



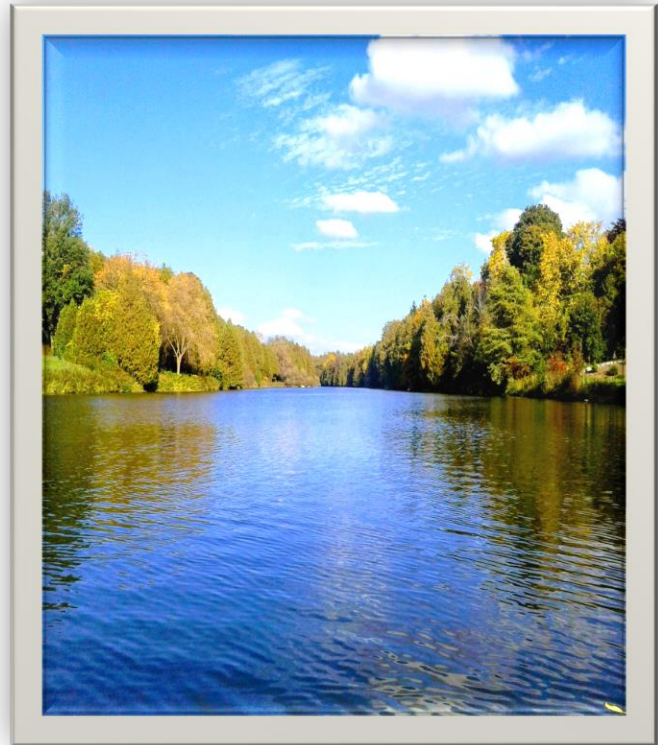
EXPERIENT ²⁴

Issue 8 Fall 2019

Experient (adj) having experience; having knowledge or skill from observation or participation. *Synonym: experienced*

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Early Fall along the Grand River

Retirement does not mean leaving - Keep this link strong!

SCHEDULE OF DISTRICT 24 ARM MEETINGS FOR 2019/2020

- | | |
|------------------------------------|---|
| Friday Dec. 6 th | Forum on supporting OSSTF actions & Christmas Dinner |
| January 7 th | Informal Breakfast – Angel’s Diner |
| February 4 th | Guest Speaker Jim Kibble – “Aunt Millie” Estate Planning |
| March 3 rd | Anita Chamberland – OTIP benefits & insurance |
| April 7 th | Jim Stewart – What’s Ahead in Healthcare |
| May 5 th | Brock Godfrey - Scams and Fraud – What to look out for |
| June 2 nd | Educators Financial Group & Barbeque at the District Office |

Meetings are open to all District 24 ARM members. They happen on Tuesdays at 9:30 in the lower level of the District 24 Office unless otherwise noted. Light snacks at 9:15. If in doubt check the website or email Rich Clausi.

PRESIDENT'S UPDATE

We are entering our fourth year as an organized ARM chapter. Although we do have a social flavour, our mandate is to keep a focus on pensions, benefits, political action in support of OSSTF, social events/Newsletter and a return of value to our members.

We typically meet on the first Tuesday of the month at our District 24 offices. We have refreshments at 9:30 followed by a guest speaker, a business meeting and a lunch at 11:30. The mood is light and friendly, but we do discuss items of some gravity for Education Sector retirees.

It is our position that the funds collected within the ARM mandate should be cycled directly back to the membership to provide value-added to a membership. We are a not-for-profit organization--We invest in our members and We continue to support initiatives that individual members wish to organize if it is within the mandate of our constitution and bylaws. Membership is currently approximately 190 and growing. Please feel free to become involved to whatever degree you are comfortable with. I promise that we will not overwork you.

We hope to continue with activities that were successful this past year: a theatre event (April: "Billy Bishop Goes to War"), A hockey/Pub night in Waterloo (Nov.9), a June BBQ, a December Christmas Dinner, Pizza days, Estate and Will Planning, OTIP updates, Scams and Fraud workshop, participation in Education Rallies and letter-writing/sign-building in support of OSSTF.

Our May provincial Biennial and March AMPA and May retirement workshops are other highlights in 2020.

WARNING: Our November speaker, Jim Stewart, of The Waterloo Region Health Coalition gave an insightful yet frightening insight into the "reforms" that are planned for provincial Health Services. We have invited him back for our April meeting to explore what we as an organization can do. This may become a major concern for us.

That said, we are certainly having fun-- Retirement is a beginning and not an end

Cheers,
Richard Clausi, President

PS: We are looking for musicians to fill out our Jazz Band.

ARM Executive 2019 /2020

President	Rich Clausi
Vice President	Joe Amatruda
Treasurer	Brenda Wiles
Political Action	John Ryrie
Webmaster	Chuck Stemmler
Secretary	Rennie Laden
Newsletter Editor	Wendy Foxall with Michele Alterman and Ace Reporter Gene Heesaker

HOW TO PREPARE YOUR HOME FOR WINTER

- Gene Peter Heesaker



My favourite time of the year is the fall; I enjoy the cooler temperatures and the brilliant changes in the colour of the leaves. However, having said that, it is also the time of year I closely examine my

home to make certain it is in good shape and able to withstand the ravages of the typical Canadian winter. Here is a short list of the things I do to make sure both my family and home are protected.

- Test all the smoke detectors, fire extinguishers, and carbon monoxide detectors in the home to make certain they are all in good working condition. Insert fresh batteries into the detectors if required.
- Check all your windows and doors (inside and out) for any sign of damage. Seal any damaged areas with a caulking to prevent heat loss and water penetration.
- Inspect all your downspouts and eaves troughs. Make certain that they are free of any debris. Seal any cracks with caulking or silicone spray. You may wish to have a professional cleaning company inspect and clean the eave troughs on the second floor of your home.

- Shut off all your home's external water supply and drain all external water lines and hoses. Store your hoses in a shed or garage area (if available). This will prolong the life of your hoses. Leave the external taps open a little bit-this will help prevent any water that remains in the external lines from freezing over the winter and causing a flood in the spring.
- Have your wood-burning or gas fireplace inspected, cleaned, and serviced by a qualified professional.
- Clean and or replace your furnace filter. You might also want to have a professional heating company come to your home and inspect the furnace to make certain it is ready to face the cold weather. Clean your dryer vent too. Each year clogged dryer vents cause house fires. As the advertisement on T.V. says, "Dryer lint smells like a spring breeze, but it will burn your house down".

There is no doubt that these suggestions will cost you some time, effort, and money. However, I firmly believe that it is better to be proactive rather than reactive.... especially when it is in the middle of February and minus 20 Celsius.

Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.

Edith Sitwell

After- School Activities



A Postcard from Portugal: soaking up the Algarve

- Tess Bridgewater

I climb up the steep stone steps from a sunny cobbled square to Café Ingles, a bistro style café high on the hill in the shadow of the old Moorish castle overlooking the ancient town of Silves in the Algarve of Portugal. The café is a popular hangout for European Expats and Tourists who come for delicious Sunday lunch, live music and conversation in the laidback atmosphere and perfect weather, and I'm here to visit my cousin Jenny and who discovered it after she sailed her boat into the Algarve a few years ago and decided to stay.

It is typical of the relaxed inexpensive lifestyle that can still be found along the Mediterranean coastline of southern Portugal, one of the reasons for the huge surge in tourism in recent years.

There's a mixture of English, American and local accents at the surrounding tables with a smattering of German and Russian and I spot a GO Newfoundland Tshirt. Canadians Blake and Vicki Daley and their teenagers Seth and Sara visiting from Amherst, Nova Scotia. Blake comes every year for Paragliding and this year he has brought the family with him. They are staying in a rental condo in Burgau and having a great time. Vicki loves the history and "seeing a stork for the first time," flying overhead in the clear blue sky. "Can't you paraglide in Canada?" I ask Blake, "We don't have the weather or the topless beaches" he replies with a

chuckle, but we both know there are many more reasons to bring them to Portugal.

The delicious lunch of a melon and prosciutto ham appetizer, roast pork with all the trimmings, and a massive bowl of strawberries and cream, followed by some lively entertainment from the Paulo Bandeira Trio, a Brazilian group, is a fitting end to my two week holiday visiting the Algarve, the most southerly point of Europe.

Bordering both the Mediterranean and Atlantic oceans and an area rich in history, the Algarve, more North African in atmosphere than European, reflects the many cultures that have arrived on its shores through the centuries. Once Portugal was the greatest maritime nation in the world, and Portuguese the most widely spoken language.

Henry the Navigator led the Portuguese conquest of Morocco from the Algarve while Portugal itself was occupied by many nations from the Romans and Moors to the Spanish and English. Now after years of obscurity and decline under a dictatorship government, with Portugal's entry into the EU, Europeans and North Americans are rushing to snap up holiday villas and condos while prices are still lower than in neighbouring Spain.

Real Estate is booming, and urbanization is everywhere but the charm of old Portugal with its North African influences is being eroded as it becomes one of the most popular tourist regions in Europe, and the face of the country is rapidly changing.

Come while you can and explore the towns and villages of a disappearing world.

If you go

Faro is the airport for the Algarve and there are direct flights from Toronto in season. Check with the airlines or your travel agent for availability or fly via New York, London, Lisbon, Amsterdam or Frankfurt.

Accommodation varies from luxury villas and apartments, some with long stay packages, or reasonably priced small beachfront hotels and B &Bs depending on the season. Shopping and eating are usually cheaper than other tourism destinations and English is widely spoken. Generally, a car is necessary, and driving is on the right, but watch the Portuguese drivers!

If I had my life to live over I would

If I had my life to live over, I would.

I would dare to make more mistakes the next time. I would relax,

I would limber up. I would be sillier than this trip.

I would take fewer things seriously. I would take more chances.

I would climb more mountains and swim more rivers.

I would eat more ice cream and fewer beans.

I would perhaps have more actual troubles, but I would have fewer imaginary ones.

You see, I am one of those people who lives life sensibly and sanely hour after hour, day after day.

Oh, I have had my moments and if I had it to do over again,

I would have more of them. In fact, I would try to have nothing else.

Just moments, one after another, instead of living so many years ahead of each day.

I would not have been one of those persons who never goes anywhere without a thermometer, a hot water bottle, a raincoat and a parachute

If I had to do it again, I would travel lighter than I have.

If I had my life to live over,

I would start barefoot earlier in the spring and stay that way later in the fall.

I would go to more dances, ride more merry-go-rounds.

I would pick more daisies.

*Attributed to
Nadine Stair,
Louisville Kentucky
at 85 years of age.,*

A Senior's Perspective on Facebook

For those of my generation who do not, and cannot, comprehend why Facebook exists. I am trying to make friends outside of Facebook while applying the same principles.

Therefore, every day I walk down the street and tell passersby what I have eaten, how I'm feeling at the moment, what I have done the night before, what I will do later and with whom.

I give them pictures of my family, my dog, of me gardening, golfing and taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what everybody does every day.

I also listen to their conversations, give them the "thumbs up" and tell them, "I like them." And, it works... Just like Facebook...I already have four people following me. ...Two police officers, a private investigator and a psychiatrist...

Have a good day and take care.

- submitted by Rich Clausi

POINT OF VIEW

submitted by Joe Amatruda

Does our Collective Consideration of Aspects of 'Safe & Secure' Ever End?

While employed in the Education system a fundamental principle and priority was that we be mindful and implement safe and secure practices across contexts. This principle is rooted in concepts defined by Maslow's pyramid/hierarchy of needs.

As such, our collective goal was to ensure a work and learning environment that allowed the students and staff to complete their tasks without fear. The notion being that a safe and secure environment allows for and promotes a facile work and learning culture such that growth occurs without impediment.

The global realization of 'safe and secure' seems to be in a state of decay due to the politics of populism. Through the political lens of populism, the historic principles and ideals articulated in the 'Atlantic Charter' are being challenged and abandoned.

<https://www.thoughtco.com/eight-points-of-the-atlantic-charter-105517>

My hope is that 'we' may find ways and means to promote safe and secure for all. I respectfully suggest and recommend that you bookmark, monitor and review articles posted on following web links. May through our collective efforts may 'Safe & Secure' be realized.

United Nations Office of Disarmament Affairs (Securing our Common Future)

<https://www.un.org/disarmament/> <http://www.unidir.org/>

May populism not undermine or prompt countries to abandon the 'good work' being done on behalf of our collective well-being.

May we 'say & do' the right things for us and for those who will follow us. Joseph Amatruda

VIEWPOINT

Our 2020 Dayton Theatre event is set for Friday April 17 at 2:00 pm. Billy Bishop goes to War

This event is at the St. Jacobs Schoolhouse Theatre--this is a small converted school with tables of four in a smaller more intimate venue.

ARM has booked a small number of tables. Tickets will be available for \$35.

An order form will be sent out in January.

Political Action

A Letter to the Editor

Editor's note: John Ryrie is the Political Action Chair for the ARM Branch of District 24. In addition to his many activities on our behalf he regularly writes letters that are published in the Record newspaper. This letter was edited and published in the November 12th issue. Here is his original letter as submitted.

Dear Editor,

As a former educator, I am undoubtedly biased. But I think I can still think fairly clearly. The Minister of Education Stephen Lecce's recent public statement that money demands by secondary teachers is preventing a new contract seems highly unlikely. The union has openly shared all of its contract requests; it is transparently asking for a cost-of-living increase – hardly an unreasonable position. And there has been no noticeable public outcry about this particular request.

What is far more important, as we have already seen, is returning to an average class size of 22. Even 22.5 has created havoc across the province since September, denied umpteen students hundreds of key courses, reduced support for special needs and extra-curricular activities in all the school boards, and thrown hundreds of teachers out of work. You cannot do more in our schools – elementary OR secondary - with less staff. Simply put, kids lose out.

Touting a 'compromise' average class size of 25, wanting to remove firm class size limits, and asking teenagers to do four credits online is not an investment in our young people. It is a severe cut. It amounts to asking our students to pay off a deficit that they have had no responsibility for creating and asking them to accept watered-down schooling that doesn't meet their needs – both basic and exceptional.

My own perception is that Premier Ford and his government need to be less disingenuous. Making huge funding cuts in education is not the way to improve our schools or invest in our collective future.

Metaphorically speaking, our schools need a supportive helping hand, not a bulldozer.

John Ryrie,
Former President,
Ontario Secondary School
Teachers' Federation,
District 24 Waterloo

Submit articles to YOUR newsletter

We are looking for reader submissions for the following regular features:

Viewpoint/Point of view

An opinion piece on a topic that concerns you personally.

After-School Activities

An update on individual activities or groups that you have joined since retiring from your job in the education sector.

Photo Captions

An interesting or entertaining photo that could be used for a caption contest. Please include the location and necessary background information.

Around the World

A report on interesting places or people you have met while travelling. Include pictures when relevant.

All members are invited to submit items of interest for retirees and for those who are within sight of retiring.

Articles need to be proof-read and not exceed 400 words.

Please provide the name of the photographer and/or source and identify the people or places in the photo.

Note: Editing will be done for clarity and space limitations

Send submissions to:

experient24@gmail.com

by February 1st · 2020 to be included in the Winter 2020 edition of EXPERIENT24.

Punny you should say that – Some more bad puns

I did a theatrical performance about puns. It was a play on words.

I stayed up all night to see where the sun went. Then it dawned on me.

I wondered why the baseball was getting bigger. Then it hit me!

Broken pencils are pointless.

I tried to catch some fog. I mist.

Photo Caption Contest



“What? - Can’t you see, I’m helping to decorate the tree.”

“Who wants a stationary angel on top of their tree when they could have a live cat instead?”

Send your caption suggestions in to:

Experient24@gmail.com

There are no prizes, but you will get to have your name and your caption appear in the next issue of our newsletter

HELPFUL WEBSITES

District 24 OSSTF	http:// www.d24.osstf.ca
District 24 OSSTF ARM	http://c24arm.weebly.com
ARM Council	http://www.armcouncil.osstf.ca
Edvantage	http://www.edvantage.ca
OMERS	http://www.omers.com
Ontario Teachers’ Pension Plan	https://www.otpp.com
OTIP	https://otip.com
OTIP’s Carepath Program	http://otip.carepath.ca