



OSSTF CHAPTER 25 ARM
9 HOLE CHARITY GOLF TOURNAMENT
MANDERLEY GOLF AND COUNTRY CLUB
5920 Prince of Wales Drive, North Gower, ON K0A 2T0
THURSDAY, SEPTEMBER 16, 2021
2:00 PM

This is a fun best-ball tournament.
Experience and playing level is
absolutely not important.

This idea is to come out,
enjoy the afternoon,
meet some wonderful folks,
and have a good meal.
Of course, all the while
observing all the
Covid-19 protocols.

Sign up as a single,
double, or any number,
and leave the rest to us.
We hope you will be able to join
us.
All fees collected will be donated
to charity!



"I love these senior citizen discounts."

Please indicate in the box below the
individual's name, info, golfing, or just
coming for dinner (approximately 5:00
pm). If you wish to add individuals to
your team, please put their information
on a separate sheet.

Send the completed form, plus
your cheque made payable to
"OSSTF Chapter 25 ARM"
to Clare O'Connell Noon at
4009 Rideau Valley Drive
Manotick, ON K4M 1B2

If you prefer, you may email the form
and make an eTransfer to:
"chap2507@gmail.com"

First Name: _____
Last Name: _____
Address: _____

Phone: _____
Email: _____

Please check which event you wish to
join:

- ☐ Golf and Dinner \$25
☐ Golf only \$15
☐ Dinner only \$15

If you have any questions, please
contact organizer Terry Gamble at:

gambleterry@gmail.com

Do you need additional insurance when you host a party at your home?

Many people enjoy getting together with friends, family and colleagues for a backyard BBQ or holiday party. As options for public venues are limited due to COVID-19 restrictions, more Canadians may be turning to hosting smaller gatherings at their home that comply with their local COVID-19 guidelines for social distancing and gathering size. However, throwing a party at home brings liability risk to the host. If you are hosting a small gathering, it's a good idea to review the risks involved and ensure you have the insurance coverage you need.

To learn more, visit www.otipinsurance.com/article77



Protecting your privacy when using electronic pink slips

In some Canadian provinces – including Ontario, Alberta, Nova Scotia and Newfoundland and Labrador – drivers can now display an electronic pink slip on their smartphone when asked for proof of insurance. This provides a more convenient option over paper pink slips, which can be easy to lose and difficult to replace. However, many drivers are wondering what their rights and responsibilities are when handing over their phone to a police officer – and how they can protect their privacy while obeying the law.



Learn more at www.otipinsurance.com/article110.

CHAPTER 25

LIMESTONE RENFREW OTTAWA-CARLETON UPPER CANADA



Pandemic Spring Edition

Card? What Card?

In the last issue of our newsletter the card which is used with our associated organizations (e.g., Capital Optical, Krown Rustproofing, Walgreen Automotive, etc.) was enclosed. Given that human beings are subject to errors, it is entirely possible that some cards never made it into envelopes.

If that happened to be you, please send an email to the editor (taller@storm.ca). A card will be produced as quickly as possible.

Golf

As you probably notice our traditional page one is now page three. Page one has been turned over to our annual September (16) charity golf tournament. You should have noticed that the rates are extremely low. Every participant is being heavily subsidized by your chapter. The funds that are paid all go to charity.

As Clare mentioned in the notice, this is not a championship tournament. It is meant to be a fun day for everybody whether you play or not. Never played

before? That's even better. Come to the Manderley Golf Club, rent a few golf clubs and make some new friends meet up with some old friends. It is always a wonderful day.

Fall Meetings

As this is being written nobody knows what the situation will be regarding the pandemic in the fall. There will be a newsletter at the end of August. That way we should be in a better situation to plan the fall.

Regardless of the situation in the fall, there will be an ARM Health Plan meeting in October or November. Our new representative, George Ng, covers our entire area. He also lives in Montreal. If all goes well, it will be in person. If not it will be a zoom meeting.

Usually in October our meeting is devoted to speaking about our



destination in Portugal. As this is being written there has been a change in management. We are a long way from October so there will be more information hopefully in our August newsletter.



"Welcome to the Safety Meeting Do-Over, where we'll pay attention this time."

A Message from The Retiring President of OSSTF Harvey Bischof

It is unquestionably a bit disorienting to be on the brink of looking back on a career that has, for years, had me looking forward, anticipating and preparing for whatever would come next. But here I am after things have aligned themselves such that I am now coming to the end of fourteen years on the OSSTF/FEESO Provincial Executive -- four of those as president -- after five years in my local office as president and chief negotiator, and twelve years as a classroom teacher. It has been, as they say, quite a ride.

Come July, I will happily join the ranks of OTPP pensioners. After the last couple of years, especially, I can use a little rest, frankly.

I might have happily remained a classroom teacher, a job I truly loved, for my entire career had Mike Harris not launched a full-scale attack on educators and the publicly funded education system in the mid to late 1990s. That was my catalyst to get significantly involved in the union and it remains the only thing for which I thank the former Premier.

Working in District 13, Durham, was gratifying. Bargaining had not yet centralized to the extent it has now, so we carried negotiations through to conclusion on all matters. That formed the foundation for my later work in provincial office. Unlike in my role on the PE, I also got to do the work of sup-



porting individual members through whatever employment-related challenges they were facing. That is the one aspect of union work I missed when I got to Mobile Dr.

As a member of the PE, the work is less direct, more abstract in a sense, but has the potential to have wide-ranging effects -- on members, on Districts and Bargaining Units, and on the Ontario education system itself. That is indeed the most profound privilege of being a member of the Provincial Executive. I recall the evening of the last provincial election: I was driving home from Andrea Horwath's post-election party, called my wife, and with thoughts of a Doug Ford majority in mind, told her, "I fear I'm about to have a much higher profile in this province than I ever wanted." That certainly became the case as OSSTF/FEESO and the other affiliates waged a battle with Stephen Lecce and Doug Ford to defend the publicly funded education system against an existential attack.

That fightback crystallized for me so many thoughts that had been forming

over my previous years doing this work. An excellent staff at Mobile Dr. provides ideas, commitment, and effort far above what the average member ever gets to see. As tempting as it is simply to lash out at a hostile government, every action needs to be measured against its effectiveness as opposed to the temporary satisfaction that may arise from it. Battles of this nature need commitment to a strategy and an eye to winning in the long-term; I was fortunate to have a PE who shared that belief. And finally, it has always been my experience that when the membership is educated about what's at stake and how we can resist, they step up.

In the end, as in previous conflicts, we did not get everything we wanted but things would have been so much worse had we not gotten involved in the most significant fightback of a generation. Over many generations, the publicly funded education system has been largely sustained by our advocacy.

In a couple months, I plan to be on my dock near Bancroft, perhaps with a cold beverage in hand, catching up on some time with family and other leisure pursuits. After that, I honestly don't yet know what the future will bring except that it will include an undying loyalty to OSSTF/FEESO and solidarity in whatever form may be helpful.

Would you prefer to receive your newsletter electronically? If so, send an email to Cheryl Cavell. Her email address is

cherylarmchapter25@gmail.com



Your Chapter now has masks available with the ARM logo. If you would like to receive one, please let Cheryl Cavell know

cherylarmchapter25@gmail.com

ONTARIO SECONDARY SCHOOL TEACHERS' FEDERATION

**Active Retired Members
Chapter 25**

**Breakfast Meeting
November xx
10:00 AM--12:00
District 25 Office
9 Corvus Ct**

ARM Health Plan



**Speaker
George Ng**

**Business
Development
Manager
OTIP**

This is an RSVP event. To RSVP, email Norma Sharkey at riknor@rogers.com. If you do not have internet, you can call Norma at (613) 680-0117. If you need to call Norma, please do so before 7:00 PM.



Ottawa Food Bank
La Banque d'Alimentation d'Ottav

OSSTF/FEESO-District 25
9 Corvus Crt
Ottawa, ON K2E 7Z4

Dear Friends:

Thank you for opening your heart and helping those who are hungry in Ottawa. Your gift will help provide fresh food to thousands of families and individuals right in your community. Your action puts food in a fridge -- fresh eggs, milk, meat, fruits and vegetables -- to make that special meal. Your generosity stocks cupboards with healthy staples like warm soups, brown rice, and whole-wheat pasta and sauce. Thank you.

We all need hope, not hunger. As the pandemic has shown, we are stronger as a community when we work together for each other's health. In the coming months, your neighbours will need an extra hand to put food on their table. Your gift will ensure that even when 2020 is over, there will be food and hope for the over 39,000 people who turn to the Ottawa Food Bank.

Thank you for ensuring everyone has the best start to the new year.

Please find your tax receipt on the reverse. I truly hope you know how important your gift is to the community. Your kindness will not be forgotten. **Thank you for being there for your neighbours when they need you the most.** Wishing you and yours a wonderful new year in 2021.

Warmest wishes,

Rachael Wilson
Interim Chief Executive Officer

TAX RECEIPT ON REVERSE

9 Best Exercises For Rheumatoid Arthritis

For people with rheumatoid arthritis (RA), exercise can be hugely beneficial for relieving pain and joint stiffness.

People with RA who exercise may find that they have less pain than those who do not. Exercise can reduce painful symptoms, improve joint function and flexibility, increase range of motion, and boost mood.

It is best to seek medical advice before starting any exercise program and work with a doctor and a physical therapist to develop a tailored exercise plan. Photo editing by Lauren Azor; Ashley Corbin-Teich/Getty Images
Best exercises for RA pain

The following types of exercise may help relieve the pain, joint stiffness, and other symptoms that RA can cause:

1. Stretching

Stretching can help improve flexibility, reduce stiffness, and increase range of motion. Stretching daily is important for relieving RA symptoms.

The ideal stretching routine will be different for each person and depend on which joints are affected and what symptoms occur. However, stretches often involve slowly and gently moving the joints of the knees, hands, and elbows.

A typical stretching routine may consist of:

- warming up by walking in place or pumping the arms while sitting or standing for 3–5 minutes.

- holding each stretch for 20–30 seconds before releasing it.

- repeating each stretch 2–3 times. Using a yoga strap may help people maintain proper form while stretching. If someone does not have a yoga strap, they could use an alternative such as a dog leash.

Some people may find it beneficial to work with a physical therapist who understands RA to learn the correct way to perform the stretches that meet their personal needs.



2. Walking

Walking is a low-impact form of exercise that can help with aerobic conditioning, heart and joint health, and mood.

It is essential to wear proper shoes and stay hydrated, even if the walking is not strenuous. It is often sensible to walk slowly initially and then increase the pace when possible.

A person may want to start a walking routine on flat, even surfaces before progressing to uphill, downhill, or uneven surfaces.

3. Flowing movements, such as tai chi and yoga

Both tai chi and yoga combine deep breathing, flowing movements, gentle poses, and meditation. They increase flexibility, balance, and range of motion while also reducing stress.

A 2013 study^{Trusted Source} of participants with RA who had done group tai chi suggested that tai chi could reduce anxiety and depression while increasing self-moti-

vation and self-esteem.

The participants did tai chi twice a week for 12 weeks.

A 2013 study^{Trusted Source} of women with RA who did Iyengar yoga suggests that this exercise had mood, fatigue, and pain disability benefits. The participants did yoga twice a week for six weeks.

It is possible to find free online videos or apps like Gaia for tai chi or yoga workouts, including some yoga workouts specifically for people with RA. A person should always talk to their doctor before starting a yoga or tai chi practice.

4. Pilates

Pilates is a low-impact activity that can increase^{Trusted Source} flexibility for enhanced joint health.

It can be helpful to do Pilates poses that activate the core muscles and emphasize movements that help with stability. Pilates can be good for overall movement patterns, similar to tai chi and yoga.

People new to Pilates should begin slowly and seek guidance from a certified trainer if possible.

5. Water exercises

Water helps support body weight by minimizing gravity, which means that water exercises do not impact heavily on the joints.

Swimming, water aerobics, and other gentle water exercises can increase flexibility, range of motion, strength, and aerobic conditioning. They can also reduce^{Trusted Source} joint stress and stiffness.

More studies on the benefits of water exercises on RA are needed.

6. Cycling

As RA increases the risk of cardiovascular

.continued on page 8



disease, it is vital to keep the heart as healthy as possible. Cycling can help improve cardiovascular function.

Riding a stationary bike can be a safe way to get the joints moving and improve cardiovascular fitness. A benefit of a stationary bike is that a person can be supervised while riding. A person can also ride their bike outdoors to get fresh air.

In addition to improving aerobic conditioning, cycling can reduce stiffness, increase range of motion and leg strength,

and build endurance.

7. Strength training

Strengthening the muscles around the affected joints can help Trusted Source increase strength while reducing pain and other RA symptoms.

Using a resistance band is a way to challenge the body and build muscle over time. A physical therapist who works with people with RA should be able to offer guidance on suitable exercises.

Podcasts

We have all started spending more time walking the dog or running outdoors. Some of us are trying to find time for ourselves. I have found that 60's and 70's music is upbeat and helps me to go a little further. I have also found that listening to Podcasts is helping spend the time.

For those with a cell phone, tablet or computer, various Apps allow you to listen to music and podcasts on the go or in your living room ex. Spotify, CBC Listen (both are free). The can be downloaded through your APP store. I want to recommend a few podcasts.

Renegades; Found on Spotify. This is a 6 series podcasts that is a conversations between two American icons: Barack Obama and Bruce Springsteen. The conversations cover race, politics, men, music,... These conversations are certainly curated but come across as

open, honest thoughts shared between friends

Mayim Bialik's Breakdown: Found on Spotify. Ms Bialik is an American actress, neuroscientist, and author. She played the title character of the sitcom "Blossom" and later she played neuroscientist Amy Fowler on "The Big Bang Theory". As a neuroscientist (she really is!) she has an interest in mental



8. Hand exercises

RA can sometimes lead to limited use of the hands. A person with RA may lose their grip strength or find that they are dropping things.

Bending the wrists up and down, slowly curling the fingers, spreading the fingers wide on a table, and squeezing a stress ball can all help increase strength and flexibility in the hands.

9. Gardening

Light gardening can be a beneficial exercise for a person with RA.

People should be gentle with their body, work slowly, and avoid overstraining the muscles and joints.

A person can avoid overstraining by avoiding bending and twisting in ways that can aggravate the lower back. A gardener should make sure to properly hinge at the hips when working in the garden.

health issues and her podcast invites individuals and experts in the field to discuss various issues.

Smartless: Found on Apple Podcast. This podcast is hosted by three funny men: Jason Bateman, Sean Hayes and Will Arnett. They invite various celebrities and guests for an interview. The natural chemistry between these guys and their guests can lead to truly funny moments!

The Dose: Found on CBC Listens. This weekly Canadian podcast covers various timely medical issues but explained in plain language. Dr. Brian Goldman is an excellent host.

Please note these are my private recommendations and they may not be of interest to everyone. I just wanted to share some of my favorites with you!

Dina van den Hanenberg