



Volume 2, Number 8

March 2025

# PQRTA Newsletter

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



## PQRTA President's Message



As you read through this newsletter, have you wondered how we select the articles to include? As a branch of the BCRTA, PQRTA follows the policies and mandate of the BCRTA. Articles and information are aimed at providing information relevant to our members as seniors but also as retired educators.

Early on as we created this monthly newsletter, we decided that we would not fund the newsletter through advertising or accept information from third member parties or political endorsements. It would be dedicated to BCRTA or PQRTA sponsored events. It took a few issues, but we settled into a formula – something from BCRTA, such as Income Tax tips for Seniors, something from an outside source relevant to seniors such as a survey from the BC Senior's Advocate, and our own PQRTA focus; events planned by PQRTA Executive for the members, timely member updates and other relevant items to fill out the pages.

Having said that, we are pleased to announce that our April newsletter will be a little bit different. April 2025 is identified as "National Volunteer Month". Seniors provide 80% of the volunteers required by charitable and other organizations. And so, to acknowledge this, we invite you, as a PQRTA member to share your experience as a volunteer at an organization in the Parksville-Qualicum area or beyond.

Send us a summary about your charity or organization, its goals and/or mandate, what you like about it, what types of volunteer work is done and how, if other members are interested, to become a volunteer in your group. Entries should be 50 to 150 words and sent to Stephanie Koropatnick at [pqrtacommunication@gmail.com](mailto:pqrtacommunication@gmail.com) by March 28, 2025 to allow time for editing and compilation for our April newsletter.

Also in April, we look forward to hosting Lisa Hansen of Johnson Insurance, on the afternoon of Tuesday April 8, 2025, at the Arrowsmith Hall. If you know a BCRTA member who wishes to find out more about Johnson Insurance as an option or addition to Green Shield Insurance, or perhaps a non BCRTA retired teacher, you can bring them as a guest for \$5 payable at the door. See the following article for registration details.

And lastly... we are already in the planning stages for our June AGM when we will be look over the past year's events and look forward to next year as a branch of BCRTA by electing an executive. If you wish to make your voice a guiding one in PQRTA we invite you to put your name forward to fill one of the Executive positions. The more help we have, the more activities we can plan!

**Remember to submit your story of volunteerism to [pqrtacommunications@gmail.com](mailto:pqrtacommunications@gmail.com) by March 28!**

## Back by Popular Demand

On April 8, 2025, PQRTA will be hosting the lovely **Lisa Hansen**, travel and health Insurance expert, to bring you the latest updates from Johnson. We have secured Arrowsmith Hall (1014 Ford Road, Coombs) for the event and look forward to many of you joining us to learn more. The event begins at 1:00 and coffee and goodies will be served.

This event is free for PQRTA members and is likely to be popular, so save your seat by contacting [pqrtaevents@gmail.com](mailto:pqrtaevents@gmail.com) or by calling **778-828-9975**. If you would like to bring a non-member guest, please register them and they will pay \$5 at the door. No guests will be admitted without a PQRTA member.

**Registration is open NOW. (Deadline to register: April 4th)**

**Late breaking news: Special Guest! We will be joined on April 8th by the new president of BCRTA: Caroline Malm who will give us the up-to-date information about BCRTA and what it does for you as a member, including the Advantage app.**

### ORES Corner

#### OCEANSIDE RETIRED EDUCATORS' SCHOLARSHIP (ORES)

Last year, we collected \$1700 for the Oceanside Retired Educators Scholarship (ORES) which provided scholarships to two local graduates from Qualicum School District. Both of these students were aspiring to become future educators.

This year, our target for the ORES fund is \$2500 to support the three local high schools:

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

Towards this year's goal, we have already collected \$1745, so we are more than halfway there!

Thank you to those people who have donated. If you haven't already, you should soon receive your individual income tax receipt from the school district.

We still require just **\$755** to reach our goal to support the post-secondary education of three worthy local students. Of course, this is our minimal expectation and more would be a wonderful addition for the students.

### The deadline for collection of ORES funds is April 15<sup>th</sup>.

We hope that you will take the time to send a few dollars...even the price of a coffee, 'cuz little bits add up to big bits!

Four ways to donate to Oceanside Retired Educators' Scholarship Fund:

- 1) eTransfer to [cathyvanh@gmail.com](mailto: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 April 8th Event!

Thank you  
Cathy Van Herwaarden  
Past President of PQRTA  
Chair of ORES

**Sad News:** We are sad to announce the passing of our fellow PQRTA member **Jeff Temple**. A private service will be held in April. In lieu of flowers, donations may be made to BC Cancer Society.

## Elder College March session courses starting soon - Register today!

### Here are some courses that have spots available:

- **Abstract Painting: Employing Colour Psychology (Parksville)** – Explore the emotional effects and symbolism of colour in art while developing your unique abstract style. (March 10 – March 31, Mondays, 1:00 PM - 3:00 PM)
- **Anatomy and Mechanisms of Injury to the Low Back and Lower Extremities (Parksville)** – Learn about common orthopedic injuries, their mechanisms, and prevention strategies. (March 13, Thursday, 10:00 AM - 12:00 PM)
- **Art and Times of the Classical Guitar (Nanaimo)** – A look at the history and music of classical guitar. (March 21 – March 28, Fridays, 1:00 PM - 3:00 PM)
- **Art of Listening to Music (Qualicum Beach)** – Engage in interactive activities to deepen your understanding, appreciation, and enjoyment of music across genres, with an emphasis on classical and jazz. (May 14 – June 11, Wednesdays, 10:00 AM - 12:00 PM)
- **Assassination of John F. Kennedy (Nanaimo)** – Explore proven facts and theories surrounding JFK's assassination and assess the accuracy of the Warren Commission. (March 6 – March 27, Thursdays, 1:00 PM - 3:00 PM)
- **NEW!!! Beginner Acrylic Painting (Lantzville)** – Explore acrylic painting techniques and complete a series of paintings. (March 31 – April 16, Mondays & Wednesdays, 9:30 AM - 11:30 AM)
- **Bringing Fibre Optic Cable to Remote Arctic Communities (Parksville)** – Learn about the challenges and benefits of installing a 1,300 km fibre optic cable to improve connectivity in Arctic communities. (March 21, Friday, 9:00 AM - 12:00 PM)
- **Clash! Flash Fiction and Art Collide (Parksville)** – Learn to write powerful flash fiction and combine it with collage to create compelling artistic expressions. (March 10 – March 31, Mondays, 1:00 PM - 3:00 PM)
- **Finding Comfort After Loss Through Your Sense of Smell (Nanaimo)** – Using aromatherapy to manage grief and loss. (April 23, Wednesday, 1:00 PM - 3:00 PM)
- **Justice: Exploring its Global Development (Duncan)** – A discussion on the evolution of justice across civilizations. (March 19 – May 7, Wednesdays, 5:30 PM - 7:00 PM)
- **Road Safety for Seniors (Parksville)** – Information on driving safety, assessments, and age-related considerations. (March 7 – March 28, Fridays, 1:00 PM - 3:00 PM)
- **Space Race: Quest for the Moon (Qualicum Beach)** – A deep dive into the history of the space race, from early rocketry to the Apollo program, featuring rare video footage. (March 7 – April 11, Fridays, 1:00 PM - 3:00 PM)
- **Tales of an Electric Vehicle Purchase (Online with CVEC)** – A firsthand account of purchasing an EV, covering everything from choosing and negotiating to real-world use. (March 24 and March 27, 2025, 1:00 PM - 3:30 PM)
- **NEW!!! The Lyric Poem From Sappho to Today (Nanaimo)** – Explore the lyrical poetry tradition from ancient times to modern-day poets, including translations from Greek, Latin, and Spanish. (March 6 – April 10, Thursdays, 10:00 AM - 12:00 PM)
- **Weekly Guided Meditation - Session 2 (Online)** – A mindful meditation practice for relaxation and well-being. (April 3 – May 22, Thursdays, 12:00 PM - 1:00 PM)
- **Who Knew Writing Could Be Fun? (Parksville)** – A creative writing workshop featuring short, timed writing exercises and group sharing—fast, fun, and free-flowing! (March 13 – April 17, Thursdays, 1:00 PM - 3:00 PM)

### To Register Online:

- Visit to see our complete Spring 2025 course listing: <https://eldercollege.org/courselist>
- Once you have selected your course(s), login or sign up to our online registration system (Amilia): <https://www.amilia.com/login>

If you need assistance with registration or navigating the Amilia system, please give us a call at **250-797-9055**, and we'll be happy to help.

## Just for Fun...

All work and no play makes a dull PQRTA Executive....So...now that the weather is starting to look more promising, why don't we plan to do something fun together. This month, let's plan to go for a walk. Everyone who is interested, let's meet up at Parksville Community Park at 1:00 ish on Wednesday, March 26. Meet at the corner of Sandcastle and Salish Sea Drives. No registration...just show up!

Dogs and grandkids welcome

While we walk, we can talk about ideas for what we could do together in April!

On Family Day, February 17, I visited the Coombs Fair and got to take a look at the extensive display presented by our Heritage Chair, Sharon Cox-Gustavson. A labour of love, Sharon has worked for the past quarter-of-a-century compiling photos, documents and models of historical Coombs and French Creek Elementary School. It must be seen to be appreciated.



If your address, phone number or email address changes, please contact us at [partapresident@gmail.com](mailto:partapresident@gmail.com) OR BCRTA at [office@bcrt.ca](mailto: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	<a href="mailto:partapresident@gmail.com">partapresident@gmail.com</a>
Cathy Van Herwaarden:	Past President	<a href="mailto:partapastpresident@gmail.com">partapastpresident@gmail.com</a>
Vacant	Vice President	
Vacant	Secretary	
Ellen Coates	Treasurer	<a href="mailto:eacoates@telus.net">eacoates@telus.net</a>
Vacant	Programs Chair	
Vacant	Membership Chair	
Vacant	Sunshine Chair	
Stephanie Koropatnick	Communications Chair	<a href="mailto:partacommunications@gmail.com">partacommunications@gmail.com</a>
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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](mailto:pqrtacommunications@gmail.com)*