

The Retired Teacher



Nova Scotia Teachers Union

Volume 47, Number 3, April 2016

The Retired Teacher is available online at rto.nstu.ca. To download Adobe Reader, go to www.adobe.com

From The Desk of the President...
Jim Kavanaugh

TABLE OF CONTENTS

| | |
|---|-------|
| Editor's Message | 4 |
| Committee Reports | 6-7 |
| Programs | 8 |
| Seniors' Advisory Council | 9-12 |
| Feature Teacher – Marjorie MacKenzie MacKay | 13-14 |
| RTO Branch Programs and Initiative Grants | 15 |
| RTO Resolutions | 16-17 |
| Life After Retirement | 18-19 |
| Halifax County Craft Fair | 20 |
| Branch Updates | 22-26 |
| Reunions | 29 |
| Wellness in Retirement | 32-34 |

The Retired Teacher, a newsletter for retired teachers, is published by the Retired Teachers Organization, an affiliate of the Nova Scotia Teachers Union.

The opinions expressed in stories or articles do not necessarily reflect the opinions or policy of the Retired Teachers Organization or the Nova Scotia Teachers Union, its professional staff or elected provincial representatives.

We assume no responsibility for the loss or damage of any unsolicited photographs or articles.

Submissions should be directed to the editorial staff c/o RTO Newsletter, 3106 Joseph Howe Drive, Halifax, NS B3L 4L7. © Retired Teachers Organization 2016

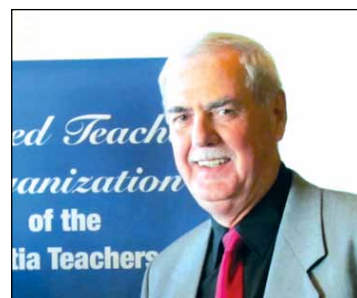


A newsletter for the retired teachers of Nova Scotia

A MEMBER OF ACER/CART

Thank You

Because my second and last two year term as President will end at the 2016 AGM in May, I want, firstly, to take this opportunity to extend my sincere thanks and appreciation for the honor and privilege of



serving as President of this great organization. It has been a most gratifying experience. We are very fortunate to have so many dedicated people who constantly work to advance, promote and protect the welfare of our members. I extend sincere thanks to my fellow Executive members, Provincial Committee members, Branch Presidents and their Executives, our Newsletter Editor, Betty Anne McGinnis, our Webmaster, Colin Campbell, and our AGM Chairperson, Dorothy Smith. Also, two of our Executive members are completing their terms of service on the RTO Executive. Bill Wagstaff is finishing up as Member at Large for the Valley Region and RTO Secretary. Bill also served as Chair of the Assessment Committee and then Chair of the Research/Review Committee. Randy Holmesdale will end his term as Past President, having also served as RTO President and Vice-President. All of these people are to be commended for their hard work and tremendous commitment to the mission, vision and principles of the RTO. We greatly appreciate their invaluable contribution. To Bill Berryman, who has been elected by acclamation to succeed me as RTO President, and to

(continued on page 2)

John Donovan, who has been elected as Vice-President by acclamation, I extend my congratulations and offer my full support and best wishes.

50th Anniversary

AGM 2016 is very special because it will mark the 50th Anniversary of the RTA/RTO. In 1956, a group of retired teachers sought to establish an association of retired teachers across Nova Scotia. They looked to a group of retired female educators entitled CPX for their inspiration. This organization would sow the seeds for a Retired Teachers Association (RTA) which was formed on May 25, 1966. In June 2005, the Retired Teachers Association was renamed the Retired Teachers Organization (RTO) of the Nova Scotia Teachers Union. We are now 7,200 members strong across twenty-three Branches in seven geographical regions of the province. We are affiliated with the Canadian Association of Retired Teachers (ACER-CART) and belong to the Seniors' Advisory Council of Nova Scotia (Group of IX).

Seniors' Pharmacare Program

We were very proud of the role the RTO played in convincing the NS government to put all but one of the announced Seniors' Pharmacare Program changes on hold. The one change that was implemented was one that resulted in 12,000 Pharmacare participants paying no, or a lesser, premium. This change is anticipated to cost the government \$3,000,000. The government has made a commitment to consult with Nova Scotia seniors, and especially with the Seniors' Advisory Council over the next year or so. The huge challenge ahead is to bring in changes that will make the program sustainable, yet meet the needs of Nova Scotia seniors and at the same time, be fair, reasonable, and equitable.

Programs for RTO Members

Over the past two years we have put forth a great deal of time, effort and money to develop programs that we feel will meet the needs and interests of our RTO members. Provincially, we have sponsored a **Conscious Aging Program** that was held in the Halifax region and is available to others. We have co-sponsored the training of eleven retired teachers to make **Advance Care Planning** presentations to retired teacher and general public group gatherings. The feedback from these presentations to date has been very positive. In the

2016 budget we allotted a **\$10,000 Branch Initiatives/Program Fund** to encourage Branches to respond to the needs and wishes of their members at the Branch level. I am pleased to report that, to date, four Branch applications have been approved for funding and all four are planning wellness-related activities. Finally, the Executive is working on plans to annually sponsor presentations in all seven regions on **Facilitating the Transition to Retirement**.

RTO Database

Maintaining an accurate and up to date database of our RTO membership is essential in operating our organization in an efficient and effective manner. I am pleased to report that past difficulties have been resolved, appropriate protocols are now in place, and we are now able at any time to confidently produce accurate lists and files.

AGM 2016

Because of conflicts at the NSTU, it has been necessary to move our Annual General Meeting activities back from Thursday and Friday, May 19 and 20 to Wednesday, May 18. The AGM is scheduled for 9:30 am on May 18 and the AGM Dinner is scheduled for 7:00 pm, the same day, at the Brightwood Golf Course in Dartmouth. The dinner is normally held the evening before the AGM, but because of date changes it will be held on May 18. As usual, the annual audited financial statements will be presented along with next year's proposed budget. This year will also see twelve resolutions and, if Resolution #1 is passed, the election of a Secretary. The AGM Registration Form and related information may be found elsewhere in this Newsletter and on the website at rto.nstu.ca.

Check out
the RTO
website at:
<http://rto.nstu.ca>

RTO PRESIDENT-ELECT

Bill Berryman



At the end of February, and by acclamation, Bill Berryman became RTO President-Elect and will assume his duties following the RTO's Annual General Meeting at the NSTU Building on May 18, 2016.

From 2012 – 2016 Bill was Vice-President of the RTO, served as a Table Officer, and was a member of the RTO Finance Committee. In 2013 Bill served on the RTO Pension Ad-Hoc Committee which dealt with possible anticipated changes in the Nova Scotia Teachers' Pension Plan. Bill also chaired the RTO Resolutions Committee and served as Acting Chair of the RTO Nominating Committee from time to time during these four years.

Bill was elected to the RTO Executive as Member-at-Large for the Southwest/Valley Region during the 2010-2011 year. Because of reconfiguration, he continued to serve on the Executive for 2011-2012 as Member-at-Large for the Valley Region. During his terms as Member-at-Large he chaired the RTO Assessment Committee which produced many documents vital to the organization and operations of the RTO.

Over the past two years Bill has served as Chair of the Seniors' Advisory Council of Nova Scotia (Group of IX) and was heavily involved in the McNeil government's decision not to implement changes to Seniors Pharmacare.

Bill has attended the last three Canadian Association of Retired Teachers (ACER-CART) Annual General Meetings in Ottawa. During the 2014-2015 year he served on the ACER-CART Political Advocacy Committee which produced the pamphlet "A Vision for Canada – Working to Achieve a Caring, Consultative and Committed Federal Parliament". This pamphlet articulated seniors' issues for member associations to use in their political advocacy work leading up to the October 2015 Federal election.

During his 37-year teaching and NSTU Executive Staff Officer career, Bill's primary concern was always the welfare of teachers and Community College members. Bill retired as a NSTU Executive Staff Officer in 2007 and attended his first Retired Teachers' Banquet with the West Hants Branch in February 2008. At the Branch's Annual General Meeting in May 2008, he was elected Branch President and continued in this capacity for four years.

Bill looks forward to continued participation in the RTO as President, and during his two-year term he will continue to advance, promote, and protect the welfare of all RTO members.

RTO 2016

Annual General Meeting

The RTO Annual General Meeting will be held in Halifax at the Nova Scotia Teachers Union Building on Wednesday, May 18, 2016 starting at 9:30 a.m.

The AGM Dinner will be held at Brightwood Golf and Country Club in Dartmouth on Wednesday, May 18, at 7 p.m.

We encourage all RTO members to come to the AGM which provides excellent opportunities to see your RTO in action and to share time with friends and colleagues.

1ST VICE-PRESIDENT ACCLAIMED

John Donovan



For the past seven years, I have served as New Waterford Branch President, and for the past four I was the Member-at-Large for Cape Breton-Victoria. During my presidency, our Branch hosted a provincial AGM, hosted the first RTO annual curling tournament, and received an inaugural Branch Initiative grant.

Provincially, I have served as the co-editor of the provincial newsletter, chaired the Foundation committee, and served on the Assessment and Finance committees. I served on many NSTU committees both locally and provincially and I was a table officer at both the Provincial and Local levels.

I have a great respect for the RTO and its leadership, at the Branch and Provincial level. I am a team player who respects the opinions of others, and I am prepared to present and support my own opinion on issues. The organization faces challenges and opportunities in continuing to develop a positive relationship with the other members of the NSTU family. We must continue to serve and educate the membership in terms of pension, insurance, and benefit issues. We must be prepared and ready to respond to unexpected issues. The organization must continue to support and enhance services to Branches and individual members. I look forward to serving the RTO as 1st Vice-President.

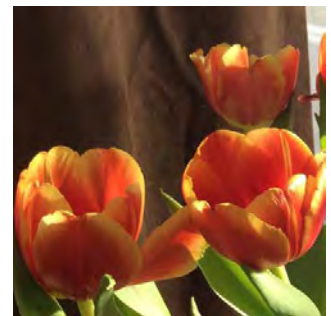
A note from the Editor . . .

Betty Anne McGinnis

With the final issue of our newsletter, our school year has come to a close. I love finishing in April rather than June! I am sitting at my desk, typing this final piece for this issue. Today is April 10, and I just took a break to shovel snow from my step. I am not too concerned. The sun is shining and I know the ten inches that covers the landscape will soon melt away. I remember yesterday – warm sunshine, green grass everywhere, tulips about four inches above ground, and my dogs enjoying a spring walk. I look at weather and consider how unpredictable and disappointing it can be one day, and how refreshing and energizing it can be another day. How much it affects our mood, not to mention our health, both mental and physical. Sunshine makes me want to be more active, work in my garden, go for a drive and stop for ice-cream. Sunshine makes me feel younger. Snow and rain? I want to curl up in my sunporch with my dogs and my book, and take the occasional nap. Maybe there is something to be said for becoming a Snowbird.

Once more I extend a thank you to all who make this newsletter a reality: Branch Presidents and their Executives, the RTO Executive, our NSTU Graphic Designer Paul Hamer, and all members who contribute to these pages. The Communications Committee is the most supportive group of people. Wendy, Colin, Margie, Vicky, and Glynda – a thank you is not enough. Bill, your editing skills and your humour keep me going. And Jim Kavanaugh, in your four years as RTO President, you have been a constant source of encouragement for me. One thank you I cannot forget – Sister Anna d'Entremont, you have been an inspiration for me.

On a final note, I would like to acknowledge those retired teachers who passed away during the last year, as well as the active teachers who did not have the opportunity to experience the joy of retirement. They are missed.





50th Anniversary

RTO Annual General Meeting — May 18, 2016

The RTO Annual General Meeting will be held at the NSTU Building on Wednesday, May 18, 2016 at 9:30 a.m. The RTO AGM Dinner will be held at the Brightwood Golf & Country Club, School St., Dartmouth on Wednesday, May 18, 2016 at 7 p.m. This is a change from the evening before the AGM to the evening of the AGM. Buses will be available for transportation from the Delta Halifax Hotel at 6:00 p.m. to Brightwood and back at 9 p.m.

Accommodations: A block (RTO) of rooms in the name of *NSTU Retired Teachers Organization* has been reserved at the Delta Halifax Hotel for delegates requiring accommodations. The room rate is \$86 + tax. Please call the hotel at 1-800-268-1133 prior to May 1, 2016 to make reservations and to book your room under the block. You will need to show your RTO card at the hotel reception desk. There is no direct billing, therefore delegates must pay for their room prior to checking out. Those who are eligible will be reimbursed after filling out an expense form.

Registration: Please complete the registration form below or copy from the RTO website, rto.nstu.ca, if you plan to attend the RTO AGM Dinner and/or the RTO Annual General Meeting. Entrance to the AGM is the front door of the NSTU Building which is wheelchair accessible and close to the elevator.

2016 RTO AGM REGISTRATION

Name _____
Surname First name

Address _____

Postal Code _____ Branch _____

Email (needed to send AGM Documents) _____

RTO AGM DINNER



_____ Yes, I will be attending the AGM Dinner at Brightwood Golf and Country Club on Wednesday, May 18, 2016 at 7 p.m.

Guest(s) name (if any) _____

_____ Yes, I will require transportation for _____ people from the Delta to Brightwood.

_____ Yes, I will require transportation for _____ people from Brightwood to the Delta.

Dinner Ticket(s) _____ @ \$25.00/person = _____ (cheque/money order payable to RTO). Tickets must be purchased by May 1st in order to determine numbers for dinner. Dinner tickets in your name will be held and given to you when you arrive at the Brightwood Golf and Country Club.

RTO ANNUAL GENERAL MEETING

_____ Yes, I will be attending the AGM Business Meeting at the NSTU Building on May 18 at 9:30 a.m. A registration desk will be set up at 8:30 a.m. to distribute voting cards. AGM material will be sent electronically. Hard copies will be available at the registration desk.

Guest (is an RTO Member) will be attending the RTO AGM. Yes _____ No _____

Registration form and Dinner payment(s) must be received prior to May 1st.
Mail to: RTO AGM, 3106 Joseph Howe Drive, Halifax, NS, B3L 4L7

Committee Reports

Communications Committee

The importance of having a user-friendly and up-to-date website has certainly been realized during this year, which has seen several unexpected changes and tasks for the RTO. The proposed Senior Pharmacare changes, weather-related meeting postponements, unavailability of meeting room space and hotel rooms for planned event dates, change in election slate, and change in AGM date have all been communicated to our members quickly and efficiently via our website at rto.nsu.ca by webmaster Colin Campbell.

The three editions of *The Retired Teacher* have been the key to keeping each and every RTO member advised of a multitude of news and interesting topics. Working around challenging production scheduling deadlines, editor Betty Anne McGinnis continues to make this newsletter a priority, and has seen it grow to a record 40 pages in February.

I have very much appreciated the input, diligence, and cooperation of Betty Anne, Colin, and the other committee members: Vicky Parker, Margie MacNeil, and Glynda Wimmer who has completed her second year.

The communication from and with President Jim Kavanaugh and the executive has been a strong benefit to our committee. I thank them all for having made my year as Committee Chair a smooth, productive, and enjoyable one.

— *Submitted by Wendy Woodworth, Chair
Communications Committee*

Membership Committee

At our last committee meeting held on March 22, 2016, we discussed the following topics:

- **RTO Database** – The Database has been updated and it seems to be working fine. RTO Branches have received an electronic copy of their membership lists.
- **Medication Information Cards** – The RTO Executive did not approve our request to purchase 10,000 Medication Information Cards and plastic

sleeves, because of budgetary issues. On behalf of the committee, I shall bring a new recommendation to the Executive re Medication Information Cards.

- **RTO New Retiree Kits** – Kits have been prepared and we now wait to hear from the Branch Presidents, indicating the number of new retirees in their areas. It was suggested that, if possible, we include a copy of the most recent issue of the RTO newsletter in the New Retiree Kits.
- **Membership Committee Priority Goals for 2016-2017** – The goals were reviewed and approved by the committee.
- **Merchandise for Sale** – RFID Wallets @ \$3.00 each; LED Key Chains @ \$2.00 each; and RTO Membership Pins @ \$5.00 each. These items would make great stuffers for your New Retiree Kits.

— *Submitted by Herbert Seymour, Chair
Membership Committee*

Pension and Benefits Committee

Annual Report 2016

The 2015-2016 RTO Pension and Benefits Committee consisted of Cathy Anderson, Linda MacNeil, Peter Lewis, Ross Thompson, and Chair Gary Archibald. The Committee held four meetings this year.

The September meeting agenda included roles and responsibilities of the Committee, review of several pension-related documents, review of suggestions from last year's committee, and setting priorities for this year.

October's Meeting saw a presentation from NSTU Executive Staff Officers Kyle Marryatt and Jack MacLeod who provided information on the operation of the Teachers' Pension Plan, the 2014 NSTPP Annual Financial Report, and insight into the NSTPP investment policies and goals. Many other documents were reviewed at this meeting.

Committee members began a review of other provincial teacher pension plans with the intent to consolidate the findings into a draft document. Committee

Committee Reports

members also reviewed the enhanced pension benefits available for retiring teachers in Nova Scotia. The document *What Happens at Age 65?* was reviewed and the committee agreed that it should be formatted into a pamphlet and circulated to the Branch Presidents.

In January 2016 the committee members continued to work on the other provincial pension plans, agreed to the *What Happens at Age 65?* pamphlet, and reviewed a draft document on a brief history of the modern NS Teachers Pension Plan, which was later circulated to the RTO Executive for comment.

Insurance Advisor Roy Lounsbury provided information on funeral or “end of life insurance” that is available to retirees. He indicated that one should consider the conditions of any insurance plan, including:

- Is there a medical examination required?
- Do premiums increase with age or medical condition?
- How complicated is the application process?
- Are you covered for life or is there an age restriction?
- Is there a waiting period?
- What is the maximum coverage and is that sufficient for the retiree’s needs?

The March meeting was the final meeting of the committee. The survey of the provincial teachers’ pension plans was circulated, reviewed, and amended. It was agreed that it will require further work by next year’s committee. With the recent situation concerning the NS Pharmacare Plan, a quick survey of websites provided information of other provincial plans for those over the age of 65. This was circulated. The meeting ended with a review of what had taken place this year and the creation of recommendations for next year.

Throughout the year, the Chair, who is the RTO representative on the NSTU Pension Committee, reported on the activities of that committee to the RTO Pension and Benefits Committee as well as to the RTO Executive.

— *Submitted by Gary Archibald, Chair
Pension and Benefits Committee*

RESEARCH AND REVIEW COMMITTEE

The Research and Review committee met for a full day on March 9, 2016. Discussion on both the announced changes to the Seniors Pharmacare Program and the government response to halt these planned premium increases took place. Information was shared on the actions and tremendous work done by RTO President, Jim Kavanaugh, as well as our Vice-President and Chair of the NS Seniors’ Advisory Council (Group of IX), Bill Berryman.

Information was shared with the committee on RTO Branch Programs/Initiatives approved by the RTO Executive. Grants were awarded to New Waterford, Sydney & Area District, Lunenburg County, and Annapolis Branches. All four related to wellness programs and initiatives. It is hoped that this will encourage other Branches to sponsor similar programs.

Committee member Norbert Leblanc provided excellent information on research grants available to seniors and how to access them, and recommended an excellent resource person.

New Horizons for Seniors Program – Employment & Social Development Canada provides grants up to \$25,000 under the New Horizons for Seniors Program. Norbert shared important information which included the programs’ five objectives. All projects must address one or more of these objectives.

Positive Aging Fund Grant – Norbert provided significant information and many examples of successful Department of Seniors-Positive Aging Fund Grants 2014-2015. Up to \$10,000 can be provided to encourage seniors to interact with each other and other generations.

Definitions on wellness were discussed, with the committee reaching consensus on the following:

“A healthy balance of the mind, body and spirit that results in an overall feeling of well-being”.

The committee composed seven recommendations for possible action by the Executive.

— *Submitted by Jack Boyd, Chair
Research and Review Committee*

PROGRAMS



NOVA SCOTIA
Hospice Palliative Care
ASSOCIATION



Advance Care Planning Project

A joint project between Nova Scotia Hospice Palliative Care and the Retired Teachers Organization

Advance Care Planning is a time for reflection and communication. It is a process whereby a capable (mentally competent) individual engages in a plan for making personal health decisions in the event that this person becomes incapable (legally incompetent) to personally direct his or her own health care. In Nova Scotia this process is covered in legislation under the **Personal Directives Act**.

Engaging in the planning process allows time for an individual to reflect on their values and wishes, and to let others know what kind of health and personal care they want in the future if they become incapable of consenting to or refusing treatment or other care. Research indicates that patients who have these conversations with their doctors and family members are much more likely to be satisfied with their care, will require fewer aggressive interventions at the end of life, place less of a strain on caregivers, and are more likely to take advantage of hospice resources or die at home.

The Nova Scotia Hospice Palliative Care Association has been working with the Retired Teachers Organization on a project to help encourage people across the province to engage in advance care planning. The NSHPCA has developed a public presentation and resources that provide information on how to begin the advance care planning process. The presentation is based on the National Speak Up Campaign, a national campaign to bring awareness to the importance of discussing end of life issues and advance care planning. The Speak Up resources have been adapted to be consistent with the requirements of the Nova Scotia Personal Directives Act.

In March 2015, Nova Scotia Hospice Palliative Care Association and the RTO jointly sponsored the RTO Advance Care Planning Project. As part of the project, the NSHPCA provided a “train the trainer” session to six members of the RTO. The RTO members were given the skills and curriculum to deliver public presentations on ACP and to direct the public as to where to find additional information. A further five members were trained in February 2016. These members are geographically located across the province and are available to present the workshop to any RTO Branches or interested community groups. This work was supported in part by the Department of Seniors Positive Aging Program and the Nova Scotia Department of Health and Wellness.

The public education session identifies the various stages of the planning process and helps to guide the individual as they think, learn, choose, talk, record, and regularly review and revise any written documents arising from the planning process.

The Nova Scotia Hospice Palliative Care Association is the provincial voice for palliative care in Nova Scotia and works to bring awareness to end-of-life issues through education, public engagement, and partnership. Further information is available at www.nshpca.ca.

RTO is proud to be part of this important work. For information on having the workshop presented to your Branch or community, please contact your Branch president or Alyson Hillier at hillieac@gamil.com.

Start the conversation about end-of-life care

— Submitted by Alyson Hillier, Chair
Programs Committee

Seniors' Advisory Council of Nova Scotia

Special Meeting on Seniors Pharmacare

February 17, 2016

1. Leo Glavine – Minister of Health and Wellness
 - Values the Seniors' Advisory Council's advice and wants to respond to our concerns
 - Proposal was not "drilled down" as much as needed
 - Prepared to take a second look and spend more time on proposal to know where the Department is going
 - Acknowledges mistakes were made and willing to accept the fact and learn from this
2. Dr. Peter Vaughan – Deputy Minister, Department of Health and Wellness
 - This is a social health issue and there is a need to make it more sustainable for the future
 - Affordability issues due to drug costs rising 6% per year and new biological (cancer) drugs rising 20% per year
 - Era of savings by using generic drugs is coming to an end
 - Very few pharmaceutical companies in Canada; therefore, drugs coming from the USA and Europe are more expensive
 - National Pharmacare report from Federal government will be ready in October 2016
3. Marina Keeping – Manager Pharmacare Division, Department of Health and Wellness
 - One thousand new seniors joining program each month
 - Attempting to lower cost of generic drugs from 25% to 18%
 - Major cost increase in 2014 was Hep C medication
 - Breakdown of costs – brand name 78%, generic 22%
4. Challenges from Pharmacare Division to proposed changes
 - Unclear communication

- Timing of change
 - GIS exemption issue
 - Use of line 150 (gross) vs. line 236 (net) on income tax form
 - Top tier premium increases particularly for couples
 - Confusion amongst seniors
 - Lack of time to have things ready for April 1, 2016
5. Recommendation to Seniors' Advisory Council
 - Maximum premium payment remains at \$424.00 per year per person
 - Co-payment remains at 30% per prescription to a maximum of \$382.00 per year
 - Seniors on guaranteed income supplement (GIS) will continue to be exempt from paying premiums
 - One change will be more low income seniors will have their premiums reduced or eliminated (12,000 seniors who paid premium in 2015 will not pay one in 2016)
 - Premium exemption income thresholds adjusted

| | Current | New |
|--------|----------|----------|
| Single | \$18,000 | \$22,986 |
| Couple | \$21,000 | \$26,817 |
 - Reduced premium income thresholds adjusted

| | Current | New |
|--------|----------------------|----------------------|
| Single | \$18,000 to \$24,000 | \$22,986 to \$35,000 |
| Couple | \$21,000 to \$28,000 | \$26,817 to \$40,000 |

Respectfully submitted

Bill Berryman

Chair, Seniors' Advisory Council of Nova Scotia

February 25, 2016

1. This telephone conference call was for the sole purpose of reviewing the proposed policy framework for an aging population in Nova Scotia.
 - Presentation was made by Simon d'Entremont, Deputy Minister of Seniors

- The Advisory Council passed a motion recommending acceptance of the document which will be presented to a Cabinet Committee on March 2, 2016.
2. Interesting statistics on population
 - In 2014 population of Nova Scotia was 942,668 with 172,797 aged 65 or older
 - In 2040 population of Nova Scotia is projected to be 878,041 with a projection of 262,417 aged 65 or older
 - Proportion of older adults aged 65 or older is projected to rise from 18.3% in 2014 to 29.9% in 2040
 3. Goals of “people” priority of government
 - Enhance the workforce participation of older workers
 - Enhance health and wellness outcomes
 - Improve community and social well-being
 4. Three Pillars of Policy Framework
 - Recognize, promote, and support older adults to engage in paid or volunteer work and participate in the economy
 - Create the conditions for older adults to age in place in their homes and communities
 - Help older adults to live healthier lives
 5. There will be a 4 to 5 year action plan with prioritized action items
 - Seniors’ Advisory Council will be one of the working groups to address elements of the policy implementation and action plan development
 - There will be an annual review and report on policy implementation and progress to date
 - There will be an interdepartmental working committee of government led by the Department of Seniors
 - There will be semi-annual reporting to a steering committee of Deputy Ministers and/or senior officials
 6. Final statement – Nova Scotia needs the experience, wisdom, resources, and perspective of its senior population

Respectfully submitted

Bill Berryman

Chair, Seniors’ Advisory Council of Nova Scotia

March 3, 2016

1. Dementia Strategy – JoAnn Collins, Continuing Care Division, Department of Health and Wellness
 - Mandate is implementation of this strategy to increase the awareness and understanding of dementia and assist people living with dementia by making services for them accessible and responsive
 - 3 strategic goals in support of positive change for individuals, their families, and caregivers are the following:
 - o Care and support
 - o Health care system co-ordination
 - o Knowledge and capacity building
 - Three-year plan with \$570,000 allocated for Year 1, ending July 2016
 - Building a best practice tool kit targeting diagnosis, treatments, management, and long-term care planning has not been initiated in Year 1
 - Partnering with Alzheimer Society of Nova Scotia to identify community needs and work collaboratively in delivering services
 - Priority of government and expectation of increased funding over next 2 years
 - One thing missing in strategy is the lack of Power of Attorney explanation to families in dealing with dementia
2. The Department of Seniors has received approval from Cabinet to proceed with the Aging Policy Framework
 - This document was reviewed and endorsed by the Advisory Council on February 25, 2016
 - An action plan is being developed, and input will be requested of the Advisory Council
3. Ministers of the Crown presentation
 - In attendance: Leo Glavine, Minister of Health and Wellness and Minister of Seniors; Kelly Reagan, Minister of Labour and Advanced Education; Jo-Anne Bernard, Minister of Community Services; Diana Whelan, Attorney General and Minister of Justice; and Murray Coolican, Deputy Minister of Department of Business and Energy
 - Chair presented the Advisory Council’s list of priorities for 2015-2016 and there was

discussion on how Ministers can help in the implementation of the priorities

- Other issues discussed were housing and accessibility for low income seniors, flexibility/investments in helping older workers continue employment, changes in the Incompetent Persons Act, lack of enforcement in scams involving financial services, and valuable contribution seniors are providing to Nova Scotia

4. Open Data

- Refers to any data which can be used, reused, and redistributed without restrictions from copyright, patents, or other mechanisms of control, and is in a form that can be manipulated
- Public institutions have been able to uncover new and unanticipated opportunities, particularly with respect to innovation, econom-

ic development, and transparency

- Researchers and entrepreneurs will use data to create new products and their analyses will help government design better public services
- Nova Scotia government has made 130 collections of data available to the public and 70 more are planned
- This information could be useful in reviewing necessary changes in Seniors' Pharmacare to make it more fair and affordable to seniors

5. At the next meeting of April 28, 2016 the Department of Seniors will seek input on the upcoming process of consultation on Seniors' Pharmacare, with a view of receiving information from a greater cross-section of seniors in the province.

Respectfully submitted,

Bill Berryman

Chair, Seniors' Advisory Council of Nova Scotia

Seniors' Advisory Council of Nova Scotia

Seniors' Pharmacare – Sequence of Events

1. August 3, 2015

- Special telephone conference call with officials from the Pharmacare Division
- Written documentation provided on current situation, five-year cost forecasts, and principles of redesign
- Discussion took place on idea of progressive premiums, change in percentage of co-pay, improved equity, and incentives to ensure timely enrollment

2. September 24, 2015

- Regular meeting of Advisory Council with more information on possible design and three options to consider
- One option was 30% co-pay with maximum premium of \$1,200.00; another was 20% co-pay with a maximum premium of \$1,200.00; and a third option was 20% co-pay to a maximum premium of \$964.00.

3. December 21, 2015

- Special telephone conference call after Cabinet had approved a fourth option

- No written documentation provided as deemed confidential

4. January 15, 2016

- Technical briefing on changes in program to which I was not invited
- Asked three questions and was advised not to question the Minister of Health and Wellness during the follow-up press conference
- Wanted to ask the Minister to explain press release stating “these changes were approved after discussions with organizations such as” and listed all nine organizations on the Advisory Council

5. January 22, 2016

- President Jim receives a copy of the Seniors' Pharmacare Program re-model outlining drug costs, member contributions, and net government costs for next five years
- Document indicated seniors would be paying \$64 million and government paying \$110 million for 2016-2017
- This would be a \$10 million increase for sen-

- iors and decrease of same amount for government
- Cost sharing ratio would now be 37% seniors and 63% government
6. January 28, 2016
- Minister of Health and Wellness writes letter to all nine organizations and President Jim responds following day
7. February 3, 2016
- Emergency meeting of Advisory Council lasting four hours whereby Council members had an opportunity to put forth major concerns to government officials in departments of health, finance, and communications
 - Commitment made by government officials to analyze the policies and consider appropriate changes and get back to Advisory Council in a timely manner
8. February 10, 2016
- Deputy Minister contacted Chair to advise that it would be impossible to have requested information of Advisory Council members concerns and policy changes before end of month
 - Chair advised Deputy Minister that only option available was to place everything on hold and over the year provide a consultation process with not only the Advisory Council, but with other senior groups as well

9. February 17, 2016
- Special meeting called and Council members unanimously approved recommendation from government to halt planned premium increases, whereby premium payment would continue at \$424.00 per year per person and no change in 30% per prescription co-payment to a maximum of \$382.00 per year per person

- Council also approved recommendation that 12,000 seniors who paid Seniors' Pharmacare in 2015 would not have to pay in 2016
- Government agreed to a full consultative process with Seniors' Advisory Council assuming lead role in process


*Respectfully Submitted
Bill Berryman, Chair,
Seniors' Advisory Council of Nova
Scotia*

SCHOOL DAY

Memories

Do you have a story about one special teacher in your life? There are more than twelve thousand retired teachers living in Nova Scotia. Each and every one of them left their mark in this province. We invite you to tell us—in one to two hundred words—how one of these teachers affected your life. The Communications Committee of the RTO will review your submissions and select one to print in our October issue of this newsletter. The RTO will honour the teacher by making a donation to *The Legacy Foundation*, which awards grants to institutes that provide medical or educational training to sick or challenged children in Nova Scotia. Please include with your story the teacher's full name, the school, and the location of the school. Any contact information you might have would be appreciated as well.

Send your story about the special teacher in your life to the editor of the RTO Newsletter, Betty Anne McGinnis, 6571 Highway 1, Ellershouse, NS, B0N 1L0, or email to bettyanne@eastlink.ca. **Submissions must be received by June 30, 2016.** The nomination may be made by anyone, but the nominated teacher must have retired from a Nova Scotia school. We look forward to reading your stories.



FEATURE TEACHER

Marjorie MacKenzie MacKay



Marjorie 1948

The Richmond Branch of the RTO is pleased to feature one of our district's outstanding retired teachers, **Marjorie MacKenzie MacKay**. Marjorie's life as a student began in the one-room school in Soldier's cove. She went on to St. Patrick's Girls High School on Brunswick Street in Halifax. Because she was very lonesome she persuaded her parents to let her return home and finish her Grade XI at St. Peter's High School. For many students of the day, this was considered a more than adequate education. Marjorie was invited by an aunt to move to Ontario where she secured employment in an aluminum manufacturing plant where her uncle worked. After two years, and with the war drawing to an end, her aunt knew that the market would soon be flooded with workers, so she encouraged Marjorie to return home and attend Normal College.



Bridgewater School 1948

Marjorie took her advice, enrolled at the Normal College in Truro, and graduated with a Class B License. She returned home and in 1945-46 began her teaching career in Salmon River School in Barra Head. This was the typical one-room school of the day with Grades I – IX seated around the pot-bellied stove in the center of the room. The following year a position opened in Soldier's Cove which was closer to her home, so she applied and moved there.

The Provincial requirement for a B-licensed teacher was to attend two sessions at the Nova Scotia Summer School to make a license permanent, so the summer of 1947 saw Marjorie off to summer school. There she learned of an opening in Bridgewater and, anxious to try her wings in a more urban setting, she applied and was accepted to teach Grades V and VI. As the term opened, Marjorie received a bit of a shock. She was informed that these were Festival Days in Bridgewater and it was traditional that all students march in the parade, each class with a theme. She had no idea what theme her class should portray and spent



*Marjorie and Justin's
wedding 1948*

hours agonizing over it. Now, at this time, she was going with a young man by the name of Justin MacKenzie who had just been discharged from the navy. With her thoughts centered on him, she came up with her theme. She dressed her students in sailor suit costumes which she fashioned from crepe paper. They carried a banner which read “Every nice girl loves a sailor” from a popular wartime song. Her participation in the parade was a success, proving that love wins every time!



St. Peter's School 1962

After a second summer at Summer School, and with Justin urging her to get married, she did not return to Bridgewater. While plans were being finalized, she taught in Larry's River for the first term, married on December 28, 1948, and then she and Justin moved to Ontario.

Marjorie's teaching career was temporarily put on hold as her family began to arrive – Dianne, followed by Mimi, Ian, and Rosemary. She managed to do some substituting and also taught at St. Basil's Separate School in Brantford.

In 1955 they came home on holiday with the intention of returning to Brantford. However, Justin was offered a job in St. Peter's and they decided to stay there. For a time they lived in Soldier's Cove where she did some substituting. She also went back to school and took her Grade XII. She found time to have three more children – Joan, Ken and Allan.

In 1961 the family moved to St. Peter's. With Allan a year old, she accepted a position teaching junior high in MacDougall School, St. Peter's. When the new high school opened, circa 1964, she moved there to teach Grade VIII English and Social Studies.

In 1967 she began the four-year Reading Specialist Block Program at summer school because she felt this would improve her skills in teaching English. She also enrolled at St. F.X., taking courses in English, Canadian History, German, and Anthropology.

She recalls that her classes at St. Peter's High were large, averaging at least thirty students. She remembers that she loved reading to her classes and they enjoyed her stories. When one listens to the lilting tone of her voice, it is easy to understand why the children loved to listen to her. One of her fondest memories is when a shy girl came up to her after class and whispered, “Miss, I want to be an English teacher”. Former students remember her as being one of their favourite teachers.

In 1981 Marjorie's husband passed away. At the end of that year she retired.

Marjorie is impressed with the students of today who are so much more knowledgeable because of their exposure to greater advantages and experiences than the students of her day enjoyed.

Her advice to a young person thinking of a teaching career today, find a mentor – a teacher or former teacher, such as her aunt was to her.

At the end of our chat, Marjorie's closing comment was, “Teaching was wonderful, but retirement is great, too!”

— Submitted by *Eva Landry and Marcia MacEwan*



Marjorie's 90th birthday 2015

RTO Branch Programs and Initiatives Grants

Lunenburg County Branch Wellness Expo

In February of this year, the Lunenburg County Branch of the RTO applied for a grant under the RTO Branch Programs/Initiatives Fund, which was set up by the provincial RTO in 2016, to encourage Branches to seek programs and/or initiatives to better service the RTO members at the Branch level. The Branch was successful in receiving a grant to help

fund a “Wellness Expo”.

The **Wellness Expo** is intended to benefit our Branch members by promoting active and healthy lifestyles during the retirement years. We intend to do this by introducing our retirees to the local facilities and local experts we have in Lunenburg County. We will have presentations from the following groups:

- RCMP – “Senior Safety” – phone scams, fraud, internet safety, etc.
- Helping Nature Heal
- Maritime Osteopathy
- MODL Parks and Recreation Trails System
- Golf
- Nordic Pole Walking
- Bird Watching
- YMCA
- Pickle Ball and 55+ Senior Games

By introducing our members to these groups, it is our hope that they will involve themselves in these activities or other activities found in the community. Members of the committee organizing the Wellness Expo are Dan Thimot, Herbert Seymour, Brenda Zwicker and Vicki Trenholm.



Dan Thimot, Herbert Seymour, Brenda Zwicker plan the Lunenburg County Expo

Sydney and Area District Branch Program

On March 24, about one hundred Sydney and Area District retired teachers and their guests gathered together as part of the RTO Branch Programs/ Initiative Fund. With Lady of Fatima Hall beautifully decorated with the Easter theme, guest speaker Coralie Murphy BACS, BSc, RMT, introduced guests to a whole new outlook on a healthy way of eating and generally taking care of themselves. Coralie spoke on why our bodies are susceptible to cancer, diabetes, arthritis, heart disease, and many other illnesses that are rampant in

Cape Breton. She is known locally and internationally as a strong advocate for healthy lifestyles.

After a healthy lunch, Coralie answered questions from the audience. Thank you to the RTO for providing the opportunity to the Sydney and Area District RTO to present this event. It was a time when retired teachers could come together to discuss old and new



events, meet other retired teachers, enjoy a great lunch, and at the same time learn about healthy foods and life styles. The afternoon was very enjoyable.





RTO AGM

RTO RESOLUTIONS – AGM 2016

RESOLUTION #1 RTO CONSTITUTION

ARTICLE 5 – EXECUTIVE COMMITTEE

A. EXECUTIVE COMMITTEE:

- i. The Executive Committee shall be comprised of the immediate Past-President, the President, the Vice-President, the Treasurer, seven (7) Members-at-Large and the **elect**ed RTO Pension Representative on the Nova Scotia Teachers Union Pension Committee **for the 2016-2017 year and the Secretary.**
- ii. The Table Officers of the RTO shall be the President, the immediate Past-President, the Vice-President, the Treasurer, and the Secretary.
- iii. ~~The Secretary of the Executive Committee shall be a Member-at-Large.~~
Renumber

B. ELECTION OF EXECUTIVE COMMITTEE MEMBERS:

- i. The election for President and Vice-President shall be held at the Annual General Meeting in 2014 and every two years thereafter.
- ii. **The election for Secretary for a one year term shall be held at the Annual General Meeting in 2016 by calling nominations from the floor.**
- iii. The election for Treasurer and ~~RTO Pension Representative~~ **Secretary** shall be held at the Annual General Meeting in ~~2015-2017~~ and every two years thereafter.
- iv. All elections will be for a two (2) year term **with the exception of Secretary in 2016.** No one shall hold the same position for more than two (2) consecutive **two (2) year terms**, except under exceptional circumstances.

RESOLUTION #2 RTO EXECUTIVE

BE IT RESOLVED that, beginning in 2016, the present formula for Branch Grants be amended by adding an additional amount of \$500 for each of the 23 Branches.

RESOLUTION # 3 KINGS BRANCH

BE IT RESOLVED that the members of the Finance Committee include two members that are not members of the RTO Provincial Executive.

RESOLUTION # 4 KINGS BRANCH

BE IT RESOLVED that the current form of financial support for Branches be replaced with support based on a percentage of member dues. Such support should not be less than 12% of dues.

RESOLUTION # 5 KINGS BRANCH

BE IT RESOLVED that no Branch should receive less than their current funding level in the event that financial support be changed to a percentage basis.

RESOLUTION # 6 KINGS BRANCH

BE IT RESOLVED that up to eight members of the Executive of any Branch will be covered under the RTO insurance policy.

RESOLUTION # 7 KINGS BRANCH

BE IT RESOLVED that the Finance Committee seek input from the Branches in creating an annual budget.

RESOLUTION # 8 LUNENBURG COUNTY BRANCH

BE IT RESOLVED that the RTO make available to all Branches on an annual basis \$500.00 to encourage and support their new retiree, social, and wellness initiatives.

RESOLUTION # 9 LUNENBURG COUNTY BRANCH

BE IT RESOLVED that each Branch, which produces a Branch newsletter, receive funding in the amount of \$200.00 to help cover the costs associated with the production and distribution of Branch Newsletters.

RESOLUTION # 10 LUNENBURG COUNTY EXECUTIVE

BE IT RESOLVED that the Provincial RTO cover travel expenses for members of the respective Branch Executives to attend a maximum of 6 Branch meetings per year. Such expense claims to be submitted to the Provincial Treasurer for reimbursement.

RESOLUTION # 11 LUNENBURG COUNTY EXECUTIVE

BE IT RESOLVED that the budget line for Branch Grants be increased to \$30,600.00 from the current \$15,300.00. The intent is to double the amount of grants to individual Branches.

RESOLUTION # 12 LUNENBURG COUNTY EXECUTIVE

BE IT RESOLVED that a more detailed budget presentation be made to the Provincial AGM such that members can see exactly for what and to whom the expenditures were made.

DID YOU KNOW?

- 1.** ● RTO members enrolled at the time of retirement in the Total Care Dental Plan and in receipt of a Nova Scotia Teachers' Pension are eligible to remain in the plan. If you wish to cancel coverage, you cannot enroll at a later date. **Cancellation is only possible during the month of September. If you cancel in April, you will still be responsible for deductions in the next four months until September.** If you wish to change your coverage status (i.e. family to single...), notification must be received within thirty (30) days of the actual change. All insurance coverage and premium payments cease at time of death.
- 2.** ● If the resolution that proposes the Secretary be elected at the AGM is passed, that election will take place at this AGM, and the Secretary will be elected for a one year position. If you are interested, be there!
- 3.** ● Your Branch can apply for a RTO Programs and Initiatives grant. Get busy planning an event!
- 4.** ● The contract hotel is changing to the Lord Nelson. You now could possibly view the Public Gardens from your window!

LIFE ... *after Retirement*

In the Fast Lane!

I served on the NSTU Provincial Executive with John MacDonald during those difficult and pressure-filled years of the mid-'90's. His duties as president were an endless exercise in fast-paced multi-tasking – from interacting regularly with the provincial government, school boards, parent groups, and the Canadian Teachers Federation (vice-president), to chairing numerous special executive meetings and the 17-member labour coalition, to participating in more than 300 media interviews. I have been fortunate in maintaining contact with John through our six Provincial Executive reunions, his frequent emails relaying everything from jokes to his passion for politics, and the ubiquitous Facebook. When John retired, I thought his life would slow to a normal pace. I was wrong. The multi-tasking has continued long after his 1997 retirement, with a variety of volunteer activities in community, church, and the ecumenical movement.

His primary undertaking in recent months has been chairing two separate Syrian refugee committees. The first of at least three sponsored families, including



John with Farah, Fatima and 102 year old Walter Wile

parents and three young children, arrived in Halifax during the season's first snowstorm right after Christmas. As John recalls it, "*Having left Beirut the day before and then being greeted here by blowing snow and blustery cold temperatures, their introduction to Nova Scotia was memorable in many respects. They spoke*



Retired teacher volunteers who are teaching English to the Al Kafri family – David Ferguson, John Scott, John MacDonald, and Don Gray

no English. Fittingly, the first word they learned was "snow". Then after a carefully navigated trip to Bridgewater, we arrived at the home of Walter and Sandi Wile, who hosted the family for ten days. 102 year-old Walter, Bridgewater's oldest man, is a marvel of keen mind and optimistic spirit. It was heart-warming to watch him interact with the young children. This sponsorship was realized because my church, St. Joseph's, through a special collection, raised more than \$27,000 for the Al Kafri family. It is wonderful to witness the generosity of a Christian faith community reaching out to a desperate Muslim family." The second sponsoring committee was created by the Bridgewater Inter-Church Council, of which John has been president for five years. It is now fund-raising to bring six members of the extended Al Kafri family to Canada from Lebanon.

John has long been involved in the ecumenical movement, including 19 years on the Inter-Church Coun-

cil. The Council is comprised of eight local churches which cooperate in both religious and social service activities. For example, the Council recently concluded its 15th year of Lenten Luncheons, which have raised nearly \$70,000 for organizations such as the Food Bank, the Salvation Army, St. Vincent dePaul Society, elementary school breakfast programs, and Harbour House, a refuge for abused women. For the past three years John served as president of the Atlan-



John with the Al Kafri family

tic Ecumenical Council, only the third layperson in its 50 years. He has been a lector in his church for more than 50 years and active in the Knights of Columbus for more than 30 years. John is currently teaching a pre-confirmation Sunday School class at St. Joseph's Parish in Bridgewater. He also serves as chair of fundraising for Lunenburg-Queens Special Olympics, is on the Executive of the Lunenburg-Queens Habitat for Humanity Chapter, and is a member of the provincial committee for Heritage Fairs.



John being recognized as captain of Osprey Ridge's Men's League Champions 2012, 2014, and 2015

On the recreation front, he spends as much time as possible at Osprey Ridge Golf Club, where he was the Club's second president and served on the Executive for fourteen years. In three of the past four seasons he has been captain of the winning team in Osprey's Men's League. He clarified the distinction: *"This is hardly a reflection of great golfing skill (Index of 13), but more of an eye for talent in the pre-season draft."* This past season he was also on the executive of the South Shore Seniors Golf Association.



Grandson Desmond

John and wife Mary's two sons are both career military officers, Eric in the Canadian Navy and Mark in the U.S. Coast Guard. Mark, whose family includes the two grandsons, was transferred from Texas to Hull, Massachusetts in April. *"In an amazing coincidence, Mark's Coast Guard Station is only a mile away from where we first lived when married 45 years ago. There will certainly be many trips back to Hull in the next few years. As it is, Mary was in Texas eight times, and I three, in the past four years. Before that, it was several trips to Alaska while he was stationed there."*



Finally, there is at least one very good explanation for the hyper-activity: *"Since our grandsons Grandson Charlie are three years and eighteen months respectively, and I am in my 75th year, I have to live to 95 to see them graduate from university. If I keep really busy I might, God willing, fool this old body into believing that it is still in mid-course. Inspiration from the indomitable and ever sanguine Walter Wile has also injected a mental supercharge for the long haul. We shall see."* In my humble opinion, John won't rest long enough to let his body know anything other than it is still full speed ahead! Thank goodness for retirement!

Submitted by Betty Anne McGinnis

Halifax County RTO Sponsors its Third Annual Craft Fair

The Halifax County Branch of the RTO sponsored another successful pre-Christmas Craft and Fine Arts Market on November 3, 2015. This was the third year that the Halifax County Branch of the RTO has held a Craft and Fine Arts Market, and each seems to be better than the last.

The sale took place on Tuesday from 10-1 at East Dartmouth Community Center, Caledonia Road, Dartmouth. Tuesday morning does not sound like a prime time for a craft fair; however, during those three hours, approximately 250 people came through the doors. Credit for this successful Craft and Fine Arts Market goes to the organizers of the event, the vendors, and many retired teachers who attended the Market. The main organizer of this event was Regis Hill, Vice-President, Halifax County Branch RTO. Assisting her in this venture were Halifax County Branch Executive members Beth Raymond, Peggy Ludlow, Bea Fourgnaud, Colleen Putt, and Edith Arbour.

Although the Craft and Fine Arts Market was sponsored by the Halifax County Branch of the RTO, crafters from the other Metro Branches were invited to participate, and several accepted the offer. Fourteen vendors, all retired teachers, participated in the market: Holly Gunn – Pottery; Don Morrison – Jamaican sea glass; Judy Knowlton – quilted items; Judy Robson – sewn items; Keith Porter – crocheted items and doggie duds; Shelagh Radcliffe – crocheted household items; Lorna MacDonald – jewellery; Liz Corkery –



snowmen angels and seasonal items; Cecelia Morgan – paper crafts, cards, memo pads, fine pastries; Ken Gillis – paintings, prints, cards; Connie Backman – knitted goods, baked goods; Carla Bianchini – watercolor cards; Dorothy Hammond – baking and sewn items; and Mary O’Neill – African angels. What an amazing variety of goods!

The Craft Fair and Fine Arts Market provided an opportunity to purchase top quality crafts and baked goods. It was also a venue to meet other retired colleagues. The Café with its coffee, tea, and muffins provided a place to sit and chat with old friends. The Craft and Fine Arts Market also gave vendors an opportunity to network with each other. Everyone enjoyed the opportunity to see their old friends from different schools, and appreciated the opportunity to get an early start on their holiday shopping. It was great fun for all.

— Submitted by Holly Gunn



Our Services:

- Deposit Anywhere
- Debit Card
- Mortgages
- Line of Credit
- Overdraft
- Student Loans
- RRSP’s
- RESP’s
- TFSA’s
- GIC’s
- Debit Card
- Global Payment Card
- MasterCard
- Chequing Accounts
- Online Banking
- Teleservice
- Direct Deposits
- Mobile Banking
- Interac e-Transfer
- Payroll Deduction (Pension)



www.teachersplus.ca

902-477-5664

1-800-565-3103

EXECUTIVE AND PRESIDENTS' MARCH MEETING



Cape Breton Victoria



*Colchester-East Hants Pictou
Cumberland*



Metro Halifax



Returning officers for MAL election



South Shore



South West Shore Region



Strait



Valley



Branch

Updates

CPX BRANCH

The annual Christmas dinner was held in December at the Edgewood-Oxford United Church hall. Prior to the meal being served, the names of our members who had passed away during the year were read aloud, followed by one minute of silence. Following this, the names of our sick and shut-in members were read aloud. Before Christmas day these members were visited by some of the Branch members who presented them with a potted plant and a Christmas card.

The Westmount School choir came to sing Christmas carols and other seasonal songs after our dinner. A Branch representative presented an honorarium to the music teacher as a token of our appreciation and thanks.



This is a photo of our executive holding some of these gifts: left to right are Helen Cianfaglione, Yvonne Bennett, Mary Hammond, Barbara Burke, Linda Partington, and Sue Kent.

It has been a tradition for each member to bring an unwrapped gift (member to provide gift wrap, ribbon, bow and card) to be given to the male and female residents at the Ivy Meadows Extended Care Facility in Beaverbank. The staff at this facility wrap and distribute these gifts on our behalf on Christmas day.

DARTMOUTH BRANCH

Over the winter, Dartmouth Branch has held two Walk-a-bouts. The first in January was a scenic hike led by Annette Petrie. The bright sunshine allowed seven members to enjoy a walk along Dartmouth's Lake Banook, with

stops farther along at the Dartmouth Seniors' Center and Waterfront Pavilion for the TransCanada Trail. The group also enjoyed the sights of old Dartmouth mixed with new endeavors on the waterfront. Needless to say we all slept well that night, as it was a 7 km hike. In February, seven members enjoyed friendship and sunshine as they walked along the Dartmouth boardwalk. They were joined by additional members for lunch at "The Wooden Monkey" which allowed everyone a wonderful view of the harbor along with nutritious food.



Dartmouth members, E. Margaret MacDonald, Dorothy Smith, Pat Teasdale, Carole Spicer, Dawn Hemsworth, Judy Knowlton and Pat Martell, pausing to enjoy the sunshine during the Walk-a-bout along the Waterfront

Paul Sarty, Johnson Inc., presented Travel Insurance tips in late March. There was much interest and many questions regarding travel beyond Nova Scotia.

Friendships were renewed at Brightwood Golf Club on April 6, when Dartmouth hosted a Multi-Branch Luncheon which included all Metro Branches. Halifax President Ross Thompson, Halifax County President Beth Raymond, Dartmouth President Judy



MAL 2016 – Presentation to Dorothy Smith

Branch

Updates

Knowlton, and CPX President Mary Hammond all attended. In total 105 RTO members enjoyed a delicious meal which included chicken, vegetables, and Chocolate Lava Cake for dessert. Metro Member-at-Large Alyson Hillier presented Dorothy Smith (previous Metro Member-at-Large) with flowers as a thank you for all her work on behalf of the Metro RTO members. The 50/50 draw, with a take of \$79.00, was won by Bob Hayter of Halifax City. In addition, draws were made for door prizes donated by Branches and RTO members.



Metro Presidents 2016 – Metro Presidents Ross Thompson, Beth Raymond, Judy Knowlton, and Mary Hammond at April luncheon

HALIFAX CITY BRANCH

The Halifax Branch of the RTO has had a very busy, successful year to date. Beginning on September 3, 2015, a meet and greet was held to welcome newly retired teachers. Both new and experienced teachers were invited and light refreshments were served. Ross Thompson, our president, welcomed everyone to the gathering, and information packages were given out. Connie Pottie spoke on membership and Alyson Hillier, our provincial member at large, spoke about our website. It was a great social.

On October 3, 2015, a delicious luncheon was held for our membership at the NSTU building. One of the highlights of the luncheon was the delectable lobster sandwiches. Two beautiful baskets with fall flowers graced the luncheon table and were later drawn for as door prizes and won by Danny Wilson and Yvonne Bennett. Following the meeting and luncheon, Ashley Wade spoke

on Senior Pharmacare Programs. This was followed by a question period. Many compliments were received on the luncheon. The 50/50 draw was won by Anne Bergstrom, and Moosehead hockey tickets won by Pat Smith.



On Dec 2, 2015, we celebrated with our annual Christmas luncheon at the beautifully decorated Saraguay Club. Everyone enjoyed a turkey dinner with all the trimmings followed by a scrumptious dessert. Each year, members are asked to bring in items to be displayed in our silent auction. Members bid and the proceeds go to our Community Fund. During the luncheon, Don MacRae played a selection of Christmas music on the piano and was followed by a singalong directed by Kay Pottie. Two of our members won large poinsettias as door prizes. It was a wonderful dinner in a most magical setting and every year members look forward to it as a lead up to Christmas.

March 9, 2016 saw our members at the Redwood Grill for a “Break from Winter Madness Luncheon”. Thirty-eight members attended and were able to order whatever



they wanted from the menu. Ross Thompson, our president, presented the door prizes. Bob Hayter, Elizabeth Hulshoff, Les and Kay Beanlands, and Carol Butt all won a selection of prizes among which were Moosehead hockey tickets and seasonal spring plants. A good time was had by all.

Branch

Updates

HALIFAX COUNTY BRANCH

Halifax County Branch hosted new events to support our membership through another Nova Scotia winter. The afternoon of February 15 saw forty members gathered for bridge, cribbage, and other card games. Leap Day evening, February 29, members and guests met at The Riverside Pub in Bedford for food, conversation, and a trivia contest. The Quiz Masters put participants through their paces ensuring no easy answers. The winning teams earned their prizes.



On March 30 members attended a multi-Branch presentation on travel insurance by Paul Sarty. The response for this presentation resulted in a wait list of twenty people indicating we will need to plan another presentation. Watch your email and check our web page (halifaxcounty.rto.nstu.ca) for information on this presentation and details regarding all scheduled events.

Events for May

May 12 1:30 – 3:00 Estate Planning Session

May 26 Branch AGM

May 31 Book Club

This is the time of year all Branches and our Provincial RTO host their AGM. Over the past months each of us watched with pride the leadership and professional actions of Jim Kavanaugh and Bill Berryman as they ensured that the voice of retired teachers, and indeed all seniors, was heard. It made a difference.



Support this organization by attending the Branch or Provincial AGM and offering to volunteer at an event or to run for office. Ask an executive member how to get involved.

LUNENBURG COUNTY BRANCH

Lunenburg County Branch is proud to have a retired teachers' Book Club. This lively group meets at 10:00 am the second Tuesday of each month in Sobeys Community Room. There is never a lack of conversation and sometimes we even discuss the book. New members are always welcome.



Back row: Pat Townsend, Dora Heisler, Wendy Richardson, Beau Prince, Trudy Johnson. Seated: Susan Macdonald, Roberta MacDonald, Olive Joudrey. Missing: Heather Stevenson

Our Branch recently received a Branch Programs and Initiatives Grant which will be used to promote healthy lifestyles with a Wellness Expo. A more in-depth report can be found elsewhere in this newsletter. We look forward to this event which will involve many members of our community.

NEW WATERFORD BRANCH

A meeting of the Executive of the New Waterford Branch of the RTO was held on Thursday, March 31. The meeting was held to prepare for the next general meeting, to be held on April 19. The membership list of the New Waterford Branch was reviewed and updated. Discussion and planning for the AGM was also on the agenda, as well as preparations for our June barbecue. The World Vision Fund and Legacy Fund were both recommended for support at our April meeting. Our Branch was successful in achieving a "Branch Programs

Branch

Updates



Pictured left to right attending the meeting: Ambrose White – Vice President, Beth Pheifer – Secretary, Judith Gillis – Communications Chair, A. J. Boudreau – Treasurer, John Donovan. – President

/Initiatives Fund” grant recently, and plans for the event for May and June were discussed and will be presented to members at April’s meeting.

RICHMOND BRANCH

After years of serving children, the members of the Richmond Branch continue to support programs that benefit them. On April 7, the Branch donated two hundred dollars to the School Breakfast Program at East Richmond Education Centre. Aware of the posi-



Branch Program Planning Committee Chair Danny Madden presents East Richmond Principal Tanya Carter with a Cheque for the Schools Breakfast Program

tive correlation between a healthy diet and learning, the Branch members hope that their contribution will support children in their learning.

For the past several years, the Richmond Branch has held a Pancake Breakfast in support of a worthy cause. Admission to the breakfast is a free-will donation. Over the past number of years more than three thousand dollars (\$3,000) has been donated to local, provincial, and national causes. This year’s beneficiary is the Children’s Wish Foundation. This is a cause near and dear to the hearts of several of our members.



Communications Committee member Eva Landry presents a cheque to Shauna Burke, of the Children’s Wish Foundation while Program Planning Chair Danny Madden and several children lend their support

A good time was had by all who attended the Richmond Branch’s St. Patrick’s Day Hooley on March 15. A wonderful benefit of the event was the attendance of a number of colleagues we had not seen in some time. Much catching up was done and news of family and friends shared. The Seal Cove Restaurant proved to be an excellent venue for the musical presentation by Ken Pettipas, the meet and greet, and a delicious meal. Much appreciation is extended to all who attended and to the staff of the Seal Cove for their outstanding service. Special thanks is extended to the members of the Communications and Program Planning Committees

who organized and hosted the event and to all those who entered into the spirit of the day by the wearing of the green. And Past President Danny who – before he'd gone, had blessed the house and all.



Kaye Campbell (left) and Eileen Sampson were among the members attending the Richmond Branch's St. Patrick's Day Hooley

WEST HANTS BRANCH

The West Hants Branch of the RTO held a dinner meeting at the Hants Border Community Centre on March 29. Eighty-seven members attended the dinner meeting and enjoyed a great meal, fellowship, and a full business meeting.

Our guest speaker was Const. Sarah Newburn from the West Hants detachment of the RCMP who spoke on the important issue of identity theft.



Her information focused on different types of theft, how each is accomplished, and the problems caused to victims and how to prevent them. It was very informative and generated a great deal of discussion.



A second event was the presentation of the Joanne Gould Memorial French Grant. This grant is presented annually to a student from Brooklyn Elementary School at-

tending French summer school at College Saint Anne, in memory of Joanne Gould, a teacher who was active in the Hants West Local during her career. Joanne's husband, Dwight Gould, presented the cheque for this award to Joan Jack, treasurer of the West Hants Branch.

A third event was the presentation of the first ever award of the "Ostrich Not Award". This is a fun award, presented to a member of the West Hants Branch who has been caught doing a good deed in our community. What determines a good deed is wide open to our members in their recom-



mendation of a recipient for this prestigious award. Our first recipient is Rhonda Fry. Rhonda was observed in the fall as she picked up garbage along Exit 8 on the way to Hantsport. Over a 4-hour period, she backed out of the ditches with eight bags of garbage, a television, and a tired body. Rhonda has always been a person to act quickly when a need is evident. Rhonda was presented with the trophy by President of the West Hants Branch, Phil Van Zoost, who was the original winner of the trophy in the Ostrich Races at the Hants County Exhibition in 1976.



**For detailed information
on the NSTU/RTO
Deals & Discounts,
visit the RTO website at:
<http://rto.nstu.ca>**

Poetic Wellness

This year we have featured wellness in each issue. Living an active lifestyle contributes greatly to our health. The Pictou RTO Branch would like to share a poem written by two of their members about a third member, Carol Francis, who exemplifies the meaning of active.

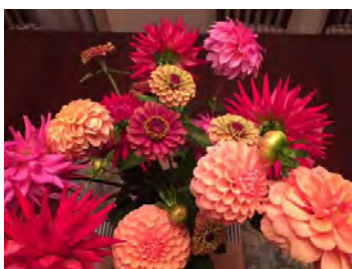
Living the Life

*From Pictou County there hails a teacher,
Her name is Carol, but it's quite tough to reach her.
She's always busy out around town,
To Atlantic Fabrics or Michael's she's bound.
Her garden is one of her favorite places,
The flowers all bloom with bright colorful faces.*



*Her passion is dahlias, but there's much more too,
Roses, hostas, foxgloves, and sweet peas that are blue.
She shares her talents with all and sundry,
Volunteering is done from Monday to Monday.
Some days she's sewing all in a flurry,
Purses and quilts must get finished in a hurry.
A busy person is always the best
For people like Carol who seldom take a rest.*

*Her family is close to her that's for sure,
Three adult sons and a husband, make four.
Her special Sunday suppers are always so fine,
Grandchildren, siblings, and in-laws do dine.
Her interests are many, we've named a few,
Painting, bridge, book club, the "Y" need mention too.*



*When asked she'll gladly be a guest speaker,
On topics like gardening she's always eager.
If you're wondering how to fill in your day,
Carol's busy life might throw some suggestions your way.
Keeping this busy is always the best,
I know other retirees to this will attest.
We hope you are all fit, healthy and well,
And that you also can flourish without the bell!*

— Submitted by Janice Mason and Kathryn Saunders

Pictou Academy

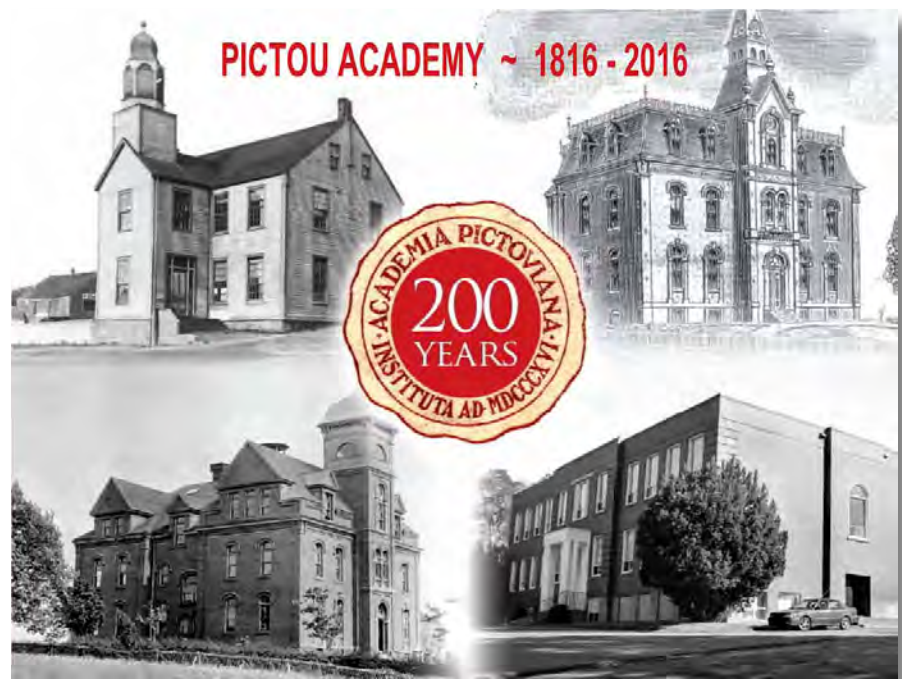
- A History of Education and Community

Pictou Academy is entering its 200th year as one of the most widely-known educational institutions across Canada. Dr. Thomas McCulloch started PA in his fight for social justice, believing all religious denominations were entitled to receive an education. On March 26, 2016, the school was 200 years old. The PA 200 committee was formed in 2007 and has been working diligently with annual events to make this a celebration to remember. All Pictou Academy former and current students and teachers are invited for a week of celebration July 1 through 7, leading into Pictou Lobster Carnival.

Activities include a grand opening, monument unveiling, community picnic, ecumenical church service, nostalgia evening with music and photo exhibit at the deCoste, an afternoon tea, sock hop, pub crawl, Jost winery tour, Memory Lane night at Pictou Academy, class reunions, and a float in the Lobster Carnival parade. Harbour tours and Pictou Island Day trips will be available as well as other events. As the committee is still in the planning stages, other activities or suggestions are more than welcome. If anyone wants to be a class contact, visit Facebook at PA 200 Years, or email pa200years@gmail.com. You can also check the progress of the website www.pictouacademy200.ca which eventually will

have all the information, including registration. There is a large database of former students being compiled. Volunteers are also welcome on the committee and during the festivities. Advocate reporter Debbi Harvie's recent article reinforces that it is not just for grads, it's for all former students.

us through the trials and tribulations of Thomas McCulloch trying to ensure education was available to everyone. Her ability to tell a story combining complex circumstances along with snippets of the times make a good read. This project was made possible through the generosity of Pictou Academy



It will be a summer to remember when friends and relatives come to the town to share their memories of school days and the paths their lives have taken.

One of the ways the PA 200 committee chose to help celebrate the upcoming 200th anniversary was to have Monica Graham write about the history of the school. The *Cradle of Knowledge* walks

Educational Foundation, Advocate Printing and Publishing, and John Roach of Seattle.

Books can be purchased in Pictou at the McCulloch Heritage Centre, Fulmore's, Ahead of Hair, deCoste Entertainment Centre, Sears, Fisheries Museum, and Water Street Studios. In New Glasgow they are available at John Marshall's Antiques and Cole's.

reunions

2016 Shannon Park-Wallis Heights Reunion

Many generations experienced a unique sense of community while living in Shannon Park and Wallis Heights. Families and friends formed and maintained life-long relationships. We share wonderful memories and our schools, classes, and teachers are part of those memories. Teachers from the 50's, 60's, 70's, and 80's who taught at Shannon Park Elementary School or John Martin Junior High School in Dartmouth may be interested in attending our Reunion in 2016. Please check our website <http://shannonheights.webs.com/> or contact Patti Christie at patti.christie@ns.sympatico.ca for more information.

REUNION

Sidney Stephen/ A J Smeltzer Staff Reunion 1970-1985 will be honoured. All are welcome.

Waverly Legion 2234 Rocky Lake Drive

Saturday May 7, 2016 7pm-11 pm

For information contact:

Chris.harold.hamilton@gmail.com

kgstrugnell@gmail.com

NSTC REUNION 2016

How many classmates do you recognize?

Please join us to help celebrate the fiftieth anniversary of the NSTC class of '66. The NSTC Alumni Reunion 2016 will be held at the Best Western Glengarry in Truro on August 19-21.

In addition to the regular activities, there will be a special gathering at the Nova Scotia Community College (formerly NSTC) at 2:00 PM August 20. Following a half-hour tour of our old halls of learning, there will be an assembly at the Lecture Theatre where there will be displays, remembrances, and refreshments.

For further information, visit the NSTC Alumni website.

If you can attend please notify Ethel (Cameron) Fulton, Nancy Sulis, or Jim Harpell.

efulton@eastlink.ca npsulis@hotmail.com jimharpell@gmail.com

PS. Did you get your quarter from returning your locker key in June?



CALLING ALL DND OVERSEAS TEACHERS 1954 to 1992

The final national DND overseas teachers' reunion will be held in Trenton, Ontario, Sept 2-5, 2016. For further information and registration forms, please go to Facebook DND schoolies/the order of the stammtisch or contact Stu Colt at stucolt@cogeco.ca.

RTO CURLING BONSPIEL 2016

The Yarmouth/Argyle RTO Branch hosted the Provincial RTO Curling Bonspiel on April 1 and 2, 2016. Eight teams took part, five from Shelburne Branch and three from Yarmouth/Argyle. All teams played five games – three round robin and two playoff games. The winner was a team from Yarmouth consisting of RTO member and retired Community College teacher Eric Burns, NSTU member Albert Whittaker, retired professor from University of Alberta Soenke Mohn, and local senior Grant Trites who replaced another RTO member who had the flu. The second place finisher was a team from Barrington comprised of Earl Goodwin, Jonathan Langille, Rhea Langille, and Linda Goodwin. Third spot went to another Yarmouth/Argyle team.

The majority of the twenty games were very close with only one a blowout. One game went to a draw to the button to determine a winner.

A word of gratitude to Branch member Dave MacDougal for not only running the tournament schedule, but also for doing an outstanding job to ensure there were eight teams in the event. One team pulled out at the last minute and Dave had to find curlers in a hurry. As an aside, Dave finished third in our bonspiel, but had already claimed the Nova Scotian and Maritime Men's Stick Curling Championships this past month.

Curlers were treated to refreshments on Friday night, muffins and coffee early Saturday morning, sandwiches with homemade soup and dessert at lunch time, and refreshments again in the afternoon. Bottled water was available thought the bonspiel. A special word of appreciation to Judi Archibald and Marilyn MacDonald for buying and preparing the food, for which there was great praise.



Winners were Grant Trites, Albert Whitaker, Soenke Mohn and Eric Burns



RTO CURLING BONSPIEL 2016

Eileen Coady offered to set up a Chinese Auction. The Branch Executive members were asked to donate items for the event and over 20 items were on the auction table. Eileen and Marilyn MacDonald prepared the numbers and envelopes for the event. Eileen and Wendy Woodworth took turns selling the envelopes. A grand total of \$150.00 was realized from the auction with an expense of less than \$15.00. Two 50/50 draws were made (one Friday night, one Saturday) with a total of \$90.00 achieved as profit.

Five signs were displayed letting folks know the sponsors of the event were RTO and Manulife. They were also mentioned a number of times during announcements. The RTO banner was displayed throughout the event. While the sponsorship money did not cover all the expenses, the Chinese Auction and 50/50 Draws helped the Branch realize a profit of \$274.11 from the bonspiel.

A special thank you to members of the Branch Executive who provided the items for the Chinese auction, assisted with the set-up, helped serve the food, and even donated muffins and other food for the morning and evening breaks. We were also fortunate to have with us the curling club manager Lynn with a very much hands-on approach to assist us whenever needed.

Despite a heavy rainfall throughout the weekend, participants and volunteers went away happy. Thanks to the support of so many, the event was an overwhelming success.



Paul Doucet and David MacDougal are Provincial and Maritime Stick Curling Champions.



IN RETIREMENT

Healthy Eating for Seniors

HOWARD SELIG, BSc Nut (H), is a Professional Chef, Registered Dietitian, Certified Foodservice Manager, and Co-Owner of Valley Flaxflour Ltd. He believes that both the choice of a variety of nutritious food and a knowledge of safe and basic preparation techniques are essential to the enjoyment of the foods we select to help ourselves and others to live a healthy, active life.



Good nutrition is important at every age. Eating well helps you feel your best every day and can help prevent heart disease, diabetes, osteoporosis, and some types of cancer.

Aging affects nutrition. As you get older, you need to eat less food (fewer calories), but you need the same amount, or even more, of certain vitamins and minerals. To get the food and nutrients you need, plan your meals using *Eating Well with Canada's Food Guide*.

Eating alone can be difficult for people of any age. Cooking alone may seem like more work. But there are ways to put the fun back into eating. Begin by keeping your cupboards full of nutritious foods that you enjoy. Studies show that when you eat with others, you eat healthier. Sit down with friends, family members, or neighbours, and enjoy their company while you dine. Treat yourself well. You deserve it.

Fluids

Fluids are essential to life, yet many seniors do not drink enough. As we age, our sense of thirst declines, so we need to drink regularly whether we feel thirsty or not. To stay hydrated, sip fluids often during the day and with each meal and snack. Satisfy your thirst with water first, but remember that juice, milk, soup, tea, and coffee also count towards your total fluid intake.

Take a Vitamin D supplement

Canada's Food Guide suggests adults age 50+ take a daily vitamin D supplement of 15 µg (600 IU). Talk to your doctor, registered dietitian, or pharmacist before taking any other supplements since they may interfere with some medications.

Fibre

Fibre is found in foods such as vegetables, fruit, whole grain breads and cereals, nuts, seeds, and legumes (dried peas, beans, soy, and lentils). A diet high in fibre, combined with exercise and healthy eating, can help you maintain normal bowel habits. Fibre helps prevent constipation by adding bulk and absorbing water, thus softening the stool. High fibre diets may also help prevent and treat a variety of diseases and conditions, such as heart disease, colon cancer, and diabetes. A healthy diet for seniors should include 21-30 grams of fibre per day.

Use *Eating Well with Canada's Food Guide* to help you choose foods that are higher in fibre. Small changes can add up to a big difference in your fibre intake.

High fibre menu ideas for breakfast

- High fibre cereals such as bran cereals or shredded wheat. Or add a scoop of high fibre cereal mixed with one of your favourites.
- Cooked oatmeal sprinkled with ground flax and wheat germ.
- Cereal topped with raisins, sunflower seeds or a handful of frozen or fresh blueberries.

- Whole wheat toast with peanut butter and sliced banana.
- Whole fruit instead of juice.
- Prunes – plain or stewed.
- Pancakes made with whole wheat flour and added ground flax seed.

Tips for staying regular

- Eat a higher fibre diet. To minimize stomach bloating and gas, increase your fibre gradually.
- Drink plenty of fluids throughout the day to help the fibre work. Sip on fluids such as water, juice, milk, soup, herbal teas, decaffeinated coffee or tea.
- Exercise regularly. Even a short daily walk is a good idea.
- Avoid laxatives unless your doctor has prescribed them.

Make it a pleasure

- Create a pleasant place to eat. Set a table with flowers, place mat, and napkin, even candles. Listen to music.
- Sometimes eating in different places is helpful. Take your meal out on the porch, sit near a window, or go to the park for a picnic. Enjoy a dinner out in a restaurant occasionally. Ask for a “doggie bag” to take leftovers home.
- Want a break from cooking? Try these simple ideas:
 - No-cook meals such as sandwiches, wraps or salads. A hardboiled egg, whole grain crackers, cheese and fruit make a tasty light lunch.
 - Ready-made meals such as grilled salmon with roasted vegetables or lasagna with a leafy green side salad.
 - Use convenience food to make simple meals such as:
 - o Frozen vegetables to make a stir fry.
 - o Cheese tortellini heated with low sodium canned tomatoes.
 - o Pre-cut fresh vegetables, such as butternut squash, to make soup.
- Consider taking Meals on Wheels a few times a week or more.

Find companions

In addition to the nutritional benefits of eating with others, a supper club or an eating group can provide an opportunity to meet new people and make new friends.

- Share a potluck dinner with friends, or form a regular lunch group.
- Start an eating club, such as a SOUPer Supper Club: The host makes soup and others bring bread, salad or fruit.
- Join a collective kitchen or share cooking with friends. Find a place where a few of you can meet to plan, shop, and prepare several meals together. Take those meals home, freeze them, and reheat them when you don't feel like shopping or cooking.
- Ask other seniors who are alone for ideas and suggestions, and share yours.
- Exchange recipes.
- Teach your grandchildren how to cook or bake.
- Check your local senior or community centres; many serve weekly meals.

If you have lost your appetite for more than a day or two, talk with your doctor or ask for a referral to a dietitian.

You can get a copy of Canada's Food Guide by calling 1 800 622-6232) or by visiting www.healthcanada.gc.ca/foodguide.

The information for this article comes from the Dietitians of Canada: <http://www.dietitians.ca/Downloads/Public/Senior-Friendly-collection.aspx>



Change in NSTU Contract to Lord Nelson

A NSTU Provincial Executive Meeting was held on January 21-23, 2016 at which time the Lord Nelson Hotel was selected to replace the Delta Halifax as the NSTU primary contract hotel. The Westin Nova Scotian is the NSTU overflow hotel for the NSTU effective from July 1, 2016 to June 30, 2017.

RTO Members Contact Update

RTO Members are asked to notify their Branch Presidents of changes in their contact information, including phone numbers, email, and mailing addresses.

Branch Presidents can be reached through both the RTO Newsletter and the RTO Website at <http://rto.nstu.ca>

Also, please update your contact information with **Katie Logan at reception@staff.nstu.ca or 1-800-565-6788** at the NSTU Office for the RTO Newsletter mailing list.

Please state whether you would like to receive an electronic subscription—opposed to a paper copy—by leaving your email address.

Scavenger Hunt



Find the answers to the following questions and submit your entry to the editor by email bettyanne@eastlink.ca, or by mail to Betty Anne McGinnis, 6571 Highway 1, Ellershouse, NS B0N 1L0. Prizes have been generously donated by NSTU, Medavie Blue Cross and Manulife. Submissions must be received by **May 16, 2016**. A random draw among those entries with all answers correct will determine the winner. **Be sure to include your name, RTO Branch, mailing address, and phone number.** The winner of the February contest was Catherine Driscoll, Halifax Branch. Congratulations!

1. What is the RTO's website address?
2. Who is this month's Feature Teacher?
3. Who will be the new RTO President for 2016-2018?
4. Whom should you contact to update your mailing information? Give either the phone number or email address.
5. What is the name of the refugee family John MacDonald and other volunteers helped to settle in Nova Scotia?
6. What is the deadline for the School Day Memories entries?
7. What is the new contract hotel for the NSTU and RTO?
8. Who wrote the Wellness article for this issue?
9. Name one of the reunions announced in this issue.
10. Who won the February Scavenger Hunt?

**Retired Teachers Organization
of the Nova Scotia Teachers Union**
3106 Joseph Howe Drive, Halifax, NS B3L 4L7
rto.nstu.ca

COMMITTEE APPLICATION

Deadline for Application – May 30th

The RTO has four (4) standing committees. They are:

- Research/Review
- Communications
- Membership
- Pensions & Benefits

If you are interested in serving on one of these committees, please check which one; or if more than one, use numbers to reflect priority choices, i.e. 1, 2, etc.

[Please Print]

Name: _____

Branch: _____

Address: _____

Postal Code: _____

Telephone: _____

Email: _____

Signature

Please attach resume including the following:

RTO Branch Activities: _____

RTO Provincial Activities: _____

Other (Including NSTU Local or Provincial activities):

Why you wish to serve on this committee(s):

Return to: RTO Nominations Chairperson
Nova Scotia Teachers Union
3106 Joseph Howe Drive, Halifax, N.S. B3L 4L7
or Fax 902-477-3517

Committee Responsibilities

There are four standing Committees. Except for Communications, which has six members, there are five members on each Committee, including the chair, an Executive member who reports regularly to the Executive. The success of the RTO depends on the participation of members from all parts of the province. The duties are briefly outlined below:

Research/Review Committee - The mandate of this committee is to provide in-depth analysis and research in areas identified by the Executive. The committee will also review and evaluate the effectiveness of the RTO in areas identified by the Executive.

Communications Committee - This Committee's responsibilities are to publish *The Retired Teacher* Newsletter at least three times a year and to keep the RTO Website up-to-date. The Committee must ensure that the newsletter contains reports from the RTO committees, a President's message, pictures and reports from the Branches, and information for those interested in offering for RTO Executive and committee positions.

Membership Committee - This Committee's responsibilities are to ensure the membership database is current and accurate and, as active teachers retire, to establish procedures to recruit new members to the RTO. The Committee prepares materials, including Branch membership lists and application forms which are presented to Branch Presidents at their meetings.

Pension and Benefits Committee - This Committee's responsibilities are to keep RTO members up-to-date on pension and insurance matters and to propose improvements in pension and insurance matters to the RTO Executive. This Committee prepares information which is regularly published in the RTO Newsletter. As well, the Committee seeks discounts and special offers for RTO members.

You DESERVE MORE

Get more with Johnson, your home and auto group insurance provider.

Get a quote today. 1-877-742-7490

Pension Deduction available. Mention Group ID code 62.



Enter for a chance to WIN
\$25,000*
Johnson.ca/deservemore

JOHNSON 

HOME+AUTO INSURANCE

Johnson Inc. ("Johnson") is a licensed insurance intermediary. Home and auto policies are primarily underwritten by Unifund Assurance Company ("Unifund"). Unifund and Johnson share common ownership. Auto insurance not available in BC, SK or MB. An alternate plan is available in QC. Home and auto insurance discounts only available on policies underwritten by Unifund. Eligibility requirements, limitations, exclusions or additional costs may apply, and/or may vary by province or territory. *For full contest details visit www.johnson.ca/deservemore. MVM.10.2015



RTA/RTO 50th Anniversary

Please share with us your historic tales and photos for publication in our fall issue as we celebrate fifty years as an organization.



18th Annual RTO Golf Tournament

Eden Golf and Country Club
Paradise, NS



Host: Annapolis Branch RTO
 Date: September 17, 2016. 9:00 am shotgun start
 Format: 2 or 4 person scramble
 Cost: \$23 per person without meal, \$38 with meal. Power cart is \$25 extra

Contact: Vicky Parker vjparker@eastlink.ca
 902-765-6647

||| Fitness Goals for Fun |||

My goal for 2016 was to lose just 10 pounds. Only 15 to go.

Ate salad for dinner! Mostly croutons & tomatoes. Really just one big, round crouton covered with tomato sauce. And cheese. FINE, it was a pizza. I ate a pizza.

How to prepare Tofu:

1. Throw it in the trash.
2. Grill some Meat.

I just did a week's worth of cardio after walking into a spider web.

I don't mean to brag but.....I finished my 14-day diet in 3 hours and 20 minutes.

A recent study has found that women who carry a little extra weight live longer than men who mention it.

Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.

Senility has been a smooth transition for me.

I may not be that funny or athletic or good looking or smart or talented....I forgot where I was going with this.

I love being over 50. I learn something new every dayand forget 5 others.

Anonymous



Return undeliverable Canadian addresses to:
 3106 Joseph Howe Drive, Halifax, NS B3L 4L7

RTO Pins are available through your Branch Presidents. Price is \$5.00 each!

