

" THE WARM OUTLET "

ARM CHAPTER 22 NEWSLETTER
Winter 2023 VOL.26 NO. 2

ARM 22 EXECUTIVE 2022-2023

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ARM Chapter 22 website:			www.ch22arm.ca
ARM Council Website:			www.armcouncil.osstf.ca

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

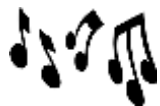
Feb. 8 th	Patti's Place, 87 E Main St., Welland
Mar. 8 th	Cora's, 210 Glendale Avenue (Pendale Plaza), St. Catharines
Apr. 12 th	Queen's Coach Restaurant, 2845 St. Paul Ave., Niagara Falls
May. 10 th	Niagara-on-the-Lake Golf Course, 143 Front St., NOTL

OTHER EVENTS

Jan. 26 th	ARM Council via Zoom
Mar. 10-13	AMPA 2023
Mar. 22 nd	Movie Nite – Dinner @ My Place, Fonthill 5:00 p.m.; Movie follows @ D22 Office
Mar. 30-31	ARM Council in-person
Apr. 22 nd	Garden clean up. 10 a.m.(ish) Lunch to follow
May 4-5	ARM Biennial – Our delegates are our Members @ Large & Small
June 14 th	ARM Ch 22 AGM

CH'ARM'ING BITS ... more senior T-shirts sayings:

- Sometimes I talk to myself, then we both laugh and laugh
- It's weird being the same age as old people.
- Underestimate me, that will be fun.
- Just because I'm awake doesn't mean I'm ready to do things.
- I've no idea what I'm doing and you can't stop me.
- I'm silently correcting your grammar.



from your President

January, 2023

Dear ARMites of Chapter 22,

And once again we begin another year – already half-way through month #1 – hard to believe. Time does continue to march forward. Jim was telling me at Breakfast last week that not only in Ontario does the Minimum wage increase – it is rising in Mexico as well – up to \$207 (that's pesos, not Cdn\$). Don't get too excited and move, it's also for a complete **day's work**. BTW it is a 20%

increase on the 2022 minimum wage. Once again, I remind myself that we are very fortunate to have paid into our pension fund for all those years; now we reap the benefits & get a (in some cases modified) annual COLA increase. Found the cartoon to the right on Facebook this morning on the Heinlein Society Facebook page – couldn't resist. 😊



Also that morning, Dave sent me a link to a report on statista.com (<https://www.statista.com/statistics/1257040/number-covid-deaths-canada-by-vaccination-status/>) regarding COVID-19 deaths in Canada since the introduction of a vaccine in December 2020. We have had over 10K deaths of unvaccinated Canadians in that time, but less than 1/3 that for those who have 2 vaxes and less than 1/10 of that for those with 2 or more boosters. I don't know about you, but I continue to mask when I'm among others and keep distance as much as possible. I understand people being fed up with "the restrictions" but really have difficulty accepting the "personal freedom" argument. A friend of mine has said that "Your freedom to flail your arms ends at my nose" and I see wearing a mask in a similar light. My masking does more to protect those around me (like 70%) than it does to protect me (like 5%). I hope to be able to say at the end of this (and IT WILL END) that I have done all I could to protect those around me. Enough with the preaching. Some announcements for you:

The D22 Communications/Political Action Committee (C/PAC) is pleased to open reservations for their next Member Engagement Activity coming on February 26, 2023. ARM members are welcome to come as well:

- Barrie Colts @ Niagara Ice Dogs - Meridian Centre, St. Catharines
- Sunday, February 26 - Game starts at 2pm
- Tickets \$10 per person - The cost is subsidized by the D22 C/PAC Committee - Family & friends are welcome!
- Any ticketholder may choose to participate in the *FREE* Family Skate from 12-1pm before the game

Visit https://docs.google.com/forms/d/e/1FAIpQLSerg9lfBFUsDGo1rpO5pl_b8CB461WhE1gACf7FrT-wOOsPnQ/viewform to complete the form to reserve your tickets. Tickets must be pre-paid by e-transfer. You may pick up your tickets at the D22 Office February 21-24 during regular office hours. Tickets are on a first-come, first-served basis and will not be considered confirmed until payment is received.

The International Federation on Ageing (not-for-profit & Candian headquarters) is conducting a survey on Awareness of Pneumonia Vaccination and would like 15 minutes of your time. Please visit <https://survey.alchemer.com/s3/7104898/Pneumococcal-Pneumonia-Vaccination-in-Long-Term-Care-Survey> to complete it. Thank you on their behalf.

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

& from our OTIP friends: **Start the new year off right** with ways to save on your home and auto insurance

The price you pay for insurance can vary by hundreds of dollars, so how can you get the best value for your money? Here are 10 ways you may be eligible to save on your home and auto insurance and start your new year off right.

Read more at www.otip.com/article158.

