



EXPERIENT²⁴

Issue 14 | Winter 2022

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

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Wish you were here! Skiing in the backcountry near Canmore Alberta — Photo Teige Frid with permission

Retirement does not mean leaving—Keep this link strong

Schedule of District 24 ARM Meetings for 2022

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.

March 1— Tara Lamb of OTIP

April 5 — Rob Gascho

May and June — check the website for updates

President's Update



ARM Chapter 24, Waterloo

I trust that you are all well as we enter 2022.

We continue to meet virtually using ZOOM and we continue to feature speakers who are addressing items of concern to our members.

Our December speaker was Jim Stewart of the Waterloo Region Health Coalition. His talk was on LTC and the issue of treatment of seniors. This was a nice follow-up on our November speaker from the Waterloo Region Police Service who addressed the legal side of Senior health and Long Term Care.

WRHC is doing excellent advocacy in an area that falls within our mandate—Senior's Health.

We unanimously approved a donation to the cause—our donation was used to fund radio ads. We appreciate the “heavy-lifting” done by the coalition on our behalf.

Our January meeting was our traditional start-of-year planning meeting.

Our District 24 president, Rob Gascho, discussed local issues and the ways that ARM can support local PAC efforts. We will return to this item later in April as OSSTF plans firm up for the coming election and negotiations.

Rob expressed thanks from the local District Executive for ARM's help in equipping the back patio. We are optimistic that we will be able to enjoy the facilities again when the Covid dust settles.

Our February meeting was a detailed discussion of the new OTIP coverage, in preparation for a presentation by Tara Lamb of OTIP in March. There have been a few difficulties that our members have en-

countered so we hope that this will be an opportunity to facilitate the process. As part of the change, there is one benefit plan, RTIP rather than an ARM and an RTIP plan. ARM membership is now an enhancement to RTIP membership.

In addition, RTIP/OTIP is now using Greenshields as our health benefits carrier. By this time, you should have received your new plan membership card and you should have set up your new online account using the instructions that were sent to you in December.

There are enhancements to the digital portal; for example, the actual Plan Contract is available in your online account so you can research items such as “pre-existing conditions for travel insurance”. You can also download a letter, required for some foreign travel, indicating that you have Covid coverage. Be sure to call OTIP to ensure that all coverage details are in place before you travel.

The provincial ARM Council is working to ensure that ARM membership is given a prominent place in the new paper and digital application forms. Please encourage friends approaching retirement to continue their association with OSSTF via an ARM membership.

We also have handout membership cards available at our website: c24arm.weebly.com

Cheers and Best Wishes,

Yours in Education,

Richard Clausi, ARM Chapter 24, Waterloo

**We all know
mirrors don't lie...**

**I'm just grateful
that they don't
laugh.**

Photo—Sherry Freund



POINT OF VIEW

This is all about me....

I have charter rights:

I refuse to put on winter tires because:

- It's my car, my choice, my freedom;
- The effectiveness of winter tires is not proven, except by studies carried out by the manufacturers and government (like I'm supposed to trust them);
- My neighbor Bob had an accident even after putting on winter tires;
- Some drivers are already on their 3rd set of tires, and never needed them, which proves their ineffectiveness and unnecessary inconvenience;
- We do not know what the tires are made of;
- The tire manufacturers scare us with winter just to enrich themselves;
- I read on the internet that the Tire Giants invented

snow and spread it at night when you sleep;


- There is no scientific basis for the existence of dangerous snow in Canada;
- If I have winter tires, the government can track me in the snow by satellite;
- Educate yourself, open your eyes, stop being sheep! It is a government and corporate conspiracy designed to control you.
- This year, I say no to winter tires!
And **it** is all about me!

PLEASE GET VACCINATED.

Submitted by Rich Clausi



On December 9, 2021 Jim Stewart Co-Chair of the Waterloo Region Health Coalition (WRHC) received a \$500 check from OSSTF ARM Chapter 24 presented by Joseph Amatruda. These funds will support the good work done by the WRHC in promoting and advocating for **fully fund-ed not for profit** Public Health Care administration and delivery in Ontario's Health Care system



What should I do with my old smartphone?

By: **Gene P. Heesaker**

My lovely wife and I purchased new smartphones over the holiday season. Once we activated these new beauties and transferred all of our data over to the new phones we began to wonder what we should do with our 3 year old phones?

Did you know that your old smartphone can help those who are blind or visually impaired carry out a host of everyday activities? However, the technology may be out of reach for many Canadians, due to the high cost of new smartphones. So here is where your old smartphone can really make a difference. When it comes time to upgrade, consider donating your old smartphone to the Canadian National Institute for the Blind's "**Phone It Forward Program**" so it can be refurbished and passed on to someone who will put it to good use. Bonus: You will get a tax receipt for its market value from one of the most trusted charities in Canada.

Let's keep those phones out of the landfill and put them in the hands of someone who can really use them! **For details, visit phoneitforward.ca or call 1-833-554-5020.**



Changes at RTIP

At a recent ARM council meeting there was a request to send a copy of the new RTIP guide to all Chapter Presidents. The link below takes you to the PDF guide as well as to the online version.

<https://www.otip.com/OTIP/media/OtipRaeoMedia/RTIP/EN/RTIP-Guide.pdf>

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/ Movie/ Podcast etc. Reports

Tell us about what interesting things you've been viewing, following etc..

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'?

Forum has asked for short submission from retired educators who are members of ARM to share in an upcoming edition. John Ryrie kindly volunteered to share his story

Since retiring in 2009, I have pursued various endeavours – several with links to my teaching and federation experience.

On four occasions I have worked during federal and provincial elections – most recently last fall as a Training Officer for the Kitchener-Conestoga riding, instructional work and program delivery which derived in part from sixteen years in front of classes at KCI.

I have also done volunteer refereeing for K-W Oldtimers' Hockey, a role I never dreamed of doing twelve years ago, but one that provides exercise and nighttime activity in the winter months. This, in turn, has led to co-refereeing some girls' high school hockey games – both public and Catholic – at least in part

because most regular unretired referees are at regular jobs at 2:30 in the afternoon.

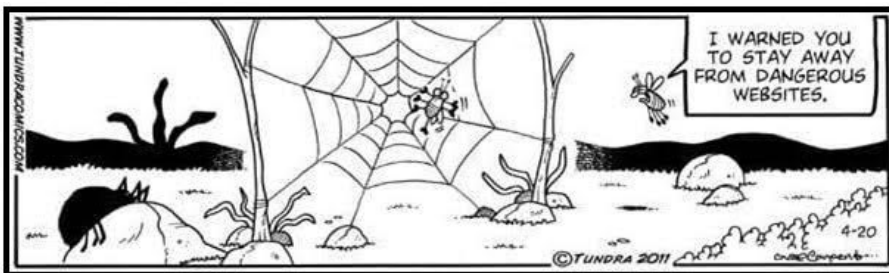
In addition, I have volunteered time as treasurer for a 13-Anglican church committee that to date has sponsored six refugee families from overseas, another unexpected role. Upon occasion, I've been asked to chair some of the regular meetings, relying in each case on my OSSTF history of doing likewise – in particular insisting on a clear agenda, staying focused, and following a clear and fair procedure.

Since 2013, I've sung bass in a 16-member vocal jazz ensemble called *Soul Sauce*, a group now led by the head of music from Bluevale, and consisting (in part) of various active and retired teachers from both panels.

For the last few years I've become re-involved in Kitchener planning issues, mostly around the proper (or improper) intensification of local neighbourhoods such as Central Frederick, Mt. Hope-Breithaupt, and Olde Berlin. This work is on-going. 30 years of politics in our school board has obviously helped me approach some of the civic conflicts and suggest strategies for preventing harm to Kitchener's well-established low-density neighbourhoods; I've lived in one for forty-two years.

Lastly, I've been actively supporting our D24 Active Retired Member group. Regrettably, COVID has somewhat hamstrung our in-person efforts to stay in touch and advocate for public education in our province.

Submitted by John Ryrie



Jeopardy for People Alive in the 1960's - Submitted by Rich Clausi

THIS MAY BE HARDER THAN YOU MAY THINK.

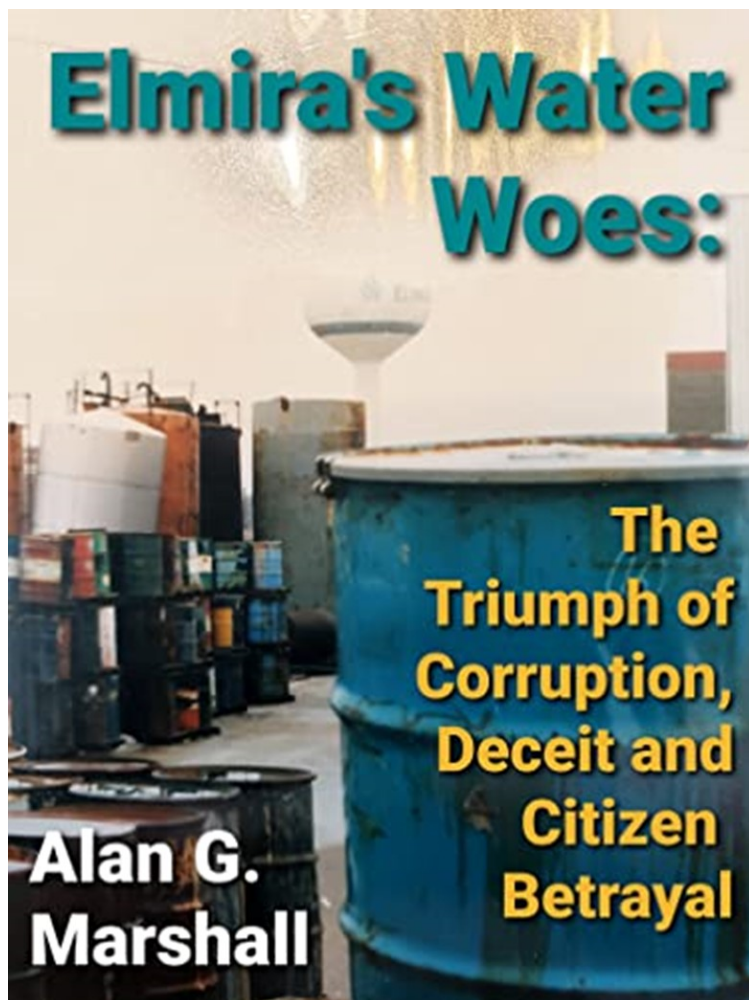
THE ANSWERS WILL BE ON THE TIP OF YOUR TONGUE, BUT YOU JUST CAN'T QUITE REMEMBER THE CORRECT ANSWER.

Let's see how good your memory is. Don't look at the answers yet, until the end. This is a test for the 'older kids'!

The answers are printed below, (after the questions) but don't cheat! answer them first...

1. After the Lone Ranger saved the day and rode off into the sunset, the grateful citizens would ask, "Who was that masked man?" Invariably, someone would answer, "I don't know, but he left this behind." What did he leave behind? A _____.
2. When the Beatles first came to the U.S. In early 1964, we all watched them on The _____ Show.
3. "Get your kicks, _____!"
4. "The story you are about to see is true. The names have been changed to _____."
5. 'In the jungle, the mighty jungle, _____.'
6. After the Twist, The Mashed Potato, and the Watusi, we 'danced' under a stick that was lowered as low as we could go in a dance called the '_____.'
7. Nestle's makes the very best... _____.'
8. Satchmo was America 's 'Ambassador of Goodwill.' Our parents shared this great jazz trumpet player with us. His name was _____.
9. What takes a licking and keeps on ticking? _____.
10. Red Skeleton's hobo character was named _____ and Red always ended his television show by saying, 'Good Night, and '_____.'
11. Some Americans who protested the Vietnam War did so by burning their _____.
12. The cute little car with the engine in the back and the trunk in the front was called the VW. What other names did it go by? _____ or _____.
13. In 1971, singer Don MacLean sang a song about, 'the day the music died.' This was a tribute to _____.
14. We can remember the first satellite placed into orbit. The Russians did it. It was called _____.
15. One of the big fads of the late 50's and 60's was a large plastic ring that we twirled around our waist. It was called the _____-_____.
16. Remember LS/MFT _____ / _____.
17. "Hey Kids! What time is it? It's _____!"
18. "Who knows what secrets lie in the hearts of men? Only The _____ Knows!"
19. There was a song that came out in the 60's that was "a grave yard smash". Its name was the _____!
20. Alka Seltzer used a "boy with a tablet on his head" as its Logo/Representative. What was the boy's name? _____.

[Find the answers on page 9.](#)



Book Review

Product details: Available online on Kindle

(Electronic version only)

ASIN : B09P6JTHGH

Publication date : December 24, 2021

Language : English

File size : 38016 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

X-Ray : Not Enabled

Word Wise : Enabled

Print length : 617 pages

Lending : Enabled

Available for [\\$9.99](#) to buy. Just follow the link (book cost) above. The first three chapters may be read

Summary:

In 1989, the residents of Elmira learned that their pristine water supply had been contaminated with a cancer-causing chemical. Subsequently, for over a year, schools in Elmira were provided with bottled water. How could this have happened?

Few people knew that the infamous and deadly "Agent Orange" used by the United States military in Vietnam was manufactured in Elmira, a sleepy little rural town, north of Waterloo Ontario and on the banks of a tributary that ushered that deadly waste into the Grand River Watershed. The Grand River system provides drinking water to thousands of unsuspecting people all the way south down to

Lake Erie. The deadly chemicals had also leached into the groundwater below Elmira.

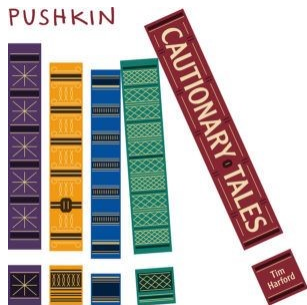
This book is a riveting first hand account of how, when it was discovered that the "pristine" water source below the town and surface water, was contaminated by the local chemical companies, a group of concerned citizens took on the provincial government, ministry of environment officials and local municipal politicians to stop an extensive coverup and to force a succession of companies responsible to provide an alternate water supply and to begin a cleanup. Unfortunately, the battle continues over 30 years later, amidst political efforts to tread water and obfuscate the facts.

This book is intended to name names, and enter the details of what happened, and continues to happen, into the public record. It is 617 well-researched pages narrated by the "citizen-scientist" at the centre of the battle. This book is highly recommended for study by environmental students, activists and the general public who need to understand how officials hijack a process and do not act to protect citizens. If you believe that elected and appointed authorities are inherently honest, truthful and always looking out for the public interest, you will question those beliefs. This book will enthrall you, horrify you, make you laugh, and cry.

Submitted by Rich Clausi

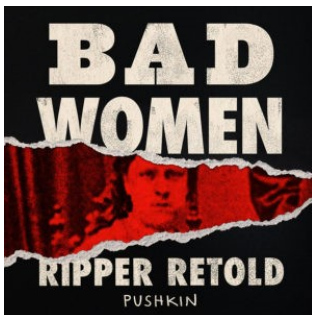
What are you listening to?

So we found ourselves back in lockdown this winter and needed to find more podcasts to listen to over lunches. Since no one else has shared their favourites/ new discoveries I will share some of mine. We discovered Pushkin Industries—produced by Malcolm Gladwell, and have enjoyed three very different offerings. The first—*Cautionary Tales*—with the introduction from the website. Eclectic, unusual groupings of stories from history and current events that always leave you thinking.



We tell our children unsettling fairy tales to teach them valuable life lessons, but these cautionary tales are for the education of the grown-ups — and they are all true. Tim Harford (Financial Times, BBC, author of *Messy* and *The Undercover Economist*) brings you stories of awful human error, tragic catastrophes, daring heists and hilarious fiascos. They'll delight you and scare you, but also make you wiser

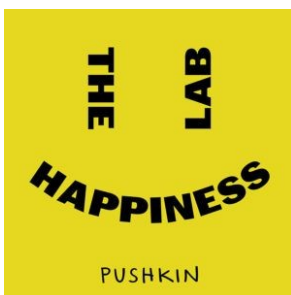
Bad Women: The Ripper Retold— a different perspective on the murdered victims of Jack the Ripper.



It's a cold case like no other. In the fall of 1888, five women were brutally murdered in the slums of London. The attacks were so violent that the killer earned a nickname — Jack the Ripper. But everything you think you know about Jack and those murdered women is wrong.

Join Historian Hallie Rubenhold as she uncovers new facts about the five victims - revealing the appalling treatment they faced as women in the 1880s, and completely overturning the accepted Ripper story in this riveting podcast, *Bad Women: The Ripper Retold*.

The Happiness Lab — Still working our way through this one, no final opinion as yet.



You might think you know what it takes to lead a happier life... more money, a better job, or Instagram-worthy vacations. You're dead wrong. Yale professor Dr. Laurie Santos has studied the science of happiness and found that many of us do the exact opposite of what will truly make our lives better. Based on the psychology course she teaches at Yale — the most popular class in the university's 300-year history — *The Happiness Lab* with Dr. Laurie Santos will take you through the latest scientific research and share some surprising and inspiring stories that will change the way you think about happiness.

Another great source of podcasts to listen to. *What are you listening to?* Please share your favourites with us ! **Michele Altermann**

ARM 2021-2022 Executive

President	Rich Clausi
Vice-President	Joe Amatruda
Treasurer	Isobel Cayenne
Secretary	Rennie Ladden
Political Action	John Ryrie
Webmaster	Chuck Stemmler
Newsletter Editor	Michele Altermann



Wonderful winter walk — Photo Sherry Freund

Jeopardy Answers:

1. The Lone Ranger left behind... A silver bullet
2. The Ed Sullivan Show
3. On Route 66
4. To protect the innocent
5. The Lion Sleeps Tonight
6. The limbo
7. Chocolate
8. Louis Armstrong
9. The Timex Watch
10. Freddy, The Freeloader and 'Good Night and God Bless.'

11. Draft Cards (Bras were also burned. Not flags, as some have guessed)
12. Beetle or Bug
13. Buddy Holly
14. Sputnik
15. Hoola-hoop
16. Lucky Strike/Means Fine Tobacco
17. Howdy Doody Time
18. Shadow
19. Monster Mash
20. Speedy

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>