

CHAPTER 25

LIMESTONE RENFREW OTTAWA-CARLETON UPPER CANADA



Summer Pandemic Issue No. 2

It's Time To Come Out of the Cave!

Your Exec, despite the impositions of the pandemic, has been busy. There are three events planned between now and the end of November.

EVENTS

September 16 Charity Golf Tournament

Y'all Come!

Don't hesitate to come out for our golf day. If you have never picked up a golf club, that's even better. It's a day to have fun.

If you are coming just for dinner, don't hesitate to arrive early. If it is our usual beautiful day, it will be perfect to sit on the club's patio with a glass of wine, a beer or a soft drink waiting for the golfers to get back. It is a chance for convivial conversation and a chance to meet new people.

As our headline states, it is a chance to just get out for a change.

First, this is our annual charity golf tournament on September 16. As of this writing we have almost doubled our usual numbers. We have ARM members coming from across the province. That includes players from Niagara (C22), Rainbow (C3), Upper Canada (C26), Karpuskasing (C31) and Ottawa-Carleton (C25). It is going to be a wonderful social gathering. **Deadline to submit the form is September 8. See page three.**

October 28 Moore, Doucet and Baker

This is going to be something entirely new. It is a gathering of a fine musical group. For those who cannot attend, it will be done virtually. This means that as many of us as possible can participate. **See page five.**

All going well, the presentation will be at the D25 office. **See page five.**

November 17 OTIP George NG

This will be our usual fall OTIP workshop/presentation. It will be done at the D25 building at 9 Corvus Court should that be possible. Should it not be possible, it will be done virtually as it was last year. **See page seven**

DONATIONS

This year OTIP's allocation to C25 was \$19,500. Your executive voted to use those funds plus \$3,000 for donations as they were last year. This year those funds were donated to women's shelters across our area. The following is how the funds were donated:

Limestone: (\$2500 each)

- Lennox & Addington Interval House;
- Kingston Interval House

Upper Canada (\$2500 each)

- Maison Interlude House
- Naomi's Family Resource Leeds
- Grenville Interval House

Renfrew (\$5000)

Bernadette McCann House for Women

Ottawa: (\$2500 each)

- Cornerstone Housing for Women
- Nelson House

PORTUGAL

There have been several events affecting our Portugal travel programme which requires that we postpone our usual October meeting. There are new owners and managers. Portugal is having problems trying to deal with Covid in the Algarve. There are new pricing arrangements for ARM.

As soon as it appears that these issues are no longer in the way, we will go ahead with our usual Portugal travel meeting.

4 ways to protect your car from vandalism and theft

Your car is valuable, making it a prime target for vandalism and theft. In 2020, the top stolen cars in Ontario were the Lexus RX, Honda CR-V, Toyota Highlander, and Honda Accord, so if you own one of those vehicles you should take extra care to deter thieves.¹ Criminals steal or damage vehicles for a variety of reasons: to get access to valuables inside the car, to sell, to get somewhere or to commit another crime. The costs of these crimes add up — in Canada, auto theft costs Canadians close to a billion dollars a year.²

Here are a few tips on how you can make your car less of a target.

1. Park your car in a secure location

The best place to park your car is inside your garage with the garage door closed and locked. If you don't have a garage, park in a well-lit area. If you're parking outdoors on your own property, install a bright motion sensor light to deter thieves.

You can also make it harder for thieves to tow your vehicle by using a parking brake and parking strategically. Park a front-wheel drive vehicle front first and a rear-wheel drive vehicle back first in your driveway.

2. Don't give thieves access to your keys

Always keep control of your keys. Never put your address and name on your keys — if obtained by a thief, they could use that information to find your house and steal your car.

You should also never warm up your car by leaving it running in your driveway unattended. Modern cars need



less than 30 seconds to warm up even in cold weather, and your car's heater won't warm up significantly until you start driving. The best way to warm up your car is simply to drive it!

If you have a key fob, be careful of how and where you store it. Thieves have been able to use an electronic relay transmitter to amplify the fob's signal and get access to a car. Keep your key in a metal container or a key fob blocker pouch and store it away from windows and doors.

3. Keep your car tidy

A broken car windshield is in the foreground while an upset looking woman talks on the phone in the background. A thief is more likely to break into your car if they see something of value that they can steal. Keep your valuables out of sight or store valuables in your home when possible.

4. Implement a security or tracking system

There are many different security systems available, such as after-market car alarms, wheel-locks and brake locks that will make it more difficult to steal your car. Even installing a small blinking red light on your dashboard can trick a thief into thinking you have an alarm and they will move on to avoid trouble.

There are also GPS tracking tags or devices you can install in your car so that if it's stolen, you can track your car on your smart phone and provide the location of your car to the police. Never pursue a stolen car on your own though — leave the apprehension to profes-

sionals!

Some insurers offer a discount for non-factory installed alarms or ignition or fuel disabling devices. If you're adding an anti-theft feature, call your insurance broker to find out what discounts are available.

If your car is vandalized or stolen, first take photos of any evidence or damage, gather any available security footage and ask neighbours if they saw or heard anything. Then report the crime to the police and ask for a crime reference number, as your insurer may request it.

If you have comprehensive car insurance, it typically covers damage due to vandalism or replacement due to theft. Check your own policy documents to confirm what is covered by your insurer.

To get a quote for car insurance, call an OTIP broker today at 1-888-892-4935. If you have questions about your car insurance policy and its coverage for theft and vandalism, please call 1-888-494-0090.

If you enjoyed reading this article, subscribe to OTIP's e-communications and you will get more news like this delivered straight to your inbox. Plus, you will be entered for a chance to win a \$500 gift card!



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



June 29, 2021

Ms Clare O'Connell Noon
Ontario Secondary School Teachers' Federation
District 25 Ottawa-Carleton
9 Corvus Crt
Ottawa, ON K2E 7Z4

Dear Clare,

Thank you for inspiring hope and providing essential care to vulnerable women in Ottawa.

With your help - and that of some vaccine - this spring brings the promise of new beginnings and an end to feelings of isolation. Thank you for being with us, strengthening us and inspiring us.

With your powerful gift of \$2,500.00, women like **Alaina** have a safe home and hope for the future. Your support and compassion has lifted them out of isolation and into a community friends and encouragement.

Your gift helps us to provide a home and community for women who have nowhere else to go, of all ages and all backgrounds. **Alaina** struggled to fit in. She now has a home and a lifelong community support through Cornerstone's Outreach Program. With your help, Alaina has emerged from isolation with hope and optimism about her future. **Thank you.**

Community donations of more than \$675,000 are needed in 2021 to continue this life-changing work. Fundraising keeps our doors open at five locations, gives us the resources to run our Emergency Women's Shelter, and our Outreach Program. Your critical gift helps us provide over 200 women each day essential care, compassion and programming to move women from crisis to hope.

You are fueling hope and inspiration for a better future.

Thank you for investing in a warm and caring community for exposed women, of all ages, backgrounds and diverse needs. To find out more about what we do, or to give feedback, please contact Amber Bramer, Resource Development Manager at 613-254-6584 ext. 503 or via email at amber.bramer@cornerstonewomen.ca.

In gratitude,

A stylized, handwritten signature in blue ink, appearing to read "Sarah Davis".

Sarah Davis
Executive Directors

*Thank you for your wonderful gift
and support in these unsettled
times. We appreciate your support
of women in Ottawa!*
With gratitude,
A handwritten signature in blue ink, appearing to read "Will Gratitude".
Thanking Office

October 28 2021

Moore, Doucet & Baker



Moore, Doucet, and Baker is a wonderful trio who focus on swing tunes from the jazz and vintage folk/pop and blues. A favourite of Ottawa's swing dance community, the trio is made up of Pat Moore on vocals, percussion and bass, Roland Doucet on vocals and guitar (he's known as "the chord-master") and Bruce Baker on vocals and sax. Moore's voice is strong and emotional – she can sing an upbeat jazz standard or a heartfelt ballad equally well. Doucet provides seasoned rhythmic jazzy chording he perfected by his years playing in New Orleans, and has a fun interpretative growl in his vocals. Baker is the quintessential "Sinatra style" singer and a fabulous melodic sax player. Loved by audiences of all ages!

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. RSVP no later than October 10. This event will be broadcast via zoom. If you wish to participate via zoom, you must still advise Norma. The event will take place from 10 AM to 12 noon October 28.



NELSON HOUSE
OF OTTAWA CARLETON

July 22, 2021

Active Retired Members
53 Selwyn Place
Kanata, Ontario
K2K 1P1

On behalf of everyone here at Nelson House, especially the women and children who reside here, thank you very much for your generous donation of \$2500. As the Executive Director at Nelson House, I am overwhelmed at the generosity demonstrated by our wonderful community.

Your support is greatly appreciated and will be put to good use in support of our residents. As a non-profit organization, we are dependent on contributions from the community in order to maintain services. In addition to the ever-increasing day-to-day costs of operating the shelter, there are several programs, such as the volunteer program, that operate entirely because of fundraising and donations.

Once again, thank you for your kindness and generosity. Your donation will help to change the lives of the women and children who come to Nelson House and support them in making choices that will lead to lives free from violence.

Sincerely,

Kimberly Kent, Executive Director
Nelson House of Ottawa Carleton

P.O. Box 5381, Merivale Depot, Ottawa, Ontario K2C 3J1
Business Line: 613-225-0630 Crisis Line: 613-225-3129 Fax Line: 613-225-4578
E-mail: info@nelsonhouse.on.ca

ONTARIO SECONDARY SCHOOL TEACHERS' FEDERATION

**Active Retired Members
Chapter 25**

**Breakfast Meeting
November 17
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. RSVP no later than November 10 .

Dear ARM Chapter 25 members,

We all deserve to have our human rights respected & not to live in fear of violence & oppression.

Thank you for helping to stop violence against women in our community by supporting Kingston Interval House (KIH).

Your kind gift is greatly appreciated & will help our clients as they move towards a future free from violence.

Thank you for choosing to make a difference in the lives of the women, children, & youth we serve.
with great gratitude,



The Lone Ranger Has Nothing On Us

If there is anything which has become an everyday wardrobe addition, it is the mask. Your executive felt that having a chapter mask would be something about which we could be proud. They are free. (Everybody loves something free.)

Here you see Cheryl Cavell (our exec Student Support Professionals Bargaining Unit representative) modeling the mask. The other image shows the mask and an extender. The extender is used to adjust the size either smaller or larger depending on the person. It is truly a “one size fits all”!

To get your complimentary mask you need only email Cheryl (cherylcavell@gmail.com). It will be mailed out to you.



Seniors and Covid

Ottawa Public Health states that the risk of serious illness from COVID-19 increases progressively with age, particularly beyond 50 years of age. In addition to increasing age, people who have serious underlying medical conditions (such as: cardiovascular disease, high blood pressure, diabetes, chronic lung disease, chronic liver disease, cancer, are immunocompromised) or who are severely obese are at higher risk for severe illness from COVID-19.

If you have been diagnosed with COVID-19, please monitor your symptoms carefully (maybe keep a journal). Your condition can change rapidly; do not delay getting medical care if your symptoms progress or change. You can seek care at a COVID-19 care and testing centre or, if urgent care is needed, go to the nearest emergency department or call 9-1-1.

Even during a pandemic, please seek non-COVID-19 medical care when needed. You can visit your doctor/emergency room during the COVID-19 pandemic by following established guidelines and protocols. If you experience a medical problem or a change in your health, talk through your symptoms with your health care provider over the phone first. Your health care provider can do a telephone assessment and decide if you need to be seen in person. If you are having a medical emergency, go to the nearest Emergency Department or call 9-1-1.

Every individual needs to consider their personal risk factors when

making decisions about going out. Ottawa Public Health recommends that older adults avoid non-essential trips in the community as much as possible and remember to always be Social Wise:

W - Wear a mask or face covering where required or when you cannot maintain a physical distance of two metres (six feet).

I - Isolate yourself from others when you are sick and get tested immediately if you have COVID-like symptoms.

S - Share your enthusiasm with friends and family about being fully vaccinated and encourage them to get vaccinated.

E - Exercise proper hand hygiene; wash your hands regularly or use hand sanitizer especially before touching your face.

Wearing a mask helps to limit the transmission of COVID-19. Some people are medically exempt or unable to wear a mask. Let's all be COVID Kind and be respectful of those who cannot wear a mask.

If you develop symptoms consistent with COVID-19, please go for testing at a COVID-19 Assessment Centre, a COVID-19 Care and Testing Centre or at a select Community Health Centre. Appointments are needed at all sites. Meanwhile, follow the general instructions on self-isolation.

If you are in distress (e.g., significant trouble breathing, chest pain, fainting, or have a significant worsening of any chronic disease symptom), do not go to an Assessment Centre or a COVID-19 Care and Testing Clinic. Go to the nearest Emergency Department or call

