



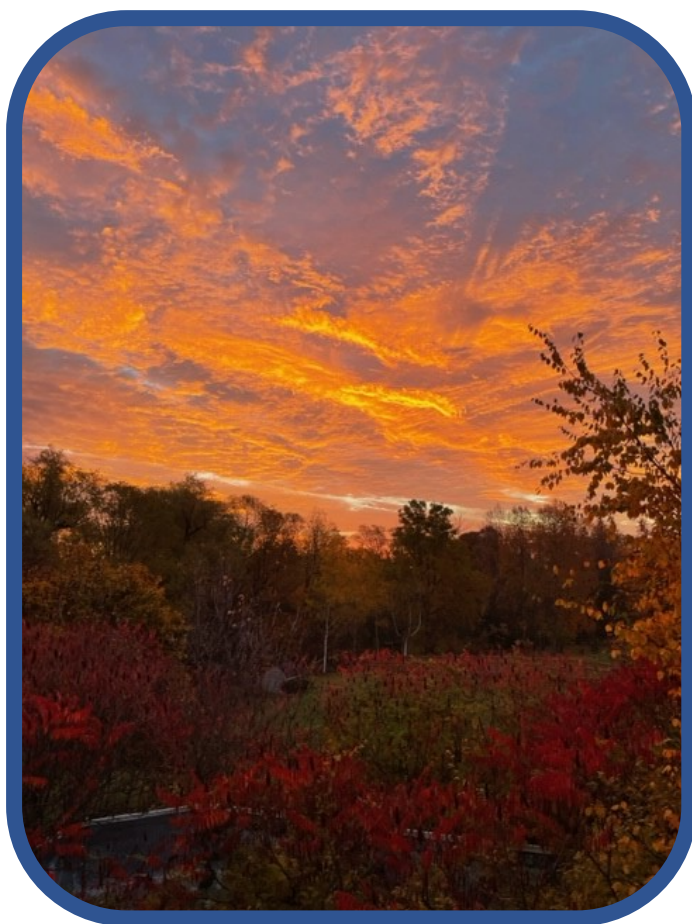
EXPERIENT²⁴

Issue 19 | Fall 2023

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

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Photo—Chris Kappes

Retirement does not mean leaving—Keep this link strong

Schedule of District 24 ARM Meetings for 2023/24

- Oct 3 — Grand Valley Trails, AGM and fish fry lunch.
- Nov 7— Educators Financial focussing on reverse mortgages
- Dec 5 — Christmas dinner and speaker TBA
- Jan 9 — Planning meeting with speaker TBA
- Feb 6— RTIP rep Tara Lamb, update on our 2024 benefits package
- Mar 12 — TBA
- Apr 6 — Barbara Schumacher & Catherine Jones - Local Climate Action.

President's Update

ARM Chapter 24, Waterloo



FINAL YEAR REPORT to ARM provincial council June 2023

Our Chapter returned to meeting, in person, at the District 24 Offices in Kitchener. We also “live-streamed” our meetings using ZOOM for those members who wished to participate, but were unable to attend physically due to health concerns.

Each meeting began with a light breakfast, followed by a guest speaker, a business meeting and then a lunch at 11:30. This is our standard format. Our speakers included several speakers who discussed Cyber security (ie Brock Godfrey, Peter Bolton) as well as travel planners and representatives from the Waterloo Health Coalition.

Our main focus this year has been on dealing with the aftermath of the Cyber thefts from the WRDSB and OSSTF data banks. In this regard, our ARM Cyber committee met with WRDSB staff and others. We were able to negotiate a special and optional discount plan for Cyber protection for ARM members ,exclusively, via an international protection company whose local representative also happens to be a member of ARM. We also made suggestions to RTIP regarding the inclusion of such protection in RTIP plans. We understand that this is under discussion.

A second priority has involved active support for the Local Health Coalition and the efforts to stop privatization of Health Services. For example, we actively supported the recent Health Care referendum.

Our end of year June fish and chip “BBQ” was a nice end to the season.

Our finances are healthy. We have operated within our budget and, as planned, we will draw from our reserve to cover any overdraft. Our goal is to keep one year of operating budget in reserve. We strive to direct all funds back to our membership in support of items included in our mandate, bylaws and constitution. This is the test that expenditures must pass. All expenditures must be supported by receipts. Our provincial end-of-year submission includes all records since our founding.

I trust that this report is acceptable.

Cheers and Best Wishes, Yours in Education,
Richard Clausi, President, ARM Chapter 24, Waterloo, May 2023.

ARM 2022-2023 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

A Security Tip from Gene Heesaker

Are your vacation photos ready for posting on social media? Maybe you should reconsider and keep the European pictures to yourself. Sharing too much information on social media may provide cybercriminals the clues they need to access your accounts. Maybe you mention the name of your pet dog Rover. Maybe you mention your address. The bad guys now have two pieces of information that could be used to crack your password. It really does pay to be very careful these days.

Camping and RV-ing in Canada

By Gene Heesaker

Have you ever dreamt about renting or buying an RV or finding that perfect campground? If you have, here are some great web sites and resources for you to check out.

- ♦ GoRVing.ca can help you plan a trip and get information on RV deals.
- ♦ RVezy.com can help you find RV rentals.
- ♦ RVCanada.com has information on RV dealers, rentals, clubs, rallies, and camping.
- ♦ CrossCountryRV.ca is a source for campground booking and general information.
- ♦ CampAddict.com helps to explain the basics of RV travel and camping and what to expect.



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 meet 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



POINT OF VIEW

‘Never again’, may it be more than words ... may it apply to all

The long arm of social convention, social justice and some guiding notions and principles on human rights were framed, established and crystallized by the Allies during the watershed period of World War 2 and pursuant to the Nuremberg trials. Critical to ‘Never Again’ the Allies invoked:

Article 6 of **Nuremberg Trial Proceedings Vol. 1** **Charter of the International Military Tribunal**

CRIMES AGAINST HUMANITY: namely, murder, extermination, enslavement, deportation, and other inhumane acts committed against any civilian population, before or during the war; or persecutions on political, racial or religious grounds in execution of or in connection with any crime within the jurisdiction of the Tribunal, whether or not in violation of the domestic law of the country where perpetrated.

Leaders, organizers, instigators and accomplices participating in the formulation or execution of a common plan or conspiracy to commit any of the foregoing crimes are responsible for all acts performed by any persons in execution of such plan.

This was and is a counter to NAZI ideology classifying those who were “das ist ein mensch, das sind menschen, das ist ein unter-mensch, das sind unter-menschen”. Loosely translated as identifying those who are human and those that are ‘sub’ human. The results of the NAZI classification system allowed them to create a culture to justify their acts against all those (that were not pure Aryan) including the mentally challenged and mentally ill (the first victims of mass euthanasia), Jews, Romani, Slavs, Gypsies, homosexuals, all political opponents (communists, socialists, religions, etc.) and non-Caucasian races. Those allied soldiers that entered the concentration and extermination camps were horrified and disgusted by the barbarity and inhumanity they bore witness to. As a result, they clearly understood why and what they fought for and against. Their sacrifices in this war were validated. On a continuum of inhumanity these events were and are an extreme precipitating ‘Never Again’.

The Nuremberg trials levied consequences to the perpetrators of this injustice and inhumanity. The Nuremberg trials also set in motion the impetus for defining human rights.

As educators living in the wake of this watershed moment in history for humanity what we do, say and how we treat others is important as it sets a tone and example. We impact not only on our students but also our community hopefully affirming democracy and human rights. Through our words and deeds, may we honour the victims that died during WW2. In so doing through word and deed we honour the soldiers that sacrificed so much in liberating those victims still alive while defeating NAZI totalitarianism. Thus affirming ‘das sind menschen’ (humans) while invalidating the category of ‘das sind unter-menschen’ (‘sub’ humans).

Post WW2, in the wake of Nazism, Western society’s social agenda evolved and aligned with the human rights principles of liberation and acceptance of those individuals that were historically marginalized, disenfranchised and disadvantaged. Including the coloured (current terminology Black), women, homosexuals (current terminology 2SLGBTQAI+), the retarded (current terminology developmentally challenged), insane (current terminology psychosis) and the handicapped (current terminology disabled) to name a few. Disadvantaged persons and groups yearn for justice, recognition, acceptance, respect, engagement, equal treatment and opportunity.

Point of View continued

Currently in society and in particular our schools there is discontent and discord surrounding; critical race theory, woke versus anti-woke, gender identity, personal pronouns, books and sexual education. Are 'we' losing our way and forgetting the significance and lessons of 'Never Again'?

Through the lens of the guiding principles framed during the Nuremberg trials and by those that sacrificed so much for our freedom: What might they say to us today? How would they ask us to speak, behave, do and have done in our classrooms, our literature, our society in order that we will not have children, students and citizens being once again divided into those that are 'das sind menschen' and those 'das sind unter-menschen'.

I am of the perspective that all those that fought and died for us while fighting tyranny and repression would beckon that in times of peace we follow, promote and adhere to the widely held understanding of the 'golden rule', i.e.: treating others as we would want to be treated.

Joseph Amatruda ARM Chapter 24

Lest we Forget...

Lest we Abandon our Humanity...

May we the living honour those that fought and died for us while fighting tyranny and repression.

Whatcha Doin'?

Thar she blows...

We had the opportunity to travel across Canada this summer in a two car caravan to attend my son's wedding in Squamish BC. It made me experience once again, the vast beauty of this land. The wedding was on a lovely estuary at the end of Howe Sound, the ocean on one side, the mountains in the background, the spongy ground below (the tide only went out two hours before... - I wore sneakers under my fancy dress!) and a bald eagle flew overhead as we took photos afterwards. After a few days we headed to Victoria and decided to take a whale watching tour. What an amazing day that was—we saw 10 individual whales including a mother calf pair. What an amazing experience!!! Even the naturalists were surprised at how many whales were there that day. They also sent copies of the photos they took that day. (These photos are mine.) Certainly worth the cost of the trip!

Michele Altermann

Remember those days when in September the teacher asked you to write about "what did you do this summer" ? Please consider sharing some of those stories... and photos or any other vacation fun you have had now that we are travelling again? ED.



Different Strokes for Different Folks

By: Gene Peter Heesaker

Every year in Canada almost 90,000 new strokes occur and nearly 11,000 Canadians die from a stroke and more than 875,000 Canadians are living with the effects of a stroke. (Data from the Heart and Stroke Foundation of Canada)

What is a stroke? It is a sudden loss of brain function caused by a brain blood vessel blockage (ischemic stroke) or a rupture of a blood vessel (hemorrhagic stroke). Typical symptoms can include weakness and loss of sensation, often on one side of the body, confusion or difficulty speaking, vision impairment, severe headache, or loss of coordination and balance.

The onset of symptoms is usually immediate. The acronym F.A.S.T. is now used to teach people how to detect stroke symptoms.

Facial drooping on one side

Arm or leg weakness

Speech difficulties

Time (if you experience the first three, it is time to call 911)

The quicker you call 911 the better your outcome will be. A call to 911 triggers actions at the hospital where they will be prepared to do the appropriate tests and take the appropriate action.

A stroke can happen to anyone and at any age, from infancy to adulthood, although most strokes occur in those of us aged 60 or older.

How can you decrease your risks? Certain risk factors such as age and family history cannot be changed. Hypertension (high blood pressure) and high cholesterol are the 2 most important modifiable risk factors, so know your numbers and keep them in check. Other important preventative factors are: maintaining a healthy weight, eating properly, exercising regularly, quitting smoking and not drinking excessively. If you experience the first three symptoms of F.A.S.T. dial 911 and get to the hospital A.S.A.P.

Another tip from Gene...

The Alzheimer Society of Waterloo Wellington has a great information piece about reducing the risk of Dementia. I found the article very good. The link can be found below.

<https://alzheimer.ca/en/about-dementia/how-can-i-reduce-risk-dementia/brain-healthy-tips-reduce-your-risk-dementia>



Brain-healthy tips to reduce your risk of dementia

This page lists evidence-based tips and strategies to help you lead a healthy, balanced lifestyle that reduces your risk of dementia.

Is 17 years old....just too old?

By Gene Peter Heesaker

I am currently driving a 17 year old Buick Lucerne. It was handed down to me by my 99 year old father when he stopped driving at the youthful age of 95. It's a beautiful car, but, like me it is starting to show its age. I am told by my mechanic that the V6 engine will go on for another 200,000 kilometers, but the body and frame are beginning to rust. Too many Canadian winters and way too much salt. It's also beginning to make all sorts of weird noises when it starts up in the morning....sounds like me when I get out of bed in the morning. I find myself between a rock and a hard place. I would like to keep the Buick, but I do NOT want to spend a lot of money on it. The alternative is to buy a new vehicle, but as many of you probably know, COVID has created "supply chain issues" (I really dislike those three words) and a new vehicle may take 2-4 years to arrive after it is ordered. (I am not making that up.) What should I do? Well, here are a few things that have been percolating in my head.

1. I could recycle my ride. On average, 85% of a vehicle's weight can be recycled or reused, with the other 15%-usually plastic, glass, and foam- ending up in the landfill according to the CAA. There are currently three charities that would be happy to take the Buick Lucerne off of my hands.

A. KIDNEY CAR is an initiative run by the Kidney Foundation of Canada and helps raise money for kidney patient services. (kidneycar.ca)

B. CAR HEAVEN is an organization that distributes proceeds to the Canadian charity of your choice. (carheaven.ca)

C. KARS4KIDS helps address the educational and emotional needs of children and their families. (Kars4kids.org)

2. I could keep driving the old beast (just not on the 401) and make sure that it is ready for yet another Canadian winter. Just to be smart I would check the following: A) I would make sure the battery is in tip-top shape. B) As soon as the temperature dropped to about 7 degrees Celsius I would put on the snow tires. Snows give much better grip in low temperatures than all season tires. C) I would pack an emergency kit just in case my 17 year old chariot "gave up the ghost". By the way, what happens if the Buick breaks down on the side of a rural road with no land marks or on an empty stretch of highway? Well, if you have a cell phone,

there is a new innovative approach for finding your location. There is an app, called what3words, and the CAA has teamed up with the app to help roadside technicians locate CAA members more quickly and easily. You can find out more information about what3words by downloading the app. I have and it gives me peace of mind.

3. I could take the plunge and buy a new vehicle. Let's imagine that I am able to find a new vehicle sooner rather than later but the vehicle I purchased turns out to be a lemon. Well, there is an organization called OMVIC (Ontario Motor Vehicle Industry Council) which may be able to give you a hand. One of my nieces had a problem with a new vehicle several years ago and OMVIC came to her rescue. Check out omvic.ca or call 1-800-943-6002 to see if this organization can help you out.
4. I could keep the Buick and take a driving refresher course. I have been driving for over 50 years now and I am not afraid to admit that I no longer have the reflexes of a 25 year old. By 2040 there will be more than 10 million seniors in Canada, up from 2 million in 1980 according to Stats Can. Also, many of us can develop some bad habits over a lifetime of driving. Just as people take golf or tennis lessons to improve, seniors can take driving lessons to hone their skills. If you are looking to sharpen your driving skills, here are a few things you can do. Go online to caa.ca/seniors-2 and take the assessment. It will flag areas to improve upon. Take a refresher course. Many driving schools offer lessons tailored to seniors. If you are a CAA member, you can check out caasco.com/seniordriving or caasco.com/carfit for more details.

I really don't know what I am going to do. Driving the Buick keeps a vital connection alive that I have with my father. Now that he has fallen into the depths of dementia, the "White Buick", as he calls it, is one of the few things I can talk to him about when I visit him at the nursing home. All other memories have faded. I don't think it is time yet to cut ties with "Betsy the Buick", but every time I go over the railway tracks by the Waterloo Farmers Market, the car shudders, shakes, and thuds.....and then I check the rear-view mirror just to make sure I haven't left the back half of the Buick lying across the tracks. It just might be time!!!!



Photo: Michele Altermann

The Funny Bone...

- ◇ How much did the pirate pay to get his ears pierced? A buccaneer.
- ◇ I once worked at a cheap pizza shop to get by. I kneaded the dough.
- ◇ My friends and I have named our band 'Duvet'. It's a cover band.
- ◇ I lost my girlfriend's audiobook, and now I'll never hear the end of it.

Most people are at the age where they are using their phones to document the good times in their lives. I'm at the age where I use my phone to take pictures of labels that I can't read and use my phone to enlarge the print so that I can read it.



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>