" THE wARM OUTLET "

ARM CHAPTER 22 NEWSLETTER

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ARM 22 EXECUTIVE 2026-2027

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MONTHLY BREAKFASTS: 9:30 a.m. 'w'arm up to us on Wednesdays

Nov. 11 Courtyard Bar & Grill, 2 Dunlop St. St. Catharines (905) 397-2900

Dec. 9 Mandarin Niagara Falls, 7555 Montrose Rd. NF (905)358-7000 LUNCH

RSVP Ray@ (905)354-8106 or RMarshall23@gmail.com by **Dec. 2**

Jan. 13 Blue Star Restaurant, 676 King St. Welland, (905)732-2459

Feb. 10 Early Bird Restaurant 2 Merritt, St. Catharines (905)680-8464

OTHER EVENTS

Nov. 18 Movie Night; meet @ Domenic's on 20 @ 5:30; Movie to follow at D22 Office

CH'ARM'ING BITS ..... Math Teachers' Humour – it may also be yours??

What makes 100%?

What does it mean to give more than 100%?

Ever wonder about those people who say they are giving more than 100%? We have all been to those meetings where someone wants you to give over 100%.

How about achieving 103%? What makes up 100% in life? Here's a little mathematical formula that might help you answer these questions:

If: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z is represented by

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26,

Then: H A R D W O R K = 8+1+18+4+23+15+18+11 = 98%

and: K N O W L E D G E = 11+14+15+23+12+5+4+7+5 = 96%

but: A T T I T U D E = 1+20+20+9+20+4+5 = 100%

and B U L L S H I T = 2+21+12+12+19+8+9+20 = 103%

Now look how far ass kissing will take you:

A S S K I S S I N G = 1+19+19+11+9+19+19+9+14+7 = 118%

So one can conclude, with mathematical certainty, that while Hard Work & Knowledge will get you close, and Attitude will get you there, it is the Bullshit & Ass Kissing that will put you over the top. Now you know why politicians are where they are! Could there ever be a better explanation???

from your President

October 29, 2026

Dear ARMites of Chapter 22,

Here we are in the middle of another season, and almost at the scariest day of the year! On your behalf I need to thank Madis & Jim for coming out last week and clearing away the summer growth so that our Memory Garden can rest comfortably for the winter. Sadly, I need to report that once again the gourd crop was a dud. I am beginning to think we need to add some fertilizer – the seeds were planted in early June (before my squash at home and we had a bumper crop); there was sufficient moisture during the summer, but you needed a magnifying glass to see the one gourd that attempted to show itself. My green thumb seems to be turning black 😳

We are planning a movie night again this fall – Nov. 18. Please come to Domenic's on 20 for dinner @ 5:30 – best to let me know you are coming so I can include you in the reservation and then recess to the District Office (1877 Merrittville Hwy) to enjoy a cinema spectacular. I am open to recommendations for the movie –the only one suggested so far is The Russians Are Coming, The Russians Are Coming and I have found it on Prime. Other possibilities are welcome. Please keep the length to 2 hours or less or we will be up past my bedtime.

For many years, I have participated in a weekly survey – FluWatcher. They currently have approximately 10,000 weekly participants and would love to double the number of participants in order to get even more accurate data across Canada. You can sign-up at this link: https://public.cnphi-rcrsp.ca/fluWatcher/register. It takes about2 minutes of my time on Mondays – most of the year there are only 2 questions (Do you have a cough? Do you have a fever?). Currently they are also asking about Flu & COVID shots this fall; as soon as I say yes, that question disappears. Easy to do; easy to help. Please consider becoming a FluWatcher with ME!

There doesn't appear to be much news on the federation front –ARM does indeed have a 12th ACTIVE Chapter – Ch 1 – Ontario North East. By now all presentations to the OLRB will have been made and they are waiting for the decision to begin actual negotiations. OSSTF strike votes will be held Nov. 6 – 16. If you are an OT, you have a vote; please log in to the provincial site and cast your ballot. (https://www.osstf.on.ca/en-CA/services/member-login/members-login.aspx) Just spotted another rally at Queen's Thursday, Nov. 5 @ 12:00pm – 1:00 pm; if you are in TO, you might want to stop by.

I hope to see you at one or all of our planned events—breakfasts @ Courtyard, Blue Star, & Early Bird. Christmas Lunch at the Mandarin, Niagara Falls, Movie night dinner @ Domenic's then D22 Office I have called each of the restaurants and made a reservation in my name.

As always, keep in touch. Feel free to contact me anytime, but especially before a breakfast/lunch so we have the numbers to give the restaurants.

Thanks, 😊

Ray

OTIP is offering $20 Gift Cards to those who ask for an insurance quote in October. Check it out at: https://www.otipinsurance.com/promotion-card2?utm_source=partnership_program_ad&utm_medium=affiliate&utm_campaign=incentive20&utm_content=october_2026_required