



OSSTF

ARM – District 3
Newsletter

September 2018

**A rock that has been ground and polished into a semi-precious gemstone*

LEE'S BITS & PIECES

Welcome back to our 3rd year as a local ARM Chapter 3. A warm welcome goes out to Bette Choquette and Val MacMahon our newest District 3 ARM Chapter members.

The Teacher Bargaining Unit held a retirement dinner at the end of June for the 2018 retirees. Those retirees are Faye Alatalo, Pat Ames, Josee Blais, Patricia DeSanti, Robert Heittola, Kathy Lebreton, Terry Pagan, Gilles Pelland, Tom Scott, and Martha Walli. We wish all the new retirees good health and the time to do what they want in this new season of their life.

Lots of things are happening provincially with the school start up this year. The new Premier has caused a lot of raucous already by stating that he is going to set up a snitch line on teachers who use the newest sex education curriculum. I wonder if we are going into another Harris-like era in education. You can keep updated on the provincial education front by checking out the provincial web site at www.osstf.on.ca. This makes me so thankful that I am retired with our great OTPP!

Locally, we had our Executive meeting in mid-August to plan the coming year's activities. We will continue with our monthly breakfast on the last Friday of the month. Please note that we have changed

the venue to the Clarion Hotel – Hardrock Café. Hope you will be able to join us.

Under the guidance of Pat Miller and Valerie Lalonde we have been working very hard on our Memory Garden. The official opening of our Memory Garden will be on Monday, Sept. 17 at the Federation Office in Lively at 4:00 pm. Not only are all teachers welcome but also the children and friends of teachers who have passed. Please let us know if you are coming by contacting the OSSTF office at osstf@d03.osstf.ca. We hope to see you there.

Please forward this newsletter to any of your former colleagues. There are lots of former OSSTF members that do not know that we have formed this ARM chapter. All are welcome. I look forward to seeing you at our events.

Now that you are retired you have time to smell the flowers.



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*This newsletter was set up by Roma Shewciw
with help from Lee Ferguson, Jeannie
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at rshewciw@yahoo.ca or
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OOPS!


Paul Kossta's name was inadvertently left out of the credits in the last newsletter. Paul works at the provincial OSSTF office and helped to write the response letter.




PASSAGES

 We extend our sympathies to Lorne Romanko and his family on the passing of his wife Kathy, May 14, 2018

 We extend our sympathies to Elsie Hornby and her family on the passing of her husband Vernon, 'Vern' on June 26, 2018.

 We extend our sympathies to Art Neufeld and his family on the passing of his daughter Eva Louise Neufeld July 27, 2018.

 We extend our sympathies to the family of Michel 'Mitch' Lalonde who passed away on July 31, 2018.



We extend our congratulations to the following new retirees:

Faye Alatalo
Pat Ames
Josee Blais
Tom Scott
Patricia DeSanti
Robert Heittola
Kathy Lebreton
Terry Pagan
Gilles Pelland
Martha Walli

UPCOMING EVENTS

September

4 - Tuesday 11:30 pm
Lunch at the Caruso
Everybody welcome
1:00 00
Executive Meeting

17 - Monday 4:00 pm
Memory Garden Opening
OSSTF Office, Lively

28 - Friday 9:00 am
Breakfast at the Clarion Hardrock
Cafe

October

26 - Friday 9:00 am
Breakfast at the Clarion Hardrock
Café



HowToSaveMoney.ca

is a very good site to investigate? There is a very good article on cell phone rates. Just key in Compare Top Cell Phone Plans In Canada.



Your Health, Your Voice, Your Northeastern Ontario Plan

North East LHIN Survey on Health Care Priorities

At the Northeastern Local Health Integration Network (Northeast LHIN) we plan, fund and integrate the regional health care system and deliver home and community care services.

We do not do this work alone.

In support of this work, we are developing our next strategic plan. Known as an **Integrated Health Service Plan (IHSP)**, the IHSP will outline health priorities for the next three years - from 2019 to 2022.

As we develop our IHSP, we want to hear from partners, patients, caregivers and residents about our local health care system – what's working well and areas where improvements can be made.

Your support in responding to 10 questions, will help to determine Northeastern Ontario's health care priorities for the next three years. **[Click here to complete the survey](#) – it will take 10 minutes or less.** Please also feel free to share this email/survey with fellow Northerners - **the more people who provide input, the stronger our Northeastern Ontario strategic health plan will be. The survey closes Friday, September 7, 2018.**

If you have any questions or require support while completing the survey, please contact Michael Ward at Michael.ward@lhins.on.ca or 1-866-906-5446 extension 5200. You can

also stay up to date on the development of the IHSP by visiting our [website](#).

Thank you.



SUDBURY BRIDGE CLUB

First four lessons are free!
Teacher: Jennifer O'Hara

Beginning Sunday, Sept. 9th @1pm

*Exercise your mind! Sharpen Your
Memory! No partner required!*

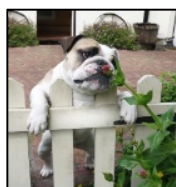
For more info call:

The Sudbury Bridge Club at
(705) 675-1772

Or email at
sudburybridge@gmail.com

We're at 105 Elm St. Sudbury

www.bridgewebs.com/sudburycanada
American Contract Bridge
League

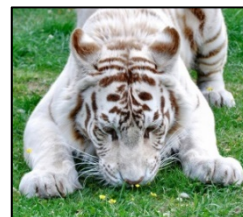


Don't get "wheeled" into a staged car accident

Auto Insurance fraud is on the rise in Ontario; as a result, drivers are paying higher insurance premiums.

Avoiding an accident is among the highest priorities for most drivers, but for fraudsters, an accident *is* the goal. These scams can take place in many ways, including: staged accidents, false claim details and fraudulent accident and claim reports. They are often elaborately planned and can include the fraud collaborators such as the motorist, the tow truck company, health-care providers and the auto body repair shop. These scams result in financial gain to the fraudsters, but are very expensive to insurance companies, resulting in increased premiums.

To learn more, visit
www.otipinsurance.com/article20



BOOK REVIEW

This summer because of the heat I found myself being a little more lazy than usual although it is one of my favourite pass times, I didn't read as much as I usually do. It could also be because of the book that I chose to read first, *Salt, Sugar, Fat* by Michael Moss. It was a fascinating but slow read. Moss spent three and a half years doing the research yet I found that the information was giving me a very cynical attitude to the food processing industry. The quote that really struck home for me was "Anyone who designs a product - or an advertising appeal - based on what the people say they want is an utter fool."

You already know that too much salt, sugar and fat are bad for you so why read the book? To learn how they get us to eat stuff that we know we shouldn't. To quote directly:

... "The food that people bought in the grocery store was so perfectly engineered to compel overconsumption... "

I learned about the various challenges that the food companies face to keep making a profit. To make a profit they need to make certain that they don't lose their customers. To make sure that they don't lose their customers they use a wide variety of methods. The research that the food companies

engage in is fascinating. It can be broken down into several categories, such as: 1. people, 2, advertising 3. Stores and of course the 4. Food itself "Salt, sugar and fat are the foundation of processed food."

Moss gives many examples of how companies create products, from Kraft Cheese slices to Cheetohs - "one of the most marvellously constructed foods on the planet."

But knowledge is power. So I would recommend that you read it and be prepared for the products and advertisements that recommend that we eat, eat, and eat.

Hmm? Third ingredient in my box of salt



COFFEE WITH...



SALLY LESK

On a warm Saturday morning Sally Lesk and I met at Salute for coffee, treats and a chat.

Sally was a music teacher with the Rainbow Board and retired 10 years ago. Sally came to Sudbury from a small town in southwestern Ontario called Vienna. How apt.

1. How did you decided to become a music teacher?

Sally was in grade 10 when she joined the band at school. She was given the clarinet to play. This was absolutely life changing. "What a rush" it was to make music with other people. Up to then creating music had been a solitary experience as she had played the piano. After taking a gap year she decided to go to teacher's college and earned a double Type A certificate which means she was qualified to teach vocal, instrumental and strings. She also learned how to conduct.

2. How did you get involved with Laurentian University?

Most people when they retire do very little their first year. Not Sally. She had heard about an opportunity for a conducting job and applied for it. She got the job. And that is how she became the conductor of the Laurentian Concert Band. They practise every Tuesday from 4:00 – 6:00 pm during the school year. Twice a year they put on a concert for the public.

While some of the students are full time music students and see the Band as a credit course, other students see the Band as an extracurricular activity. Some of the other 40-43 members are not students but people from the general public, many of them retired. If you would like to join the Band call Sally at 705-522-0951.

3. How does conducting compare to playing in a band?

Sally still plays as a percussionist in the Sudbury Symphony Orchestra. She really enjoys it. She says that she works hard to be responsible to herself, to other band members and to the conductor to perform to the best of her ability.

All conductors start off as players. She sees her responsibility as a conductor to empower all the members of the Band to create this piece of music.

4. *What is most challenging and most fulfilling in your role as a conductor?*

One of Sally's greatest concerns is that society does not value artists as they should be valued. The arts are being devalued. For example instead of going to a live concert people just listen to a digital device. This definitely is not the same type of experience.

Her most fulfilling experience is the ability to work with people who value music. When they play they gain more appreciation for music.

5. *What was your best experience in music and your most cringe worthy moment?*

Sally still remembers singing in a choir of 400 people along to the London Symphony Orchestra playing Carmina Burana. She is still in awe of that experience.

Her most cringe worthy moment was during a live presentation of O Canada. The crash cymbals that she was using became detached from their handles and fell to the floor narrowly missing her toes! Ouch!

6. *What is your ultimate goal as a conductor to yourself and to your Concert Band?*

Sally is very happy being the conductor of the Concert Band. It gives her the opportunity to play music that she could not play with her high school students as they were not as accomplished players as the university students are.

For the Concert Band she wants them to be the best that they can be. This is a yearly goal.

7. *Who inspires you?*

Sally is constantly inspired by the current conductor of the Sudbury Orchestra, Mélanie Léonard, because of her energy, her musicality, and her ability to convey her ideas and musical interpretation.

Her favourite conductor of all time is Gustavo Dudamel, a product of the world-renowned El Sistema program in Venezuela, and now conductor of the Los Angeles Philharmonic. She loves the youthful energy and fresh perspective he brings to every work he conducts.

8. *How do you pick the music that you play?*

Every year the Concert Band plays something new to keep the members challenged and engaged. The music should be difficult enough to be challenging but not be overwhelming. Sally often picks the

music of composers with whom she is familiar. It has to appeal to the band members, but it also has to expand their horizons. The boundaries should be pushed as to 'what is music'. For example many musicians find that playing a more contemporary repertoire to be very difficult and even unsettling at first!

9. *What type of music do you play in your car?*

Anything and everything. She likes to listen to the CBC - English and French classical selections.

10. *What do you do in your free time?*

Sally has been learning Spanish and she and her husband Frank love to travel. Their most recent trip took them to Belgium and to Croatia to visit relatives.

They are also very busy with their dog Smirk, a smooth fox terrier, doing agility courses and giving her training in tracking. Sally volunteers for the Cancer Society and is a member of a book club.

Sally is also a member of the fundraising committee for the Sudbury Symphony Orchestra. They are planning a **Sudbury Symphony Crawl** to be held on Saturday, October 13th from 11:00 to 4:00 pm.

When you buy one of the 200 passports for \$50.00 you get to go to 27 different businesses in downtown Sudbury. In each one you will get to hear a small musical group play different types of music. After they play, your passport gets stamped and you get a little gift. If you would like to get a passport contact Sally at 705-522-0951 or lesk7@sympatico.ca.

Despite all her activities Sally still has time to stop and smell the flowers, because now she controls how her time is spent. She is doing the things that she loves. Good going!!

