you..
I was born to awaken you..
The earth cried out for help...
Massive flooding. But you didn't listen.
Burning fires. But you didn't listen.
Strong hurricanes. But you didn't listen.
Terrifying Tornadoes. But you didn't listen.

You still don't listen to the earth when.
Ocean animals are dying due to pollutants
in the waters.
Glaciers melting at an alarming rate.
Severe drought.

You didn't listen to how much negativity the
earth is receiving.
Non-stop wars.
Non-stop greed.
You just kept going on with your life..
No matter how much hate there was..
No matter how many killings daily..

It was more important to get that latest
gadget than worry about what the
earth was trying to tell you..
But now I am here.

And I've made the world stop in its tracks.
I've made YOU finally listen.
I've made you take refuge.
I've made you stop thinking about
materialistic things..

Now you are like the earth...
You are only worried about YOUR survival.

How does that feel?



I give you fever...as the fires burn on earth.
I give you respiratory issues...as pollution
filled the earth's air.
I give you weakness...as the earth
weakens every day.

I took away your comforts...
Your outings.
The things you would use to forget about
the planet and its pain.

And I made the world stop...
And now...
YOU are having to take time to reflect on
what is important in your life.

Again I am not here to punish you.. I am
here to Awaken you...

When all this is over and I am gone...
Please remember these moments..

Listen to the earth.
Listen to your soul.

Stop Polluting the earth.
Stop Fighting amongst each other.
Stop caring about materialistic things.
And start loving your neighbors.

Start caring about the earth and all its
creatures.
Start believing in a Creator.

Because next time I may come back even
stronger....

Signed,



PEARLS BEFORE SWINE

BY STEPHAN PASTIS



A New Twist on an Old Routine
WHO = World Health Organization



Thanks to Denis Ottewell of Vancouver RTA for this!



May 3, 2020 - COVID Toe and Rashes

Rashes are not currently included in the list of symptoms of the illness, but researchers are surprised to see so many varieties of rash with Covid-19. There have been many reports about "Covid Toe" (a rash appearing on Covid patients' feet even in the absence of other symptoms); but the most common form of rash in the study was maculopapules: small, flat and raised red bumps that tend to appear on the torso. It usually appears later on, after the respiratory manifestation of the disease, so it's not good for diagnosing patients. Rashes can have many causes and it can be difficult to differentiate between them without medical expertise. Rashes are a well-known side effect of many viral infections, including pneumonia. It is unclear if the new coronavirus causes the skin manifestations or if they are the result of a coinfection with a different virus.

https://www.bbc.com/news/health-52493574?utm_source=Sailthru%20Email&utm_medium=Email&utm_campaign=newsAlerts&utm_term=coronavirus&utm_content=2020-05-05&apid=32290074

May 6, 2020 – What Medical Experts Want You to Know

Pandemics, by their nature, do not sit still. We all should have a whole new respect for viruses. However, people do not need to be afraid, but now is not the time to let down your guard: be smart and be vigilant. About 80% of people with a COVID-19 infection will have a mild case or no symptoms at all. Everyone is in a rush to say that one drug is the key, but what we really need is robust research with randomized clinical trials that help determine the best solutions. It is a slow and long process to finding the right treatment. Most everyone is going to get exposed to this novel virus, eventually. Novel means new, and no one is innately immune to it. Your immune system fights it and wins, or not. Sheltering at home is not just about protecting our self, but the main purpose is to prevent everyone from getting sick at once and overwhelming our healthcare systems. We will need to continue to exercise due diligence with masks, hand washing, and other precautions to keep the occurrence rate curve as flat as possible.

https://www.medicalnewstoday.com/articles/covid-19-what-mnts-experts-want-you-to-know-now?utm_source=Sailthru%20Email&utm_medium=Email&utm_campaign=newsAlerts&utm_term=coronavirus&utm_content=2020-05-06&apid=32290074

Is it safe to try on clothes in a retail store?

We don't have a definitive answer, but people who want to try on clothes in a store should follow general principles intended to reduce the risk of exposure. This includes not trying on clothing if you are sick or have COVID-19 symptoms, following all store policies in place, and practising good hand hygiene before and after trying on clothing. The disease spreads primarily through tiny droplets expelled when a person infected with SARS-CoV-2 sneezes, coughs, exhales or spits while talking. The reason that things are opening up is that the amount of virus in the community in general is starting to decrease, so your chances of encountering the virus are generally starting to decrease. The virus is "less viable" on absorbent surfaces like cloth as opposed to surfaces that are hard and non-porous. If you wash your hands and don't touch your face, it is very unlikely you would get the virus from clothes. You could consider washing your clothing in a washing machine after purchase.

https://www.cbc.ca/news/can-i-try-on-clothes-at-the-store-your-covid-19-questions-answered-1.5558980?cmp=newsletter_CBC%20News%20Morning%20Brief_1162_25921

May 18, 2020 - Corona Virus Vaccine Shows Promise

Moderna Incorporation's experimental COVID-19 vaccine, the first to be tested in the United States, produced protective antibodies in a small group of healthy volunteers, according to very early data released by the biotech company. Last week, U.S. regulators gave the vaccine "fast-track" status to speed up the regulatory review and the vaccine has gotten the green light to start the second stage of human testing. Moderna said it expects to start a larger late-stage, or Phase III, trial in July. Experts predict a safe and effective vaccine could take 12 to 18 months from the start of development, which in Moderna's case was in January (four months ago).

<https://uk.reuters.com/article/uk-health-coronavirus-moderna/coronavirus-vaccine-from-moderna-appears-safe-shows-promise-in-data-from-8-people-idUKKBN22U106>

May 21, 2020 - Black People Four Times as Likely to Test Positive for COVID-19

https://www.medicalnewstoday.com/articles/black-people-four-times-as-likely-to-test-positive-for-covid-19?utm_source=Sailthru%20Email&utm_medium=Email&utm_campaign=newsAlerts&utm_term=coronavirus&utm_content=2020-05-21&apid=32290074

May 26, 2020 – Convalescent Blood to Treat COVID-19

In the search for an effective treatment for COVID-19, an old method of fighting infectious diseases has recently resurfaced: transfusions with convalescent plasma. The blood of people who have recovered from an infection contains antibodies. Antibodies are molecules that have learned to recognize and fight the pathogens, such as viruses, that have caused disease. Doctors can separate plasma (a blood component that contain such antibodies) and administer it to people whose bodies are currently fighting an infectious disease. This can help their immune systems reject the pathogen more efficiently.

https://www.medicalnewstoday.com/articles/using-convalescent-blood-to-treat-covid-19-is-it-possible?utm_source=Sailthru%20Email&utm_medium=Email&utm_campaign=newsAlerts&utm_term=coronavirus&utm_content=2020-05-26&apid=32290074

May 26, 2020 – People Who Smoke May Have More Receptors for COVID-19

An abundance of data demonstrates that smokers tend to have more severe cases of COVID-19 than non-smokers do. The lungs of people who smoke may contain more of the receptors that the new coronavirus uses to invade cells. This could explain why people with the virus who also smoke appear to be particularly vulnerable to severe illness from the corona virus.

To break into cells and start replicating itself, the virus latches onto a protein receptor called angiotensin-converting enzyme 2 (ACE2), which is present in the cells' membranes. Researchers found that that both mice that had been exposed to smoke in a laboratory and humans who were current smokers had significant upregulation of ACE2. They found that the longer the mice had exposure to cigarette smoke, the more ACE2 receptors were expressed in their lungs. The researchers report that lung samples from those who smoked most heavily expressed the highest levels of ACE2.

They also discovered that quitting smoking reversed the increase in ACE2 expression. Among those who had not smoked for a year, quitting was associated with a decrease in ACE2 expression of around 40%, compared with those who currently smoke.

https://www.medicalnewstoday.com/articles/people-who-smoke-may-have-more-receptors-for-the-new-coronavirus?utm_source=Sailthru%20Email&utm_medium=Email&utm_campaign=newsAlerts&utm_term=coronavirus&utm_content=2020-05-26&apid=32290074

May 27, 2020 - Promising Results from First Human Trial for COVID Vaccine:

Researchers from China report the initial findings of the first human trial for a potential vaccine against SARS-CoV-2 (new corona virus) are promising, suggesting that the vaccine is mostly safe and apparently effective.

In phase 1, the researchers recruited 108 participants, of whom 51% were male and 49% female, with a mean age of 36.3 years. The researchers split the participants into three equal groups to test three dosages of the vaccines: a low dose, a middle dose, and a high dose. This trial was not randomized, and it was open-label, meaning that the researchers knew what they were administering, and the participants knew what they were receiving.

At the 28-day mark post vaccination, the results indicated that the participants tolerated the experimental vaccine well, and, while many volunteers did have adverse reactions, these were not serious and did not last long. The researchers note that the most common reactions were pain where they had received the injection (58 participants), fever (50 participants), a sense of fatigue (47 participants), headaches (42 participants), and muscle pain (18 participants).

Going forward, the researchers have started phase 2 of the clinical trial, which aims to replicate the current results and find out whether participants experience any adverse effects at 6 months after inoculation. Moreover, the team aims to recruit participants aged 60 years and over for phase 2 of this trial to find out whether the vaccine can protect the demographic with a higher risk of developing COVID-19, the disease that SARS-CoV-2 causes.

https://www.medicalnewstoday.com/articles/first-human-trial-of-sars-cov-2-vaccine-initial-results-in?utm_source=Sailthru%20Email&utm_medium=Email&utm_campaign=newsAlerts&utm_term=coronavirus&utm_content=2020-05-28&apid=32290074

May 26, 2020 – COVID Rash in Children

Doctors across Canada and the United States are finding new clusters of a rare and unusual multi-system inflammatory condition in children (MIS-C) that could be somehow linked to COVID-19. It's a condition that causes rashes in severe cases and can lead to heart damage if not treated, similar to Kawasaki Disease. Children have shown a wide spectrum of symptoms, including rashes, swollen palms and vomiting, but each one of them presented to hospital with a high fever.

In the United States, at least 20 states and Washington, DC have reported similar cases. More than 100 cases have been recorded in New York alone, including three deaths. In British Columbia, Provincial Health Officer Dr. Bonnie Henry the province is investigating "at least half a dozen" similar cases, though they still don't know if the cases are connected to COVID-19. "We don't have any known confirmed cases related to COVID-19 yet in the province, but that investigation is still ongoing," Henry told reporters.

What makes many of these cases puzzling is that the children often test negative for COVID-19, but later show antibodies to the virus. Doctors, meanwhile, stress that the condition is rare and treatable, but parents should watch for unusual fevers in their children that last for longer than a couple days.

<https://www.ctvnews.ca/health/coronavirus/more-clusters-of-a-rare-condition-are-popping-up-in-children-across-canada-1.4956155>

TOP COPING STRATEGIES

People have been doing their best to recreate their usual lifestyle at a different scale while relegated to their home environment. Growth and adaptability has been the key in facing the often life-altering circumstances that the COVID-19 pandemic has brought to everyone.



1. Exercise, Yoga, And Meditation - Numerous studies have demonstrated that physical activity, yoga, meditation, and prayer are all linked to better overall health. Researchers have shown that exercise could prevent depression, boost aspects of our memory, reduce inflammation, and even increase lifespan.

Yoga and meditation could have a direct impact on physiological drivers of stress and resilience to hardship, while the simple presence of religious faith in someone's life has ties to longevity.

2. Enjoying Nature In Any Form

Researchers have linked walking, as a form of casual, non-strenuous exercise, to a variety of health benefits, including lower blood pressure, improved psychological well-being, and a longer lifespan.

While gardening can certainly be calming, it may bring many health benefits besides stress reduction. One study associates gardening with a 36% lower risk of developing dementia. Another study found that gardening also has associations with a lower risk of cardiovascular events such as stroke and heart attack. But even just taking a moment to admire nature can do wonders for our well-being — whether that be in the form of a potted plant, a fresh crop of cilantro grown on the window sill, or observing newly hatched baby ducks at the park. Simply stopping to notice a bird or a tree has associations with a heightened sense of overall happiness.

3. Maintaining Human Connection

Studies suggest that long, deep conversations help us feel more connected and can enhance people's sense of well-being. Social interaction may also help protect memory, according to some researchers. Some experts have also linked lasting friendships and a good social life with better overall health and longevity. Given all this, it is no wonder that frequent phone or video calls with friends, family, and colleagues provide a tangible sense of relief.

4. Playing, Learning New Skills, Being Creative

Researchers have shown that playing and playfulness can help reduce stress levels in adults and increase their overall sense of well-being. Some people have even linked board games to better brain function, and some studies have suggested that romantic partners who play together stay together, as the excitement and fun of board games help strengthen their bond.

Another favorite coping strategy is learning a new skill. Research suggests that learning activities in adulthood may help improve life satisfaction and that learning new languages could help rejuvenate the brain. Some researchers think the pandemic may kick-start a boom of creativity, not just in individual contexts but also in diverse economic fields.

https://www.medicalnewstoday.com/articles/covid-19-pandemic-some-top-coping-strategies-and-why-they-work?utm_source=Sailthru%20Email&utm_medium=Email&utm_campaign=newsAlerts&utm_term=coronavirus&utm_content=2020-05-12&apid=32290074

THE NEW NORMAL - How We'll Keep Transmission Low

B.C.'s progress in the fight against COVID-19 is a direct result of the sacrifices and decisions that we have all made. To continue to protect seniors and at risk people and ensure that our health care system can respond to this dangerous virus, means that we all have to keep doing our part – at home, in the community and at work.

Stay at home and keep a safe distance from family when you have cold or flu symptoms, including:

- Coughing
- Sneezing
- Runny nose
- Sore throat
- Fatigue

No handshaking or hugs outside of your family!

Practice good hygiene, including:

- Regular hand washing
- Avoiding touching your face
- Covering coughs and sneezes
- Disinfect frequently touched surfaces



Keep physical distancing, as much as possible when in the community and where not possible, consider using a non-medical mask or face covering

And in personal settings when you're seeing friends and family who don't live with you:

- Only get together in small groups of around 2 to 6 people and keep a physical distance
- Stay home and away from others if you have cold or flu symptoms

If you are at greater risk (over the age of 60 or with underlying medical conditions), be informed of your risk, think through your risk tolerance and take extra precautions.

PHASE 2: Mid-May onwards

Under enhanced protocols:

- Restoration of health services
 - Re-scheduling elective surgery
- Medically related services:
 - Dentistry, physiotherapy, registered massage therapy, and chiropractors
 - Physical therapy, speech therapy, and similar services
- Retail sector
- Hair salons, barbers, and other personal service establishments
- In-person counselling
- Restaurants, cafes, and pubs (with sufficient distancing measures)
- Museums, art galleries, and libraries
- Office-based worksites
- Recreation and sports
- Parks, beaches, and outdoor spaces
- Child care

A Limerick by Andrew Weaver's father:

A pair named Henry and Dix,
Had a pandemic to fix.
They said, "Keep apart
And have a kind heart,
But try not to socially mix."

PHASE 3 - June to September

If transmission rates remain low or in decline, under enhanced protocols:

- Hotels and Resorts (June 2020)
- Parks – broader reopening, including some overnight camping (June 2020)
- Film industry – beginning with domestic productions (June/July 2020)
- Select entertainment – movies and symphony, but not large concerts (July 2020)
- Post-secondary education – with mix of online and in-class (September 2020)
- K-12 education – with only a partial return this school year (September 2020)

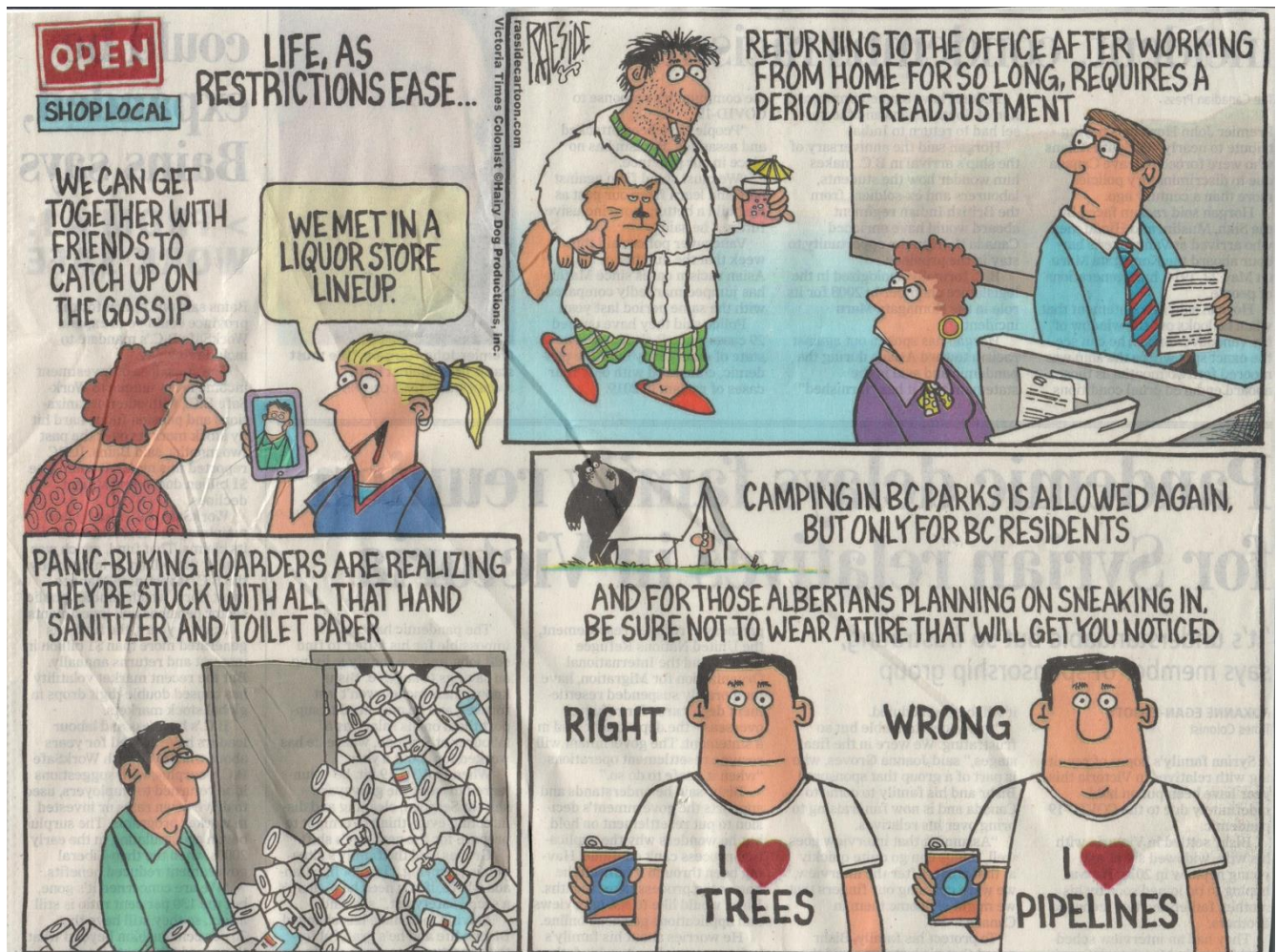
Phase 4 – to be determined

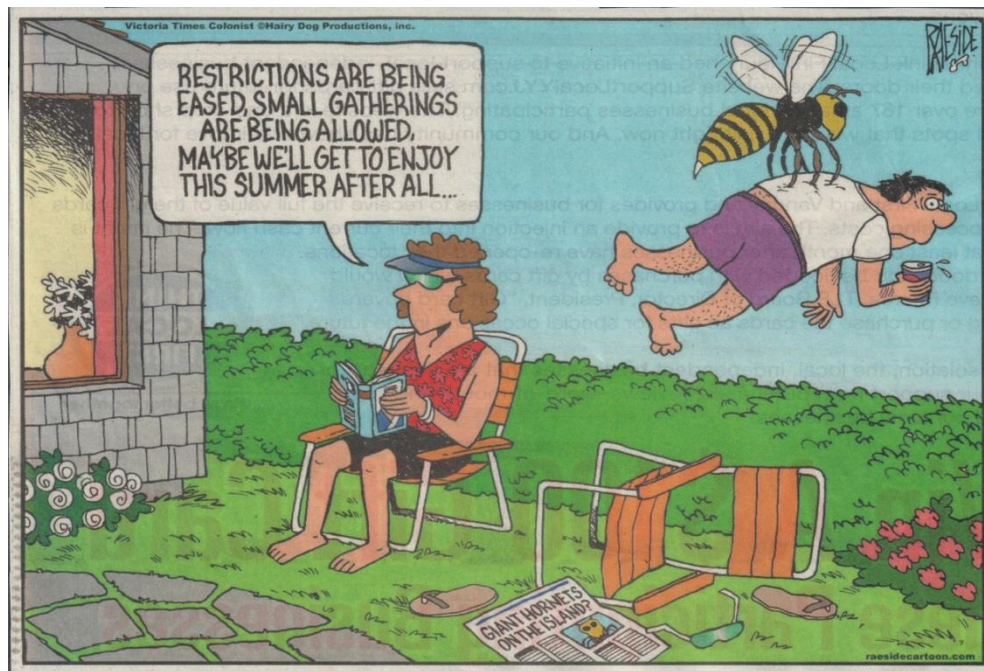
Conditional on at least one of the following; wide vaccination, “community” immunity, broad successful treatments:

Activities requiring large gatherings, such as:

- Conventions
- Live audience professional sports
- Concerts
- International tourism

The timing of a safe restart of night clubs, casinos and bars is a more complicated consideration. As with other sectors, industry associations will be expected to develop safe operations plans, for review, that are in keeping with Public Health and Safety Guidelines, as well as WorkSafeBC.





David Suzuki: Do “Murder Hornets” pose a serious buzz-kill?

<https://davidsuzuki.org/story/do-murder-hornets-pose-a-serious-buzzkill/>

As if we didn't have enough to contend with, now we're facing a “murder hornet” invasion — but it's more an invasion of newsfeeds than an actual descending plague of killer insects. Numerous media outlets have carried ominous stories about whether the giant hornets will pillage honeybee hives. It's not an imminent threat throughout North America, but it makes a killer story.

Let's dissect the hornet hysteria: The Asian Giant Hornet got its murderous nickname because it's known to rip the heads off bees with its shark-fin-spiked mandibles. It's the biggest hornet on the planet, three times the size of its honeybee prey. It has a venomous stinger. And like any good supervillain, it flies around in a flashy costume.

The bee-beheaders can take down honeybee hives in a matter of hours. Fortunately, only a few have been spotted in the U.S. and Canada. Last fall, two dead giant hornets were found in Washington State and a “bike” of giant hornets (yes, a group of hornets is sometimes called a “bike”) were found near Nanaimo, BC and were promptly dispatched by a daring entomologist.

Since European colonists brought honeybees to North America, they've been domesticated to the point where they have difficulty defending themselves against several dangers, from murderous hornets to varroa destructor mites. They've also been hit with a cocktail of threats, from pesticides — honeybee kryptonite — and habitat loss to climate change and the stress of being imported and exported.

While the fear factor in the hornet story has drawn our attention to hornets and honeybees, most people don't know a honeybee, hornet or wasp from the more than 800 species of wild bees in Canada. These unheralded, essential pollinators continue to fly under the radar because we rarely notice insects, unless they are marvellously lovely, like monarch butterflies, and even those face the risk of extinction.

It's perhaps not surprising then that almost without notice more than one-quarter of all insects have disappeared since 1990. It's a staggering, silent loss. It is chilling.

At least one-third of North America's food supply depends on pollinators. Every year, honeybees pollinate an estimated \$15 billion worth of food crops in the U.S., transferring pollen between blossoms, which then produce fruit, nuts and veggies. They're our smallest and arguably most essential livestock. Losing bees means losing a lot. Gardening can be the best defence for bees and an antidote to hornet hysteria. Here are some bee friendly tips:

1. **NATIVE PLANTS:** Grow native plants that are adapted to your community's soil and climate
2. **CONTINUOUS BLOOMS:** Fill your yard or balcony with flowers and shrubs that bloom from spring through fall
3. **WATER:** Offer sources of water with perches (like flat stones) for basking
4. **NESTING PLACES:** Keep pithy stems and woody material for cavity-nesting bees like mason bees and leave bare patches for ground-nesters like bumblebees
5. **GO ORGANIC:** Avoid pesticides, herbicides and other harmful chemicals

You May Not Like Insects, But You Need Them

<https://davidsuzuki.org/story/you-may-not-like-insects-but-you-need-them/>

Love Bees, Especially the Wild Ones

<https://davidsuzuki.org/story/love-bees-especially-the-wild-ones/>

PLEASE DON'T CALL ME A WEED. AND IF YOU COULD ALSO STOP USING THAT AWFUL ROUNDUP STUFF ON ME, THAT WOULD BE NICE TOO.



6 REASONS DANDELIONS DON'T DESERVE TO BE CALLED A WEED



01. First food for bees in the spring.
02. Can be a source of rubber.
03. Roots make a decent coffee substitute.
04. Contain compounds with curative properties.
05. Can be made into soup, salad and jam. Dandelion leaves are high in vitamin A, vitamin C and iron, with more iron and calcium than spinach.
06. Dandelion is a traditional ingredient of root beer.

www.gmofreeusa.org
 www.facebook.com/gmofreeusa
 www.facebook.com/gmofreecanadagroup

WEED-BE-GONE

1 Gallon Vinegar
 2 Cups Epsom Salt
 1/4 Eco-Friendly Dish Soap

It will kill anything you spray it on. Just mix and spray in the morning, after the dew has evaporated. Walk away. Go back after dinner and the weeds are all gone!

Cheaper than anything you can buy anywhere!
 Never buy Round-up again!

wee d Spray

Natural News

Depression is a very complicated illness – there's no simple solution that allows one to just "snap out of it".

What People THINK Causes Depression:

- Weakness
- Laziness
- An inability to "suck it up"

What ACTUALLY Causes Depression:

- Trauma
- Abuse
- Neglect
- Bullying
- Chemical imbalance
- Grief & loss
- Overworking
- Excess stress
- Being "the carer" at the expense of their own wellbeing
- Genetic factors
- Lack of fulfillment
- Lifestyle factors
- Body image issues
- Perfectionism
- Lack of social support
- Low self-esteem

Anti-Depressant Microbes in Soil - Dirt Makes You Happy

<https://www.gardeningknowhow.com/garden-how-to/soil-fertilizers/antidepressant-microbes-soil.htm>

Did you know that there's a natural antidepressant in soil? It's true. Mycobacterium vaccae is the substance under study and has indeed been found to mirror the effect on neurons that drugs like Prozac provide. The bacterium is found in soil and may stimulate serotonin production, which makes you relaxed and happier. Studies were conducted on cancer patients and they reported a better quality of life and less stress. Lack of serotonin has been linked to depression, anxiety, obsessive compulsive disorder and bipolar problems. The bacterium appears to be a natural antidepressant in soil and has no adverse health effects. These antidepressant microbes in soil may be as easy to use as just playing in the dirt. Most avid gardeners will tell you that their landscape is their "happy place" and the actual physical act of gardening is a stress reducer and mood lifter. The fact that there is some science behind it adds additional credibility to these garden addicts' claims. The presence of a soil bacteria antidepressant is not a surprise to many of us who have experienced the phenomenon ourselves. Backing it up with science is fascinating, but not shocking, to the happy gardener.

Antidepressant microbes in soil cause cytokine levels to rise, which results in the production of higher levels of serotonin. The bacterium was tested both by injection and ingestion on rats, and the results were increased cognitive ability, lower stress and better concentration on tasks than a control group. Gardeners inhale the bacteria, have topical contact with it and get it into their bloodstreams when there is a cut or other pathway for infection. The natural effects of the soil bacteria antidepressant can be felt for up to 3 weeks if the experiments with rats are any indication. So get out and play in the dirt and improve your mood and your life.

Canadians are Digging into Victory Gardens

<https://www.ctvnews.ca/lifestyle/canadians-are-digging-into-victory-gardens-for-2020-1.4941602>

The Victoria Day long weekend marks the beginning of the planting season for many Canadians and this year of self-isolation and worry has many turning to soil, seeds and plants for perhaps both therapy and security. Virus Garden just does not have the same ring to it!

Victory gardens have their roots in patriotic war gardening efforts during the First World War, but didn't really sprout into the national consciousness until the Second World War, when governments around the world urged citizens, especially in urban areas, to plant vegetables to supplement their food rations, contribute to the war effort, and boost morale.

In this year of coronavirus, surging interest in gardening is about concerns over food security and rising prices, along with a strong desire to get outside after a couple of months of being in the house. Growing food in our yards and on balconies and patios, and in public spaces such as schools and street boulevards will bring more plant pollinators to urban places where only lawns have existed before.

It is not only a boon for the environment, but it brings communities together as neighbours share their yields, and brings enormous mental health benefits. We are all going through a kind of grief and anxiety and it feels good to be in control of something. It's a reminder that whatever is going on, whether it's personally or globally, nature still goes on.

For our parents and grandparents, it was just a given that you had a garden. You were crazy not to grow your own vegetables. But in our hurry-up society, we had gotten away from it. If you asked a kid where vegetables come from, they'd say Save-On.

In 1996, my 3 year old son asked: "Where do vegetables come from?" That's when we started growing vegetables!

Cathy Van Herwaarden



Bulb: Garlic and Onion

- **Flower:** Artichoke, broccoli, cauliflower



Fruits: tomatoes, cucumbers, eggplant, okra, peppers, pumpkin, squash

- **Stems:** asparagus, celery



Leaves: Brussels sprout, cabbage, lettuce, spinach

- **Seeds:** pea, corn, bean



Tubers: potatoes, Jerusalem artichoke

- **Roots:** beets, carrots, parsnip, radish, rutabaga, sweet potato, turnip



SHORTEN YOUR FOOD CHAIN



10 UNUSUAL ITEMS THAT CAN BE HELPFUL FOR GARDENING

https://gardeningtips.diyeverywhere.com/2017/09/25/10-unusual-things-that-can-actually-be-quite-helpful-in-the-garden/?src=fbfan_61507&t=fbsub_gardeningtips&rp=20200312

Inspiration and usefulness often come from strange and unusual places. Gardening is no exception to this. Over time, gardeners have dreamed up a weird array of garden hacks that actually work really well. As strange as they may seem, these unusual items prove themselves to be extremely useful in the garden. So take the time to get a little creative, and add some humor to your garden. Here are 10 weird or unusual household things for your garden.

1. Disposable diapers

Before filling garden containers or hanging pots with potting soil and plants, lay a disposable diaper in the bottom. This will help retain moisture in the pot and keep water from draining out the bottom.

2. Pantyhose

In vertical gardening systems, melons can easily become too heavy and snap off the vines before they are ripe. Create slings using pantyhose/nylons to hold melons in place.

3. Old bicycle

Strip all of the hardware and parts from an old bicycle, reconfiguring the wheel and handlebars to create an easy-to-use garden plow.

4. Copper tubing

Slugs and snails naturally avoid copper. These pests receive a small electromagnetic shock when they touch it, electrocuting them. Create a circle of copper tubing and lay it around the base of your tender garden plants to keep slugs and snails from bothering them.



5. Styrofoam packing peanuts

Gardening containers become very heavy when filled with potting soil and plants. To reduce their weight and improve soil drainage -- making them more manageable to move around -- line the bottom of the container with Styrofoam packing peanuts, then fill with the potting soil. Or, chunks of Styrofoam works, too!

6. Laundry basket

Growing potatoes in the garden usually means having to dig the fully grown spuds in the fall. To make this job easier at harvest time, plant your seed potatoes in a plastic clothes basket at the beginning of the season. As the plants grow, fill the basket with soil. When potatoes are ready to harvest just dump the basket out and gather them up!

7. Ice cream cones

For an inexpensive, biodegradable pot for seedlings, use ice cream cones! Add potting soil to them, plant your seedlings right in the cone and then transplant to your garden. This is especially useful for kids' gardening activities.

8. Coffee filters

Line the bottom of planting containers with coffee filters to keep the potting soil from falling out of the holes.

9. CDs

Hang old, unused CDs by thread or string, and suspend them above plants (beans, tomatoes, berries) that are prone to birds and other furry pests. The spinning reflector will keep the nuisances at bay.

10. Nails

Cutworms in the garden are often untreatable by pesticides. To prevent them from chewing their way through plant stems, place nails in the ground on either side of the stem. This will keep the pests from wrapping around the stem and eating through it.

CUCUMBERS...did you know...???

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.



2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent that is undetectable to humans, but drive garden pests crazy and make them flee the area.

5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes. The phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.

8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe. Its chemicals will provide a quick and durable shine that not only looks great, but also repels water.

9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing,

relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath. The phytochemicals will kill the bacteria in your mouth that are responsible for causing bad breath.

12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean. Not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

And to think that all these years, I've only been making salads with cucumbers!!!



Foods which can enhance your hearing:

Potassium regulates the fluid in your inner ear, which is important because, as we age, our inner ear fluid levels tend to drop which can contribute to hearing loss or presbycusis.

- **Bananas** are the perfect potassium-rich, on-the-go snack with 12% of your daily potassium value.
- **Avocado** presents even more health benefits that your ears will love. One whole avocado will give you 30% of your daily potassium, 22% of your daily folate and 15% of your daily magnesium!
- Three ounces of **salmon** will give you 42% of your daily recommended omega-3s. Omega 3s could help reduce the risk of age-related hearing loss by over 40%. Omega 3s can also help brain function, sending signals between your brain and ears more effectively.
- **Spinach** is a powerhouse for hearing health. One cup of spinach has 65% of your daily folate value, 24% of your daily potassium value, 40% of your daily magnesium value and is also a good source of Zinc.

17 Vegetables to Plant Once For Years of Bounty

<https://leafyplace.com/perennial-vegetables/>

4 Edible Weeds:

https://davidsuzuki.org/queen-of-green/four-edible-weeds/?utm_campaign=queenOfGreen-edibleWeeds-en-16nov2017&utm_source=facebook&utm_medium=page-postcard



Vinegar – tips for the garden

http://gardeningtips.diyeverwhere.com/2017/03/20/10-amazing-ways-to-use-vinegar-in-the-garden/?src=fbfan_59216&mp=20171006&t=fbsub_slowcookerkitchen&rp=20171006

Peat Moss Use in Gardening is Unsustainable:

https://www.cbc.ca/news/technology/peat-moss-gardening-1.5411539?_vz=medium%3Dsharebar

CALCIUM-RICH FOODS

www.asyachi.com



Sesame seeds



Sunflower seeds



Pumpkin seeds



Nuts



Raisins



Cress



Carrots



Garlic



Okra



Basil



Mint



Spinach



Kiwi



Leeks



Green beans



Coriander



Bok choy



Kale



Raspberries



Artichokes



Turnip greens



Parsnip



Broccoli



Arugula



Figs



Kohlrabi



Fennel



Celery



Swiss chard



Parsley

5 Superfoods, Also Good For The Planet:

<https://www.facebook.com/7746841478/posts/10157038398456479/?vh=e>

16 Foods That Are Good For You And The Planet

https://www.weforum.org/agenda/2019/04/16-foods-will-help-you-eat-healthily-and-save-the-planet-say-researchers?utm_source=Facebook%20Videos&utm_medium=Facebook%20Videos&utm_campaign=Facebook%20Video%20Blogs

[researchers?utm_source=Facebook%20Videos&utm_medium=Facebook%20Videos&utm_campaign=Facebook%20Video%20Blogs](https://www.weforum.org/agenda/2019/04/16-foods-will-help-you-eat-healthily-and-save-the-planet-say-researchers?utm_source=Facebook%20Videos&utm_medium=Facebook%20Videos&utm_campaign=Facebook%20Video%20Blogs)

MISH-MASH of MEDICAL NEWS:



Stress physically alters communication in the brain:

When experiencing stress, the astrocytes (brain cells that regulate neuronal communication) shrink away from synapses resulting in disruption of neural communication. Synapses are structures that allow information to pass from one cell to another via neurotransmitters. Research with mice finds that even a single stressful event can quickly cause long-lasting changes to an astrocyte. Scientists are still investigating the full role of astrocytes in synaptic connections, though they are aware of some of their contributions.

https://www.medicalnewstoday.com/articles/stress-physically-alters-communication-in-the-brain?utm_source=facebook&utm_medium=social&utm_campaign=owned&utm_term=covid&utm_content=2020-04-28

Cooking with Aluminum Foil – not a safe option!

Most of us cook with aluminum foil, however, because of dangers associated with leaching from aluminum foil that may no longer be a safe option. Research into the dangers of cooking with aluminum foil has found that some of the toxic metal can contaminate food. This is especially true when foil is used to cook or heat spicy and acidic food. Increased levels of aluminum in the body have been linked to osteoporosis, and Alzheimer's disease.

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

Save on Spring Cleaning With This One Product – Vinegar!

Learn how to use vinegar to clean: a grimy grill, a dirty dishwasher, a befouled fridge, a clogged coffeemaker, a crusty shower head, messy wood furniture, stained wood floors, soda-spilled carpets, moldy humidifier, and lots of other areas in your home.

<https://www.everythingzoomer.com/money/2019/04/09/spring-cleaning-on-a-budget/>

Other ways to use vinegar

And in case there's any doubt on vinegar's versatility, consider using it to:

- Remove tough fruit stains (like cherries) from your hands.
- Absorb unpleasant room odours by setting vinegar out in a bowl. (You can reduce the 'vinegar smell' by adding fragrant spices like cardamom.)
- Clean coffee stains from china. (Use a mixture of salt and vinegar for this.)
- Make the microwave spotless by mixing 1/2 cup white distilled vinegar and 1/2 cup water in a microwave-safe bowl. Simply bring it to a full boil inside the microwave, and baked-on food will be loosened and odors will disappear. Wipe clean.
- Get rid of fruit flies by setting out a small bowl of undiluted white vinegar.
- Remove gummy labels from jars or clean 'sticky' scissors.
- Polish mirrors and chrome sink fixtures.
- Kill unsightly weeds. (Spray a solution of full strength vinegar for this one.)
- Keep your windows frost-free on winter mornings by spraying them with a vinegar solution the night before.

Best Herbs for Joint Pain

https://www.medicalnewstoday.com/articles/325760.php?utm_source=newsletter&utm_medium=email&utm_country=CA&utm_hcp=no&utm_campaign=MNT%20Weekly%20%28non-HCP%20non-US%29%20-%20OLD%20STYLE%202019-07-17&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

Any Health Benefits to a Cold Shower?

https://www.medicalnewstoday.com/articles/325725.php?utm_source=newsletter&utm_medium=email&utm_country=CA&utm_hcp=no&utm_campaign=MNT%20Weekly%20%28non-HCP%20non-US%29%20-%20OLD%20STYLE%202019-07-17&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

What are the Signs of Autism in Children?

https://www.medicalnewstoday.com/articles/325736.php?utm_source=newsletter&utm_medium=email&utm_country=CA&utm_hcp=no&utm_campaign=MNT%20Weekly%20%28non-HCP%20non-US%29%20-%20OLD%20STYLE%202019-07-17&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

Top Foods High in Potassium

https://www.medicalnewstoday.com/articles/325728.php?utm_source=newsletter&utm_medium=email&utm_country=CA&utm_hcp=no&utm_campaign=MNT%20Weekly%20%28non-HCP%20non-US%29%20-%20OLD%20STYLE%202019-07-17&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

Blueberries for Heart Health

https://www.medicalnewstoday.com/articles/325346.php?utm_source=newsletter&utm_medium=email&utm_country=CA&utm_hcp=no&utm_campaign=MNT%20Weekly%20%28non-HCP%20non-US%29%20-%20OLD%20STYLE%202019-06-05&utm_term=MNT%20Weekly%20News%20%28non-HCP%20non-US%29

Autism Linked to Mother's Gut Biome

<https://www.iflscience.com/health-and-medicine/autism-could-be-linked-to-mothers-gut-microbiome/>

10 Cool Things to Do with Cucumbers

<https://www.everythingzoomer.com/health/2018/07/17/cucumber-health-benefits/>

Chia Seeds – Omega 3 Protein Packed Superfood

https://draxe.com/nutrition/seeds/chia-seeds-benefits-side-effects/?utm_campaign=chiaseeds&utm_medium=social&utm_source=facebook&utm_content=draxe

Cinnamon – 6 ways to use in your garden

https://gardeningtips.diyeverywhere.com/2017/05/22/cinnamon-isnt-just-for-the-kitchen-here-are-6-reasons-to-use-cinnamon-in-your-garden/?src=fbfan_60011&t=fbad&up=20170609&k=lqvs1v1qaen00098

Vitamin B1 – Mosquito Repellent

<https://www.davidwolfe.com/take-vitamin-mosquito-free-all-summer/>

Advice for Cannabis Edibles

http://www.vch.ca/about-us/news/news-releases/take-care-when-munching-on-cannabis-edibles?utm_source=Canadian+Public+Health+Association&utm_campaign=157f4c05b3-EMAIL_CAMPAIGN_2020_02_10_12_54&utm_medium=email&utm_term=0_1f88f45ba0-157f4c05b3-172588003



The Importance of Staying Hydrated: General Hydration & Virus Recovery



Did you know water makes up about 60% of the human body? We need water to keep us going every day so that we can feel and perform at our very best. It's a good idea to look at the effects of dehydration to help you understand why staying hydrated is so important.

How do we Become Dehydrated?



Diarrhea & Vomiting

When diarrhea comes on suddenly and severely, this can cause a quick and higher loss of fluids and electrolytes.

Sweating

You lose water when you sweat, so the more you sweat, the sooner you may become dehydrated.



Virus or Food Poisoning

Dehydration takes on a different level when you are sick because common symptoms such as fever, diarrhea, vomiting and loss of appetite, all can lead to dehydration. If you aren't getting enough fluids, your body may have difficulty regulating its' temperature. Even small fluid losses can contribute to increased body temperatures.

Proper hydration is needed for:

Regulating Body temperature



Maintaining Healthy Skin & Joints

Digesting Food



Brain Function

Producing Necessary Bodily Fluids



When sick with a virus, proper hydration can help the skin and mucous cell membrane act as a barrier to prevent bacteria from entering the body. It can also help decrease nasal irritation when coughing, sneezing and even just breathing.



The Importance of Staying Hydrated: General Hydration & Virus Recovery



So, how much fluids should you drink to stay hydrated?

Dietitians of Canada recommends:

9 Cups (250 ml) per day



Age 19+



12 Cups (250 ml) per day



Age 19+

Drink a glass of water when:



You first wake up



Before each meal



Before, during,
and after
exercise



One hour
before bed

Staying hydrated isn't just about liquids



It's also about electrolytes and carbohydrates! On any regular day, you could usually get enough electrolytes from what you eat. For instance, foods like fruits and vegetables that are high in water like lettuce, cucumbers or tomatoes, contribute to your daily fluid intake.

However, dehydration changes when you have a good workout or have picked up a virus. In these situations, you may need electrolytes, like sodium, potassium and chloride, to help the body maintain fluid balance and keep the cells in our bodies working properly.

Add electrolytes and carbohydrates by:



Trying an oral rehydration solution such as Pedialyte®, which contains electrolytes, sodium, potassium, & chloride

Eat some salty pretzels!



Add a few extra shakes of salt to your food

Enjoy some potassium-rich foods like bananas, cantaloupe, avocados, sweet potatoes or spinach



How do I know if I am properly hydrated?

Since both fluid recommendations and symptoms of dehydration vary from person to person, it's important to be able to measure hydration status beyond just what you drink.



Hydrated

A simple test is to evaluate the colour of your urine. Dark yellow to amber may indicate dehydration, while a pale yellow means you're properly hydrated.



Dehydrated

Thanks to PQRTA Member Gerry Galey for this information:

Recent Redneck and COVID-19 Studies have demonstrated that rednecks have the lowest stress rate because they do not understand the seriousness of most medical terminology....

Medical Term	Redneck Definition
Artery	The study of paintings
Bacteria	Back door to cafeteria
Barium	What doctors do when patients die
Benign	What you be, after you be eight
Caesarean Section	A neighborhood in Rome
Cat scan	Searching for Kitty
Cauterize	Made eye contact with her
Colic	A sheep dog
Coma	A punctuation mark
Dilate	To live long
Enema	Not a friend
Fester	Quicker than someone else
Fibula	A small lie
Impotent	Distinguished, well known
Labor Pain	Getting hurt at work
Medical Staff	A Doctor's cane
Morbid	A higher offer
Nitrates	Rates of Pay for Working at Night, Normally more money than Days
Node	I knew it
Outpatient	A person who has fainted
Pelvis	Second cousin to Elvis
Post Operative	A letter carrier
Recovery Room	Place to do upholstery
Rectum	Nearly killed him
Secretion	Hiding something
Seizure	Roman Emperor
Tablet	A small table
Terminal Illness	Getting sick at the airport
Tumor	One plus one more
Urine	Opposite of you're out

ORIGINAL BLUE DAWN. . . NOT JUST FOR DISHES!

Wild Life

Ever wonder why Dawn Dishwashing Liquid is the wildlife cleaner of choice after an oil spill? According to the International Bird Rescue Research Center, Dawn effectively removes grease but does not cause harm to the skin of the birds. It's also biodegradable and contains no phosphates.



Bubbles

According to Bubbles.org, Dawn dishwashing liquid makes great homemade bubbles. Here is the Giant Bubble Recipe used in bubble makers at many children's museums: 1/2 cup Ultra Dawn 1/2 gallon warm water 1 tablespoon glycerin (available at any drug store) OR White Karo syrup works too! Stir gently. Skim the foam off the top of the solution (too much foam breaks down the bubbles). Dip bubble wand and get ready for some good, clean fun!

Greasy Hair Problems

Kids get into the darnedest things! Like Vaseline and baby oil rubbed into their hair! Dawn is mild enough to use on their hair and strong enough to remove the most stubborn grease.

Hair Product Buildup

Once a month use original Dawn as you would shampoo. It will remove excess oil from your hair and scalp and strip away any build-up of styling products without any damage. Perform this once a month and you won't have to buy expensive salon products that do the same thing.

Manicure Secret

Soak fingers in full-strength blue Dawn. It makes the cuticles soft and easy to work with. And it removes the natural oil from the fingernails, which allows the polish to adhere very well.

Repel Houseplant Insects

It's a safe, effective way to repel insects from your houseplants, including aphids, spider mites and mealy bugs. Put a drop of Dawn Dishwashing Liquid in a spray bottle, fill the rest of the bottle with water, shake well, and mist your household plants with the soapy water.

Clean Your Windows

Try this recipe from Merry Maids: mix 3 drops Dawn in 1 gallon water and fill a spray bottle with the solution. Spritz and wipe as you would with any window cleaner.

Pets And Pests

Use it to bathe the dogs. It kills fleas on contact and is much cheaper than expensive dog shampoos.

Clean Automotive Tools

After you have finished your automotive repair project, soak your dirty tools in Dawn before you put them away to remove all the oil and grime. Dawn also helps prevent rust from forming on the tools.

Ice Pack

Partially fill a strong zip-type sandwich bag with Dawn dishwashing liquid, close and freeze. The liquid soap stays cold much longer and conforms to any shape. It re-freezes many times!

Tub And Shower Cleaner

Take a spray bottle and fill it halfway with white vinegar. Then, heat in the microwave. Fill the rest of the way with blue Dawn. Put lid on and shake to mix well. Spray on your tub and shower walls. Allow to sit for a few minutes and rinse away. It will totally melt all the gunk, slime, sludge and other stuff that builds up including a bathtub ring.

Repel Ants

Spray counter-tops, cupboards and any other area where you see ants with a solution of Dawn and water. Wipe dry. The slight residue of Dawn that remains will not be a problem at all for kids or pets, but ants hate it. Should you see a trail of ants, go ahead and hit them with the Dawn spray.

Stripping Cloth Diapers

Add a squirt or two of original Dawn dish soap to your washer and run a hot wash, then rinse until there are no more bubbles. Dawn is a degreasing agent and helps stripping by removing oily residue. Be sure to rinse, rinse, rinse until the water runs clear.

Unclogging Toilets

A cup of Dawn detergent poured into a clogged toilet allowed to sit for 15 minutes and then followed with a bucket of hot water poured from waist height will clear out the toilet.

Poison Ivy

Poison ivy spreads through the spread of the oil within the blisters. Wash the affected area with Dawn, especially on children who keep scratching the blister's open, helps dry up the fluid, AND keep it from spreading.

Driveway Cleaner

If you have gasoline or motor oil stains on your driveway, you can use the kitty litter method to clean up the excess oil and then use a scrub broom and a solution of biodegradable Dawn dishwashing detergent and warm water to safely and effectively remove excess motor oil from the pavement.

Oily Skin

Dawn makes a great facial cleanser for oily skin. A drop or two combined with warm water will do the trick.

Paint Or Grease Remover For Hands

Dawn combined with corn oil makes for the perfect paint or grease remover. Simply combine a little bit of both in your hands then rub it over affected areas. The corn oil and the dishwashing liquid both help to dissolve the grease and paint – yet leave skin soft, unlike harsher paint removers.

Cleaning The Kiddie Pool

Plastic wading pools can get very gunky, very fast. Dump the water, then scrub the pool with Dawn and a sponge. More potent cleaners like bleach will weaken and dry out the plastic in the sun.

Laundry Pre-Treater For Oily Stains

For oil-based stains such as lipstick, grease, butter, motor oil, cooking oil, and some pen inks, simply apply some Dawn dishwashing liquid directly to the stain and scrub with a small brush or toothbrush until the oil is removed, and then launder as usual.

Multipurpose Cleaner

Merry Maids recommends using a drop of Dawn in water to clean ceramic tile and no-wax/linoleum floors. You can also use the spray on:

- Bathroom and kitchen counters and sinks.
- Woodwork, e.g., baseboards, shelves, and wainscoting. (Dry as you go—wood doesn't like prolonged contact with water.)
- Tubs and toilet seats.

Non-Toxic Lubricant

Use on sliding glass doors, door knobs, hinges etc. It lasts much longer than any aerosol type spray that I have tried. And its non-toxic! It does a great job of cleaning the parts that it's lubricating, as well!

Sidewalk De-Icer

For icy steps and sidewalks in freezing temperatures, mix 1 teaspoon of Dawn dishwashing liquid, 1 tablespoon of rubbing alcohol, and 1/2 gallon hot/warm water and pour over walkways. They won't refreeze. No more salt eating at the concrete in your sidewalks

Pool Cleaning

Squirt Dawn down the middle of the pool and all of the dirt, suntan lotion, etc. will move to the edges of the pool for easy clean up! AND it makes the pools sparkle.

Eyeglass Defogger

Simply rub a small drop of Dawn on eyeglass lenses, and wipe clean. It will leave a very thin film that will prevent them from fogging up.

Shower Floors

Cover greasy footprints on shower floors with a coating of Dawn; let sit overnight. Scrub away the gunk in the morning with a stiff brush.

Aphid Control On Fruit Trees

Mix two tablespoons Dawn to a gallon of water and put in your sprayer. Try to get spray both sides of the leaves, branches and the tree trunks. Let sit for about 15 minutes and then rinse the trees THOROUGHLY!

And Finally.....

Here's a brilliant idea! Need a hostess gift when visiting friends and family? Print off this post and include it with a bottle of Blue Dawn! Talk about USEFUL !

I just realized why I'm getting fat. I read my shampoo label and it says: Adds body and volume.

Today, I will use the dishwashing soap that says: Dissolve all fat, even in hard to reach places.



SCAM ALERT

Canada Revenue Agency warns of text message phishing scam

The Canada Revenue Agency has issued a warning about a scam that lures victims with a text message that the agency is sending them money via an INTERAC e-transfer. Police and the CRA became aware of the scam after Canadians who received the message took to social media to warn others.

The text suggests that the CRA has sent the e-transfer, and then asks the recipient to click a link "to deposit your income tax return."

Recipients are then asked for personal information, such as social insurance numbers, credit card and bank account information, and passport numbers.

The CRA says the text is a phishing scam, where scammers seek personal information via electronic messages, and recipients should delete it immediately. "Canadians are reminded that the CRA will only send payments by direct deposit or by cheque, never by email money transfer," reads an alert on the agency's website.

So far, RCMP and municipal police agencies across B.C. are warning residents about the scam. RCMP headquarters in Ottawa is looking into a request from CTVNews.ca to determine if the scam is targeting Canadians nationwide.

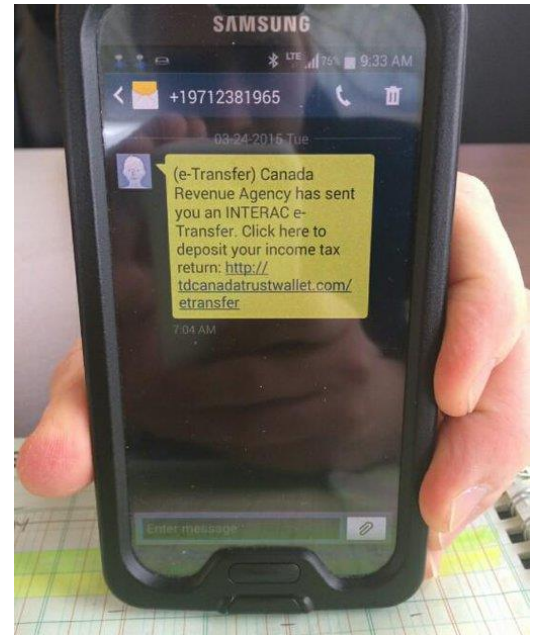
Phishing scams that involve the CRA are not new, and the agency has warned for years of fraudulent emails, phone calls and even letters that seek victims' personal information.

The agency says it would never request personal information via email.

Anyone who receives these kinds of messages should ask themselves the following questions:

- Am I expecting additional money from the CRA?
- Does this sound too good to be true?
- Is the requester asking for information I would not include with my tax return?
- Is the requester asking for information I know the CRA already has on file for me?
- How did the requester get my email address?
- Am I confident I know who is asking for the information?
- Meanwhile, TD Bank is also warning that a text message telling recipients that their bank account has been suspended is also a scam.

A user is told to click a link to "unlock" their account, and then is asked for personal information. Anyone who suspects they have become a victim of fraud can call the Canadian Anti-Fraud Centre at 888-495-8501.



<https://www.ctvnews.ca/mobile/business/canada-revenue-agency-warns-of-text-message-phishing-scam-1.2296220>

BCRTA NEWS:



April 2020 – from BCRTA President Gerry Tiede

COVID 19 has brought change to all our lives. As seniors, we are in the most vulnerable group and will need to avoid direct contact with other people for some time. I want you to know that BCRTA will continue to serve our members in the months ahead.

BCRTA Office

Our office continues to operate as usual with our BCRTA staff working remotely. Your phone calls are directed to our staff that are working their regular hours, have access to all our computer systems and are ready to help you. All BCRTA member services continue to be active, except of course we can't accept visitors to our office.

BCRTA Meetings

All BCRTA meetings have been canceled or postponed indefinitely. That includes our Board meetings, committee meetings, zone meetings and pension education workshops. We have also encouraged our branches to cancel all their meetings.

Our Board and Branch Executives have responsibilities that are laid out in our Bylaws and policies. During this time, we will focus on the most important ones and deal with them through email or on-line meetings. We accept that some decisions may be delayed as our leaders make choices that are in the best interest of our members. For example, your branch may ordinarily hold an Annual General Meeting in May which will need to be rescheduled for some time in the fall. Your branch leaders will keep you posted on what they are doing.

When the 'physical distancing' orders are removed across BC we will all make decisions to get BCRTA business meetings back on schedule.

Teachers' Pension Plan

With the hit to the economy of the world, the health of our pension plan is on our minds. Certainly there will be short-term losses in some of our investments, but we need to remember that our plan began this year in a surplus position with significant reserves. Our investments have benefited from 11 straight years of good returns and a downturn of some type was expected. The TPP's investment managers were able to diversify to other types of investments to reduce the effect of losses in the stock markets.

Also, our pension is a defined benefit plan. That means that our pension is not dependant on the day-to-day performance of the investment market. Updated information is available at <https://tpp.pensionsbc.ca/>

One note about service levels at the TPP: Many of the Pension Corporation staff are currently working remotely. While everything is in place to handle any pension business or questions, you may experience some minor delays in getting a response.

Here is the most important thing: Our pension payments are secure and will continue to be deposited into our bank accounts right on time.

We are also fortunate to live in a stable and prosperous Canada, so our OAS and CPP payments are also secure.

Johnson Insurance

We have been in regular contact with our Johnson Insurance partners. They, too, have closed their office to visitors, but continue to provide services. Johnson has worked to help our traveling members return to Canada; their insurance coverage continues for those who have been unable to return to Canada. Johnson has devoted their staff time to reimbursing our members for their trip interruption and trip cancellation claims. We expect that the cost of all these travel claims will likely dwarf the normal medical costs that they pay this year.

The events of these past weeks emphasize the value of our insurance plans to our members. The reason we have travel insurance is not only for protection from the cost of individual accidents and sickness but also from the costs of disasters or pandemics like the one we are currently experiencing.

The traveling behavior of all Canadians has changed and that will likely continue for a while. I would encourage you to take some time before making decisions about your own future travel and insurance needs. Our insurance policies with Johnson are all one-year contracts which end on September 30th each year. BCRTA will continue to work with Johnson insurance to be sure our plans meet our members' needs.

It is also important to remember that when Johnson advises us that certain travel costs will not be covered by insurance during this time, it is not because they have changed their policies. What has happened is that world events have activated conditions in the insurance contracts, such as limits on coverage for travel to a location that is covered by a government of Canada advisory. What is unique about this situation is that it is not one or two locations that are the advisory "hotspots" but the entire world.

BCRTA will continue to work for the best interests of our members when it comes to securing both EHC and travel insurance coverage and understanding the coverage available.

For current updates from Johnson visit <https://www.johnson.ca/coronavirus>

Physical Distancing – not Social Distancing!

Now is a good time for us all to pick up the phone or message a friend, neighbour or family member. It's a bit lonely for some of us to stay physically isolated for such a long time but we need to make that extra effort to keep up our social connections!

We Can All Do Something

We know from our recent survey that BCRTA members provide over \$50 million worth of unpaid volunteer efforts to their communities each year. It is part of who we are. We want to help, to contribute, to work for a better world. Right now it may feel that all that goodwill is being bottled up at home. How frustrating!

But even if we can't get out and about like we want to, there is one activity that is guaranteed to do some good: Reach out! Pick up the phone and reach out to your isolated neighbours. Send a note by email to someone you know who is working hard at a medical facility or serving in a grocery store. Chat with the sibling that you meant to call but could never find the time. Play Scrabble online with your grandchildren.

If You Need Help

The Office of the Seniors' Advocate has a phone line and a website to provide personal supports for seniors. Call 211 or <http://www.bc211.ca/> to access their services.

BCTF News:



May 1, 2020

BC teachers have voted to ratify the new collective agreement. The COVID-19 pandemic has had profound effects on us all as teachers and as members of the BCTF. For the first time in the Federation's history, members have not been able to gather in schools and local offices to discuss and vote on a new collective agreement. Instead, we've had to find ways to ensure our democratic traditions live on in virtual spaces.

So, after three days and nights of online voting, we can announce that the new collective agreement was approved with 98% voting in favour.

- 31,838 BCTF members voted
- 31,087 voted in favour
- 751 voted against

A message from BCTF President Teri Mooring:

Thank you, teachers, for taking the time to review the Agreement-in-Committee documents, participate in our telephone town halls, and engage through social media and Livestream. This was a vote like no other in our history and I am proud of how quickly our union was able to come up with new ways to engage so many people during this time of physical and social distancing.

This was a long and tough round of negotiations where we had to fight off dramatic concessions that nobody anticipated. Thanks to your public advocacy and solidarity, we were able to get the government to back down and make some important gains for you, our members.

Please continue to take care of yourselves and loved ones during these unprecedented and difficult days. I am so proud of all of the commitment, caring, and creativity teachers are pouring into their work. You are all making a difference.

Thank you and happy International Workers' Day!

Teri Mooring
BCTF President

B.C. Teachers' Federation Ratifies New Contract with Overwhelming Support

B.C. teachers have ratified a new three-year deal approving general rate increases of two per cent each year.

The deal was announced on Friday morning after 98 per cent of members voted in favour.

The agreement covers more than 45,000 teachers represented by the B.C. Teachers Federation. The contract is retroactive back until July 1, 2019, and will go until June 30, 2022.

Teachers have agreed to an additional one per cent wage increase in 2020 to the top step of the teacher salary grid in each district.

The two sides also have agreed to a mediated process on how to “support successful bargaining” negotiations in future years.

The two sides reached a tentative agreement at the end of March. Teachers have been out of the classroom due to the ongoing coronavirus pandemic but have still been working.

“This was a vote like no other in our history and I am proud of how quickly our union was able to come up with new ways to engage so many people during this time of physical and social distancing,” BCTF president Teri Mooring said in a statement posted to Twitter.

“This was a long and tough round of negotiations where we had to fight off dramatic concessions that nobody anticipated. Thanks to your public advocacy and solidarity, we were able to get the employer to back down and make some important gains for you, our members.”

In total 31,838 BCTF members voted, with 31,087 voting in favour and 751 voting against.

The deal falls inside the province’s public sector negotiating mandate, capping salary increases to two per cent a year. About 290,000 public-sector employees are covered by tentative or ratified deals reached under the mandate.

Education Minister Rob Fleming describes the vote as ‘resounding’ support for the new deal. “Like other rounds of public sector bargaining in the end it was about give and take and fitting within the sustainable services mandate,” Fleming said.

“What we were able to do is take the contract and make it a little more attractive for new teachers.”

Negotiations in recent memory between the province and the teachers union have been challenging.

The union has been concerned about overall wages and recruiting teachers to remote areas of the province and areas with a high cost of living.

The wage increase to the top step will address some of the challenges connected to recruiting.

https://globalnews.ca/news/6894138/bc-teachers-contract/?utm_medium=email&utm_source=bcndp&utm_content=11+-+READ+MORE&utm_campaign=20200509_EML_NEWS_69_INFO_BSD_BCNDP_EN_ACTIVE&source=20200509_EML_NEWS_69_INFO_BSD_BCNDP_EN_ACTIVE

Part Time, Voluntary Return to School on June 1st

B.C. schools were closed to in-class learning March 17 due to the COVID-19 pandemic. There are currently 5,000 students still in physical classrooms, including the children of essential workers and students who need extra support. Physical distancing and remote learning have been necessary, but difficult, for many children. Not having in-person classes has been a struggle for parents who have stayed or returned to work. However, some students have thrived in online learning.

When schools begin the gradual return, the number of hours and the number of students in class will be limited. Start times and breaks will be staggered throughout the day to encourage physical distancing. Elementary schools will be limited to 50 per cent in-class

instruction, while middle and secondary schools will be limited to 20 per cent in-class instruction, or one day a week. The partial gradual reopening will give graduating students an opportunity to reconnect with their classmates and teachers before saying goodbye and moving on to the next phase of their lives.

Teachers and students will have the option of wearing personal protective equipment in classrooms, including masks, and the union wants a large enough supply at schools for all those who request it.

Canadian Union of Public Employees (CUPE) has pushed hard for more support staff — like daytime custodians — to ensure that schools are ready.

Schools will have to abide by rigorous cleaning procedures and follow provincial health guidelines. Everyone will be required to wash their hands as soon as they enter school property, while staff, parents and students will need to do a daily health assessment and stay home if they feel unwell.

All school boards and independent schools will have to submit their operational plans to the Ministry of Education before they reopen. Online learning will continue for students who choose to stay home

These steps will pave the way for a full start back in September. The province will not be extending the school year, but is making plans for summer school offerings.

https://www.cbc.ca/news/canada/british-columbia/bc-education-update-1.5571175?utm_medium=email&utm_source=bcndp&utm_content=7+-+FIND+OUT+MORE&utm_campaign=20200516_EML_NEWS_70_INFO_BSD_BCNDP_EN_ACTIVE&source=20200516_EML_NEWS_70_INFO_BSD_BCNDP_EN_ACTIVE



REMOTE LEARNING NOW	K-12: Learning from home 100%	Full-time in-class learning only for children of essential workers and students who need support
GRADUAL RETURN JUNE 1	K - 5: In-class 50%, such as alternating days 6 - 12: In-class 20%, such as 1 day per week	Return to school is voluntary. Children may continue full-time remote learning until September
FULL RETURN SEPT 8	K-12: Learning in-class 100%	Provided it is safe to do so, and COVID-19 health and safety measures are in place

Parksville Qualicum Retired Teachers' Association - Update

On Thursday, May 21st, your local branch president Cathy Van Herwaarden joined a Zoom meeting for the North Island Zone with the following:

- BCRTA Chief Executive Officer Tim Anderson,
- BCRTA Director Sterling Campbell
- BCRTA 2nd Vice-President Arnie Lambert
- Greg Murraray - Port Hardy Local President
- Bonni Roset - Campbell River Local President
- Warren Wiley - Powell River Local President
- Devon De Putter - Comox Valley Local President
- Janis Nairne - Port Alberni Local President

Thankfully Cathy's dog only joined the meeting once!

BCRTA now has a FAQ section on the website:

<https://bcrt.ca/faq-frequently-asked-questions/>

Retirement Workshops for new retirees: <https://bcrt.ca/workshop/>

Monday, June 8th – PQRTA Executive Meeting – physically distanced outdoors!

October 1st & 2nd – BCRTA Annual General Meeting – in some form!

PQRTA AGM and BBQ is POSTPONED - Stay tuned!

ORES - OCEANSIDE RETIRED EDUCATORS' SCHOLARSHIP

Thank you for your donations that will allow us to award 2 scholarships through Oceanside Retired Educators.

- \$1,000 to a student who is graduating from Qualicum School District #69 and who is entering into an undergraduate program of studies in Education: Teaching, Early Childhood Education, Education Assistant, etc.
- \$500 to a motivated student (mostly likely in trades training) from PASS (Parksville Alternate Secondary School).

Our committee has chosen the recipient of the ORES \$1000 award and will soon be choosing the PASS recipient.

We have a small committee and would welcome more helpers. If you are interested in learning more, or wish to help choose winners, please contact Elaine:

Email: reyis3@shaw.ca

Phone: 250.927.0375



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

Parksville Qualicum Retired Teachers Assoc. 1980 to 2020 – 40 Years!

July 1980 – Parksville / Qualicum was established as a branch of the BC Retired Teachers' Association and is entitled to all the rights and privileges of a Branch of the BCRTA



This certificate is displayed on the wall of the local teacher union office of the Mt. Arrowsmith Teachers' Association: 191 Jensen Avenue E, Parksville, BC

Prior to the forming of PQRTA in 1980, interested retired teachers from Port Alberni and Parksville would alternately meet west or east of the "hump".

At the end of August in 1981 and 1982 – Parksville and Qualicum RTA held picnic gatherings with Port Alberni RTA at the Little Qualicum Provincial Park

BOOK LOOK

Armchair Traveller – 5 Novels Set in Faraway Shores

<https://www.everythingzoomer.com/arts-entertainment/books/2020/03/30/armchair-traveller-novels-books/>

Europe Bound – A Literary Cross Continent Journey

<https://www.everythingzoomer.com/arts-entertainment/books/2020/03/30/europe-bound-literary-cross-continent-journey/>

Train Journeys – 5 Classic Reads

<https://www.everythingzoomer.com/arts-entertainment/2020/03/16/armchair-traveller-5-classic-books-train-journeys/>

Canine Classics – 7 Books for Dog Lovers

<https://www.everythingzoomer.com/arts-entertainment/2019/08/20/canine-classics-7-books-dog-lovers/>

Margaret Atwood’s Essential Reading List

<https://www.everythingzoomer.com/arts-entertainment/2020/04/22/modern-masters-the-essential-margaret-atwood-reading-list/>

Duchess Camilla’s COVID-19 Reading List:

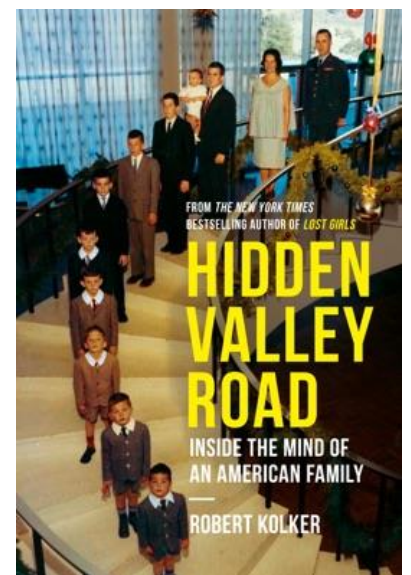
<https://www.everythingzoomer.com/arts-entertainment/2020/04/13/duchess-camilla-covid-19-reading-list-wedding-anniversary/>

Oprah’s Pick:

Hidden Valley Road - Inside the Mind of an American Family
By Robert Kolker

The heartrending story of a mid-century American family with twelve children, six of them diagnosed with schizophrenia that became science’s great hope in the quest to understand--even cure--the disease.

Don and Mimi Galvin seemed to be living the dream. After World War II, Don's work with the US Air Force brought them to Colorado, where their twelve children perfectly spanned the baby boom: the oldest born in 1945, the youngest in 1965. In those years there was an established script for a family like the Galvins--aspiration, hard work, upward mobility, domestic harmony--and they worked hard to play their parts. But behind the scenes was a different story: psychological breakdown, sudden shocking violence, hidden abuse. By the mid-1970s, six of the ten Galvin boys were diagnosed as schizophrenic. How could all this happen in one family?





Second Opinion QB – online news and views of Qualicum Beach

To be engaged in sustaining and enriching our community, we first need to be informed. We need to know what's going on, what are the competing interests, what are the threats, what are our opportunities.

Second Opinion QB is our attempt to provide a second source of news and views relevant to Qualicum Beach, to inform residents, to stimulate healthy, respectful discussion and debate, and to motivate readers to engage in the stewardship of our Town.

Due to incredibly talented "volunteers" we now have our own Qualicum Beach Online News Source. Check it out: <https://secondopinionqb.ca>

You can register to be kept up to date with the latest news briefs:
<https://secondopinionqb.ca/register-for-news-briefs/>

Do you have expertise in a particular subject that you believe would be relevant and of interest to the community of Qualicum Beach? Send us an outline of the proposed subject and a summary of your experience/expertise to editor@secondopinionqb.ca

In support of the creators of Second Opinion Qualicum Beach here is a big THANK YOU! It takes a lot of "moxy" to get an online News Source off the ground when competing for readers with Black Press.

Thanks to PQRTA Member Judith Kemp for this information!





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

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

Sunshine Chair: **Colleen Craig**
cocraig@shaw.ca or **250.752.3762**



June Events - Parksville and Qualicum Beach Area

<https://www.visitparksvillequalicumbeach.com/events-2020-6/>

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/>

Second Opinion – News and Views of Qualicum Beach

<https://secondopinionqb.ca/>



UPCOMING EVENTS and REMINDERS:

For Programs, Contact Chair Suzanne Rush: pqrtaprograms@gmail.com or 250.468.5445

As per government recommendations, all events are **POSTPONED DUE TO COVID-19**

[PQRTA EXECUTIVE and CONTACTS for 2019/2020:](#)

President	Cathy Van Herwaarden	pqrtapresident@gmail.com
Vice-President	Stephanie Koropatnick	pqrtavicepresident@gmail.com
Past-President	Kay Howard	
Treasurer	Ellen Coates	
Secretary	Barb Brett	
Programs	Suzanne Rush	pqrtaprograms@gmail.com
Membership	Diane Williams	
Communications	Stephanie Koropatnick	
Sunshine	Colleen Craig	cocraig@shaw.ca
Heritage	Sharon Cox-Gustavson	
Historian	VACANT	
Phoning Contacts	Jan Graham, Stephanie Koropatnick	
Well Being Contact	Barb Brett	



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