

**" THE WARM OUTLET "**  
**ARM CHAPTER 22 NEWSLETTER**  
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**ARM 22 EXECUTIVE 2022-2023**

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ARM Council Website:			<a href="http://www.armcouncil.osstf.ca">www.armcouncil.osstf.ca</a>

**MONTHLY BREAKFASTS: 9:30 a.m. 'w'arm up to us on Wednesday**

June 14 <sup>th</sup>	ARM Ch22 AGM @ Betty's Restaurant, 8921 Sodom Rd, Niagara Falls
July 12 <sup>th</sup>	Journey along the Niagara River from Chippawa to Niagara-on-the-Lake SEE DETAILS BELOW
Aug. 9 <sup>th</sup>	Cora's, 210 Glendale Avenue (Pendale Plaza), St. Catharines
Sept. 13 <sup>th</sup>	Welland Café, 506 E Main St, Welland our "annual" breakfast for the Chapter Newbees

**OTHER EVENTS**

**July 12<sup>th</sup> An Orangeman's Christmas in July**

- 9:30 Meet at Chippawa Fire Department, 8696 Banting Ave., Chippawa  
*Enter from Gunning Drive – please park within existing lines – not along fence*
- 10:00 Depart
- Stop 1: viewing site: James Cameron, Marilyn Monroe, David & Laura Secord
- Stop 2: Locust Grove – Niagara Gorge profile
- Stop 3: Mackenzie Printing Press
- Stop 4: Walker's Country Market ... washrooms, chapel, 'delicious treats'
- Stop 5: Navy Hall ... visit dock, sitting between Ft. Niagara and Ft. George
- LUNCH at Sandtrap Pub & Grill, 358 Mary St. NOTL (905)468-8727

Sept. 8<sup>th</sup> Ch 18/21-22 Golf/Wine Tasting Rockway Vineyards, St. Catharines

Oct. 18<sup>th</sup> Person's Day & Fall Garden Cleanup

**CH'ARM'ING BITS ... Plays on words:**

Sign on the back of a horse trailer " Caution, floor covered with political promises."

I wrote a book on how to fall down stairs. Its a step by step guide.

In Britain it's called a lift but Americans call it an elevator. I guess we were raised differently.

Never thought orthopedic shoes would work for me, but I stand corrected.

I asked the surgeon if I could administer my own anaesthetic. He said, "Sure knock yourself out."

I went down to the paint store to get thinner. It didn't work.

My son was chewing on electrical cords so I had to ground him. It's OK, though, he's doing better and conducting himself accordingly.

I got into a fight with 1,3,5,7,and 9. The odds were against me.



## from your President

May, 2023

Dear ARMMites of Chapter 22,

Here we are at the first long weekend of 2023 – well I shouldn't be saying that to you – EVERY weekend is a LOOOOONG weekend now that our time is our own. My garden is almost half planted and most of the seeds have sprouted. Now for the staggering of crops to produce a more continuous flow of produce. Below is a picture taken at our May 10 breakfast at the Waterfront Restaurant,



Niagara-on-the-Lake. From the looks on our faces, I think we had already eaten and were simply enjoying one another's company.

I have asked Garry to revive a "car trip" for July. Please see our itinerary on the first page. I will need to give the Sandtrap a number to expect, so please let me know. When I called Betty's for June and told them that I would call on the Monday with a more exact number, he reminded me that they are closed Mondays and Tuesdays. Ergo, I will have to call on or before June 11. That will be our AGM, so come and volunteer for one of the hard-fought-for positions on the Chapter Executive. If you would like a hand in campaigning, I know someone eager to assist. You will find the agenda for the meeting on page 3. I haven't written the President's report as of yet, so you will have to be at Betty's to get that. Bonnie will give us a statement of our funds and status as of the end of May. This is your opportunity to give the newly elected Executive some marching orders for 2023-24. Better yet, put your name forward and have a say in what happens.

As I have told you, the ARM Biennial was held on May 4-5 this year – in-person at the Sheraton Airport Hotel. Your delegates were Carol Farrar and Peter Beens. Tom Parkins came as a guest of the Chapter. Martha Hradowy, Vice-President of OSSTF/FEESO brought greetings from the Provincial Executive. We heard from EFG & OTIP as well as an update on pensions from Tom Golightly of OSSTF staff. The keynote speaker was Natalie Mehra of the Ontario Health Coalition. OHC is currently trying to prevent healthcare from becoming a private enterprise. To that end, the OHC is conducting a province-wide referendum. You may vote online at <https://publichospitalvote.ca/> You can also find a local polling booth on the same site. The Niagara Chapter would prefer you to vote in person, as they are also asking for support for our local hospitals. Please do your best to cast your vote before May 27. Your continued good health may depend on it. Also at the Biennial, members voted to have ARM Council establish a working group to review ARM's vision and its priorities. I expect that this will be a recurring theme in ARM Council meetings next year. Lastly, the Biennial is concerned with Home Care Services in Ontario and will attempt to gather some data regarding Home Care in the upcoming months. One of the members volunteered to spearhead this initiative and will be sharing possible means with ARM Council perhaps as early as this June. Once I hear, I will attempt to get the word to you. I do know that Home Care is available, but not usually "immediately".

As part of the last ARM Council meeting, Gary Fenn of Provincial Office addressed the Council and spoke to the messaging that OSSTF is using to attempt to give a positive impression of the Federation with the public. They are trying NOT to use words like “crisis”, “cuts”, “privatization” and even the premier’s name. Instead, they are promoting phrases with emphasis on “policy”, “taking away/removing/shortchanging” and what Gary referred to as the “un’s” – underfunding, underspending, understaffing, undermining, and untrustworthy. They are hopeful that following this plan, they will gain the support of the public. Also, OSSTF is participating in the OFL’s Enough is Enough Campaign, which will have a day of Action on June 3. Please do what you can to support our Federation. The website is: <https://ofl.ca/enough-is-enough/>

While I was at ARM Council, I received an email from Robin MacDonald of Chapter 21, Hamilton. The result is we are jointly hosting a Golf/Wine-tasting Event at Rockway Vineyards, St. Catharines, on Friday, September 8<sup>th</sup>. At the moment, this is a “save the date” request, but the plan is to have a day for both golfers and non(I’m one) and finish with a sumptuous meal and terrific fellowship. A registration form will be forthcoming, so make certain you are getting my somewhat regular emails or you may be left out. We plan to subsidize the event with ARM funds from the 2 chapters – another good use for the pesky \$50 fee we pay to belong 😊.

As always keep in touch. Feel free to contact me anytime, but especially before a breakfast/lunch so we have numbers to give the restaurants.

Thanks, 😊 Ray

## **ARM CHAPTER 22, Niagara**

### **Annual General Meeting**

### **Agenda**

**June 14, 2023 9:30 a.m.**

1. Call to order/ Pledge
2. Reading of Indigenous Statement
3. Anti-Harassment Policy:
4. Adoption of the agenda
5. Minutes of June 08, 2022
  - a. Adoption of minutes
  - b. Business arising
6. President’s Report 2023
7. Treasurer’s Report 2023
8. Elections
  - a. President
  - b. Secretary/Treasurer
  - c. Social Convener
  - d. Audio/visual Convener
9. Appointment of Newsletter Editor
10. New business
  - a. Memory Garden
    - i. Maintenance
  - b. Suggested activities for 2023-2024
    - i. Monthly social gatherings
    - ii. “Rookie” Breakfast  
September 13 @Welland Café
11. Other
12. Adjournment

I solemnly dedicate myself to promote and advance the cause of education.  
I will strive to achieve and maintain the highest degree of professional competence and will always uphold the honour, dignity, and ethical standards of my profession.  
I pledge my loyalty and support to the Ontario Secondary School Teachers’ Federation and will comply with the Constitution, Bylaws, policies and established practices which govern its members.

The Ontario Secondary School Teachers’ Federation acknowledges and thanks the Haudenosaunee and Ojibway/Chippewa Peoples of this territory and other Indigenous Peoples for sharing this land so that we may come together today in a good way.

A member of OSSTF/FEESO has the right to an equitable work and union environment free from the destructive effects of discrimination and harassment.  
Anyone who feels targeted by harassment or discrimination must be able to speak up and know their concerns will be responded to immediately in accordance with OSSTF/FEESO Policies and Procedures which are available on the provincial website.  
The Anti-Harassment Officer for this meeting is:

& from our OTIP friends: (a repeat from an earlier email because this month's notes deal with first homes)

## **Battery care: Avoid the hazards!**

When you buy food, you know that it will go bad at some point. Luckily, best-before dates are printed on the packaging as recommendations. You also understand that there are ways certain food items should be stored. But did you know that rechargeable batteries work the same way? Just like food, rechargeable batteries are perishable, slowly fading from the day they are manufactured. No need to worry, though; there are ways to properly charge and store your batteries to extend their lives and minimize potential hazards like corrosion, leaking, and burning. Here's what you need to know.

### **Types of rechargeable batteries**

Rechargeable batteries are used to power many everyday items like cellphones, laptops, and cameras and come in all shapes and sizes. They are great because they can repeatedly be used long-term by plugging in the battery-operated device or using a battery charging station.

Below are some examples of rechargeable batteries:

- Lithium-ion (Li-ion)
- Nickel Metal Hydride (NiMH)
- Nickel Cadmium (NiCd)
- Sealed Lead Acid (SLA)

### **Don't overdo it**

One of the most important ways to extend battery life is to avoid overcharging. [Battery University](#) explains that prolonged overcharging causes permanent battery damage. Disconnect your charger once the battery has reached full charge.

### **Be present**

Whenever possible, recharge your batteries while you are within reach. If a device with a defective battery is left unattended and overheats, it could cause a battery fire. Make sure your smoke detectors and fire extinguisher work in case something happens.

### **Avoid flammables**

Set your device or battery charger on a non-flammable surface during charging. The battery shouldn't overheat if there is good air circulation and minimal direct sunlight exposure.

### **Don't be extreme**

Rechargeable batteries are often exposed to unfavourable temperatures, like if you leave your phone in your car on a really hot or cold day. Extreme temperatures can shorten the battery life, so storing your batteries and devices in a cool place is always best. [Battery University](#) advises that most batteries should be stored at 15°C. This temperature reduces the risk of non-recoverable losses that permanently lower a battery's capacity.

### **Use the proper method**

Always charge rechargeable batteries in the device it is meant for, the charger it came with, or a manufacturer-recommended charger. Chargers are designed for specific battery types, so mixing chargers and batteries could cause unexpected problems. Check the device or battery manufacturer's website for instructions if you plan on using a new charging method.

### **Don't mix and match**

Never mix rechargeable and disposable batteries in a charger – disposable or alkaline batteries are not rechargeable and should not in any way be placed in a charger. Manufacturers also caution users not to mix rechargeable battery brands in a charger. Each brand should be charged separately to prevent any hazards.

### **Be kind to the dead**

What are you supposed to do with your used or dead batteries? Store them in a non-conductive container, like plastic or cardboard, in a cool and dry area that is out of reach of small children. Do not store batteries with flammable or conductive materials like paper clips, steel wool, etc. [Raw Materials Company Inc.](#) recommends taping the positive terminal end (marked with a + symbol or identified as the red terminal for a Sealed Lead Acid battery) so that it does not come into contact with metal or other batteries.

### **Recycle! Recycle! Recycle!**

Do not throw your used or dead batteries in the trash – they may burst or explode. Instead, Raw Materials Company Inc. makes recycling batteries easy. Visit their [website](#) and enter your postal code or city to see the closest recycling points from your search location. By recycling your batteries through Raw Materials Company Inc., you can be assured that they will be managed responsibly and not discarded into landfill.

### **Be safe**

Think twice the next time you are tempted to take a shortcut when storing, charging, or recycling your battery-operated device. It has been reported that the number of battery-related incidents has increased five times since 2016<sup>1</sup>. Taking a few more precautions can protect yourself and your family from potential hazards and extend the life of your batteries.

1. [International Association of Fire and Rescue Services](#)

