



Volume 2, Number 9

April 2025

PQRTA Newsletter

A publication designed for communication between the Parksville Qualicum Retired Teachers' Executive and PQRTA Members

We still have room for you!

It is not too late to register for our upcoming event featuring **BCRTA President Caroline Malm** and **Lisa Hansen** from BCRTA's own insurance provider. Come join us on Tuesday, April 8, 2025, to meet Caroline and Lisa and hear about the latest updates and offerings. We will be meeting at **Arrowsmith Hall** (1014 Ford Road, Coombs), beginning at 1:00 p.m. with doors opening at 12:30.

Coffee, Tea water and goodies will be served.

This event is free for PQRTA members. Save your seat by contacting partaevents@gmail.com or by calling **778-828-9975**. If you would like to bring a non-member guest, please pre-register them and the guest will pay \$5 at the door. No guests will be admitted without a PQRTA member.

Registration is open NOW. (Deadline to register: April 6th)

DEADLINE April 15th for Donations to Oceanside Retired Educators' Scholarship (ORES)

Thank you to the 30+ members who have already donated to the PQRTA scholarship fund, since last September. Our local high school graduates greatly appreciate your support, BUT....

We still need a few more donations for these worthy local graduates to become an educator like YOU! To be considered for our scholarship award, graduates must be entering into an undergraduate program of studies in the field of Education: Teaching, Early Childhood Education, or Education Assistance.

As of April 3, we have a total of **\$2200** in our ORES fund that is held in trust with School District 69. **We only need \$300 more** to reach our **goal of \$2500** which gives the following:

- \$1000 to a graduate from Ballenas Secondary
- \$1000 to a graduate from Kwalikum Secondary
- \$500 to a graduate from PASS (Parksville Alternate Secondary School)

There are *four* ways to donate to Oceanside Retired Educators' Scholarship Fund:

- 1) eTransfer to cathyvanh@gmail.com (Auto Deposit with note ORES)
- 2) Via Canada Post - Cheque or Money Order **payable to SD #69**
Cathy Van Herwaarden
Box 286
Coombs, BC
V0R 1M0
- 3) Drop off at Cathy Van's home:
2061 Pierpont Road
Coombs, BC (Virginia Estates)
250.248.0412 (Land) OR 250.954.7064 (Cell)
- 4) Bring your donation to our Tuesday April 8th event with BCRTA President Caroline Malm and Lisa Hansen of Johnson Insurance.

CAMPBELL RIVER RETIRED TEACHERS



A LUNCHEON & SCAMS AND FRAUDS PRESENTATION

Speaker and special guest: **BARB MIKULEC**

Special guest: **STEPHANIE KOROPATNICK**

****This presentation is a COSCO Workshop Initiative**

[Council of Senior Citizens Organizations of BC]

"How fraudsters manage to rob people of their money and possessions is this workshop's focus. Seniors are frequent victims & being aware of the tricks used & how to protect ourselves is critical."

DATE: Thursday, April 17, 2025

TIME: 11:30 a.m. to 2:00 p.m. Doors open at 11:15 a.m.

VENUE: EAGLES HALL, 1994 14 Avenue, V9W 4J2 (250)287-4990

RSVP: By Monday, April 7th: hansenhilary20@gmail.com

LUNCH MENU—\$24 cash or cheque to C.R.R.T.A.

Lasagna

Salad

Garlic Bread

Dessert

Coffee, tea, water

Gratuities are optional and always appreciated—proceeds go towards mobility bicycles for School District #72 schools.

Thank you for coming—next luncheon on Thursday, June 19, 2025

Just for Fun

So maybe a walk on a potentially rainy day didn't appeal to many of you, so let's try something different. Rumour has it that the old QB fixture Bailey's coffee shop has been replaced with a brand new and improved venue, so let's check it out. Let's meet at the new **Village Eatery** for coffee and brekkie, on **Wednesday, April 30th at 10:00**, because (IMHO) breakfast is the greatest meal of the day!

No registration, just show up!

See you there!!



Village Eatery

670 Primrose Street, Qualicum Beach

April is Volunteer Appreciation Month

Research shows that people who give back to their communities, experience better overall health. When we help others, we feel a sense of satisfaction and happiness. When we volunteer, we live in the moment of the task which serves as a positive distraction from everyday problems, stress, grief or worry. Volunteering gives us a purpose to get up in the morning.

In the act of giving, our brains emit three chemicals which are the body's "feel good" chemicals:

- Serotonin - produces intense feelings of wellbeing
- Dopamine - intensifies motivation
- Oxytocin - increases a sense of connection to others

Through numerous studies, researchers have found that compared to non-volunteers, volunteers have less depression, less anxiety, fewer hospitalizations, higher self-esteem, higher life satisfaction, greater happiness, and a greater sense of meaning in life. One study found that older adults who volunteered for at least 200 hours annually decrease their risk of high blood pressure by 40 percent, thus lowering their risk of heart disease and stroke, among other health problems. The actual act of volunteering encourages physical activity, walking, and movement. As well, volunteering creates an opportunity for social interactions which helps to promote healthy aging and reduce the risk for a number of negative health outcomes. In conclusion, volunteering is good for you and for others!

We know that senior citizens provide the lion's share of volunteer labour in our province and wish to acknowledge your efforts and contributions. Last month, we invited members to share

your experiences as volunteers. We share your stories here:

Stephanie shared her story of volunteering with **The Friends of French Creek**. This volunteer organization recognizes the importance of French Creek and its watershed throughout the Oceanside area and focusses attention on maintaining the safety and health of its waters and its riparian zone. Volunteer activities include conducting water-quality testing at critical times throughout the year, as well as providing work parties to eradicate invasive species along the creek's banks and replant native species. Sometimes the work is hard, but the feeling of satisfaction gained from doing something useful makes it worthwhile. Educational and awareness tables appear at community events like Seedy Saturday and the Errington Market in the summer, where many new members are recruited. Stephanie lives in French Creek and enjoys giving back to her community.

Stephanie also and serves on the **PQRTA** executive as Communications Chair and is also a member of the provincial **BCRTA** Board of Directors where she serves as Chair of the BCRTA Heritage Committee.

Cathy is a serial volunteer and shared some of her stories with us: After retiring from primary teaching in 2011, Cathy's first volunteer job was being a part of the executive for the **Parksville Qualicum Retired Teachers' Association**. First, serving as the Membership Chair, then progressing to the Program Chair and finally serving seven years as the local Branch President and is even now, still serving in the Past President position to make this her fourteenth year of volunteering for PQRTA.

Cathy also volunteers for **Tumaini Fund Canada**, along with Stephanie and many other members of PQRTA. '**Tumaini**' is Swahili for 'Hope' and is dedicated to responding to the extreme poverty of AIDS orphans in Tanzania. Hundreds of thousands of children in sub-Saharan Africa have been orphaned by the still rampant AIDS epidemic and live in crowded orphanages.

Young Tanzanian girls and women do not graduate from high school because they sit at home on a piece of cardboard during their monthly periods. Consequently, these young women miss too much school to graduate and the cycle of poverty continues. To make a difference for these orphans in Tanzania, Tumaini takes a practical approach and enlists volunteers to sew menstrual pads for personal care kits that are shipped across the world to the villages of Tanzania.

Tumaini also organizes fundraising to purchase school equipment like treadle sewing machines, which are used to train the young women and provide them with a skilled trade. Students who complete the training are given their own treadle sewing machine, to take home and start their own business to support their families..

Cathy has been involved with Tumaini for eleven years and is still sewing menstrual pads and helping with fundraising to purchase sewing machines and exercise books to educate orphans in Tanzania. "Knowing that every cent goes to help these destitute children is comforting. I am making a difference in their world and that is very rewarding."

For the past four years, Cathy has played a pivotal role with a local charity called **The Wonderful World of Books** which was founded by 98-year-old retired teacher and PQRTA Life Member Eva Hilborn, in an effort to improve literacy skills in early childhood. In 2021, Cathy joined the executive of this charity. Starting small, with 4 volunteers delivering one book per month to three-year-olds living in Qualicum School District. This charity now has over forty volunteers delivering books to 240 preschoolers. For volunteers like Cathy, it is exhilarating to be making a difference for our local families.

Cathy also uses her knitting and crocheting skills to create an assortment of items for various causes: blankets, sweaters, & toques for Tumaini orphans, and Scrubbies as a fundraiser for students to attend school in Tanzania; but mostly, She has crocheted hundreds (maybe even thousands) of small **Purple Caps for Babies** who were born in Nanaimo Regional General Hospital. PURPLE is an acronym that is used to help prevent "Shaken Baby Syndrome". After new

parents are educated about the risks of shaking babies, they choose a purple baby cap to remind them that...

The acronym PURPLE is used to describe specific characteristics of an infant's crying during this developmental phase and lets parents and caregivers know that what they are experiencing is normal:

P	U	R	P	L	E
Peak of crying	Unexpected	Resists soothing	Pain-like face	Long lasting	Evening
Your baby may cry more each week. The most at 2 months, then less at 3-5 months.	Crying can come and go and you don't know why.	Your baby may not stop crying no matter what you try.	A crying baby may look like it is in pain, even when it is not.	Crying can last as much as 5 hours a day, or more.	Your baby may cry more in the late afternoon and evening.

Source: www.purplecrying.info

If you have a story about your volunteer experiences, it is not too late to share them. Send your story to pqrtacommunications@gmail.com



If your address, phone number or email address changes, please contact us at pqrtapresident@gmail.com OR BCRTA at office@bcrt.ca) to update your contact information. Thank You

PQRTA Executive

Parksville Qualicum Retired Teachers' Association Executive consists of PQRTA Members who share a passion for supporting our fellow members and other seniors in the community.

Judy Stewart	President	pqrtapresident@gmail.com
Cathy Van Herwaarden:	Past President	pqrtapastpresident@gmail.com
Vacant	Vice President	
Vacant	Secretary	
Ellen Coates	Treasurer	eacoates@telus.net
Vacant	Programs Chair	
Vacant	Membership Chair	
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The PQRTA Newsletter is created and distributed by Stephanie Koropatnick, PQRTA Communications Chair. Please send comments & suggestions to: pqrtacommunications@gmail.com