

The Tumbler*

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

OSSTF

ARM – District
3
Newsletter

March 2019

BITS & PIECES

Welcome to a new member Dona Aubin who retired at the end of January from Barrydowne College. I am looking forward to you joining us at our next event – lunch next week, 11:30 on Tuesday March 26 at the Caruso.

It is finally out what the Conservatives in Toronto are planning to do with our Education and Health Care Systems. You can keep posted by reading the OSSTF website www.osstf.ca. It does not look good with teachers' contracts coming up for the end of August. We as retired educators know how backward moving it is for the province's youth with these cuts. It is a real head shaker. What is the government thinking?

There is an excellent information meeting on the changes to our Health Care System with out of town guests from the Ontario Health Coalition. This is a non-profit and non-partisan group that has been in place for over 15 years. They have the facts you need to hear. The meeting is on Sunday, March 31 at noon at the Long Lake Rd. Legion Hall. All are welcome.

Save the date for our AGM on May 7 at the Lively District 3 office. The meeting is at 11:00, the catered lunch is at noon and our speakers are 4 retired teachers, Rona Knight, Bonnie Depencier, Judy Elliot and Carolyn Otto with the theme of travel options. To keep a seat for yourself, call Donna at the District 3 office 705 692-3923 by May 2. We need numbers for the caterer. We are planning to have a new position on the Executive for a Social Media Coordinator. You will be able to check us out on Facebook.

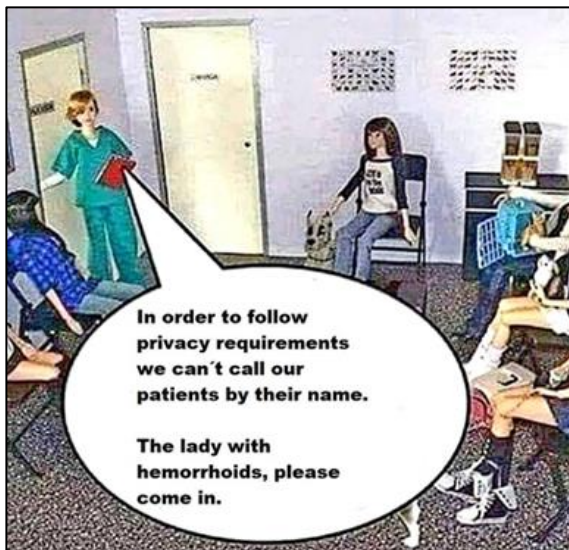
In closing, there is an interesting and reputable website I can recommend if you are watching what is happening in health research on aging. It rates the different research done which so many other studies do not do. It is <https://www.mcmasteroptimalaging.org>



ARM D3 EXECUTIVE CONTACT INFORMATION

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This newsletter was set up by Roma Shewciw with help from, Lee Ferguson, Jeannie Polegato. and Donna McKinnon. Contact us at rsheiw@yahoo.ca or lferguson@isys.ca



UPCOMING EVENTS

April

10-11 Provincial Council Meeting
 Toronto

 30 LUNCH – Why not
 11:30
 Caruso Club
 For good food and chat

May

7 ARM Annual General Meeting
 District 3 Office, Lively
 11:00 Meeting
 12:00 Subsidized Lunch
 1:00 Guest Speakers –
 Rona Knight, Bonnie
 Depencier, Judy Elliot,
 and Carolyn Otto
 Topic – Travel Options

21 ARM executive meeting
 District office
 1:00 pm

28 LUNCH – Why not
 11:30
 Caruso Club
 For good food and chat

June

Golf
 Date and time to be announced

11 Retirees Dinner

25 LUNCH – Why not
 11:30
 Caruso Club
 For good food and chat

CURLING CHAMPIONS



Left to right: Diane Abels, Val Lalonde, George Lalonde, Pat Beatty

In January OSSTF held a Curling Bonspiel. The ARM team was one of the three teams who tied for first place. Congratulations!

The money that was raised was donated to the Food Bank.



A fun afternoon was finally held at the District 3 office in March because the February date was snowed out. After a free lunch that was provided by ARM a number of members participated in animated games of Liar's Whist and Mexican Train. The winners Sandy Bass for Liar's Whist, and Val Lalonde for Mexican Train received Time Horton cards.

NOW YOU CAN VOTE

BY: Sterling Campbell

Greetings from the B.C. coast.

Recently the Supreme Court of Canada rules that any Canadian citizen could vote in Federal Elections regardless of where they lived. When I was in university in the '60's I was unable to vote because I lived in the U.S. As you might recall there were a number of minority governments at that time. When I returned to Canada one of the important projects I got to lobby for was the rights of expatriates to cast a vote. After extensive lobby efforts the elder Trudeau government granted the expatriate citizens the right to cast a ballot in Federal elections as long as they could supply their last address in Canada. Those rights were in place until the Harper Government passed legislation limiting the right to vote to those who were away for five years. If absent longer they lost that right. In its decision the court rules that every Canadian citizen had that right and restored the right to vote for all expat Canadian citizens.

Since many of our members have relatives or children living abroad they should be advised of this restored right. To register simply go to the Elections Canada Web site Register to vote section. Since the next election is in October one should register now to vote so that your voting package arrives in plenty of time to return by the deadline.



Ontario's insurance industry enters hard market

If you are shopping for car or home insurance, chances are you may have heard that Ontario is now entering what industry veterans refer to as a 'hard market'. It is a challenging cycle that comes about every six to eight years that can lead to higher insurance premiums and stricter underwriting practices.

To learn more, visit www.otipinsurance.com/article35

KED

Kingsway Entertainment District

Curiosity got the best of me and my wallet so on a cold February evening I spent \$100 for a fundraising ticket in support of Casino Free Sudbury.

When I got to the Caruso Club where the event was being held it was hard to find a parking spot. The main hall was packed and later I learned that it was a sold out event. I was, I don't know why, expecting a lot of older people. In

fact it was a very mixed crowd. There were a lot of younger people, middle aged and older people, both male and female. The food was as usual very good, chicken and pasta with a dessert and coffee. There was an auction of a painting of the Sudbury Arena that went for \$3000, and there was also a silent auction on various items.

The main event was a presentation by Tom Fortin. He is always described in the paper or on the news simply as a 'Sudbury business man' so I looked him up. He is the owner of an electronics design and manufacturing company, Ontrak Control Systems. It specializes in the design and manufacture of serial data acquisition interface devices used in industrial, medical and retail automation applications. They have an international market. He has focused on this since 1998 after teaching at Cambrian College for 12 years.

Fortin's passion built the Fortin Discovery Lab at Northern Ontario Centre of Advanced Technology (NORCAT). He also started the Fortin Foundation in 2004. It has committed \$250,000 to the lab with another \$25,000 annually for six year. This Foundation promotes efforts by youth in manufacturing through free consultation and sponsorship of events such as the annual Ontrak 2x4 Innovation Design Challenge.

He was the winner of the 2018 Community builders Award for Economic Development.

The presentation itself was quite short, the question and answer time was quite long. I learned a lot. I didn't know that originally the City of Sudbury was against casinos. That is why it ended up in Rayside, Balfour. There was a poll done, after the fact, of the citizens to determine if they would be willing hosts. The result was never released. The LAPT can't kill the process. Only Council can stop it. The anti-Casino group is opposed by a group made up of 3 members - the City of Sudbury, Gateway and the developers. Zulich is the face for the developers, others are involved. The City is paying for 1/3 of the group's legal fees.

Most importantly I learned about a site called **Casino free Sudbury**. I would strongly urge you to go to this site and read the data that is presented. I know it helped me to make up my mind.

Good APP

Rome2Rio can help you get virtually from anywhere by whatever means available: bus, ferry, train, or airplane and their costs



Planning on Driving Across the Border. Here's a Pre-Departure Checklist

Visiting family? Attending a special event? Chasing some warmer weather? Whatever the reason, if you're planning on driving your own car to the United States over March Break, it's important to be prepared.

Follow this pre-departure checklist to ensure your border experience is a smooth one, so you and your loved ones can spend more time enjoying your well-deserved break:

To learn more, visit www.otipinsurance.com/article36





the everything store

Jeff Bezos and the Age of Amazon by Brad Stone

I'm fairly certain that everybody has bought at least one item from Amazon so when I saw this book at Giant Tiger at a reduced price I couldn't resist.

I'm not too certain how I feel about shopping at Amazon now that I have read the book. It is a good place because I can get stuff that I can't get elsewhere easily. For example I did purchase a book called An Egg at Easter, A Folklore Study that was not available elsewhere, and I do like to get stuff at very low prices, but at what cost?

The book starts at the very beginning of Jeff Bezos education and his importance of attending classes for gifted students. In Texas they used the Vanguard program "which stoked creativity and independence in its students and nurtured expansive outside-the box thinking." Apparently the things that Bezos learned here he applied when he was building Amazon.

I admire the hard work and dedication he has towards his goals. It has certainly paid off for him. I have problems with other things such as:

(176) His manic drive and boldness trumped other conventional leadership ideals such as building consensus and promoting civility....could bite an employee's head right off.

(191) The number one thing standing in the way of Amazon unionization is fear

(300) They have an absolute willingness to torch the landscape among them to emerge the winner.

Not paying taxes until taken to court, thereby leveling the playing field.

Communication is a sign of dysfunction. It means people aren't working together in a close, organic way.

And on and on.

Bezos has great ambitions for Amazon. It will be interesting to see how far he gets - this includes his space program!

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For lighter reading I returned to my favourite, mysteries.

I enjoy watching Vera on TV. When I found (at Giant Tiger) a book written by Ann Cleese the author of this series I immediately bought it. Usually there is a big difference between the book

version and the TV version. So far I haven't see very much difference. The main character Vera, is a middle aged woman, plump, poorly dressed, not pretty, not overly fond of 'bairns', lives alone, likes her scotch and can be very nasty, but is smart and gets results. It is set in England. For some good reading try one of her books. So far I have read, Telling Tales, The Moth Catchers and Harbour Street. Cleese has in addition to this series another one called, The Shetland Series, this time a male detective is featured. They were all good.

ONTARIO HEALTH COALITION



Natalie Mehra
Executive Director, Ontario Health
Coalition

It is called "The People's Health Care Act." But the new health care omnibus bill, being rushed at breakneck speed through Ontario's Legislature by Doug Ford's majority caucus, does not reflect his promises to "the people" in the election. It does not open a single operating room to speed up surgical wait times, though lack of operating funds means that there are closed ORs in every major hospital in Ontario. It

doesn't add a single new nursing home space, nor one more nurse, health professional, or doctor. It doesn't open any of the dozens of hospital wards, closed down as real-dollar funding has been tightened year after year. Yet Ontario has the fewest hospital beds left of any province in the country.

The evidence is abundant that Ontario has a serious health care capacity problem. Cuts and rationing have gone too far. Health funding in this province has dropped to dead last in Canada. In fact, during the election, Ford traversed the province promising an expansion – not a wholesale dismembering – of the health system.

But what *is* in Ford's health care omnibus bill is a new "super agency" forged out of 20 existing agencies with widely disparate mandates, histories, levels of effectiveness, and cultures. That alone is a mega-merger which carries a great deal of risk for vital patient care services.

But that's not all. Written in the new law are vast powers that the Ford government has given itself and its political appointees in the new "superagency" to effect a wholesale restructuring of our local hospital, long-term care, home care, community care, mental health and so on. Restructuring powers are defined in the legislation as not only "service coordination" but also more ominously, mergers, amalgamation, transfers of all or part of a service, closures of service, and shutdowns of entire service providers. These are not simply voluntary. They

can be ordered by decree of the minister or the government's appointees in the super agency and they also can be coerced through use of the Agency's funding powers.

Already the attention of every CEO and manager in the health system has turned to restructuring. The reality is that the large and ambitious will seek to expand their "market share" and profits using the new opportunities afforded in this legislation. They were the prime beneficiaries of the hospital mergers and restructuring under the Harris government in the late 1990's. Today, largely as a result of that round of health restructuring, public hospital services were transferred to for-profit long term care and home care.

The majority of long-term care is privatized and that sector is dominated by the large for-profit chain companies. The Victorian Order of Nurses (VON), a non-profit health organization that provides home nursing care, and local non-profit home care has been decimated. Large hospital CEOs having taken over smaller hospitals in forced mergers, have seen their power (and salaries) balloon even while hospital beds and services are cut and privatized. Smaller towns have seen their services gutted. Patient advocates have faced an uphill battle trying to tighten regulatory regimes and improve care levels against the powerful for-profit lobby that pushes, often successfully, for ever more money for profit and deregulation of patient protections and care standards under the guise of "eliminating red tape."

The Provincial Auditor reported in 1999 that the last hospital restructuring that occurred under Premier Mike Harris from 1996 to 2000 cost \$3.9 billion to lay off nurses and staff, close down local services, then rebuild them elsewhere. The final "savings" was \$800 million. Yes, that is correct: they spent \$3.9 billion to cut \$800 million.

In Doug Ford's new round of health care restructuring, years of mergers and takeovers and partnerships and so on are supposed to result, according to the current minister, in 30 to 50 giant health-care conglomerates running virtually all services for up to 15 million Ontarians. Each conglomerate would be made up of hundreds of mergers, service transfers and takeovers, but also some separate entities: 1,800 service providers are to be pushed into these groupings. Each conglomerate will need a new tier of administrations to run the relationship between its various parts. That equals 30 to 50 new administrations plus the mothership "super agency." The administration of the conglomerates will be owned by the providers themselves in their interest, not public oversight in the public interests. This is worse than what already exists.

Virtually all the democratic protections, paltry as they were in the previous legislation, have been stripped out of the new omnibus law. There are no principles at all to guide restructuring, no mention of equity, no open board meetings for the super agency, no appeals of restructuring decisions, no requirement for public input or

democratic process. There is no evaluation system for the vast new restructuring. There was no public consultation prior to this Bill. In fact, the first job of a public health care system is to measure and plan to meet the population's need for care. But the Ford government's new health care omnibus bill does not require the super agency (or anyone else) to actually do this.

Given how opaque the whole process has been, it is hard to know whether the Ford government realizes the full scope and implications of what it is doing. In the coming weeks, we will learn whether they will hold any public hearings at all on the new law. Not only because we have a longstanding process of legislative democracy that should be respected, but also because it is essential to sound policymaking, the Ford government must hit 'pause,' engage in public consultation and make a new priority of actually improving access to public health care services for the people of our province.

CANADIAN BLOOD SERVICES

Canadian Blood Services the non-profit that took over from the Red Cross has made some changes in the rules for blood donors.

Now **there is no upper age limit to donate.**

If you weigh a minimum of 110 lbs. rest, relax, take many fluids and donate.

Call 1 888 TO DONATE to make an appointment or check out www.blood.ca



I read that 4,153,237 people got married last year. Not to cause any trouble...but shouldn't that be an even number.

I find it ironic that the colors red, white and blue stand for freedom, until they are flashing behind you.

Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?





UKRAINIAN EGG ART



March 29 - 31, 2019
Ukrainian Centre
30 Notre Dame, Sudbury



FRIDAY, MARCH 29 at 7pm
Illustrated Talk by Guest Pysanka Artist NATALIE K. KIT

SATURDAY, MARCH 30 from 10am - 4pm
Exhibit and Demonstrations
Pysanka Master Class with NATALIE K. KIT

SUNDAY, MARCH 31 from 11am - 2pm
Exhibit and Demonstrations

For more information and Master Class registration
please call 705.673.7404



пysanky писанки

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