

The Tumbler*

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

OSSTF

ARM – District 3
Newsletter

September 2019

LEE'S BITS & PIECES

September - Isn't it great not to be returning to work? We were treated to a great summer in Northern Ontario and now it is almost my favourite time of year.

The first thing I want to do is to extend a warm welcome to the following new retirees who signed up as ARM members this year: Dona Aubin, James Clyde, Marisa Costanzo, Lucia DeFaveri, Michele Henschel, Terry Luoma, Lynn Montpellier, Shelly Carmichael Topolinsky, and Donna Viananen.

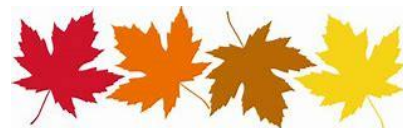
Now is the time to make plans for winter travel. For our September meeting, the topic will be Travel Ideas. Bonnie Depencier will speak about the well-priced Portugal trip that the Ottawa ARM Chapter has organized for over 12 years. Bonnie and Judy Elliot attended for the last 2 years and will answer the nitty gritty questions that you may have. It is an ideal holiday for singles also as there are no extra costs.

In addition, Carolyn Otto will have information from the Chamber of Commerce travel group. They have some very good prices.

This meeting will include a Welcome New Retirees to ARM Chapter 3 luncheon. This luncheon is free to the new members and \$10 (subsidized) for the current members. It is being held at the D3 office at 11:30 a.m. If you are planning to attend, please call Donna at the office, 705 692-3923 by Sept. 7 so we can prepare for the caterer.

Our Executive, Bob, VP; Val, Secretary/Treasurer; Roma, Newsletter Editor; Sylvia, Hospitality; Pat, Events; Carolyn, Communication including Facebook; and Pat Beatty, Membership – had our first meeting last week planning interesting events for this coming season. You might want to mark your calendar with the SAVE the DATE memo that Carolyn sent out.

Finally a reminder that we are always looking for your suggestions for activities and speakers. Just get in touch with any of our Executive. Looking forward to visiting with you at our September luncheon.



ARM D3 EXECUTIVE CONTACT INFORMATION

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*This newsletter was set up by Roma Shewciw
with help from Lee Ferguson, Jeannie
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September

10 – Tuesday - 11:30 am

Retirees Luncheon

OSSTF Office, Lively

23 – Monday - 10 am.

Golf at Twin Stacks in Coniston

26 – Thursday - 10:00 am

Monthly Breakfast

A&W Long Lake Road

October:

8 – Tuesday - 1 pm

All You Need To Know About

Long Term Care, with Terry

Martyn at OSSTF District Office,

9th Ave., Lively

24 – Thursday - 10 am

ARM Monthly Breakfast

(Location TBA)

November:

12 – Tuesday - 1 pm

ARM Games Day at OSSTF

District Office, 9th Ave., Lively

28 – Thursday - 10 am

ARM Monthly Breakfast

(Location TBA)

December:

10 – Tuesday - 11:30 am

Boot The Boot (Charity Footwear

Collection) & ARM Holiday

Luncheon

A STATEMENT FROM HARVEY BISCHOF ON THE STATE OF NEGOTIATIONS WITH THE PROVINCIAL GOVERNMENT.

The first test of effective communications is that they be truthful. By this measure, Minister Lecce's statement today fails.

At no time and in no way has this government expedited negotiations. By law, the Ford government could have opened the window to begin negotiations on March 4th. Instead, they waited almost two full months, until April 29th to do so. When OSSTF/FEESO immediately served notice to bargain, the government could have come to the table right away but instead waited the maximum allowable 15 days before meeting with us for only 2 hours. When it became apparent that we would reach impasse on the central/local negotiations split, we offered an expedited alternative dispute resolution mechanism. The government rejected this offer, insisting we pursue the Labour Board process in which we remain stuck to date.

As for Minister Lecce's claim that he is putting students first, here is the reality. This year alone, over 1200 OSSTF/FEESO teaching positions are being lost to attrition. This means that the door has been closed on over 7000 course options for students. At the same time, a still unknown number of crucial support staff positions are being lost, meaning that students will lose access to the critical assistance that they need to be successful. This represents a complete failure to respect the long-term investment value of supporting high quality publicly funded education.

The Minister of Education seems to believe he has a communications problem to be solved. In reality, he has a policy problem and a truthfulness problem. Because OSSTF/FEESO members actually put students first

every single day, as soon as we are able to get back to the bargaining table following the decision of the Labour Board, we will put forward proposals that are good for Ontario's students and the future economy into which they will graduate. We will see if the Minister is listening.

Contact:

Harvey Bischof, President
Ontario Secondary School Teachers'
Federation
416-751-8300



Loving Someone Who Has Dementia

How To Find Hope While Coping with Stress and Grief

By Pauline Boss PhD.

This book was recommended to me by a woman who goes to see her Mother, a former teacher, who has dementia, on a daily basis.

When I first looked at the title I thought that it was another book about the patient. I was wrong. It is about and for the caretaker. The author talks about 'ambiguous loss'. She covers all the various emotions from guilt to anger when dealing with a person who is there-but-not-there.

She also introduces the reader to the concept of 'cascading grief', where she explains why it is necessary to grieve with each individual loss the individual experiences. For example one day you learn that the patient can no longer walk and needs to be in a wheelchair. Time should be taken to mourn the loss of mobility. Then sometime later you learn that they can no longer feed themselves. This should also be grieved separately.

This book is a must read for people who are taking care of someone with dementia in all its stages. The author's purpose for writing the book is as she states: Instead of being frustrated or afraid or fighting against the confusion, embrace the ambiguity and continue to care even when your loved one no longer knows who you are. Paradoxically, this loss can help you know who *you* are. Continuing to participate in a less than perfect relationship requires courage and empathy; it deepens your humanity. And *this* is your source of new hope."

RETIREMENT BENEFIT:

Your secrets are safe with your friends.



They can't remember them either.



School bus safety: how not abiding by the rules of the road can affect your insurance rates

Did you know that a single infraction involving a school bus can affect your car insurance premiums? Road safety, especially related to school buses and children, is very important. This importance is reflected in insurance company policies, which penalize drivers who do not exercise proper caution around children. The best course of action is to familiarize yourself with the rules of the road, and to remain vigilant around school zones and buses.

To learn more, click here:

www.otipinsurance.com/article43



I DIDN'T !

There is No Such Thing as Wild Broccoli

Broccoli is a human innovation, a man-made food, and a result of a mutation

selected and cultivated by man throughout history. Known for its green hue and resemblance to a tiny tree, broccoli has been the bane of kid's existence since it was first introduced in the Mediterranean almost 1,000 years ago. Broccoli is a result of the selective breeding of wild cabbage plants starting around the 6th century BC. Its name, from the Italian *broccolo*, relates to the flowering top of a cabbage – a tribute to its heritage. Since the Roman Empire, broccoli has been regarded a valuable man-made food and source of nutrition among the people of Italy and was eventually introduced to England and America in the 1700s. It took until the 1920s for broccoli to gain in popularity in the United States.



Water Damage: What You Need to Know

Water damage can be dangerous, not only to the integrity of your home, but

also to your health. It is important to know how to prevent water damage, as well as how to recover from it. Any dwelling has the potential to experience leaks, which could cause damage to your flooring, drywall and belongings; not to mention harmful mold that can take root and cause health issues.

To learn more, click here:

www.otipinsurance.com/article45

Join the ♣!

Sudbury Bridge Club Lessons

First four are **free!**

Beginning Sunday, Sept. 8th
@1pm

Exercise your mind!
Sharpen Your Memory!
Learn the duplicate difference!
No partner required!

Teacher: Jennifer O'Hara

For more info call the Sudbury
Bridge Club at (705) 675-1772
Or email at
sudburybridge@gmail.com

We're at 105 Elm .Sudbury

www.bridgewebs.com/sudburycanada American Contract Bridge
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