

THE GOOD LIFE

The Newsletter of the Nanaimo Ladysmith Retired Teachers' Association

June 2019

2019-2020 Nanaimo Ladysmith Retired Teachers Executive

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Any inquiries can be made through our email at nanrta@gmail.com or by calling the NDTA office at 250-756-1237. Check out our website at <http://www.nanaimoladysmithretiredteachers.ca/>

Executive Vacancies

If you have 2 hours of time on 5 Tuesday mornings throughout the year, please consider joining us to keep our Nanaimo Ladysmith Association strong. Contact can be made through the above email or phone number.

NLRTA Luncheons for 2019 – 2020

Tuesday, October 1, 2019
Tuesday, December 3, 2019
Tuesday March 3, 2020
Tuesday June 2, 2020 (also our AGM)

Coffee Mornings 2019-2020 at the NDTA Office

Tuesday, November 5, 2019
Tuesday, February 4, 2019
Tuesday, April 7, 2019

Internet Scambusters Publication on Internet Fraud

Issue #857 May 15, 2019 -By Scambuster Keith

Is it real or is it a travel scam? Sometimes vacationers can't tell when a local spins them a story that seems to have a ring of truth. Watch Out for Camera Theft and Other Common Travel Scams. Have you ever been struggling to arrange a photo while on vacation? Maybe there's just you and your partner and you're not that good at selfies or you're using a real camera. Or there's a group and you realize one of you will have to take the photo and therefore not be in the shot. Then a friendly person who's been standing by watching offers to take the shot. Perhaps he looks just like another vacationer. Or a friendly local. And he has a camera around his neck. In other words, he's just ready to help. So, you gratefully hand over the camera or smartphone. And before you know it, he's disappeared, along with your camera. It's another travel scam. We live in a visually-driven age and more of us than ever are taking these types of photos, so it's no surprise that camera theft comes at the top of our list of travel scams for 2019. And even if the scammer doesn't run off with the camera, he may demand payment for taking the photo and create a scene when you refuse. Or perhaps you just put your camera or phone on the table at a street cafe while you have a refreshing drink. If so, be aware that thieves patrol popular tourist spots and vacation resorts looking for just such an opportunity. So, when you travel this year, keep your camera/phone safely out of reach and be wary of handing over your device to a seemingly friendly passer-by. And if you really do want someone to capture the moment for you, ask instead of being asked.

Meanwhile, if you are heading off on vacation this year, here are some more current scams:

- Taxi drivers who say their meter is broken and then charge an outrageous fare. Research fares in advance and then negotiate the rate with the driver before leaving. And take a photo of any license or identification information in the cab.
- Phony wi-fi services. Crooks have started setting up wi-fi hubs in parks, tourist attractions and other places where travelers hang out. So, when you search for a signal, you're delighted to find a strong, free local connection. But if you connect, you're effectively handing over your data to the crooks. Don't connect to any old signal just because it's there. Go into a restaurant or other establishment and ask if they have wi-fi. Then use that.

- A letter to a friend. While overseas, a local starts a conversation with you and claims to have a friend or relative living in the US. He asks if you would mind helping him write a letter to them and so takes you back to his shop. It's just one of many lures traders in foreign countries use to get you into their shop where they pressure you, their "new friend," into buying something. Politely refuse the request to help.

- The phony phone call. TV travel guru Rick Steves reports this one. You're buying something in a store and hand over your credit card to the owner, who appears to be on the phone, holding the device in front of him as he talks. What's he's really doing is taking a photo of both sides of the card, including the security code, so he can use the info to buy items online. Pay in cash instead, says Steves.

- The fake drug deal. You're accosted by a couple of guys who offer to sell you drugs. Before you know it, a scammer dressed in police uniform arrives and seemingly arrests you. Then he offers to let you go if you hand over your passport or maybe pay a bribe. This is a tough one to avoid but know that if you get "caught" in this way, it's highly unlikely to be a genuine police officer. So, walk away or insist on going to the police department with him to provide your papers.

- The hotel inspection scam. You're in your hotel room when there's a knock on the door. You open it to find two men who say they're hotel inspectors doing a random check. One talks to you about the inspection program while the other heads off in search of valuables. It's just a variation on a distraction scam. Don't let people into your room unsolicited. If they turn up, insist on checking with the front desk first.

Finally, a warning to be on the alert just about everywhere for the five most common tricks targeting tourists that we've previously warned about: pickpockets, rip-off and counterfeit money changers, friendship bracelets you have to pay for, smooth-talking timeshare salesmen, and fake vacation rentals.

A new rash of one-ring call scams is currently sweeping the nation. The trick involves a scammer, usually based overseas, calling numbers at random and then hanging up after a single ring -- actually the whole thing is automated on computers. The hope is that a curious victim will try to call the number back. If so, he or she will unwittingly connect to a premium phone line that results in a huge charge on their bill.

The latest outbreak involves calls from either the North West African country of Mauritania, or the Baltic state of Lithuania. The calls frequently arrive in the middle of the night, sparking added concern. There's a simple solution --

don't phone back after a one ring call. If you happen to know someone in the originating country, contact them directly through the personal number you have for them.

Cannabis and Aging

This is not a promotion of cannabis. It is sent out for information purposes only.

From Zoomer Magazine, April 2019

What became legal on October 17, 2018, is only the flower, to be broken up or ground and smoked as a joint, in a pipe (or bong, if you want a college flashback) or vaporized in a device.

Other options, which can help regulate dose, will not be available in Canada (recreationally) until at least one year after the official legalization date.

These options include:

- Pre-loaded vape pens
- Edibles (cannabinoids bind to fat, such as oils and butters, which can then be crafted into foods, candies or baked goods, among the many creative things that began to appear in the gray market).
- Capsules, concentrates (flowers soaked in oil) and tinctures (flowers soaked in alcohol) have been legal medically; what forms will make the shelves in early days is yet to be determined
- Topical creams (generally CBD-predominant for site-specific pain relief) will also be available for medical use, but won't land in recreational stores at the beginning.

As a general rule, smoking or vaping hits fast, and effects last three to four hours; edibles tend to take longer (a half hour or so) to kick-in, but they also metabolize slower and thus stay active in your system longer.

CANNABIS: The proper name for the plant has become the widely accepted way to refer to all cannabis products, a change promoted by both the government and the cannabis industry itself to try to elevate the product beyond old-time stigmas and to foster acceptance. The flower of the cannabis plant and its resins are what is utilized for medical and recreational purposes.

HEMP is also cannabis, but of a different variety. One of the world's oldest domesticated crops, it has come 25,000 industrial uses, spun into fibre for rope, textiles or paper as well as processed into such divergent end uses as paint, fuel and animal feed. There is some confusion around hemp, as it was

lumped with its psychoactive cousins and banned in the US during the War on Drugs.

CANNABINOIDS: There are many different cannabinoids in the cannabis plant: the two you need to know are THC (tetrahydrocannabinol) and CBD (cannabidiol).

CANNABINOID RECEPTORS: Found throughout our bodies, they are in charge of many signalling functions. We have them because we produce our own cannabinoids (called endocannabinoids) to turn on and off those signals, for everything from the central nervous system to the immune system. When we introduce external cannabinoids (such as those found in the cannabis plant), they bind to the same signalling systems. Every person has a unique way of processing cannabis and every plant has its own unique genetic makeup, so effects are different for everybody.

One of the most positive benefits of regulation will be to make dependable sources of cannabis for dependably similar experiences. Government-certified producers make the same product over and over, with the same health safeguards as the food and beverage industry. That said – just like with alcohol – sometimes even highly regulated cannabis products will affect you differently on different days.

CBD - Qualities associated with CBD include: anti-nauseant, analgesic, appetite stimulant, muscular and mental relaxation and anti-inflammatory qualities. This is generally thought of as for night time use. CBD tends to blunt the effects of THC, so users can adjust their experience by adding more CBD to the mix to “come down”, as it were.

THC - Qualities associated with THC include euphoria and creativity. This is generally thought of as for daytime or more social use. Sometimes, THC can increase anxiety, that panicky feeling of being “too high” but because the cannabinoid receptors in individuals vary, effects vary, and some people find THC works to control anxiety for them.

Note that because cannabis has been illegal here and abroad, there are few-to-none controlled scientific studies to prove claims. But some effects are obvious upon use.

CANNABIS AND AGING: This excerpt is from a New Yorker article published April 2017. It explains both the hopes and possibilities of cannabis for seniors and the dearth of scientific proof because it has been illegal (almost) everywhere. It is an interview with Joseph Cohen, D.O., the founder of Holos Health, an advisory service on medical cannabis: Cohen recommends CBD

for age-related diseases, such as Parkinson's, dementia, osteoarthritis and chronic inflammation. "CBD has 20 times the anti-inflammatory power of Aspirin and two times the power of steroids," he said. Since cannabis is federally illegal in the US, none of his claims – or those made by any other clinician – can be supported by double-blind studies on human, the gold standard in medical science. But in February, a peer-reviewed study of almost 3,000 patients in Israel, the first of its kind, showed that cannabis can be safe and effective for seniors and lead to decreased use of pharmaceuticals, including opioids. In the study, published in the European Journal of Internal Medicine, almost 94% of patients reported improvement in their condition, with their pain level reduced by half."

ZOOMER: Tips for a Better (and Healthier) Barbecue
DIANE SEWELL | MAY 13TH, 2019

It's barbecue season! Now that the weather is turning warmer and we're all outside more, it's time to start firing up the barbecue again. And we Canadians sure do love to barbecue. At one point, Canada was leading the world in Google searches for barbecue chicken and ribs recipes. It's a long-standing seasonal tradition in this country, but some cautionary studies in recent years are leading many of us to change the way we go about grilling. Without taking all the fun out of backyard barbecues, here are some tips for making delicious, healthy grilled food.

Don't char your meats. Numerous studies have shown that eating charred meats can increase the risk for certain types of cancer. A University of Minnesota study, for example, found that eating blackened meat on a regular basis increased the risk of pancreatic cancer by 60 per cent. Other studies have shown an increased risk for stomach, colorectal, prostate and other cancers. When protein-rich meats, poultry or fish are exposed to high heat and flames, heterocyclic amines (HCAs) and polycyclic hydrocarbons are formed. It's these chemicals that have been linked to various cancers. As a way of mitigating the risk, the Canadian Cancer Society recommends choosing lean cuts of meats, poultry and seafood over higher fat meats. This reduces flare-ups and the resulting smoke when fat burns. (Taking the skin off chicken, for example, is a great start and also cuts down on fat and calories.) British Columbia's healthlinkbc.ca suggests barbecuing smaller meat portions, like kabobs, which won't spend as much time on the grill. You can also wrap meats in foil for part of the cooking process or line the grills with tin foil punctured with small holes to reduce their direct contact with open flames.

Consider barbecuing non-meat sources of protein. Julie Daniluk, a registered nutritionist, TV host and best-selling Canadian author, recommends grilling a lentil burger or other type of veggie burger instead of hamburgers or hot dogs. Vegetable sources of protein and vegetables in themselves do not produce many HCAs and are low in fat, she says.

Marinate, marinate, marinate. Some ingredients, like fresh herbs, beer, wine, vegetable oils and certain juices not only add flavour, but act as a barrier between flames and your meat, poultry or fish. There are all kinds of recipes online for marinades, many of them calling for ingredients most kitchens already have on hand.

Get out the vegetables. Grilled veggies taste great. Period. And marinating them only intensifies the flavour. The trick is to cut them in evenly-sized pieces so they'll cook at the same rate. Try to leave them in your favourite marinade for about an hour. Zucchini, peppers, potatoes, onions, eggplant, whole mushrooms and even asparagus are all great on the grill and most will cook in roughly 10 minutes.

Avoid cross-contamination. Never place your cooked meats on the same plate you used to bring the raw product to the barbecue. Always use a clean plate.

Clean your grill. Don't start your barbecuing season by cooking on last year's dirty, blackened grill. Get a new brush every year and clean off the racks in between each barbecued meal, finishing the job with a wet cloth or paper towel to ensure no loose pieces of wire are transferred to food.

Barbecue Brush Beware! Ensure your grill brush is in good condition before using it and consider using a safer cleaning tool made of a material like aluminum foil, wire wool or wood. Metal bristles can break off the brush during cleaning and may be ingested along with cooked foods and pierce the lining of the mouth, throat or stomach. In 2017, there were 9 bristle brush injuries in Canada. A safer option is barbecue cleaners with metal bristles that are wound or stapled in.

Barbecue Tips:

Start using indirect heat for cooking chicken and utilize the reverse sear methods (cooking in the oven first) for juicy poultry, every time. Let grilled meats rest for five to seven minutes for small cuts and 20 to 30 minutes for large cuts or roasts.

Dry rubs and marinades should be applied 30 minutes prior to grilling at a minimum or 24 hours for added flavour.

Use tongs to flip meat as opposed to a fork. A fork will pierce the meat and allow the juices to escape.

Leave the skin on the fish (if possible) and begin grilling with skin side down and then flip. Use firm fish as opposed to light, flaky fish. Make sure your grill is hot and well cleaned. Lightly oil the grills just before adding the fish. Avoid sugary marinade and glazes as they are more likely to burn. To cook, the rule of thumb is 10 minutes per pound, or 10 minutes per inch.

To Be Young Again

An older, tired-looking dog wandered into my yard. I could tell from his collar and well-fed belly that he had a home and was well taken care of. He calmly came over to me. I gave him a few pats on his head. He followed me into my house, slowly walked down the hall, curled up in the corner and fell asleep. An hour later, he went to the door and I let him out. The next day he was back, greeted me in my yard, walked inside and resumed his spot in the hall and again slept for about an hour. This continued off and on for several weeks.

Curious, I pinned a note to his collar: 'I would like to find out who the owner of this wonderful, sweet dog is and ask if you are aware that almost every afternoon your dog comes to my house for a nap.'

The next day he arrived for his nap, with a different note pinned to his collar: 'He lives in a home with 6 children, 2 under the age of 3 - he's trying to catch up on his sleep. Can I come with him tomorrow?'

Or

A college class was told they had to write a short story in as few words as possible. The instructions were that the short story had to contain 3 things:

1. religion
2. sexuality
3. mystery

Below is the only A+ short story in the entire class.

"Good God, I'm pregnant; I wonder who did it?"