



EXPERIENT²⁴

Issue 12 | Spring 2021

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

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Spring has arrived on the windowsill
— Photo Heather Thomas.

Retirement does not mean leaving—Keep this link strong

Schedule of District 24 ARM Meetings for 2021

Until further notice all ARM meetings will be virtual. Meetings are open to all District 24 ARM members. They will take place at 9:30 a.m. on the first Tuesday of each month. If in doubt, check the website or contact Rich Clausi.

April 6—Christine Brown, WPL—Q&A on Library Services

May 4—check the website for updates

June 1—check the website for updates

September 8—Planning meeting

President's Update

Greetings on behalf of your executive. Here is a brief update on what we are doing. Please be sure to check our website for ongoing and current updates.

We are continuing to meet on the first Tuesday of each month, using the ZOOM platform. The technology has worked successfully for us—We have had slide shows with Brock Godfrey on Fraud, Election Planning by Paul Kossta and OTIP updates from Tara Lamb. We are, however, still looking for speakers for April, May and June. The technology offers us an unusual opportunity to actually feature a demonstration of a hobby or a project from the comfort of your own home – no need to transport or setup “stuff”!!! For example, you could do a short talk (15-20 minutes) about stamp sets or coin collecting or wood carving or fly fishing... etc. Please consider sharing your experience and expertise with your colleagues.

Contact Rich at raclausi@rogers.com to volunteer.

I have had several questions about the ARM health plan as it relates to our social club.

Retirees can select OTIP as their Health Provider. The plan is offered thru ManuLife, the same folks who provide services to active teachers. Retirees can select ARM which is the Health Plan that includes the RTIP Plan plus OSSTF membership. The cost is \$50 each year and it can be deducted directly from your TPP deposit.

The RTIP plan does not include membership in ARM. It does offer the same Health options as the ARM plan.

ARM membership includes participation in social activities, meetings and other items of interest to our members—specifically, we focus on pensions, benefits and political action... and having fun. Your executive strives to return value to our members. ARM is meant to be a social club for All Retired Members of OSSTF.

Remember that our newsletters, constitution and bylaws are available at:
c24arm.weebly.com

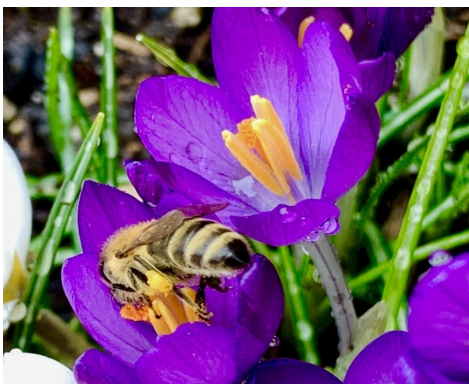
We all look forward to a time when our ARM Social Club can safely restart our live activities so that our members can enjoy ARM to the fullest. In the interim, stay in touch and be safe.

With optimism, Richard Clausi, President,
Chapter 24, Waterloo
We continue to meet via ZOOM.

ARM 2020-2021 Executive

President	Rich Clausi
Vice-President	Joe Amatruda
Treasurer	Isobel Caynne
Secretary	Rene Laden
Political Action	John Ryrie
Webmaster	Chuck Stemmler

Photo—Sherry Freund



Punny business

1. Dad, are we pyromaniacs? Yes, we arson.
2. What do you call a pig with laryngitis? Disgruntled.
3. Writing my name in cursive is my signature move.
4. Why do bees stay in their hives during winter? Swarm.
5. If you're bad at haggling, you'll end up paying the price.

A Taste of the Region

One of the benefits of working at Cameron Heights was being able to duck across the street to *Cameron Chinese Seafood* for supper on Parent's Night or take out a lunch on a PD day. (The number 4 combo was my 'go to' along with the best hot and sour soup ever!)

During this difficult year, one of the ways we can support local businesses during this difficult time is to support local restaurants who are able to do take out meals. I know that I personally enjoy taking a break from cooking seven nights a week! Our favourite restaurant in Guelph is *Wok's Taste* on Carden Street in downtown Guelph. But the rest of you probably live in the Region of Waterloo so here are some of the favourites in the Region as submitted by those attending the latest ARM meeting.

Bon appétit!
Michele Altermann

Sherry Freund

Uncle's Shawarma and Kebab in Waterloo: <https://www.unclesshawarmakabab.ca/>

We've also loved Sunday night take out meals from *Clementine Catering* operating out of Ambrosia Corner Kitchen in Kitchener: <https://www.clementinecateringkw.com/>

Roseanna Rigo

Classic Indian Restaurant in Waterloo. They also sell their soups in litre jars to take home. <https://www.classicindiancuisine.com/>

Rennie Laden

Pho Ben Thanh Restaurant
benthanhwaterloo.ca

(FYI—this chain has several other regional locations—*editor*).

Heather Thomas

A great restaurant for take out is Red Ginger at 445 Highland Rd W, Kitchener. They serve Tasty Thai and Viet food. <https://www.kwredginger.com/>

Continued page 7

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.

Book Reports

Tell us about an interesting book you have read.

Whatcha Doin'?

Tell us what you've been doing during this Covid year in a paragraph or two.

All members are invited to submit items of interest for current and future retirees.

Articles need to be proof-read and **not exceed 500 words.**

Provide the name of the photographer and identify the people or places in the photo.

Note: All articles will be edited for clarity and space limitations.

Send submissions to:

raclausi@rogers.com



Whathca Doin'?

Pamela Krokoszynski

Like many other children, I took piano lessons throughout my elementary and high school years. I managed to achieve my Grade 8 Piano, as well as my Grade 2 Theory. Then I dropped it for many years of living without a piano and a mother who had “encouraged” the lessons. One day I came home to find a piano with a red bow on it in our living room. My husband was so proud of his purchase for me, but I was annoyed that he’d spent money on something we couldn’t afford!

Over the years my piano didn’t really get used much, except to help with a singing part in a choir. With a family and teaching, I didn’t have the time or interest in playing. I did take lessons (briefly) twice as an adult. My last lessons were on Saturday mornings.

My practise time was very late on Friday nights, and very early on Saturday mornings, with the “soft” pedal. Not ideal conditions for progress.

I was cleaning out the piano bench last summer, and ended up looking at my old Conservatory music books. After much hesitation and memory lapses, I managed to play a couple of “easier” pieces. My interest is back! Fortunately, my husband hasn’t laughed at all my mistakes as I continue to “practise” regularly! I even played some Christmas carols for the first time. I just contacted a piano tuner this week, because one of the keys has started making a noise when I’m playing Beethoven’s “Für Elise”. I need that fixed now!



Ed Thompson

After reading the KW Record and solving the Crossword, I will play some “slow chess” on the Internet – one move in three days. I use Chess.com and Lichess.org. I have over ten games on the go at once.

My reading has included “The Love-song of Queenie Hennessy”, Elizabeth is Missing” and now “Still Alice”.

My window sill garden has several blooms including an orchid, a small cactus, a narcissus and a Kalanchoe. The surprise plant is a pine tree seed that sprouted after months in the pot.

Roseanna Rigo

My small ensemble has been rehearsing outside in various places around the region. On November 11, we played hymns and some old songs at the gazebo in Preston by the cenotaph in the afternoon. The live music even though by amateurs was much appreciated by the passers-by. Our swing band entertained outside at a LTC residence back in October when it was still warm enough to do so outside.

Roseanna Rigo (Baritone) and Ray Sweezy (clarinet, Sax) are also part of the ARMBand that entertained the troops during the very cold strike days last year. Ray is the leader of our jammin' ARMBand. Along with John Frederickson (banjo) and Rich Clausi (trumpet), the quartet look forward to a time when we can get together again. Musicians who have a good ear are welcome to come out and jam.

After-School Activities —or— Are you sure you're retired Chuck?

My favourite retirement thought... “This beats working for a living.” I completed my teaching career as a Dual Credit teacher – basically assigned to Bluevale Collegiate while working with “disengaged” high school students at Conestoga College. Pretty much having the best of both worlds.

One could say I'm doing a “lousy” job of being retired. Within a week of leaving school we (my wife) continued our Cultural Exchange/Teaching in China. This would



One of many stops on the Yangtze River.

be a two week term in the Jiangsu province sharing teaching strategies – using English – to improve the Chinese English teachers' conversational speaking. Obviously that's the part working part fun of both the experience and travel afterward. This time (our fifth summer in China) we decided last minute – which is often how we travel – booking our ticket from the comfort of our hostel, we travelled by train to Yichang to meet our Yangtze River cruise; I highly recommended this excursion.

I also “vowed” to never supply teach in my retirement as I felt supplying was best left for those needing to get established in teaching. Plus playing hockey four to five times a week and continuing my responsibility to Laurier Men's hockey program (Video Coach) I didn't see why I would change this lifestyle. However, I did miss teaching and being a former Tech Director/Dept. Head at Bluevale I had some skills that others sought. That's right, lousy at retirement “Part II” – at a Laurier game two VP's from Bluevale convinced me to become a fail-to-fill supply. I am enjoying this role in teaching, becoming a somewhat regular supply teacher at Bluevale.

I attend a trucking association trade meeting/social and

during dinner much of the discussion was around merits of teaching at Conestoga College compared to high school. This now brings us to: lousy at retirement “Part III.” I accepted a part-time position teaching at the college in the apprenticeship programs. I am a former Truck/Coach Technician as well as Heavy Equipment mechanic. Conestoga College also provided a “hockey friendly” schedule...not too early in the morning and no conflicts with either my playing or coaching times. Teaching at the college has also been an opportunity to continue learning and honing my trade skills.

I do have certain retirement routines; it's not all work and no play. My morning ritual of enjoying a coffee first thing in the morning while being in the hot-tub is a major advantage of not adhering to a school schedule. Conversely, enjoying a beverage or two at night in the hot-tub can be fun too. I did miss having access to a hoist at Bluevale (taught Transportation Tech) thus investing in a small portable lift makes maintaining my summer car easier ('71 Porsche 914). My neighbours and friends are also happy for this investment during “snow-tire season.” My monthly routine of ARM (Active Retired Members) which I volunteered to create/manage their website also provides a reason to enjoy life outside of teaching while continuing friendships with former/retired colleagues.



Quick-jacks make maintenance easier.

When you think of retirement – all the possibilities of extra time during the day – you also realize there's a choice to be made. I've always said, “...better to wear-out than rust-out and retirement really does beat working for a living.”

Photos and article by Chuck Stemmler

JUST IN CASE ... ARE YOU PREPARED FOR AN EMERGENCY?

Mary Lou Cunningham (President of D11 ARM, Thames Valley) has prepared an extensive package of checklists, charts and suggestions to help everyone organize their important personal information. As she puts it:

Fire, flood, theft, sudden injury or illness...are you prepared? Organize and prepare so that you minimize the impact quickly. Store **originals** in a safe place (safety deposit box) and securely keep **copies** in a fire + water proof portable box. Create a **Master Checklist** with location of document info and store with your will. Give checklist copy to adult children, or close relative. Keep a copy with your grab & go emergency kit. You need to organize: **Personal** records, **Health** records, **Financial** records, **Home and Property** records, **Auto** records, **Electronic** records and **Pet** records.

The rest of this document can be accessed and downloaded from the ARM website (found on page 7, once you are there click on **LINKS**).

Our Next Contest ...

For most people this has not been the year to travel. So for our next issue in the fall you have two choices for a submission. The first option is a photo and short anecdote about a place you enjoyed travelling to in the past. The second option is where you are planning to travel once it feels safe to do it again. Since the editor should not be part of the submissions I'll give you my stories now!

This image popped up on my Facebook feed as a reminder of where I had been in February of 2018—visiting my son in Canmore and touring the area for the first time in winter. The Chateau at Lake Louise had ice sculptures between the building and the lake including an outdoor bar built of ice!

The second story revolves around winning two round trip tickets from Air Canada at a charity event in November of 2019. We were so excited because I've always wanted to go to Hawaii (Earth Science teacher wants to see volcanos close up!) They've extended the coupon to Dec 2021 (cross your fingers!) and we are hoping to go—or at least use them to visit our son again!

Please send in your stories and pictures!

There was hardly any snow when we left Guelph!

Photo— Michele Altermann



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A Taste of the Region con't...

Pam Krokoszynski

Harvest Moon Restaurant 5 Parkside Dr. St. Jacobs
519-664-2373

<https://www.harvestmoonrestaurant.ca/>

Joe Amatruda

Ken Sushi House, Waterloo

<https://www.kensushihouse.ca/>

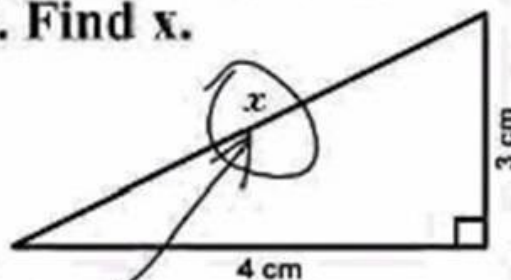
Laurel Brown

Greystone Racquet Club in Waterloo

<https://www.greystoneclub.ca/>

Why teachers drink...

3. Find x .



Here it is

Photo—Sherry Freund



Join us in April for other updates and changes at the Library!

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://omers.com>

Ontario Teacher Pension Plan

<http://otpp.com>

OTIP

<http://otip.com>

OTIP's Carepath Program

<http://otip.carepath.ca>