



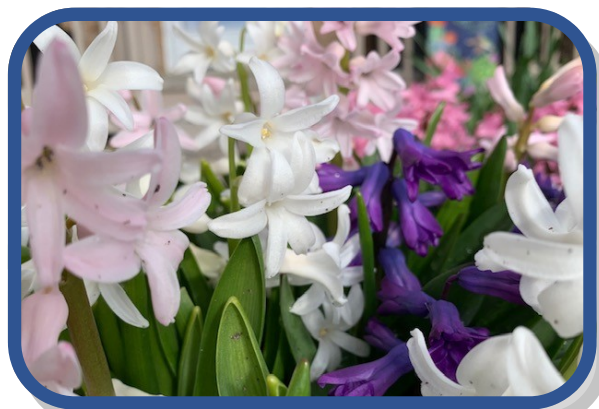
# EXPERIENT<sup>24</sup>

Issue 21 | Spring 2024

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

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Photos—Sherri Freund

*Retirement does not mean leaving—Keep this link strong*

## Schedule of District 24 ARM Meetings for 2024

May 7 — Electoral reform in Canada  
June 4 — Annual BBQ  
Sept 3 — Organizational breakfast meeting  
Oct 1 — TBA  
Nov 5 — TBA

# President's Update

## ARM Chapter 24, Waterloo



We continue to reach out to our membership base in a variety of ways.

I did a presentation to the Presidents Council for District 24 on March 25. I explained the mechanics of ARM and I asked them to promote membership to their teachers and retirees. Our local retirement workshops will also feature ARM slides.

Our speakers and events have been well received. We have had several presenters who have addressed many local issues ranging from Electoral Reform to Environmental issues. Our Drayton Theatre event and WLU hockey/pub night were successful. We are formulating a menu of speakers for next year. We are hoping that our membership will continue to grow as word spreads.

Our Cyber protection plan is now in progress. We have successfully lobbied our board to scrub retiree data after 10 years.

May I draw your attention to this update that I sent out recently:

**CYBER ALERT:** As you know, our personal information was compromised by WRDSB. During this tax season be suspicious of notes or calls from people pretending to be from Canada Revenue Agency. They may quote personal information such as SIN number, addresses etc. to validate their call. **BEWARE.** Call CRA directly and **DO IT FROM A DIFFERENT TELEPHONE LINE SUCH AS YOUR CELL PHONE**, as the fraudsters can hold your line open, generate a phoney dial tone and then "answer" your call and pretend that they are CRA. **BEWARE.**

We have also become aware of a scam where a fraudster will call a victim and inform them of a problem with their account and to expect an email from the bank with a code to ensure that indeed they are the owners of the account. The email arrives and the victim gives the number to the bank "official". Unfortunately, the fraudster has already attempted an access, perhaps using the user email address as the userid, and asked the bank to "fix" the access problem by sending an access code to the true registered email address. The actor has, in effect, intercepted the email by virtue of the user providing them with the code. The bank refused to reimburse the \$14500 because the account holder had shared their code.

There is a moral here. Never share your access codes with anyone. This might also include your spouse and members of your family. To call the bank directly, follow the rule in the previous paragraph.

Cheers and Best Wishes,  
Yours in Education,  
Richard Clausi, President, ARM Chapter 24, Waterloo,  
April 2024



### ARM 2023-2024 Executive

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

# Upcoming Events

## May 7 — Electoral Reform in Canada



## June 4 — Year End BBQ

Once again, The Washington Post has published the winning submissions to its yearly neologism contest, in which readers are asked to supply alternate meanings for common words...and the winners are:

1. Coffee (n.), the person upon whom one coughs.
2. Flabbergasted (adj.), appalled over how much weight you have gained.
3. Abdicate (v.), to give up all hope of ever having a flat stomach.
4. Esplanade (v.), to attempt an explanation while drunk.
5. Willy-nilly (adj.), impotent.
6. Negligent (adj.), describes a condition in which you absentmindedly answer the door in your nightgown.
7. Lymph (v.), to walk with a lisp.
8. Gargoyle (n.), gross olive-flavored mouthwash.
9. Flatulance (n.) emergency vehicle that picks you up after you are run over by a steamroller.
10. Balderdash (n.), a rapidly receding hairline.
11. Rectitude (n.), the formal, dignified bearing adopted by proctologists.
12. Pokemon (n), a Rastafarian proctologist.
13. Circumvent (n.), an opening in the front of boxer shorts worn by Jewish men..
14. Frisbeetarianism (n.), (back by popular demand): The belief that when you die, your Soul flies up onto the roof and gets stuck there.

## 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](mailto:raclausi@rogers.com)



# Do no harm - 'the carrot and the stick' of Accountability

Ontario citizens have a variety of duties and obligations and at a minimum are required to adhere to the law of the land. Some Ontario citizens due to their accreditation and credentials have more duties and obligations and as such are held to a higher standard.

Medical professionals have duties and obligations per their standards of professional practice as mandated by their respective Colleges. Psychologists, Engineers, Teachers, Nurses, Real Estate agents, Financial Planners, Lawyers, Police Officers, Tradespeople such as electricians and plumbers (to name a few) all have standards that they must adhere to. Failure to do so may lead to progressive discipline, financial penalties and in some instances criminal charges. Failures by corporations and their executives that result in a victim's inadvertent pain and suffering can lead to financial punishment or in some cases criminal convictions. Laws, regulations and standard of practices provide a bench mark, an incentive to perform as required and a deterrent for failure in not doing so. A core principle and value in Canada and Ontario across contexts is instituting the 'hoped for' best practices regarding safety.

Consider a parent, not a member of a 'Professional College'. It is

critical requirement for them to keep their children safe while providing their children with the necessities of life. A mindful parent monitors and does ongoing risk assessment for the protection, well being and integrity of their child/children. Failure in doing so may result in some sort of intervention from Family & Children's services and/or prosecution by the Crown.

Given that adherence to safety and that a government is thought of as being a 'kind and judicious' parent leads me to question the management of Public Health Care by the Ford Government. It seems to me that Ontarians are less safe with: the closing of hospital emergency departments, long surgical wait lists, ongoing difficulties with consistent quality

home care, accessing Long Term Care placements, privatizing health care services, and the current inadequate funding of our Public Hospitals. As a consequence, some Ontarians are not having their health care concerns met in a timely way such that they have suffered and are suffering. In some instances, some patients have needlessly died while waiting for care. This is a form of neglect in failing to provide the necessities of life. This leads me to speculate that the health care legislation passed by the Ford Government has some responsibility for these failures.

I am left to contemplate: since Ontarians can be held to account by the Crown for failure in their assigned duties and obligations for the safety, health and well being of their children, their clients and their customers. Then could the Crown hold governing politicians to account on behalf of the citizens who have suffered and, in some instances, died due to the government's legislation? In my view, the Ford Government, by its deeply flawed funding of public health care, has failed to uphold the safety, health and well-being of Ontario's citizens?

The carrot is winning our vote. The stick is..?

Joe Amatruda WRHC



# A Letter to Retired Teachers:

At the April 2 ARM meeting, Drs. Barbara Schumacher and Brent Elsey (both members of the Canadian Association of Physicians for the Environment - CAPE) gave a presentation on the health impacts of the climate crisis.

Starting with an overview of the critical changes that show how human activity is overwhelming planetary boundaries and the earth's ability to regulate itself, the urgency of action required was clearly demonstrated by the approaching "tipping points" around the world.

The health impacts include: injury, death from severe weather events, heat related illnesses, aggravation of respiratory conditions from poor air quality, poor water security, vector borne diseases like Lyme disease, worsening of chronic conditions like cardiovascular diseases and diabetes, food insecurity and risks of malnutrition, stress and mental health impacts, health care system infrastructure and others. At greatest risk are marginalized groups – the homeless, the very young, the very old, those facing

poverty and those isolated due to race, religion, gender, etc.

As heat related issues will start presenting even this year, the presentation focused on thermal regulation, heat stroke recognition and prevention. Air pollution causes and impacts were also discussed in more depth.

Then prevention, mitigation and adaptation strategies for individuals, families and communities were discussed. The importance of policy was emphasized with comparisons to other healthcare policy impacts such as smoking cessation. As individuals, we can transition our diets away from meat to more plant based diets. We can decrease our carbon use in transportation choices, more energy efficient housing, and modifying how we travel.

As educators, there is a role for engaging people in talking about the climate crisis and encouraging critical discussions around solutions to address



Here are some links for people seeking more information:

- ♦ CAPE [https://cape.ca/?qclid=CjwKCAjw\\_LOwBhBFEiwAmSEQAUK-O2HtsCryzWd2F91FIWZiskP3Fue2uU2x0u8QCIO\\_wZOXuedolRoCq3wQAvD\\_BwE](https://cape.ca/?qclid=CjwKCAjw_LOwBhBFEiwAmSEQAUK-O2HtsCryzWd2F91FIWZiskP3Fue2uU2x0u8QCIO_wZOXuedolRoCq3wQAvD_BwE)
- ♦ Copy of the CCL Laser talks: Demystifying Carbon Pricing (the graph of Lifespan temperatures under different emission reduction scenarios is in this document) [https://docs.google.com/document/d/1SA\\_libr1gKOUQYwzozZNQBY2VvEO7K3nY6v064dGibg/edit#heading=h.8iq5z83msly1](https://docs.google.com/document/d/1SA_libr1gKOUQYwzozZNQBY2VvEO7K3nY6v064dGibg/edit#heading=h.8iq5z83msly1)
- ♦ Planetary boundaries <https://www.stockholmresilience.org/research/planetary-boundaries.html>
- ♦ Global map of tipping points and cascades [https://www.researchgate.net/publication/326876618\\_Trajectories\\_of\\_the\\_Earth\\_System\\_in\\_the\\_Anthropocene](https://www.researchgate.net/publication/326876618_Trajectories_of_the_Earth_System_in_the_Anthropocene)
- ♦ Sea surface temperature rises <https://climate.copernicus.eu/>
- ♦ Universal optimal temperature for life <https://www.sciencealert.com/scientists-identify-a-universal-optimal-temperature-for-life-on-earth>
- ♦ Optimal temperature for human life <https://www.sciencealert.com/scientists-identify-a-universal-optimal-temperature-for-life-on-earth>
- ♦ Extreme Heat Events Guidelines <https://www.canada.ca/en/health-canada/services/environmental-workplace-health/reports-publications/climate-change-health/extreme-heat-events-guidelines-technical-guide-health-care-workers.html#a1.3>
- ♦ *A World Worth Fighting For* Interview with Katharine Hayhoe [https://www.aspenideas.org/articles/a-world-worth-fighting-for-katharine-hayhoe-on-communicating-climate-change?utm\\_source=google&utm\\_medium=adgrant&utm\\_campaign=Dynamic&utm\\_term=&gad\\_source=1&qclid=Cj0KCQjw-mvBhDwARIsAA-Q0Q4psJUBm0V-bRYtqmQL4\\_Q0kJshyD7ij2GHMHRpTqRqBtXGU1bgd3YaAroaEALw\\_wcB](https://www.aspenideas.org/articles/a-world-worth-fighting-for-katharine-hayhoe-on-communicating-climate-change?utm_source=google&utm_medium=adgrant&utm_campaign=Dynamic&utm_term=&gad_source=1&qclid=Cj0KCQjw-mvBhDwARIsAA-Q0Q4psJUBm0V-bRYtqmQL4_Q0kJshyD7ij2GHMHRpTqRqBtXGU1bgd3YaAroaEALw_wcB)

## The Funny Bone...

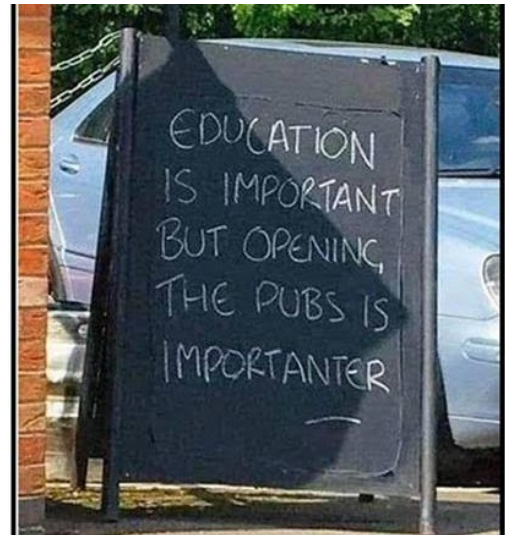
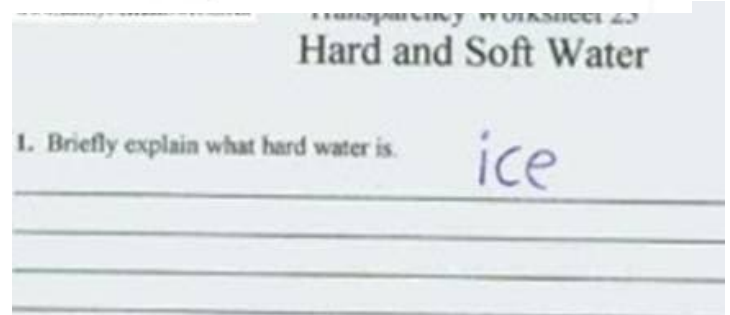
### Gotta love the English language ....

- ♦ Why do we sing "Take me out to the ball game" when we are already there?
- ♦ Why are they called "stands" when they are made for sitting?
- ♦ Why is it called "after dark" when it really is "after light"?
- ♦ Doesn't "expecting the unexpected" make the unexpected expected?
- ♦ Why are a "wise man" and a "wise guy" opposites?
- ♦ Why do "overlook" and "oversee" mean opposite things?
- ♦ If work is so terrific, why do they have to pay you to do it?
- ♦ If all the world is a stage, where is the audience sitting?

### Why teachers drink...

Steve is driving his car. He is travelling at 60 feet/second and the speed limit is 40 mph. Is Steve speeding?

He could find out by checking his speedometer.



## 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>