

" THE WARM OUTLET "

ARM CHAPTER 22 NEWSLETTER

Fall 2018 VOL. 22 NO.1

ARM 22 EXECUTIVE

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ARM Council Website:			www.armcouncil.org

MONTHLY BREAKFASTS, 9:30 a.m. 'w'ARM up to us on Wednesdays

Sep. 12 th	Angel's Diner, Henley Square, 394 Ontario Street, St. Catharines
Oct. 10 th	Cookhouse Diner 111 Jarvis Street, Fort Erie
Nov. 14 th	Patti's Place, 87 East Main Street, Welland
Dec. 12 th	Napoli Restorante Pizzeria, 5485 Ferry Street, Niagara Falls **LUNCH** RSVP to Ray by November 28 (rmarshall23@gmail.com 905-354-8106)
Jan. 9 th	Cora's, Pendale Plaza, 210 Glendale Avenue, St. Catharines
Feb. 13 th	Sunset Grill, 7905 McLeod Road, Niagara Falls,

OTHER EVENTS:

The **Memory Garden** needs to go 'bedie bye'. Come and join us with rakes, secateurs, gloves & wellies
October 22 (Earth Day + 6 months) @ 10:00 a.m. ish; Come and pick a place for ARM to take you to lunch!

Movie Night – Wednesday, November 7; meet at Domenic's (Hwy 20 & Rice Rd) at 5:00 pm and then to the District Office for some *retro-comedies!*

FUTURE EVENTS ... FYI

Take in some of the local events around Niagara. They are all very good.

Municipal Election – October 22, 2018 – VOTE (but not for Regional Chair☺)

CH'ARM'ING BITS... Did you know?

1. People who laugh are a lot healthier than those that don't.
2. Laziness and inactivity kills just as many people as smoking.
3. The human brain has the capacity to store five times as much information as Wikipedia.
4. Our brain uses the same amount of power as a 10-watt light bulb!!
5. Our body gives enough heat in 30 minutes to boil 1.5 litres of water!!
6. Stomach acid (conc. HCL) is strong enough to dissolve razor blades!!

Saw this sign at Park's Blueberries.

'If you haven't grown up by age 50, you don't have to.'

POSSIBLE 2,019 BREAKFAST SPOTS

Mar. 13th

Apr. 10th?? Suggest your favourite spot before we publish again (probably February, but you never can tell...)



Des de votre president

August, 2018

Dear ARMites of Chapter 22,

Much has happened in the ARM world since I last wrote to you. Our Memory Garden has sprung to life, provincially, we held our Biennial Conference, locally, we held our AGM for 2018, and of course, we participated in a provincial election.

Firstly, let me say thanks to those who came out last April 23 to re-awaken the Memory Garden. As usual, your executive turned out along with our dear friend Tom and once again cleared away the winter's debris; we moved a few perennials and later planted a few gourds. They should be ready for picking when we return October 22 to re-anesthetize the beds for that long winter ahead. We also added another couple of cubic yards of mulch to hold moisture around the plants and discourage weed growth. I was out in late July and only filled one garbage can with dead flowers and weeds. Contrast that with the 13 – 15 that I have had to harvest in past years. You should thank our gardeners and join us this Earth Day plus six months. I look forward to seeing you.

On May 3, Carol Farrar, Mike Mayer, and I made our way to 60 Mobile Drive to attend the ARM Biennial, planned by ARM Council. The theme this year was Election Readiness. OSSTF President, Harvey Bischof brought greetings from the Provincial Executive and responded to the many questions from the 50 delegates present. Many of those questions concerned the likely election of a Ford Government. Harvey declined to respond to a question of a General Strike. OSSTF will continue to push its Election Platform, including its support of "one public system". He assured us that OSSTF will be watching and working to protect its members. Kristin Rushowy, a columnist for the *Toronto Star*, and a reporter for the Queen's Park bureau covering Ontario politics, especially the education beat, spoke on the various party positions and promises on funding, child care, hydro, student loans, and EQAO standardized testing. In her opinion, labour peace exists and child care has replaced the issue of education this time around. Robin MacDonald from OTIP presented a graph illustrating the percentages of use of the various components of health insurance. Dental plan coverage is expensive and purchased by members who use it! He also broke down the paramedical practitioner claims to wellness and needs; the good news is that members are using the plan to stay well. 80% of members are over age 65 and have 80% of the claims.

Paul Kossta, the OSSTF staff person assigned to Queens Park, summarized a history of election preparedness meetings that have occurred. In January, changes in finance rules & the OSSTF Education Platform were presented. Profound changes in financing for elections have impacted the way unions and corporations can support political parties due to the sketchiness of past Liberals behavior. It also becomes difficult for unions to belong to groups or to join, work, and interact with other union groups. Local leaders were consulted and the executive, who were engaged with local visits to members, approved an Education Platform. In February, local meetings with candidates continued. At AMPA, Wynne and Horwath spoke and addressed their agendas. Andrea supported the dissolving of the EQAO. At April PC, the decision to support specific candidates was made. 63 candidates form a majority. Locals were consulted and in ridings where the NDP were 1st or 2nd place finishers, candidates were supported as long as locals agreed. Paul emphasized that the provincial strategy is to ``**Stop a Doug Ford Majority**``. They have currently endorsed 50 NDP and a small number of Liberal candidates (10 at that moment, in ridings where the PC threat is strongest and where the NDP is unlikely to be a factor). (By Election Day, June 7th, the Federation had rescinded its support of almost all of the Liberal candidates.) Friday morning, ARM presented its two awards – the Betty Ann Bushel ARM Award to Don Wright of Chapter 12, in recognition of Don's long and faithful service to ARM, both at the local and provincial level. We also conferred the Ian Cameron Newsletter Award to Chapter 24's newsletter, Experient 24 and their editors, Michelle Altermann, Wendy Foxall, and Sue Senior. Chapter 24 is a newly formed chapter (2017) and it was especially gratifying to see them win this award.

Our final speaker was Natalie Mehra, Executive Director, Ontario Health Coalition. I will quote from the minutes regarding Natalie's presentation,

“Let’s Change some Thinking!

- Let’s change health care talk from “costs” to “economic transfers”. Health care is often described as a cost and the human element is forgotten.
- Let’s use our powers of articulation to educate the public and turn the corner on cuts!
- Let’s pay attention to the government’s own voice that claims \$8 billion could have been saved in ten years of P3- Public and Private Partnership – experiments
- Let’s realize that there IS no such thing as an “Urgent Care Centre”. Its gabblespeak for a giant walk-in clinic installed where there USED to be a hospital.

Let’s Focus and Compare to Other Jurisdictions

- Let’s admit London is Ground Zero of the health care crisis in this province.
- Let’s admit University Hospital runs at 100 to 120% capacity- with its mental health care units at 165%. Government has to meet the population’s needs. It is not OK to have hallway medicine anywhere.
- Let’s note that Ontario has the lowest supported health service in the country.
- Let’s be embarrassed by the global standard of hospital bed capacity of 85%.
- Let’s realize that Ontario has the fewest hospital beds per capita in the country.
- And let’s gasp at the comparison figure of capacity in developed countries around the world. Ontario is third from the bottom - just ahead of Mexico and Chile.

How did we get here? (from the OHC website) www.ontariohealthcoalition.ca

Real-Dollar Cuts Across Ontario: Wynne’s government has been claiming that it has increased public hospital funding this year by 2.1 per cent. This would not be sufficient to meet population growth and health care inflation levels, even were it true. But the truth is that most of Ontario’s hospitals are not getting anywhere near a 2.1 per cent funding increase. The fact is that Ontario’s 2016 budget leaves Ontario’s hospitals facing cuts in real dollar terms for the ninth consecutive year. To be clear, in the 2016 Ontario Budget, global hospital funding is not increasing by 2.1 per cent. It is increasing by 1 per cent. Given the funding cuts over the last decade and the deep hole that many hospitals now find themselves in, another year of real dollar cuts will only deepen Ontario’s hospital crisis.

But What Can We DO - the Debt is So High!!!

- Cancel the expensive P3 plans that have been proven to increase the costs of building public health facilities.
- Reform Infrastructure Ontario - which has NO public interest voice on it whatsoever. This body makes our infrastructure plans with only the “expertise” of the real estate sector, banks, and private business. It needs replacing for sound project management.
- Close the loopholes in the employer health tax plan. Too many businesses can create a plethora of “associates” and starve the health care system of \$1billion in taxes.
- Add a higher tax expectation for the wealthiest corporations and citizens.
- Ask candidates to STOP the CUTS/EFFICIENCIES and bring our hospitals up to the average in the rest of the country. Hospitals are in crisis NOW.”

We held our Annual General Meeting May 23. Minutes are available by emailing me. Once again your executive was returned to office. We all enjoy serving you, but would like to invite you to get involved. New ideas are always welcome. The meeting took some time to do general planning for 2018-19. We hope you will participate in the activities we are planning.

Election Day found me aboard a ship in the Mediterranean. I had to vote before the Advanced Poll opened, at the Returning Office. I have never done that and for the first time in my life, had to write the name of my preferred candidate on the ballot Who knew that in this day and age one would have to be able to write. We have a new government, with a different style. Something tells me not to put away my OSSTF flag. I think it may be flying at a protest or three in the next four years. Education is sure to face some challenging times.

Well this has gone on too long. I do hope to see you at one of our events soon,

wARMly, *Ray*

One of our new members for 2018, Carol Farrar vacationed in Portugal organized by our Ottawa-Carleton Chapter. Here are some words from Carol.

"I first heard of the opportunity for retired teachers to go to Portugal through ARM at a retirement seminar.

Having just newly retired in June 2017, I wasted no time in pursuing my dream of skipping winter altogether, and signed up for three weeks as a starting point. Later, I was given the opportunity through a cancellation to stay for 2 months in total, a chance that I gladly welcomed.

I quickly learned that Portugal has everything to offer.

I have often heard people say that "this vacation is for R&R, and later that vacation will be for discovery..."

Portugal, and specifically the location of Vila Sra da Rocha, has it all in one place.

If you want a lazy time for reading books and lounging by the pool, it has that.

If you like playing bridge, cards, or knitting, it has that.

If you want a trip of discovery and cultural immersion, it has that to offer.

If you like delving into history, or trying local cuisine, or exploring mountains and villages and castles on back roads with spectacular views, it has that.

If you like shopping for treasures, there are gypsy markets and town fairs.

If you want to get or stay fit, there are aquafit classes, great places to run and walk that are minutes from your door, and bicycles are easy to rent.

If you like live music, there is Fado Night.

There truly is something for everyone here. No separate vacations for different purposes required.

However, *the* most important aspect of my time at Senhora da Rocha was the spectacular people I met during my stay.

If such a thing as 'travel angels' exist, I truly felt their presence here, and met many of them.

They walked into my life just exactly when I needed them.

When I inquired about renting a guitar, the manager Jose just simply went out and bought one for me to use.

[Later, along with a colleague I had just met, I was allowed to play a set of live music which filled the restaurant to capacity and hopefully helped to offset the cost of the guitar.]

When I needed to buy running shoes and had no car, Terry and Anne personally took me to buy them.

When I was staying alone, I was invited to share in countless road trips, dinners, and wine.

People went well out of their way to include me.

When I felt unsafe, people walked me home.

[caveat: I was new and was unsure of the safety levels for a single female traveller there; I came to learn that Sdr is quite safe.]

When people knew I was on my own, there was a knock on my door and I was invited out for pizza or a cliff walk, or wine.

More than one person walked over in the absolute pouring rain to make sure I knew about the day's plans.

The exceptional kindness and generosity of those who continued to include me in their activities was beyond anything I could ever dream of, and there are no words to express how grateful I am to my many 'travel angels' associated with ARM, who have become my good friends

The resultant feeling amongst the group is that of a strong family bond.

This is what ultimately sold me on this beautiful place, and will keep me returning to Vila Senhora da Rocha, year after year.

You will not find that anywhere else."

-Carol Farrar, harpist





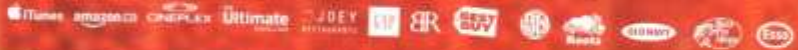
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