

The Retired Teacher

Nova Scotia Teachers Union

Volume 50, Number 1, Fall 2018

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

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

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

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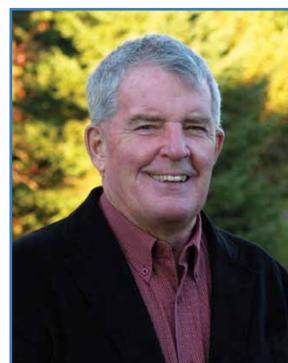
A newsletter for the retired teachers of Nova Scotia

A MEMBER OF ACER/CART

From The Desk of the President...

Bill Berryman

On behalf of all RTO members I would like to extend a warm welcome to the new teacher retirees who have joined the organization. I wish all of you a happy and enjoyable retirement. Your last two years as teachers have been very difficult to say the least! The RTO encourages you to attend Branch meetings and activities in your area and to support the RTO as we continue to work "...to advance, promote and protect the welfare of our members." I am entering my third year as President of this great organization and I look forward to working on your behalf throughout the 2018-2019 year.



Strategic Planning

The RTO Executive embarked on another program of strategic planning at a meeting at the NSTU Building on August 8-9, 2018. Open and frank discussion took place on the following topics:

1. RTO Issues for 2018-2019
2. Mandate of the Member-at-Large
3. Mandate of the RTO Standing Committees
4. Issues brought forward from Branch Presidents meetings

Information on these topics will serve as a guide for the RTO Executive in discussions with the NSTU, with Branch Presidents, and at the Annual General Meeting during 2018-2019.

(continued on page 2)

Branch Presidents Meeting

The first Branch Presidents meeting for 2018-2019 was held at the NSTU Building on October 16-17, 2018. There was an orientation session for five new Presidents, review of the updated RTO Operations Handbook, and a roundtable discussion on the following questions:

1. What kind of program or activity is your Branch planning in order to access the \$1,000 Branch Initiative Program grant?
2. What are three ways that you are planning to involve your members more actively in programs and activities in 2018-2019?
3. What is the number one challenge facing your Branch at this time and how do you plan on resolving it?
4. Do you have any suggestions on how we can access the many retired teachers who are not members of the RTO?
5. How are you going to share the updated Advance Care Program as presented at this meeting?

There were also two guest speakers at this meeting. RTO Vice-President Alyson Hillier presented an updated version of the Advance Care Program that we would appreciate more members receiving at a Branch business meeting. Maritime Travel Senior Director of Marketing Blair Jerrett brought information on a Maritime Travel guided trip and answered many questions on the benefits of joining the RTO Travel Club.

NSTU-RTO Liaison Committee

Three times a year the NSTU President, the NSTU Executive Director, and the NSTU RTO Liaison Staff Officer meet with the RTO President, RTO Vice-President, and RTO Past-President. The first meeting of the 2018-2019 year was held on October 4, 2018. It was an excellent meeting, in a collegial atmosphere, and collaborative discussion was held on the serious unfunded liability of the Teachers Pension Plan, re-setting the NSTU-RTO relationship, and the substitute shortage in the province in certain areas. On the last issue the NSTU is seriously looking at making changes to the 69 ½ day limit for retirees wishing to substitute through discussions with the Teachers Pension Plan Board.

Pharmacare Consultations – Dr. Eric Hoskins Advisory Council on the Implementation of National Pharmacare

I was privileged to represent Nova Scotia Seniors at this roundtable discussion on September 19, 2018. Other participants included health care providers; the pharmaceutical industry; private insurance companies; pharmacists; and business, labour, and patient groups. Participants were asked to respond to the following questions:

1. How should pharmacare be delivered and who should be covered?
2. Which drugs should be covered?
3. How should pharmacare be paid for?

I was not surprised by the many divergent opinions of members due to the groups they represent. I was very forceful in providing the policy of the Canadian Retired Teachers Association in that we believe in a single payer universal national pharmacare program with the principles of universality, accessibility, comprehensiveness, public administration, and portability. I also urged the participants that there should be an evidence-based comprehensive national formulary with one negotiator.

RTO Golf Tournament

A very successful and enjoyable 20th annual Golf Tournament was held at Mountain Golf Club in Bible Hill on September 12, 2018. Jim Kavanaugh, Reg Johnston, Gary Archibald, and Ambrose White represented the RTO Executive at this event. The weather was beautiful and over 80 golfers participated in the tournament. The organizing committee, under the leadership of Chester Sabeau, did a fantastic job and we thank them all. Teachers Plus Credit Union was once again the major sponsor of the event. Other sponsors included Johnson Inc. and Maritime Travel. A sincere thank you to our three major sponsors for their on-going generosity and commitment to this annual event.

RTO Curling Bonspiel

The RTO Curling Bonspiel for the upcoming year will be held at the Liverpool Curling Club on November 30 – December 1. Please check the RTO website for application forms. A sincere thank you to John Armstrong for agreeing to plan this event. The RTO extends a thank you to Manulife Financial for their on-going generous support of this annual event.

I would appreciate any Branch interested in hosting the RTO Golf Tournament or the RTO Curling Bonspiel in 2019-2020 to contact me so that I can forward the application form to your attention.

A message from NSTU President ... Paul Wozney



Dear Members of the Retired Teachers Organization,

It is a privilege to bring greetings to you as NSTU President. I have enjoyed connecting with your President and Executive and making acquaintance with RTO leaders serving on committees this month. Yours is a vibrant organization full of passion, knowledge, and resolve to serve your membership with excellence and joy. I look forward to renewing the bond between our groups as an essential part of setting a new course in public education that empowers teachers and students to thrive.

In realizing progress on this front, I would like to acknowledge the enormous power and influence you hold as a group. We know that retirees hold tremendous sway in the inner workings of Nova Scotia's political parties, and that your voices and input are heeded in a way that others simply do not enjoy. Not only do you vote, but you volunteer, canvas, hold membership, and contribute in ways that get the attention of those who make decisions.

After a lifetime of devoted leadership in classrooms, it stands to reason that your group is defined by these traits. As the elected leader of the NSTU coming to office in a time of great upheaval, I fully intend to learn from your experiences and accept the partnership you consistently offer so that the Union can once again shine in providing world-class support to our members and champion the cause of public education with credible passion.

Please accept my best wishes for a productive year in all your endeavours, and the open hand of friendship between the NSTU and the RTO in a fresh chapter between our people.

Yours truly,
Paul Wozney,
President, Nova Scotia Teachers Union

Wherever your
Travels take you

A graphic featuring a world map with orange dots and dashed lines indicating travel routes. To the left of the map are four circular icons: a train, a car, an airplane, and a ship. To the right of the map is the RTO logo, which consists of the letters 'RTO' in a stylized font inside a circular emblem with a globe background.

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From the editor. . .

Betty Anne McGinnis

In June 2018 I added another first to my life experiences. I attended a high school reunion. Not only did I attend, I volunteered to work on the planning committee. During that process I became reacquainted with students with whom I had graduated in 1968. Fifty years ago. Just writing those words still causes me to marvel at the passage of time. On the evening of June 15, we gathered at the Spryfield Legion with almost 240 former BC students. It was overwhelming to say the least. Chatter and laughter filled the room.

Immense amounts of food and drink disappeared as people caught up on the past fifty years. And for the vast majority, it had been fifty years since we had seen each other. Graduates in 1968 had scattered far and wide to pursue a multitude of careers. We were honoured to have five

former teachers attend the function. I have a feeling they enjoyed the opportunity to reunite even more than we did. The following day, a beautiful sunny afternoon, we boarded The Silva for a harbour cruise. Later that evening a dinner and dance were on the agenda. This was a high school dance all over again. Swinging to the 60s. Maybe a bit more slowly than we had done at one time. But undoubtedly

showing more skill, an indication that dance lessons had been part of the growing up process. After the final good byes had been said, there was time for reflection. Many people hesitate to attend reunions for various reasons. They don't wish to discuss their working or personal history. They feel their bodies have betrayed them by growing older, more wrinkled, heavier, and weaker. And hair...if they still have any...had changed significantly. We tend to feel embarrassment at these changes in ourselves. But stand-

missing. We remembered them in silence and then we celebrated our reunion just as they would have, had they still been with us.

Why am I telling you about my high school reunion? I believe it gave me a stronger sense of myself. An appreciation for who I am and where I am in life, while still honoring my roots. I am so grateful that I pushed my limits and became part of the BC Silver Reunion 2018. Old friends have become new

friends. Old memories are cherished and new memories are being created as many remain in contact with each other. I encourage you to seize the opportunity to attend your own reunions, either as former students or former teachers. We are fortunate



60s BC Silver High School Teachers: Mervyn Kumar-Misir, Verna MacLeod, Frank Smith, Indu Bhatnagar, Wade Antonowicz

ing among 240 people who likely felt similar concerns was an eye opener. We had all changed! Some more than others. Health had taken its toll on many. But we were still those kids who had attended that small Spryfield high school fifty years ago and we were back together. Perhaps more than anything else to make us appreciate the opportunity to be together was the realization that many faces were

to have two options. You might be pleasantly surprised.

Thank you to all who contributed to this Fall issue 2018, especially Bill, Gary, John, Colin, Margie, Herb, Nancy, and Karen. On a final note I would like to acknowledge those retired teachers who have passed away since our last issue, as well as the active teachers who did not have the opportunity to experience the joy of retirement.

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Service Canada, Canada Pension Plan & Old Age Security: 1-800-277-9914 English / 1-800-277-9915 French 1-800-255-4786 TTY device		

A P H O R I S M S

1. The nicest thing about the future is that it always starts tomorrow.
2. Money will buy a fine dog but only kindness will make him wag his tail.
3. If you don't have a sense of humour you probably don't have any sense at all.
4. Seat belts are not as confining as wheelchairs.
5. A good time to keep your mouth shut is when you're in deep water.
6. How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?
7. Business conferences are important because they demonstrate how many people a company can operate without.
8. Why is it that at school reunions you feel younger than everyone else looks?
9. Stroke a cat once and you will have a permanent job.
10. No one has more driving ambition than the teenage boy who wants to buy a car.
11. There are no new sins; the old ones are now just getting more publicity.
12. There are worse things than getting a call for a wrong number at 4 am; for example, it could be the right number.
13. No one ever says "It's only a game" when their team is winning.
14. I've reached the age where "happy hour" is a nap.
15. Be careful about reading the fine print, there's no way you're going to like it.

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Committee Reports

Membership Committee

The Membership Committee held its first meeting on September 13, 2018 at the NSTU Building. Incoming Chair Judy Knowlton welcomed new members Cathy Anderson and Robert Selfridge along with returning member Debby Trask-Cushing to the meeting. New member Wayne LeBlanc will be in attendance at the next committee meeting in November.

Committee binders were distributed to new members and updated by our returning member. Expense forms, Privacy Statements and Conflict of Interest forms were completed by members present. Member contact information was reviewed for accuracy, with corrections noted. Future meeting dates were reviewed with no one indicating a conflict going forward. Review of the committee mandate and discussion of each item took place.

Updated RTO information was delivered to N.S. Pension Services Corporation in early August for distribution with pension packages for prospective retirees. It was also noted that New Retiree Kits were distributed to Branch Presidents in May for disbursement to new retirees in their areas.

Considerable discussion took place surrounding "The Wall" and its current location within the NSTU building. Discussion is underway by the RTO Executive with the NSTU liaison, to have it relocated to a position that can be viewed by all members. Branches will be encouraged to submit photos of events by email to Chair Judy Knowlton (jaknowlton181@gmail.com) for inclusion on "The Wall". As well, you will find RTO Executive and Committee pictures in this location.

Branch Presidents will be receiving their Branch lists

at the October meeting. They are encouraged to review with a sharp eye for errors, especially contact information. These lists are used to do mass mail-outs to members by postal service and email. It is imperative to maintain contact with all of our members. The Branch list can be updated on the database by contacting our NSTU secretary, Karen Staples, by phone 1-800-565-6788 or email kstaples@staff.nstu.ca. Karen also advises of deceased members or other

Standing left to right: Robert Selfridge, Debbie Trask-Cushing
Seated left to right: Cathy Anderson, Judy Knowlton Absent: Wayne LeBlanc



changes such as new members within your Branch or members changing Branches due to location moves.

Branches are reminded that they may borrow the RTO banner for Branch events. Contact your MAL or Judy Knowlton, Chair RTO Membership Committee, to arrange a banner for your event!

RTO merchandise available for purchase includes RTO pins @\$5.00 each, RFID Card cases @ \$3.00 each and RTO Golf Caps @\$20.00 each. Contact your Branch President to arrange a purchase!

— Submitted by Judy Knowlton, Chair



Contact your Branch President for RTO HATS. Cost is \$20 each.

Committee Reports

Communications Committee

The RTO Communications Committee met on September 13, 2018 at the NSTU Building with all members present: Betty Anne McGinnis (Newsletter Editor), Margaret Morrison, John MacKay, Colin Campbell (Webmaster), Herbert Seymour and Chair Gary Archibald. After housekeeping items were completed, John MacKay agreed to serve as secretary for this meeting.

Standing left to right: John MacKay, Herbert Seymour, Colin J. Campbell
Seated left to right: Betty Anne McGinnis, Gary Archibald, Margaret Morrison



The Committee members' role was reviewed and included;

1. Committee members were assigned Branches to contact twice over the next two weeks, first to introduce themselves and second to offer suggestions. They will then contact Branch Presidents prior to each newsletter being printed.
2. Committee members were given other Canadian/USA retired teacher websites to monitor for ideas.
3. Committee members were asked to review the RTO website content prior to the next meeting.
4. Committee members will ask Branch Presidents if they have newsletters, websites, Facebook pages, etc.

The RTO is very fortunate to have *The Retired Teacher* Editor Betty Anne McGinnis and RTO Webmaster Colin J. Campbell returning this year. Betty Anne and Colin are the key people for getting information out to RTO members. These two are very dedicated and knowledgeable in what they do and have proven to be

invaluable to the RTO. Both took time during the meeting to outline their responsibilities and procedures they follow in their respective roles.

A timetable for newsletter articles and printing was agreed to for 2018-19:

Issue	Dead Line	Mail to Members By
Fall	October 20	End of November
Winter	January 20	End of February
Spring	April 20	End of May

The Committee has developed a volunteer ad procedure/policy for RTO Executive to consider for the website. This has since been agreed to at its September meeting. Basically, if a charitable organization is seeking RTO member volunteers and wish to advertise on the website, they should contact the webmaster and complete a request form.

It was agreed that discussion regarding an RTO Facebook site will be put off until next meeting with the Chair trying to contact Branches that already have accounts to gather information on their setup, procedures, and content.

Next meeting of the Committee will be November 14, 2018.

— Submitted by Gary Archibald, Chair

Programs Committee

The Programs Committee – Chair Bonnie Mahaney, Marlene Boyd, Bob Hayter, Margie MacNeil, and Ambrose White – held its inaugural meeting on September 13, 2018 with all members in attendance. Margie MacNeil kindly volunteered to act as recorder. Contact information and meeting dates were confirmed and cancellation and expense form guidelines were distributed and discussed. Privacy Policy and Conflict of Interest Forms were completed.

The Chair provided an overview of the history of the newly constructed RTO Programs Committee. Upon recommendation from the Provincial Executive, a Programs Committee was created in 2014. This was a

Committee Reports

Programs Committee (cont'd)

one-person committee chaired by MAL Peter Lewis and supported the Conscious Aging Workshop, facilitated by Cathy Carmody. In March 2015 the RTO partnered with Nova Scotia Hospice Palliative Care Association (NSHPCA) to support and assist with the Advance Care Planning Program under the direction of Colleen Cash, Director of NSHPCA. At this time six retired teachers from across the province were selected to be trained as facilitators and to assist in the implementation of the Advance Care Planning Program. In May 2015, MAL Alyson Hillier assumed the role of Chair of the Programs Committee. At the AGM in May 2015 a recommendation was approved to provide funding for programming at the Branch level. The Branch Initiative Program was created and implemented, with the RTO Executive approving \$10,000.00 in funding to be utilized by the individual Branches for initiatives and programs. In spring 2016 five additional RTO members were trained to become facilitators in Advance Care Planning, bringing the total of trained facilitators to eleven. In October, Fran Reddy Chisolm's program "Adjustment to Retirement" was introduced. At this time a second workshop "Thinking Differently about Life after School" was added by Cathy Caromody. In March 2017, upon recommendation of the Executive, an Ad Hoc committee was formed to plan and provide a Wellness Symposium. This symposium was held on October 30, 2018 and, under the leadership of Alyson Hillier and the four members of the Ad Hoc Committee, it was an overwhelming success. Also in 2017, the Advance Care Planning Program was enhanced to include an interactive workshop "Speak Up", in partnership with the Shelburne Parsonage of Trinity Unity Church. In May 2018 the Programs Committee was expanded to consist of a maximum of 5 members including the chair. Bonnie Mahaney, MAL South Shore Region, was appointed as Chair for 2018-2019. To date programs promoted and supported by the committee include Advance Care Planning, "Speak Up", Branch Initiatives Program (BIP), Retirement Journey Presentation/Workshop, RTO Travel Club, and Wellness Symposium 2019/2020.

Standing left to right: Bob Hayter, Ambrose White
Seated left to right: Marlene Boyd, Bonnie Mahaney, Margie MacNeil



A large portion of the first meeting was spent discussing the roles, responsibilities, goals, and mandate of the Programs Committee. We considered who we are, what our purpose might look like and the direction we would like to proceed, realizing that this initial conversation was just a beginning and our mandate could be relatively fluid during this phase. The committee members focused on a tentative Mandate; with the understanding that it was a work in progress. It was agreed that input and suggestions from the RTO Executive would require additional revision and subsequent Executive approval. It was agreed the Programs Committee would support existing programs and initiate and promote additional programs that are of interest to and serve the RTO membership.

Information regarding the initiative "Fountain of Health", facilitated by Dr. Keri-Leigh Cassidy, MD, FRCPC, was distributed and briefly discussed. It was noted that Dr. Cassidy will be presenting to the Programs committee at the November meeting. The committee will keep you informed as to subsequent developments with this worthwhile initiative.

The first meeting of the Programs Committee was very productive. A sincere thank you to Marlene, Bob, Margie, and Ambrose for their forward-thinking vision and meaningful conversations. This insight generated numerous ideas and suggestions, in terms of format, direction, and goals. The members expressed excitement about the committee and the important work ahead. This is a valuable committee with great potential to serve our membership.

— Submitted by Bonnie G. Mahaney, Chair

Committee Reports

Pension and Benefits Committee

The RTO Pension and Benefits Committee this year consists of Chair Jack Boyd, Frances MacEachern, Brian Noble, Hank Middleton, and Mickey Gouthro. The first meeting of the committee was held on September 13, 2018 at the NSTU with all members present.

Kyle Marryatt, NSTU Pension Committee Administrative Advisor, joined the meeting and reviewed the 2017 Nova Scotia Teachers' Pension Plan Annual Report. The Teachers' Pension Plan (TPP) funded ratio increased to 78.4 % from 77.7 % in 2016. The investment return was 8.57 %. Plan members and employer contributions totaled \$196 million. \$393 million was paid out to retirees and survivors. This means that in excess of \$197 million was generated by investments.

The plan has 32,006 members. There are 13,311 retirees and survivors and 12,894 active members. It is stated that there is no immediate risk that the plan will be unable to meet its ongoing pension obligations. However, actions should be considered by the Plan sponsors to improve the long term health of the plan.

Discussion was held on Federal Bill 27 and options to a Defined Benefit Plan – 21st Century Challenges. It is clear that there is a movement to plans which share the risks. The committee also discussed Men's Sheds, with more information to be provided at the next meeting. The committee will look at how to better inform members of existing benefits, along with the need to have a designated beneficiary.

It has come to the attention of the committee that some members have been having problems with the administration of the NSTP. There have been stories of

Standing left to right: Hank Middleton, Mickey Gouthro, Brian Noble
Seated left to right: Jack Boyd, Frances MacEachern



underpayments, and/or overpayments, The Chair will seek permission from the Executive to let the P & B Committee survey the members to seek information to determine if there is a problem and, if so, to what extent.

The Chair will attend a meeting of the NSTU Pension Committee September 24, 2018 and report on information provided there at the next meeting of the RTO Pension and Benefits Committee.

— Submitted by Jack Boyd, Chair

RTO Executive

Standing left to right: Gary Archibald, Reg Johnston, Linda MacNeil, Jack Boyd, Judy Knowlton, Bonnie Mahaney, Alan MacKinnon

Seated left to right: Jim Kavanaugh, Eileen Coady, Bill Berryman, Alyson Hillier, Peter Lewis



RTO Table Officers

Standing left to right: Peter Lewis, Jim Kavanaugh

Seated left to right: Eileen Coady, Bill Berryman, Alyson Hillier



Committee Reports

Finance Committee

The Finance Committee has been reviewing the monthly financials of the Retired Teachers Organization and the RTO Legacy Foundation. These are two separate entities and each has monthly financials to complete with reports to the Finance Committee and to the RTO Executive. At the end of August, the Branch membership totals were obtained and during September, the Branch Grant cheques were written and mailed to the Treasurers (or designates) of the 23 Branches. The amounts of these grants are based on a formula as approved by the RTO AGM. As Treasurer, I wish to thank all 23 Branch Treasurers for completing their financial statements and sending them to me.

Since the beginning of our fiscal year, January 1, 2018, the RTO Executive has approved ten Branch Initiative/Program (BIP) grants. The successful recipient Branches are: Annapolis, Antigonish/Guysborough, Cumberland, Digby, Kings, Queens, Richmond, Shelburne, West Hants, and Yarmouth/Argyle. Our fiscal year is the same as the calendar year (January 1-December 31); BIP Grants are approved for activities that occur within the fiscal year. The 2018 budget for BIP Grants is \$13,000 of which about \$9000 has been spent. Other

*Standing left to right: Bill Berryman, Alyson Hillier, Jim Kavanaugh
Seated left to right: Eileen Coady, Peter Lewis, Linda MacNeil*



Branches may wish to consider making an application. In fiscal year 2019, \$23,000 is budgeted for BIPs. The intent is to allow each of the 23 Branches to apply for the maximum \$1000 grant.

The Finance Committee looks carefully at expenses during its meetings; the RTO Executive does the same. As a cost-saving measure, the Future Inns will be used during the months of September and October 2018 and in May of 2019. When the Delta is nearly full (which occurs frequently in the months mentioned), we are obliged to pay a considerably higher rate. By making this change, we reduce expenditures considerably.

Finally, I wish to thank the members of the Finance Committee for their continued support. The 2018-19 members are: President Bill Berryman, Vice-President Alyson Hillier, Past President Jim Kavanaugh, Secretary Eileen Coady and Executive member Linda MacNeil. Linda is very helpful to me, as Treasurer, as she checks the many expense vouchers we receive.

I look forward to working with you all during the 2018-19 year.

— Submitted by Peter Lewis, RTO Treasurer

BOWLING

Now is the time to consider formation of a team and to make plans for next year's bowling tournament, which will be held in Dartmouth, at Woodside Bowlarama, hosted by Peter Balcom and his committee. Dates for the tournament are April 27 and 28, 2019. Be sure to mark the dates.



Committee Reports

Research and Review Committee

The Research and Review Committee held its first meeting on September 13, 2018. Returning member Wendy Woodworth and three new members – Garland Standing, Peggy Ludlow and Brian Faught – were welcomed. The agenda and minutes from April 12, 2018 were circulated and accepted by consensus. Brian Faught was appointed as the Recorder for the meeting.

The following action items were completed:

- Members contact information was updated.
- The expense guideline for committees and presidents was discussed.
- Conflict of Interest/Privacy Statements were signed and submitted to the President.

The Priority Goals for 2018/19 were circulated and reviewed. They are:

1. Continue with work on the topic Social Isolation.
2. Consider appointing a member with computer literacy skills to the committee.
3. Continue to develop and fine-tune the Branch Initiative Program Grant Analysis Form.

Standing left to right: Garland Standing, Reg Johnston, Brian Faught
Seated left to right: Wendy Woodworth, Margaret Ludlow



The electronic Branch Initiative Program Grant (BIPG) Database was updated. A new BIPG summary sheet was circulated and amended. The summary sheet will be presented to the Branch Presidents at the October meeting and is intended to serve as a quick reference document for Branches considering ideas for a BIPG.

The responses to the four Presidents' round table questions that were discussed at the 2018 AGM were circulated. The responses will be recorded and circulated at a future Provincial Presidents' meeting.

— Submitted by Reg Johnston, Chair



Harvest time in Wolfville, Annapolis Valley. Photo by Betty Anne McGinnis

Advance Care Planning

Update on Advance Care Planning

At the Presidents' Meeting on October 17 an update on the Advance Care Program was presented to the gathering. Advance Care Planning is the 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.

Since 2014, the RTO has worked in partnership with the Nova Scotia Hospice Palliative Care Association (NSHPA) to deliver this important information session to many Branches, community groups, and organizations. With a team of leaders located across the province, we have endeavored to help citizens of Nova Scotia to learn about the Personal Directive legislation which was passed into law in 2010.

We are grateful to our members across the province for their commitment to this project and appreciate the time and effort they volunteer to make it happen. We also extend an invitation to any members who might be interested in becoming part of the team to contact me for further information, Alyson Hillier hillieac@gmail.com. The presentation is available in French and English.

If you wish to have the program for your Branch or any local community groups, you can contact any of the members listed below.

Cape Breton

Margie MacNeil
bigpondbailey@gmail.com
George Landry
geojland@gmail.com

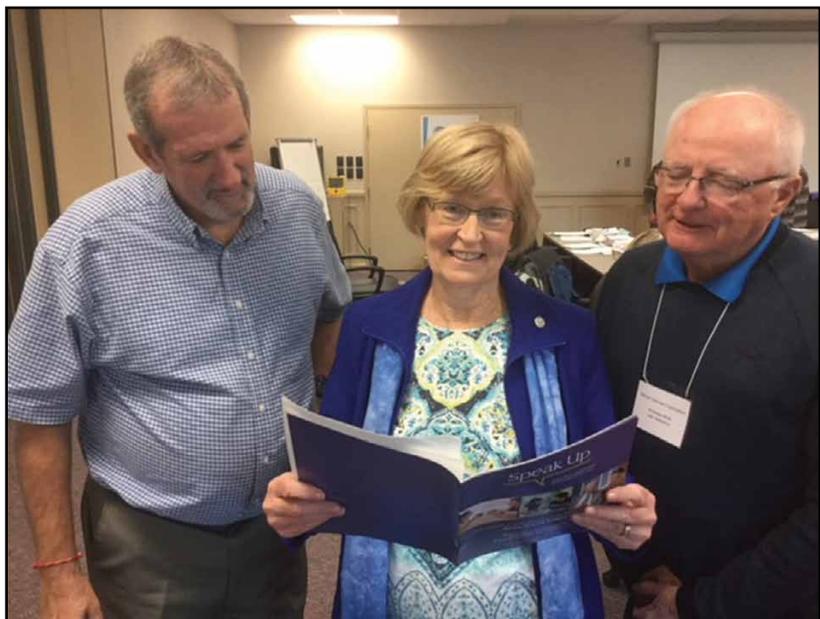
South Shore

Brian Noble
blnoble@xplornet.ca
Bonnie Mahaney
bgmahaney@nstu.ca

Metro

Ann Cosgrove
anncosgrove@eastlink.ca

Alyson Hillier
hillieac@gmail.com



Chuck McLellan, Alyson Hillier and Ambrose White



by Peter Sheppard,
Kings Branch

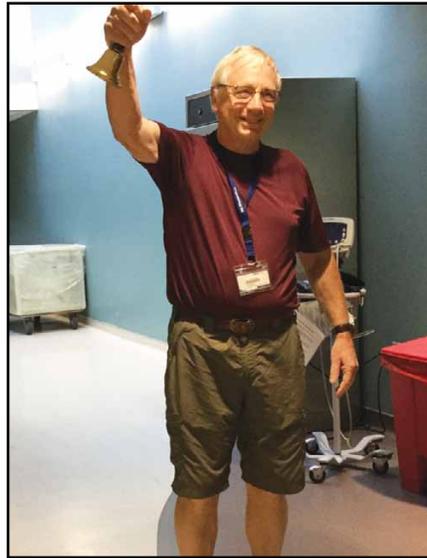
As September rolls around each year, RTO Branches across the province celebrate their retirement. A popular event is a breakfast or lunch with the theme No More Bells. For Peter Sheppard, this year brought one more bell into his life, one that indeed was a celebration in itself. His story is one of hope for all of us.

This summer I spent several weeks at The Lodge That Gives in Halifax while I made daily visits to the Cancer Clinic at the Dixon Building across the street. I had much to celebrate at the end of August. My birthday was on the 28th. It was a wonderful day. I celebrated it with my daughters, their partners, and my granddaughter. Two days later I finished my radiation treatments for prostate cancer, 33 treatments over seven weeks. I was very fortunate on many levels as I went through this.

I met many amazing people with incredible stories, which would often tumble out while we stood in the lobby, sat in waiting rooms, ate a meal together, or shared a late-night bowl of ice cream. I could write for hours about their stories. One woman told me about a tumor she had on her forehead. The chemo did not seem to do

One More Bell

much, but she then underwent immunotherapy. She told me the tumor turned soft on the first day and by the second day it was gone. She still needed a lot more treatment, but it was an incredible result.



I chatted with another woman for about five minutes before she stopped me and said, “Do you by any chance know Peter Sheppard?” I was surprised, and wondered what I had done now. I said, “Know him? I am Peter Sheppard.” She laughed and told me her name. I had taught with her for 18 years, until 1998. She had been recently diagnosed with cancer, and her disease and treatment had physically changed her so that I no longer recognized her. We happily reacquainted ourselves. We talked about students we had both taught and laughed about the foolishness we used to get up to at school. And

we talked about our illnesses and what it was taking to get better.

Not all stories were happy, but the Lodge and the Cancer Clinic were staffed by very special people. They cared very much for everyone they dealt with. They were always positive, and they celebrated our achievements, no matter how big or how small. Everyday I chatted with the young woman who checked us in to the clinic. She told me she had just bought a puppy, a Russian Wolfhound. Later, when I asked her about it, her face would light up and she would tell me how he was doing. I watched once as she helped a woman who had just arrived for treatment after a fender bender in the parking lot of the VG. She was frustrated, as well she might be, and had a lot to say. But the young receptionist talked to her quietly, calmed her down, and called security to make sure her car was okay. Soon the woman was relaxed enough to prepare for her treatment. Friendliness went a long way in helping many of us, including those who were having a far more difficult time than I.

The Lodge That Gives is an example of just what is possible in this world if we care. People who were undergoing treatment stayed there at no charge. It is a modern facility with comfortable rooms. There are rooms for TV, games, meditation, reading, playing music, and more. The dining area is the social centre. Two young men cooked all the meals and did a great job. They

were always up for some foolishness, but they also followed how each of us was doing and had words of encouragement and good dietary suggestions when someone needed them. The same was true for staff out front who would do everything they could to help us. Meals in the dining area always broke out in conversations, back and forth among all the tables. Chatter was often irreverent and full of laughter. Groups would drop in to play music. A therapy dog visited regularly. Raucous games of bingo were played. There was a mandolin, a piano and a Martin guitar to play. And there were books everywhere to read.

Some people paid to have a family member with them, but the rest of us shared our rooms. I had four roommates over the time I was there, and I got to know each of them well. Everyone shared stories about treatment. The common elements for men were hot flashes from hormone treatments and full bladders. We had to drink 3 to 4 glasses of water 3/4 of an hour before radiation. If we were not full enough, it could mean 3 or 4 more. And if for some reason the schedule was delayed, several of us would be sitting in the waiting room with bladders ready to explode. It could be excruciating, but we were told to hang on as we sweated and squirmed. We all saw the humour in it, including the women. But they were not sympathetic. For some reason they thought we deserved it.

I arrived for treatment early on my final day on August 30. I had been given the first appointment of the day and I arrived early, before anyone else. I had to prepare myself. I was called at 8:00 am and as I started down the hall towards the radiation room, I saw a group of four women, a posse really, starting down the hall towards me. I soon recognized my wife Brenda, my daughter Rachael, and my two grandchildren arriving to celebrate this special time. The treatment did not take long, only fifteen minutes. I was finally done. When I rang the bell everyone shook my hand or gave me a hug. As I said, it was the best birthday week ever.

*by Peter Sheppard,
Kings Branch*

A Retirement Journey

A Presentation
by Fran Reddy Chisholm



On October 10, a group of 17 RTO members from the four Cape Breton-Victoria Branches gathered at the Cape Breton District Local NSTU building for a lively, interactive discussion about retirement. The participants identified some of the positive

and negative issues they have encountered since retiring. Fran led them through an activity designed to set achievable goals based upon their individual expectations. The presentation was relaxing, informative, and at times, quite funny. The participants eagerly shared their thoughts and concerns related to their own retirement experiences which ranged from one to thirteen years.

Based upon the feedback I received from those in attendance, it was a very worthwhile endeavour and much appreciated. I want to thank Fran for taking the time to visit us here in Cape Breton and to share her invaluable knowledge and experience with us. Also, I wish to thank Dayna Enguehard, President of the Cape Breton District Local NSTU, for allowing us to use their facility for this meeting. It was a perfect setting for this truly informative session.

— Reg Johnston – MAL for Cape Breton Victoria





**Retired Teachers Organization
of the Nova Scotia Teachers Union
Retired Teachers
LEGACY FOUNDATION GRANT
APPLICATION**

Name of Applicant: _____

Address: _____

Telephone: _____ E-Mail: _____

Program Coordinator: _____ Federal Charitable Status Number: _____

Brief Description of Program: _____

Number of children under the age of 21 involved in this program: _____

Please indicate if you are a society or organization funded for an educational, medical, social or similar purpose:

How will this grant make a difference? _____

Regular source(s) of funding for your organization: _____

- Note:**
1. *By signing this application, you will also be authorizing the Retired Teachers Foundation to verify your business number and check any other relevant facts about your organization.*
 2. *Please attach a one-page letter to elaborate on information requested in this form.*

Signature _____ Date _____

**RTO Legacy Foundation Chair
Al MacKinnon P.O. Box 181, Whycomagh NS B0E 3M0**

...over (Objectives of Foundation)

RTO Legacy Foundation

RTO Legacy Foundation Presents Sixth Grant for 2018

The Legacy Foundation of the RTO has chosen to support Ride the Wave Summer Program this year by awarding a \$700.00 grant to this important and enjoyable summer day camp. This recreation/educational program for youth with intellectual and/or physical disabilities takes place every summer and is sponsored by the L'Arche Cape Breton Community.

With the assistance of the RTO Legacy Foundation Grant, L'Arche Cape Breton is happy to announce that Ride the Wave Summer Program



will take place from July 3rd to August 24th at Dalbrae Academy in Mabou. The Program gives youth with intellectual and/or physical disabilities from across Inverness County an opportunity to take part in educational and physically active activities that they may not have the chance to participate in once school is out for the summer. The participants of Ride the Wave Summer Program are very grateful to the RTO for enabling them to once again have a fun and socially engaging summer to look forward to!

Please submit completed form no later than
March 31st 2019 to:

The Retired Teachers Legacy Foundation

*The Retired Teachers Legacy Foundation
was established by the RTO Executive in 1994.*

Objectives of the Legacy Foundation:

1. To solicit; accept; receive; acquire by grant, donation, legacy gift, bequest; or otherwise; any kind of real or personal property and to enter and carry out agreements, undertakings and conditions in connection therewith;
2. To disburse annually the donations, Teachers Plus Credit Union rebate, return on investments and First Rate Savings interest from the previous year.

Guidelines:

- (i) This annual disbursement is to honor the life and work of former teachers in Nova Scotia
- (ii) This annual disbursement is to benefit children younger than the age of 21 years
- (iii) Annual disbursement(s) may benefit institutes which are defined as a society or organization founded for an educational, medical, social or similar purpose.



ASSOCIATION CANADIENNE DES ENSEIGNANTES ET DES ENSEIGNANTS RETRAITÉS
CANADIAN ASSOCIATION OF RETIRED TEACHERS

AGM REPORT

May 31 – June 2, 2018

The Annual General Meeting of the Canadian Association of Retired Teachers took place in Ottawa from May 31 – June 2, 2018. A pre-AGM meeting occurred in the afternoon of May 31 at the Ottawa Marriott Hotel, and the AGM followed at the Canadian Teachers Federation Building June 1 – 2.

ACER-CART represents 13 retired teachers' organizations from all provinces and the Yukon, with a total membership of 140,426 – an increase of 1,672 from the previous year. There is only one meeting of ACER-CART each year, and it fulfills the role of the AGM. The meeting provides a unique opportunity for the Executive, Directors, and the Observers from the member organizations to discuss issues of importance, to share action plans, and to seek advice from colleagues. The objectives of ACER-CART are as follows:

- To facilitate and promote liaison and mutual assistance among the member organizations
- To promote the interests of its member organizations
- To develop strategies for joint action on matters of common concern to member organizations
- To promote and support public education

At the pre-AGM meeting there were presentations by Barb Farrell, Clinical and Research Co-ordinator, Bruyere Research Institute and Alyson Hillier, Vice-President, Retired Teachers Organization of the Nova Scotia Teachers Union.

Barb Farrell provided an excellent presentation on deprescribing and reducing medication safely to meet life's challenges. Deprescribing means reducing or stopping medications that may not be beneficial or may be causing harm. The goal of deprescribing is to maintain or improve the quality of life.

Barb provided written articles on proton pump inhibitors to treat problems including heartburn or stomach ulcers, anti-hyperglycemics to treat Type 2 diabetes in order to reduce blood sugar, benzodiazepines to treat problems such as anxiety or difficult sleeping, and antipsychotics.

I provided information on deprescribing to members who attended the RTO Annual General Meeting on May 15, 2018 and I am pleased to report that 14 Branches requested and received pamphlets on these issues from the Deprescribing Network. If you would like to review this information and receive copies of the pamphlets please visit their website at www.deprescribing.org.

Alyson Hillier provided a presentation on Advance Care Planning which was developed by RTO members in collaboration with the Nova Scotia Hospice and Palliative Care Association. The presentation was made with the hope that the Canadian Hospice Palliative Care Association receives funding from the Federal Government to develop a national toolkit based on our and other provinces' workshop programs. If successful in receiving funding, the Canadian Association will liaise

with the RTO in identifying test sites for the toolkit and possibly training retired teachers in the other provinces to provide the workshops.

The AGM commenced on June 1 with greetings from Sylvain Cleroux, Deputy Secretary General of the Canadian Teachers Federation. ACER-CART President Brian Kenny spoke on the February 2018 Lobby on the Hill, organized by the Canadian Health Coalition, on the privatization and for profit delivery of health care and the need for a national pharmacare program. He also spoke on participation with the Canadian Medical Association lobby for an updated Canada Health Accord and a national seniors' health care strategy. Brian also indicated that ACER-CART continues to work with the National Pensioners' Federation to raise the voice of seniors at the national level and the Canadian Coalition for Retirement Security to ensure the protection of already accrued pensions and to protect the concept of Defined Benefit pensions.

Delegates received written reports and were provided an opportunity to ask questions to the Executive Director, Communications Committee, Health Services and Insurance Committee, Pension and Retirement Income Committee, Political Advocacy Committee, and the Nominations and Elections Committee. Delegates received a copy of Elder Abuse, a pamphlet which I wrote as Chair of the Political Advocacy Committee.

On June 1, delegates were provided a presentation on Political Lobbying by Geoff Norquay, Chief Executive Officer of the Earncliffe Strategy Group. Geoff's presentation provided information on the Lobbying Act, lobbyist registration, best practices, creating an action plan, and how to manage clients' expectations in dealing with government officials.

All member organization were required to submit an annual written report on their activities over the past year and all were given an opportunity to supplement this with additional comments and to respond to questions. These presentations are very worthwhile and they provided participants an opportunity to examine the workings and activities of the 13 member organizations.

There were many favourable comments about the RTO's work on the Seniors Advisory Council of Nova

Scotia and the wish of many of the member organizations that they had such a group to meet the needs of retirees in their province. The RTO report also highlighted the Advance Care Planning workshops, Fran Reddy-Chisholm's workshop entitled The Retirement Journey, and the highlights of the RTO Wellness Symposium of October 31, 2017.

The following resolutions were approved by the delegates:

1. That ACER-CART continue an aggressive communication initiative to advocate for pension security, and oppose any legislation such as Bill C-27 which would jeopardize defined benefit plans, and combine efforts with organizations conducting similar programs.
2. That as a major priority for 2018-2019, ACER-CART continue its support for a comprehensive National Canadian Pharmacare Plan.
3. That ACER-CART continue calling for a national seniors' strategy by supporting the Canadian Medical Association's "Demand a Plan" campaign and ACER-CART's own "Declaration Concerning a National Health Care Strategy For Seniors".
4. That ACER-CART mount opposition to the privatization of medical services in Canada as an expressed threat to public Medicare in Canada.
5. That ACER-CART mount a lobbying campaign advocating for the establishment of a Federal Minister of Seniors.
6. That ACER-CART review and monitor the emerging 10 year Federal/Provincial bilateral funding and accountability agreements related to home and community health care services and supports, and to mental health.
7. That the provincial member organizations who together comprise ACER-CART remain committed to develop guidelines to advocate and promote the issues impacting education sector

retirees and seniors in Canada, while concurrently promoting the specific benefits and services of their association to education sector retirees focused within their own provincial or territorial jurisdiction.

On June 2 delegates received a presentation from Jeff Bennett, Vice-President Plan Benefits Western Region, Johnson Inc. on the provision of Medical Marijuana in group insurance health plans and enhanced Johnson Travel Products. Jeff provided information on the appropriateness of low level medical cannabis coverage and the possible costs to plans' sponsors. Group insurance companies are of the opinion that medical marijuana is not the most cost effective form of treatment, or the most therapeutically effective, but acknowledge general practitioners are requesting it for their patients.

Jeff spoke on the benefits of Medoc Travel Insurance and the advantages of having this insurance as well as trip cancellation/interruption delay insurance.

In the financial report, delegates approved a budget of \$62,500 for 2018-2019, with no fee increase from member organizations.

Elections for officer positions on the ACER-CART Executive were conducted and the following were elected for a one year term:

- President – Bill Berryman (RTO-NSTU)
- Vice-President – Gerry Tiede (BCRTA)

- Regional Representative East – Margaret Urquhart (NBSRT)
- Regional Representative Ontario – Martin Higgs (RTO-ERO)
- Regional Representative West – Gordon Cuming (ARTA)
- Brian Kenny (RTO-ERO) will remain on the Executive as Past-President

In closing, the incoming Executive presented the following priority to guide them in the 2018-2019 year:

Participate in the 2019 Federal elections by cooperating with other like-minded groups to protect seniors, to advocate for a single payer national pharmacare plan and a federal Minister of Seniors. In supporting this priority we will continue to:

- Monitor the 10 year bilateral health funding agreements with the provinces.
- Oppose the surrender of the accrued benefits inherent in defined benefit pension plans.
- Support the enhancement of the Canada Pension Plan, and
- Oppose the privatization of health care.

Bill Berryman

President, ACER-CART

Bill Berryman

Regional Representative – East

Chair, ACER-CART Political Advocacy Committee



Liscombe River Waterfall in Guysborough County. Photo by Colin J Campbell

Seniors Advisory Council of Nova Scotia

Seniors Advisory Council of Nova Scotia

June 14, 2018

1. Lake City Works – Service for Seniors, Liam O’Rourke and Beth Carmichael
 - One of eleven Directions Council members to create training and employment opportunities for individuals facing barriers to employment by delivering non-medical home-services for Nova Scotians age 65 and older.
 - Lake City Works is based in Dartmouth and offers free employment service to people 19 years of age and over with an identified mental illness that poses a barrier to education or employment.
 - Working for the past 6 months establishing standards, training protocols and identifying the real needs of seniors in the community.
 - Services include housekeeping, meal preparation, companionship, yard work, and snow shoveling.
 - Clients will have job coaches to work with them over a period of time and then will assume responsibilities.
 - Helping component working both ways by recognizing strengths of both parties.
 - Seniors will learn more about individuals with intellectual disabilities
 - Clients will learn more about the social isolation of seniors
 - Insurance provided by agency and will be a social enterprise model that will be part-funded by government support and a sliding scale for fee service.
2. Department of Seniors updates
 - High dose flu vaccine which is formulated for elderly adults with chronic complex conditions and is four times the strength of the standard shot will be provided to all long-term care residents this fall.
 - Service Nova Scotia is updating the Citizens’ Financial Aid Act to provide low income seniors assistance to remain in their homes through Property Tax Rebate for Seniors Program
 - One of the clauses being reviewed is currently seniors are ineligible for the rebate if they sell their property and move during a property tax year.
 - Looking for more businesses to apply for 50 over 50 awards.
 - Providing funding to the Acadia Entrepreneurship Centre to help older adults start businesses, form task forces, create social enterprises, connect with volunteer activities and make financial investments in their community.
 - Workshops are planned in Yarmouth County, Windsor/West Hants, and St. Margaret’s Bay for those aged 60 and up.
3. SHIFT – Report Card for Year One – the following initiatives have occurred:
 - Acadia Centre for Entrepreneurship
 - Nova Scotia Skills On-line
 - Works for You Program
 - Older Worker Research
 - Mentoring Plus

- Connect.ca (inventory of recreation and physical activity training)
 - Increased basic personal tax exemption for low income Nova Scotians
 - Mobile Food Market funding
 - Inter-generational food literacy program
 - Community Transportation Network
 - House Warming Program through Clean Foundation and Efficiency Nova Scotia
 - Memorandum of Understanding with Union of Nova Scotia Municipalities
 - Seniors Safety Program
 - Aging in Place and Community Connections
 - Accessibility Act
 - Social Innovation Lab on Aging
 - Public Relations Education Campaign
4. Service Nova Scotia is proposing amendments to the Cemetery and Funeral Services Act and the Embalmers and Funeral Directors Act.
- Topics to be reviewed include the following:
 - > Identification of human and cremated remains
 - > Promotion of transparency on consumer complaints and disciplinary process
 - > Composition of the Nova Scotia Board of Registration of Embalmers and Funeral Directors
 - > Transfer of human remains
 - Advisory Council raised concerns over the incident at the Serenity Funeral Home in Berwick at our February 22, 2018 meeting.

— *Bill Berryman*
Chair, Seniors Advisory Council of Nova Scotia

Seniors Advisory Council of Nova Scotia

September 27, 2018

1. Caregivers Nova Scotia – Angus Campbell, Executive Director
 - provided information to members through website www.caregiversns.org
 - Website has six portals which include the following:
 - > Where to begin – an introductory planning guide for caregivers, adult day programs in 5 regions of the province, hospice and palliative care
 - > The caregiver’s handbook – phone and e-mail support, getting organized, taking care of yourself, legal and financial matters
 - > Peer support groups – referral form for one of six groups in province
 - > Workshops and presentations – stress management, advance care planning, safe medicines
 - > Government programs and services – caregiver benefits, continuing care, home care, respite care
 - > Transitions in adult care – starting a difficult conversation, living safely at home, is it time to move?
 - At present time have 5,835 members and adding 100 new members per month
 - One of only 3 in Canada [others are in British Columbia and Ontario
 - Province had provided \$400 per month caregiver benefit to more caregivers and will continue next year
 - Last year organized 23 monthly support group meetings and 8 wellness retreats across the province
2. Department of Health and Wellness Continuing Care Strategy
 - Province providing more funding for doctors’ salaries, e-health, placements at Dalhousie Medical School, Emergency Health Services, hiring of specialists
 - Appointed a 3 member expert panel on nursing care to review quality of care and staffing levels in nursing homes and have report by December
 3. Province signed a bilateral health deal under the Canada Health Accord with the federal government on August 30, 2018
 - Will provide \$157 million for home care and \$130 million for mental health care over the next 10 years

4. SHIFT – Nova Scotia’s Action Plan for an Aging Population: Year 2

- Continue to work with the Nova Scotia Community Transportation Network in providing more transportation services for seniors across the province
- Continuing research project with Mount St. Vincent University on barriers to employment for older workers and how to address them
- “Works for You Program” to support older Nova Scotians transitioning back into the workplace, or who find themselves unemployed
- Increased funding for Mobile Food Market
- Increased funding for Senior Safety program and age friendly grants
- Clean Foundation and Efficiency Nova Scotia working together to offer low income homeowners free energy efficiency improvements which will help reduce heating and power bills

5. Property Tax Rebate for Seniors – Melissa Goertzen, Service Nova Scotia

- Province has moved this program from Community Services to Service Nova Scotia and will be partnered with the Home Heating Rebate Program
- Province has updated the Senior Citizens’ Financial Aid Act which governs seniors’ eligibility for property tax rebates, decision-making authority and payment options
- Low income seniors who paid property taxes can receive up to \$800 per year depending on eligibility
- By having both programs under Service Nova Scotia it is anticipated that more eligible seniors will apply for both at same time and receive payments quickly
- Under new act seniors who sell their property and move during a property tax year will now be eligible to receive the rebate

6. Funeral Directors and Embalmers Act

- Government has made changes in the identification of human and cremated

remains as well as the safe transfer of human remains

- Government has added two consumer advocates to the Nova Scotia Board of Registration of Embalmers and Funeral Directors to promote transparency during hearings of the Board

7. The Council sent a letter of support for the Nova Scotia Accessibility Act

- The Minister of Justice has established a 12-member Accessibility Advisory Board comprised of 7 members with disabilities to work with stakeholders and to set and to enforce standards related to accessibility
- Standards related to the Act will be developed in areas including:
 - > Delivery and receipt of goods and services
 - > Information and communication
 - > Public transportation and transportation infrastructure
 - > Employment
 - > Education
- A new position of Director of Compliance and Enforcement will be created removing ministerial involvement in operations

— *Bill Berryman*

Chair, Seniors Advisory Council of Nova Scotia



John MacDonal, former NSTU President, has been honoured to emcee Remembrance Day services in Bridgewater for the past several years. In commemorating the centenary of the signing of the Armistice, this year’s service focused on those 68 local residents, including two nursing sisters, who made the supreme sacrifice in World War I. Though a cold and windy day, an estimated 2,500 people participated in the ceremony.

Branch Updates

Annapolis

The “Not Back to School Breakfast” of the Annapolis Branch was held Sept. 5, at The End of the Line Pub in Bridgetown. We were delighted to host four new retirees: Kerry Fitzgerald, Robert McMurtry, Joan Perry, and Shelley Rector.

After a delicious breakfast, Bill Berryman spoke about the benefits of joining the RTO and many of the programs offered. He reminded people of the newsletter and the website, both of which are a fabulous source of news and information. He highlighted a number of issues that members can become



Annapolis RTO Breakfast 2018

actively involved in promoting during the next election: the Pension Plan, Group Insurance Benefit Plan, a proposed National Phar-

macare Program, and a National Seniors’ Strategy. He cautioned us to pay attention to the threat of privatization in health care. He also highlighted that the Seniors’ Advisory Council of NS has established priorities for the near future, including government absorbing the cost for shingles and high dose flu vaccines for all seniors, not just those in nursing homes.

Discussion on Bill’s presentation was still happening amongst members weeks after the breakfast.

Our next meeting will be at 11:30 on Nov. 21 at the End of the Line Pub in Bridgetown.

Antigonish/Guysborough

The Antigonish-Guysborough RTO held its AGM Monday, June 8, 2018 at the St. Andrew Community Centre. Retired teachers enjoyed the company of friends,



The Executive remains the same for the upcoming year, except for one position. Annette Daemen stepped down as our Executive secretary. We thank Annette for her all her work and dedication. Joan MacNeil has agreed to fill that position for the upcoming year. Welcome



aboard, Joan. Thanks to all who worked so hard to make this AGM

old and new. A delicious hot meal was enjoyed, followed by a presentation by Mike Myette on services available from 211. He highlighted the many services available through 211. The session was much appreciated by his audience.



such a success. Thanks to Michel de Noncourt for once again providing us with the photos.

Branch Updates

Colchester-East Hants

The Colchester-East Hants Branch held its annual “Bye to the Bells” breakfast on September 6th at The Best Western Glengarry. We had one of the largest numbers ever this year. Jim Harpell welcomed everyone, especially all the new re-



tirees. Gail MacKinnon led us in grace. All enjoyed a pleasant time as we did some “catching up”, renewing old and making new acquaintances. We hope to see such a wonderful turnout at our regular meetings. Special thank you to Mary Lou MacIntosh for all her extra work on this event.

Check out
the RTO
website at:

<http://rto.nstu.ca>

Dartmouth

On an overcast day on June 6, eighteen intrepid souls defied the threatening cold and rain forecast to walk the beautiful nature trails around two of Dartmouth's 23 lakes. Led by our walker/hiker, Annette Petrie, we saw two separate osprey nests atop high poles,



numerous red wing blackbirds in the bullrushes, chickadees, and blue jays. The flora was at its late spring best as was evidenced by colorful lupins, trailing dogwood, and the beautiful lady slipper. After our walk we convened at the nearby



Perfect Pour pub where we enjoyed great food and conversation.

On a lovely autumn day a group of Dartmouth retired teachers took an interesting tour of the Art Gallery of Nova Scotia. We were fortunate to have our own Vicky Parker, who is a volunteer guide at the AGNS, take us through the exhibits. We saw artworks by the renowned conceptual artist Gerald Ferguson, 19th century European artworks, the Michael Ondaatje Gallery of Canadian art, Alphabetical Order of a variety of art from the 17th -21st centuries, Shifting Ground



- Indigenous Art, Blue Rocks, 53 Stations of the Tokaido - Japanese woodblock prints from 1830, Maud's House - with many of her paintings displayed, and of course the Fuller Brush board. After the tour we had lunch at McKelvie's restaurant in downtown Halifax before hopping the ferry back to Dartmouth.

The Dartmouth Branch is having its fall luncheon on Wednesday, October 24 at Brightwood Golf and Country Club.



Branch Updates

Glace Bay

On June 7, the Branch held its third luncheon meeting of the year at the Port Morien Legion. It was our annual lobster fest signifying the unofficial start to summer. No surprise that it is also the largest



Members eagerly await the arrival of their tasty lobster mea

turnout each year. Aside from the delicious meal, the meeting was highlighted by a presentation from Margie MacNeil on Advance Care Planning. The



After the meal Sharon MacLeod, Jean Anne Farrow, and Sally MacLeod savour another enjoyable gathering



Sandra Shibinette, Tom Boutilier, and Eileen Currie look forward to a delicious meal and chatting with friends and former colleagues

information was disseminated in a lively manner and appreciated by all those in attendance.

Our fourth meeting of the year was held on October 4, also at the Port Morien Legion. Once again, the turnout was very large as the membership gathered to socialize and enjoy a tasty roast beef lunch.



Margie MacNeil describes the importance of Advance Care Planning

Branch Updates

Halifax City

The Halifax City Branch of the Retired Teachers Organization sponsored a tea at the NSTU building to welcome newly retired



colleagues on their first official day of freedom. The event was held on the first day of school, September 5. While school bells were ringing



President Bob Hayter with new retirees



beckoning staff to their classrooms, our small group was enjoying refreshments and celebrating our retirement freedom, several among



us for the first time. The atmosphere was informal and relaxed with no business other than to enjoy one another's company.



Halifax County

During summer, our Executive and committee members met to plan our calendar of events, all associated with Wellness: mind, body, and spirit. Our Communications Officer Bea Fournaud created a bookmark of the 22 calendar items to distribute to our members; then our webmaster Nancy Barkhouse posted the calendar on our website (halifaxcounty.rto.nstu.ca).

The heat of August fostered opportunity for the first of the activities, a Deep Sea Fishing adventure with Murphys on the Water. The sun was bright, the air was a refreshing break from the blistering, hot

Branch Updates

Halifax County (continued)

temperatures on land, and the fish were plentiful. They hooked mackerel and Pollock, and, our treasurer Peggy Ludlow was able to brag about hooking the only flounder. Yes, the flounder found her. At the end of the trip, the fish baskets had food for a fry-up, and as one participant said, “It was a fun day on the water.”



Sue Baldwin and Peggy Ludlow



Special guest, NSTU President Paul Wozney

Our annual “Not Back to School Coffee Party” was held at Port Wallis Church on September 5, the first day of school. Coffee, tea, juice, muffins, fruit, cheese, biscuits, and jams were enjoyed by all. The event was a huge success with all Metro Branches in attendance, as well as visiting RTO members from Cape Breton. Special guest NSTU President Paul Wozney shared a very positive message with all about the significant role that retired educators can play, as partners with

NSTU members, in being a voice for education in the province, and a strong voice in determining who governs our province. Paul took time to recognize and extend gratitude to all in attendance for the role that we played in the past as educators, and the time and commitment that each gave to this province’s education system and to the children that we supported. Thank you to RTO members Lorna Trethewey and Joel Fraser for assisting the Executive



Not Back to School coffee party



Coffee Party

with organizing this important event.

Yoga sessions were organized for both Dartmouth and Porter’s Lake areas to better meet the travel distances of our members. Our Dartmouth sessions will begin late October. The morning’s yoga session at Osprey Retreat in Mineville began in September and was attended by 5 RTO members of varying levels of fitness, flexibility, and prior experience. The session was enjoyed so much that the group formed a regular

Branch Updates



Education Series 1

class that started on Thursday, Sept. 27 from 10 – 11:30 am and for \$100.00 they are meeting for 10 sessions from Sept. 27 to Nov. 29. Thank you to retired teacher Judy Hamilton, judy@osprey-yoga.ca, for offering the sessions to our members.

Thank you to our Book Club members who continue to meet at Starbucks at Chapters, behind Mic MAC Mall on the last Wednesday of each month. The conversations are always interesting and the book, *Sing Me Back Home* by Jodi Picoult, was enjoyable.

This year, we added an Education



The flounder found her!

Series. Two of our members, Colleen Putt and Nancy Barkhouse, volunteered to take the key lead on this initiative. They are working in partnership with the Woodlawn Library Adult Program in Dartmouth to provide a comfortable setting,

including coffee and tea, in the lecture theatre for the sessions. We are delighted to announce the first presentation,

Deprescribing: The Truth about Insomnia and Sleeping Pills, was held on Wednesday, October 10th from 10:00 to 11:30 am. The session was well received by the audience of 49 which included members from Halifax City, Dartmouth, and Halifax County RTO Branches as well some HRM library patrons.

Dr. David Gardner, Professor with the Department of Psychiatry & College of Pharmacy at Dalhousie University, presented thought-provoking information on the high rate of multiple prescriptions among seniors in Canada and the Atlantic Provinces. Research findings on issues with drug interactions, as well as drug effects on body organs after sustained use were presented before Dr. Gardner focused his talk on the benefits and risks of long term use of medications to address insomnia issues. He concluded the talk with information on CBTi

(Cognitive Behavioral Treatment of Insomnia).

The following activities provide for two informative and stimulating months ahead for members who wish to be participate: Gentle Yoga (Nov. 22); 2nd Mandala Craft Workshop (Nov. 28); and Christmas Centrepiece Workshop (Dec. 4).

The Dartmouth Branch has invited County RTO members to join them for their Christmas Dinner at Brightwood on December 13.



50/50 Winners

(See our website for info.) We are hoping to have a large group attend this holiday event.

Many thanks to our Executive and committee members who volunteer many hours to provide RTO information on our website and to plan a variety of activities and presentations to keep our County members engaged and informed. We are always seeking volunteers and ideas from our members that could increase overall participation.

Branch Updates

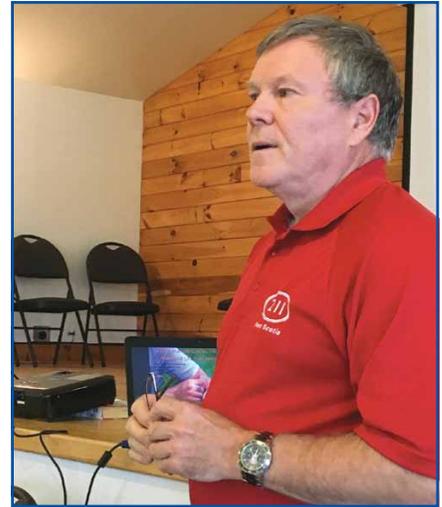
Inverness

On June 14 the Inverness Branch of the Retired Teachers Organization met once again in Port Hood. President Roy Sturmy opened the meeting by reflecting on summers past which once included summer school for many of the members present. Now they include grandchildren, cottages, and vacations that extend from early May to late into September.

The agenda included the usual topics with reports from the treasurer, membership, wellness, and information from our Member-at-Large.

The highlight of the meeting was the presentation by our guest speaker Mike Myette, Executive Director of the 211 organization here in Nova Scotia. 211 is a nonprofit navigation service which connects people to services or programs that they may need. Every Nova Scotian has the right to this library of services and they are delivered in a thoughtful, compassionate manner by this group. Individuals, service agencies, caring professionals, government

employees, and elected officials are a few of those that assist in providing the services. Directions to a plethora of information on how to access food, shelter, homecare, day-care, jobs, funding, addiction help, and many other needs are available. 211 actually receives on average 150 calls per day and 265000 visits to their website every year! They can be reached by phone 211, text 211NS (21167) or email at ns.211.ca. Mr. Myette encouraged our members to share this information which will provide more exposure for this valuable service.



After the presentation a delicious dinner was enjoyed by all. Stories, door prizes, and laughter made our day.



Kings County

The Kings Branch of the RTO held its Annual General Meeting in June, and we welcomed to our Executive new members Ken Hassel, Nancy Henry, and Michele Jeffery.

Our Branch would like to recognize two members who stepped away from our Executive, Randy Holmesdale and Bill Wagstaff. It is

hard to believe that both Randy and Bill have been involved with first the NSTU and then the RTO for close to fifty years for each of them. They served in many different capacities both provincially and locally in both organizations. They helped negotiate many different contracts and worked tirelessly behind the scenes to rep-

resent teachers' interests. The Kings Branch would like to express a big thank you to both Bill and Randy for their dedication and leadership over so many years.

The Kings Branch held its Not Back to School Brunch at the Berwick Heights Golf Course on Thursday,

Branch Updates

Sept. 6. Approximately sixty members and their guests attended. These brunches were always popular, and the happy chatter over coffee and hugs brought back memories of those first days back at school when everyone was still teaching. The big difference was the absence of a bell to remind us to go back to our classrooms.



Bill Wagstaff and Randy Holmesdale enjoy retirement



RTO Brunch 2018

Lunenburg

The Lunenburg County Branch hosted another successful “No Bell Breakfast” at Wile’s Farm Market on September 6, 2018. Five members were on hand to display their artistic creations amid a wonderful backdrop of plants in the greenhouse. Participants enjoyed a scrumptious



breakfast and \$535 was raised in donations for the local food banks, Family Support Centre, and Harbour House.



Trudy Johnson with her photography



Branch Treasurer Brenda Zwicker with her painted rocks

Branch Updates

New Waterford

The New Waterford RTO met on June 18 at the KOC Hall. Five BEC Graduates were on hand to receive bursaries. They included Olivia Parsons,



Bursary Recipients

Brandon Dauphney, Margaret Stapleton, Paige Dupe, and Haley Oliver. A wonderful barbecued meal was served and enjoyed. Committee reports were heard and Raylene Hinchey won the even split (again).



New retirees Maureen Lovell, Cathy MacIntyre, and Paula MacNeil

On September 17, the New Waterford RTO held its fall meeting. A lovely roast beef dinner with apple pie and ice cream was served by the KOC gentlemen. New members Paula MacNeil, Maureen Lovell, and Cathy MacIntyre were introduced and welcomed by all. Eileen Muise was recognized for celebrating her 90th birthday recently and off on a cruise she goes. RTO members John Gillis, Gary Burke, Gregor MacPherson, and the late Mike Kennedy were congratulated on their induction into the New Waterford and District Sport Heritage Hall of Fame this past July. Committee reports were heard and Jean MacDonald won the even split.

Fran Reddy Chisholm will present her "Retirement Journey" to the four industrial Cape Breton Branches

on October 10, from 1-3pm at the Cape Breton NSTU Local office.



Judith Gillis and Lorraine Sheppard

Vice-President Lorraine Sheppard is heading a Committee to apply for a Branch Initiative Grant. More on this at our December meeting. Members were urged to check the Provincial RTO Website for current and relevant information. Five health-related documents were circulated to all attendees.



Richard Chiasson and Ness Timmons



Nancy MacKinnon, Dan Willie MacKinnon, and Colin Campbell

Branch Updates

Pictou

The RTO Pictou Branch hosted a breakfast at St. Andrew's Church in Westville on June 19, 2018 with twenty members present. President Bill Berryman reminded members that our mission statement is to advance and protect our members. This resonated well with all present. Bill spoke about our pension plan



which will continue to deteriorate unless the NSTU and the Government act to stop this slide. Other topics of concern expressed were social isolation and the Shingles



Vaccine coverage being denied. A pamphlet called "Shift" was passed out to the members present with three main goals being highlighted: 1. adequate housing for seniors and services; 2. active living; and 3. retrofitting homes to enable seniors to stay in their homes.

Our provincial Vice-President Alyson Hillier spoke about teacher retirement, active living, re-wiring as we face retirement, and social



involvement. She also mentioned end-of-life wishes which the Advance Care Planning workshop addresses. This workshop was hosted in Truro in September and representatives from Pictou, Cumberland, and Colchester attended. Positive aging issues were also discussed by Alyson. Both speakers were very motivating and Fred thanked them for taking time to come to speak to our retirees.

Fred spoke about Branch Grants and plans for another financial planning session with Teachers Plus in September. The ladies of St. Andrews were thanked for the delicious breakfast.

On September 7, a Retirement Celebration Breakfast was held at St. Andrew's in Westville. Our special guest for this breakfast was

Tim MacEachern, Financial Planner from Teachers Plus Credit Union in Bedford. He conducted an excellent PowerPoint presentation on financial planning. This is Tim's second visit to the Pictou Branch. He gave all present oppor-



tunities to share their experiences and suggestions on being prepared as we enter retirement and on making wise decisions on how best to handle our finances. He was well received by the members present.

President Fred spoke about the Re-



Branch Updates

Pictou (continued)

irement Journey Workshop with Fran Reddy Chisholm and encouraged our members to attend.

Reserve the date of Tuesday, December 4 for our RTO Christmas Dinner and program to be held at the Swiss Chalet restaurant in



New Glasgow in their special dining room at 5:30 p.m. You will be able to order off the menu. Please let Fred know of your interest in attending by Saturday, December 1. Call Fred at 902-923-2965 or email to fredjeffery49@gmail.com.

Queens

The Queens RTO Branch members celebrated the last gathering before the summer at their annual “May Social”. This is always a very special event because not only are the retired teachers and guests invited, but the school year’s “soon-to-be-retired” Queens County teachers get to attend, as well. They are given a complimentary meal that



May Social entertainment

day and a year’s complimentary Branch membership. They also receive a “Retirement Handbook”, created especially for them. As is

the custom at this social, everyone gets to enjoy music; students from a private music program provided the entertainment.

To start the new “school year”, our group attended a “First Day of School” breakfast in September. Needless to say, everyone was happy not to be working that day.

The present Queens Branch Executive includes the following: President Chuck McLellan, Secretary Cathy Wentzell, Treasurer Andrea Crouse, Marie MacLeod (Membership and Media), Cathy Wentzell (Telephone Coordinator), Susan Leger (Social), Cathy deRome (Social and Member Care), and Leo Campbell (Liaison with Queens NSTU Local).

The first business luncheon meeting of the year was held in Caledonia in October; the other meetings are usually held in Liverpool. A

Queens



October luncheon meeting



RTO-NSTU Barbecue

particular attraction at the Caledonia site is the amazing spread of food prepared by the catering group at the Masonic Hall. As you can see from the picture, retired teacher Jeff Miller is enjoying the choice of food items.

Queens RTO Branch has a great relationship with the Queens Local NSTU and are often invited to attend their events. One special occasion was a BBQ held in October. This outdoor occasion was excellent with both active teachers and their families attending along with retired teachers. As you can see from the picture, everyone enjoyed the outdoor picnic style.

Branch Updates

Shelburne

The Shelburne Branch Executive met in August and established the meeting and social dates for the year. Our end of year AGM BBQ meal was held at the scenic Sandy Point Lighthouse Community where we laughed and enjoyed the view.

The Shelburne Branch of the RTO had its annual Welcome Back Breakfast on the first day of school, September 5th. There were 33 in attendance. The breakfast is held annually at a local restaurant, Anchors Away, located in Clyde River. The members enjoyed the camaraderie and shared pictures and experiences of the summer. We welcomed our new retirees to the Branch!

Best to all for a great year!



Breakfast at Anchors Away



AGM and BBQ



June AGM and BBQ

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 **Karen Staples at kstaples@staff.nstu.ca** or **1-800-565-6788** at the NSTU Office for the RTO Newsletter mailing list.

Please copy your changes to **Betty Anne McGinnis at bettyanne@eastlink.ca or 1-902-798-6311.**

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

Branch Updates

Richmond

President Bill Berryman was a special guest at the September meeting of the Richmond Branch. Participants at the meeting were very impressed with Bill's knowledge of issues and concerns facing seniors, as well as the depth of his commitment to service of retired teachers and other seniors provincially and nationally. A lovely luncheon followed where members had the opportunity to meet Bill and engage in conversation on a number of topics. Recognizing the many roles and responsibilities Bill has, Richmond members very much appreciated him making the time to visit our Branch. It was great start to our year and we welcome Bill back anytime!



Bill Berryman discusses his presentation with President Marlene Boyd and Past President Danny Madden

West Hants

The March meeting of the West Hants Branch was held at the Three Mile Plains Community Centre with 78 members attending. After a wonderful meal and business meeting, Mr. Tim MacEachern of the Teachers Plus Credit Union gave an informative presentation on investments and downsizing.

Our May AGM meeting was held at the Hants Border Community Centre with 60 members in attendance.



The members approved the nomination of the previous Executive and welcomed Rhonda Fry as the Branch's new Vice-President. Reports were given on the Hants Learning Network, the Provincial Presidents meeting, and the Provincial AGM.

Our group poses at a recent Executive meeting: Past President Bill Berryman, Secretary Bev Lake, Vice-President Rhonda Fry, President Phil Van Zoost, and Treasurer Joan Jack. Missing from the photo was Phone Chair Barb Wilson.

Branch Updates

Yarmouth/Argyle

The Yarmouth/Argyle Branch has been very busy since the last newsletter printing. We began with a \$100 donation presented by



President Brian Noble makes a presentation to the Yarmouth Library Adopt-a-Book Program

Branch President Brian Noble to the Yarmouth Library for their bi-annual Adopt-a-Book campaign. On May 8 at the Yarmouth Library, a morning panel presentation on

Downsizing and Decluttering was led by realtor Tesa Maillet and RTO members Anne Cardoza Boudreau, Marilyn Burns, and Victor Landry. Following a light lunch, local pedorthist Michael Innes spoke on Foot Solutions, the importance of gait analysis, and orthotics. Both sessions were well received by the audience, who contributed many interesting comments and suggestions.



Happy girls enjoy the Summer Solstice Breakfast

Our Annual General Meeting was held in June following a lovely hot turkey luncheon at the Lions Club Hall with about 70 members attending. Executive members were returned by acclamation, an indication that members are appreciative of the efforts of the Executive in organizing another successful and enjoyable year.



RTO AGM and luncheon, June 2018

The Branch golf tournament at the Yarmouth Links on a nice June day had participants in Men's, Mixed and Ladies' Divisions. The scramble ended with the "Trophies" presentation on the sunny deck amidst the usual heckling and laughter. Always a fun crowd!

Our annual Summer Solstice Breakfast was held once again at the Dennis Point Restau-

Branch Updates

Yarmouth/Argyle



Satisfied attendees at Summer Solstice Breakfast



Foot Solutions presentation with pedorthist Mike Innes on right

rant in Pubnico. More than 70 attendees shared in the delicious buffet offerings.

Activities for the 2018-2019 started off on September 8 with golfers meeting at the Pubnico Golf Course for more friendly competition. It was nice to see new retirees also participating...and challenging the old!

In October 24 members enjoyed a very interesting bus tour through Yarmouth town and county. The tour direc-



Gwen Spinney and Downsizing Panelists Realtor Tesa Maillet, Anne Cardoza Boudreau, Marilyn Burns, Vic Landry

tor, RTO member David Sollows, explained the historic significance of many places and past events as we traveled and stopped to view. Several facts and connections were mentioned by the participants as well; there is always something more to be learned! After returning from the tour, the group was treated to refreshments provided by the Yarmouth County Museum.



Ladies' Division Golfers Jane Saunders, Sharon Sullivan, Marilyn Murray, Wendy Woodworth



Mixed Division Golfers Sheila and Roland Pothier, Wayne Leblanc and Stephen Surette



September golf at Pubnico

Branch Initiatives

Antigonish/Guysborough Initiative Grant

A beautiful June day at the St. Andrews Community Centre was the scene for the Antigonish/Wellness Workshop. Three members of the local Heart Health team led the workshop, providing many opportunities for group interaction and activity. The team consisted of a nurse, a dietician, and a kinesiologist. Even the nutrition breaks and lunch added health information. Annette Daemen, who had attended the workshop at Brightwood, pur-



Our former Communications Chair, Joe Martell, and our new Secretary, Joan MacNeil, demonstrate vigorous exercise.

chased the ingredients and made healthy and delicious food for the participants. Recipes were made available. The prizes given out throughout the day related to fitness activities or healthy eating. The Branch Initiative grant made this informative day possible.



Annette Daemen points out the choices to Alicia Vink, Monique Bond and Deanna Henry



Barb Anderson checks out some of the recipes while others line up to try out the healthy offerings.



Gathering responses on the types of hunger.



June Noble leads the way followed closely by Maria Stewart and Wayne Mullins with Willie DeYoung behind them. The kinesiologist led a walk after lunch too

Branch Initiatives

Cumberland Initiative Grant

Downshore Autumn Colour Tour

At 9:30 am on Friday, October 19, 2018 a group of Cumberland RTO members set off on a seven-hour tour of scenic coastal views. Curving up and down steep hills, the van passed through Mac-can and River Hebert to stop at the Joggins Fossil Cliffs Centre in Joggins. We then proceeded through Shulie and Salem to the Apple River Bar with its sheltered harbour to view fishing and lobster boats and the New Brunswick shore including Fundy Park. A wonderful landscape of



New retiree Irene Legere meets a new friend

fall colours mingled with dark evergreens guided us to Advocate Harbour. We were treated to grazing deer, crimson blueberry fields, and stories of place names and the history of shipbuilding along the

coastline in past decades.

Next stop was Spencer's Island with its monument to the Maria Celeste ship mystery. Farther on, at the Age of Sail Museum, a volunteer was sitting by a wood fire to keep warm. The museum presented a history of the age of sail along the Parrsboro shore. Part of the museum was housed in a building replicating the upside-down hull of a boat. With growing hunger (in spite of accompanying refreshments) we passed through Port Greville, Diligent River, (named for the diligent people who founded the village), and on to the Black Rock Bistro in Parrsboro. There a gourmet meal was provided by the chef for a reasonable price. After lunch, it was on to FORCE (Fundy Ocean Research Centre for Energy), the interpretive centre for tidal power in the Minas Channel. Then on to Ottawa House, a museum in the former summer home of Sir Charles Tupper. Finally, the group passed through Southampton, Springhill, and back to Amherst.

With one newly retired teacher and one retired over 16 years, the conversation, amazing views, and excellent food, the trip can only be described as "awesome". The northern coastline of Cumberland and a wine stomp at Jost Vineyards was a suggestion for next year.



Information about the Age of Sail Museum Downshore

On behalf of our Branch we would like to express our sincere appreciation for the Branch Initiative grant from the RTO which enabled us to have this tour. Cumberland is a large geographic area which some RTO members have not explored. This provided an opportunity to see some of the county while sharing a close social contact with some of our members. Our member dues working for RTO members. Thank you.



Two members discussing changes made at the site Gardens

Branch Initiatives

Digby Initiative Grant

A Branch Initiative grant allowed Digby Branch members to partake in various activities related to crafting, culture, and cruising.



A visit to Annapolis Royal Historical Gardens

In April, a dozen or so RTO members decorated picture frames with shells, sea glass, and shore treasures. The workshop was held in Weymouth and was led by former teacher Ginny Boudreau. This was followed in May by a photography workshop in Annapolis Royal with local pho-

tographer Dan Froese. Members learned many new terms and techniques, trying to develop an eye for taking interesting pictures. The Annapolis Royal waterfront was perfect for practicing new skills.

Also in Annapolis Royal, RTO members enjoyed a guided tour of the Historic Gardens in June. It is beautifully laid out with different styles of gardens – the Rose Garden, the Victorian Garden, and the

Experimental Garden to name a few. Lunch and our AGM followed right there on the Garden premises.

Early September found RTO members and guests venturing farther from home. A group of 20 or so took the Tusket Island Boat Tour out of Wedgeport. It was a three hour

tour (but no storm, no shipwreck, no Gilligan)! There were lobster lessons, shipwreck and spy stories, and lively music and songs for entertainment. On Big Tusket Island a delicious lunch of chowder or rapure was served on the verandah of a sea shanty. A lovely time was had that day on the water with beautiful islands and coastlines, boats and lobster traps, sea shanties and sunshine!

All our events were greatly enjoyed by members, thanks to the Branch Initiative Program and the enthusiasm and planning of our Activities Committee, Jane Power-Grimm and Ann Robichaud.



Tusket Island Boat Tour

Queens Initiative Grant

Our Branch was successful in receiving a provincial Branch Initiative Program Grant this year. Work has begun with the planning and hosting of a series of workshops/activities designed to promote fellowship and to stimulate the minds and bodies of Branch members. These opportunities for members are based on the overall theme: “Maintaining a Sound Mind and Body- Exploring Opportunities for Personal Growth and Development”.

On October 10, 2018, a Chair Pound light exercise session was hosted for members at the Emera Center in Liverpool. On October 23, 2018, a fun painting class for members, under the direction of a local artist, will be hosted at a former local school.

During November and December, plans are underway for workshops and activities in such areas as



Branch Initiatives

Queens Initiative Grant (continued)

Stick Curling, Healthy Nutrition and Cooking Ideas for the Aging Body, Financial and Estate Planning Considerations... Age 65 and Beyond... to name just a few.

Special thanks are extended to planning committee members, Marcia Harding and Andrea Crouse, for all of their work so far with this initiative.



West Hants Initiative Grant

This spring, we were able to receive a Branch Initiative Grant for 26 members to attend the Travelling Kindness Rocks workshop on April 17. The workshop took place at the Windsor United Church, instructed by Ginger LeBoutillier. All participants greatly enjoyed the workshop and many were very surprised with their artistic ability. A very special thank you to the Provincial Executive for developing and promoting the Branch Initiative Grant. Besides the enjoyable activity, our participants equally enjoyed the time with fellow Branch members.



Yarmouth/Argyle Initiative Grant

On an ideal moonless, starry night in early May, a maximum crowd of 16 members and friends journeyed to the Deep Sky Eye Observatory, a unique treasure of a facility in Quinan, Yarmouth County. From 9 pm to midnight, amateur astronomer Tim Doucette navigated us through the marvelous and interesting stellar sky of constellations, galaxies, and planets via his large rotating telescope and our outdoor observations from the viewing platform. Snacks and hot drinks were provided. Participants, who were all enthralled by the event, are most appreciative of the Branch Initiative Grant funds which provide opportunity to organize interesting activities such as this at a minimal personal cost.



How To Plan An Emergency Escape Route In Your Home



You never know how you'll react in an emergency situation until it happens. Although we hope the situation never arises, taking preventative measures like planning an emergency escape route in your home can help keep you and your family safe. Follow the simple steps below to map out your emergency escape route:

Start By Drawing A Floor Plan

Either drawn or digital, begin by mapping out the outline of your home. Then, add in the walls, windows, doors, and label all of the rooms. Check with your provincial government to identify where smoke and carbon dioxide alarms should be placed and then mark them all on your plan. Be sure to mark fire extinguishers too! Lastly, mark all exits and draw the exit route out of each room that will get your family out quickly and safely. If you have children or grandchildren who sleepover, it's important to get kids involved. A fun way to do this is to get out the markers or pencil crayons and have them help draw the plan.

Make Your Home Escape-Route Friendly

Be sure to visit each room and inspect all of the potential exits and escape routes. Make sure the windows open and that the doors close. Look at how your rooms are set up; if there is a fire, could that big chest of drawers be blocking the window? If so, now is the perfect time to move them to a safer location. Once this is done add the exits and escapes to your floor plan. A dotted red line works well.

You should also review important information that could help keep your family safe. Everyone should know that closed doors can slow the spread of smoke, heat, and fire, and that they should keep to the ground if there is smoke inside the house.

Pick A Place To Meet Outside Your Home

Pick a location a safe distance from your home where everyone can meet in the event of an emergency. Mark the location on your escape plan. While you're outside, be sure to check that your house or building number

can be seen from the street so that emergency vehicles will be able to find your home. Learn your relevant emergency phone numbers so you can quickly contact them if needed.

Practice Your Emergency Escape Plan

It's time to walk everyone through the plan so they understand it and are familiar with the exit route. Don't forget the pets! They may not be able to learn it, but thinking about their safety means you'll be better prepared in case of an emergency. Make sure to practice your escape plan at least twice a year so you're ready to use it should you need to. A good way to remember is by scheduling it around daylight saving time, the same time you should change the batteries in your fire alarm. Practice may not make perfect, but it can help keep everyone safe.

Test your knowledge

Pop quiz! With your eyes shut, do you know the locations of all your emergency exits? Do you know the locations of your smoke detectors? Be sure to brush up on your knowledge should you move or renovate your home. Ensuring that you are familiar with your plan is the first step to keeping you and your loved ones safe in an emergency.

Check In With Your Insurance Provider

Do you have the right home insurance to protect your home and its contents? If you are insured through Johnson Insurance, you can talk with one of our friendly representatives to find out more about home insurance options to make sure you're covered.

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2018 NORMAL COLLEGE/NSTC REUNION

A grand time was had by one and all as we gathered in Truro August 17-19, 2018, to celebrate our years at Normal College and NSTC. Reunion 2018 marked 30-80 years of graduation from our alma mater and we were delighted to celebrate the grad years ending in '8' and all other years. In attendance this year was Alice (Shaw) Bond, a proud 1938 graduate, as well as

Thomas Rissesco and Lavonne (Adamson) Thompson, also participated in Reunion 2018 and we were pleased to have had them at this year's celebration.

Opening evening, we were delighted to have had the 1968 music graduates, joined by other music grads, perform a tribute to the late Vivian Brand, former professor of music at NSTC. Her daughter, Sheila, also a 1968 music graduate, offered a few words in memory of her mother. Mary K. Connolly, a Home Economics graduate, class of 1968, entertained us with a very interesting and amusing keynote address, recalling her years at NSTC and the impact her teacher training had on her impressive teaching career.

Grads, we are now accepting memberships for 2019. Do join us and become a member of the Alumni Association of NSTC. Please check our website www.nsteacherscollege.ca for updates and contact information.



Executive 2018

Mary (Robertson) MacLean, '41 and Helen (Roulston) Miller '44. Wonderful to have had the opportunity to share memories of Normal College days!

70 year graduates, Mary (Horne) Fowler, Kathryn (MacIntosh) Keddy, Hazel (Cunningham) McKay,



1953



48's



Former Faculty

Reunion 2019, August 16-18, will be a great celebration of fun and fellowship, as we gather to welcome all years ending in '9' and, of course, all grads are welcome to



One Room



Mary Connolly '68

attend. Hundreds of 1949-89 grads have been contacted by phone over the past several months and reunion packages will be forwarded to you in November. If you were a '9' graduate, but were not contacted, please reach out to us. Your contact information is most important.

We hope to see you in Truro for Reunion 2019. This is your reunion, your time to reacquaint with former classmates and rekindle your memories of your College years at Normal College and NSTC.



Return to GUATEMALA



By Jim Harpell, Colchester-East Hants RTO Branch

My previous trips to Guatemala brought me face-to-face with real poverty. I saw one-room homes with dirt floors, no furniture, sparse food, walls made from corn stalks (some of which showed half-wall decay), roofs of sections of corrugated steel salvaged from the dump, toilets consisting of holes dug in the corner with cardboard coverings, and bedsheets for outside doors. I saw what I thought would be as bad as it might get. I was wrong.

This year, I was taken to a dump where a whole village spends the days living amidst the smoke from the fires which burn twenty-four hours a day. The children rarely go to school, so this state of poverty continues from one generation to the next. That is their existence.



Village homes

Our team built eight homes during the time we spent there. One of them I had sponsored by having fundraisers at Ella's Jamaican Kitchen and The Food Muster. They were supported by such generous friends and former patrons of my restaurant that I raised more than enough to build the house so we were able to provide food hampers for each of the families at the dump along with clothing, shoes, bedding, and household items. Of course, we brought knitted teddy bears or dolls and pillowslip dresses or baseball caps for the girls and boys along with some candies as treats.

One highlight for me was turning over the house I sponsored in memory of my foster parents, Mammie and

Collie MacInnis in Bailey's Brook, Pictou County. They had applied to the province to get a teen to help out on the farm. They took in my brother and me when we were seven and kept us until we left to study at university or trade school. This house was a special one for me.

Another highlight was seeing Julio again. Julio is the student who loved to volunteer at the school doing landscaping and gardening during his vacation. He had to hitch hike from his village to the school in the morning to get to the school. I asked about his story and was



Julio and his guardian

told that his dad died of alcohol poisoning. When he was two years old his mother remarried and his stepfather refused to accept him so he was abandoned in the streets. He became a sponsored child and was admitted to the school to which we are affiliated. He was then in grade nine and about my size.



A house built in memory of my foster parents



A dump site

During our stay, I purchased souvenirs, including a quilt. On the last day there, I realized that I had no room in my luggage to put any of the ten pounds of coffee, the scarves, decorations, pashminas, crèche, and the quilt that I had purchased, so I emptied my suitcases into bags and



Villagers at the dump

hailed them to the school. I hunted down the director's wife and asked her to give them to Julio when the students returned from their vacation on Monday. As it turned out, Julio hitch-hiked later that morning and was given the bag. He was told that he could have whatever he wanted and was sent into the adjacent room to try things on. He took everything

but a dress shirt as he told her that he wouldn't have an occasion to use it. He then hunted me down and thanked me over and over again.

He insisted on getting pictures taken. On my next trip, I took clothes and a new pair of running shoes. I gave them to the director's wife who passed them on later in the day. Once he received them, he again found me and thanked me profusely. I got so many hugs it was unreal.

This trip, I again brought lots of clothes, including new running shoes and a t-shirt bearing the map of Canada. When I presented them to Diana, she told me Julio was no longer in the school. He had graduated last June and had a full-time job.

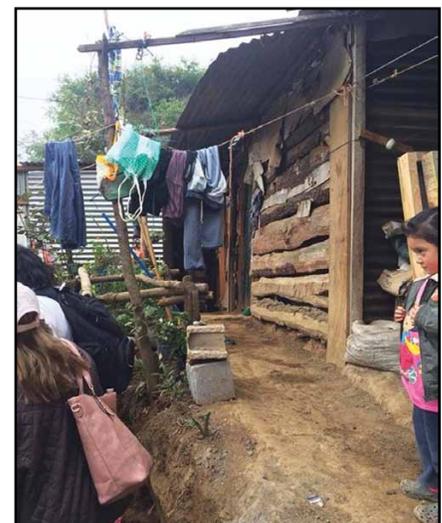
I was so disappointed on one hand, yet happy on the other. Being a foster child myself, I felt elated for him that he had made it through school. A few days later, one of the team came into our room at the school and told me that I was wanted at the front desk. When I arrived I was greeted by a young man who was now as tall as I. Let's just say the greeting was VERY emotional. We talked for quite some time and when my teammates who all knew his story got to meet him, there was a lot of emotion evident. The director insisted he stay to have the same dinner we had had and we got to talk some more. He

is saving money every paycheck to go to university next fall. He wants to get a job helping other children who find themselves in situations like his. You can guess how dry-eyed I was after that revelation.



Jim, the builder

Another highlight of this trip was having my younger daughter, Katrina, join the team. It meant a great deal to share this with her. My family and my friends have been a great support in this venture. With the help of my restaurant friends, I am planning to continue fundraising to help Julio, as well as to build a home for a needy family or, maybe even two. Thank you to all the wonderful people who so generously helped me raise the funds these past two years. This time was not part of my planned retirement, but certainly has been most rewarding.



The outside of one of the homes we built

Feature Teacher

What do you call a person who taught you for five years, was ten years your senior, had no formal teacher training, and was straight out of grade 12? “Teacher”, of course.

It was the 1950's, an era when teachers in rural communities were in short supply, and South Waterville (now Upper Vaughan), was no exception and in dire need of a teacher. The school had been closed due to the illness of the previous teacher. The school trustees, my father being one, approached community member Evelyn (Falconer) Rafuse about the situation. Evelyn had graduated from Windsor Academy and had no plans to become a teacher. However, she said she would try it. She arrived at that tiny one-room school house with the stove in the middle of the room, desks in rows and bolted to the floor, and stayed until 1964. At that time Windsor Forks District School was opened and the concept of the Little Red School House took form.

My earliest memories of what constituted being a teacher, was walking through the door in the morning and seeing Evelyn in her coat, filling the three large blackboards with work to be covered during the day, while waiting for the room to warm up. There always seemed to be work on those blackboards and grades to be completed for the many students of various ages. When I reflect on my own teaching days, I realize



that Evelyn was ahead of her time in terms of education. Read Alouds were very much a part of our day some sixty years ago. After a noon hour of unsupervised play, we had story time. I fondly remember the Farm Herald magazine; the story of Old Yeller; and the antics of Tom, Betty, Susan, and Flip the dog. The reader The Little White House may be the reason I like red painted chairs.



We had no playground equipment. The wooded area behind the school became forts and playhouses. The large pile of wood used to heat the school was always in need of stacking. We had no formal gym or music programs but Friday afternoons, weather permitting, was a ball game with our teacher usually pitching. Some

windows got broken, but the trustees felt that if their children had a teacher who was willing to play games, broken windows were part of the package. Red Cross activities, based on keeping healthy and safe, were considered to be as important as history and science lessons. We went on long hikes through the woods and to the beach, all without parental chaperones, permission slips, and buses. We walked everywhere with the freedom to run and explore, and felt safe within her care.

Throughout the year we had Box Lunch sales, and Valentine and Halloween parties. Excitement was paramount when we were finally able to raise enough money to buy a school clock. Christmas concerts were always special times when fathers gathered together to lay the long planks of wood to transform the front of the room into a stage. Memorization of long recitations was mandatory, and many November and December evenings at home were spent reciting the verses to anyone who would listen. On rainy and snowy days, games of hide-the-chalk in the long hair of our teacher (while working at her desk), and dancing in the porch, became my recess and noon fun. Those who lived close to the school went home for lunch, but it was not an option for many.

Surprise visits were special. Who could forget Lawrence Levy, Dept. of Lands and Forest, with his reels filled with pictures of wildlife, and the message of Smokey the Bear?



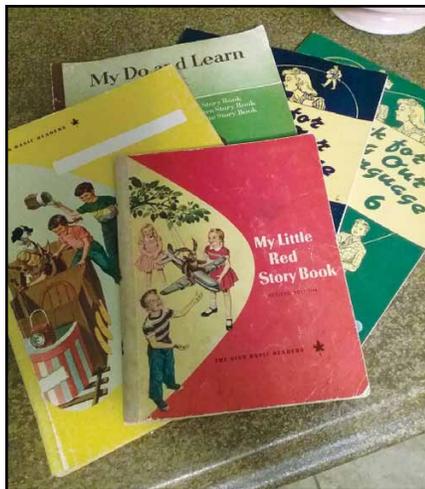
Evelyn Rafuse

Evelyn Rafuse

And Dorothy Ralph, who inspected schools on behalf of the Department of Education, provided demonstration of the proper method of writing in straight lines and spacing words. She encouraged Spelling Bees and cursive writing for all students. I was old enough to realize that these were already part of our daily school routine, but Evelyn was too kind of a teacher to state otherwise. I am sure she breathed a sigh of relief when those visits were over.

These days whenever we meet in groups, the school dipper becomes the topic of conversation. Those below the age of fifty probably have no concept of twenty students drinking from the same pail of water carried from a well next door, and everyone using the same dipper. Young parents look at us in disbelief. We were a healthy bunch in those days, rarely missing school because of sickness, other than the normal bouts of measles, mumps, and chicken pox.

Evelyn continued to teach at South Waterville until it was closed, and a new school was built in Windsor Forks. Eventually, all persons teaching were required to have formalized teacher training at a recognized teacher's college.



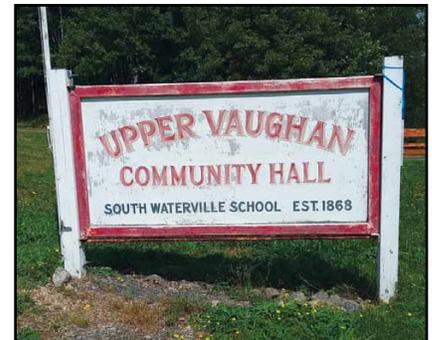
Evelyn left teaching, and worked at various jobs in the field of cooking and baking, gaining the respect of those who worked with her. Kings Edgehill School was her last place of employment. The community of Upper Vaughan continues to be her home. The small size of the community enables her to stay in close contact with her students, many of whom are her brothers-in-law, sisters-in-law, cousins, and longtime friends. She is an active member of the Upper Vaughan Baptist Church, Hospital Auxiliary, and church groups. This spring, her former students received an envelope of memories of our early school years –

class pictures, old Valentines with examples of our early attempts at printing and cursive writing, and copies of those still remembered Christmas verses.

Evelyn Rafuse was a teacher known for her dedication and perseverance. From that one room school, so long ago, emerged young students who have become productive citizens in our chosen endeavors and communities. We have succeeded. Joyce Rafuse Francis, one of my many cousins attending school during those times, explains it well by saying, "Evelyn taught us more than just school. She taught us about life."



Little Red Schoolhouse



*Submitted by Beverly Smeltzer Lake
West Hants Branch RTO*

A retired elementary teacher, who considers herself fortunate to have spent her elementary years in a one-room schoolhouse under the careful guidance of Evelyn Rafuse.

20th Annual Retired Teachers



Colchester-East Hants Branch of the RTO hosted the 20th Annual Golf Tournament for retired teachers and spouses/partners on September 12, 2018 at the Mountain Golf Club in East Mountain, NS. A 1:00 PM shotgun start took place with 80 participants, 60 men and 20 women. Special guest participants bringing greetings to our golfers were Jim Kavanaugh, Past President of the Provincial RTO, and Jim Harpell, Vice-President of the Colchester-East Hants RTO.



Major sponsor for the event was the Teachers Plus Credit Union. They provided goodie bags for all and a significant cash contribution. Other major sponsors include Johnson Inc, Wilson Gas Stops, Pye's GM, Sobey's, Swiss Chalet, Mountain Golf Club, Masstown Market, Wayne MacCallum - Tim Hortons Treaty Center, Parkland, Francis Mitchell, Re-Max Realty, Wildflower, and Mattatall-Varner Funeral Home. Advertisers included MLA Karen Casey, MLA Larry Harrison, and MP Bill Casey. Many other businesses and individuals also provided prizes. The Provincial RTO and Colchester-East Hants Branch also provided significant assistance. Logo ballpoint pens and golf towels were given to all golfers. We thank all for helping.



Golfers were divided into five divisions - three mens, a ladies, and a mixed. Prizes were awarded in each division for first, second,



Golfing Tournament 2018

and third gross and net scores as well as overall low gross and overall low net scores. The overall low gross winners were Brian Sutherland and Jim MacMaster, and the overall low net winners were Charlie and Jeannie Gladwin. The two trophies with engraved plates for 2017 and 2018 will be stored at the NSTU building in Halifax. Special prizes in five divisions, three men and two ladies, were awarded for longest drive, shortest drive, and closest to the hole (three greens). There were \$10,000 prizes available for all holes-

in-one, with no winners. Golfers also participated in a putting contest, raising \$325 for the IWK foundation. The winner was Singh Matharu. We congratulate all our winners.

The tournament concluded with a chicken dinner with wild blueberry dessert served by the kitchen staff at the Mountain Golf Club. Thanks to the staff for an excellent meal. We thank Mountain Golf Club and General Manager Ross Percy and all other staff for the fine job helping us host this tournament. Thanks to all

who participated and helped in so many ways from the Colchester-East Hants RTO and the committee.

Any Branch interested in hosting the 21st Annual Retired Teachers Golf Tournament in 2019 should contact the RTO President Bill Berryman for information so that you may start planning early.

— *Chester Sabeau, Chairman*



Purple Asters

by Brian Forbes, retired educator and former NSTU President



Some time at an early age I came upon this little snippet of verse from Robert Louis Stevenson:

*“The world is so full of a number of things,
I’m sure we should all be as happy as kings.”*

Much later I became acquainted with Gerard Manley Hopkins’ much more elegant (and metaphysical) proclamation of the same idea:

*“The world is charged with the grandeur of
God. It will flame out, like shining from
shook foil;”*

But it was always Stevenson’s simple and sunny version that stayed with me, recurring as often as I was confronted with some particularly striking example of the ineffable beauty that always surrounds us, if we have eyes to see and take the time to stop, look, and listen.

A case in point is a sudden outburst (as it seemed to me) of purple asters at the end of my woodpile. I am not really a flower person, meaning I like flowers as much as the next person, but I can only identify the most common species, and have shockingly little botanical knowledge in general. However, for some reason purple asters have always had a special place in my affections, probably because in my younger years they came to signify the last brilliant effusion of summer, and the impending transition to the more subdued clarity of early autumn light.

We live in a time when we have far more extensive access to, and understanding of, the mysteries of the cosmos we inhabit than those eminent Victorians, Stevenson and Hopkins, ever dreamed of. Modern humanity has penetrated the intricacies and paradoxes of the subatomic world, and witnessed the vast vertiginous whirling wonders of galaxies, supergalaxies, and beyond. Yet I suspect the same common currency that inspired their meditations are the ones that most move us at our cores – shining seas, shady forests, shimmering skies at night, purple asters,

and so on. Whether our consideration of the infinite diversity and multiplicity of the universe results in an experience of simple joy (as per Stevenson) or mystical awe (like Hopkins), it is all the most precious inheritance of human Being.

I have never had a full blown mystical experience, but I came close once, at about the age of five. I had suddenly paused from running up a hot gravel road on a warm summer evening with a group of friends, and found myself gazing into an ordinary ditch. I still recall vividly the moist brownish moss, the rushes, the flowering “blue flag”, the barely stirring breeze, and the slightly swampy smells – all perfectly normal phenomena of ditches. Yet there was a strange luminous quality to the scene, not exactly “shining like shook foil” but something like that. And the thought rose in my mind, in exactly these words so far as I remember, “What is this?” It was a kind of “awakening” to the utter strangeness of being alive and self-aware, conscious, and able to observe, to reflect on, and to appreciate the world in its splendour. Ever since that experience I can deliberately evoke that sense of wonder, albeit less arrestingly than that first time, almost at will.

Out of an apprehension of the infinite “number of things” of which the world is so full emerge curiosity, reflection, imagination, and wonder. The greatest polymath of all time, Leonardo da Vinci, exemplified those qualities to an unparalleled degree. In his recent biography Walter Isaacson marvels that one page of Leonardo’s famous notebooks contains a “to do” list for the day, and that one of the tasks he had set himself was “to describe the tongue of a woodpecker.”

One of my literary heroes, Henry David Thoreau, spent his time stomping the environs of Concord, Massachusetts, taking a boat trip on the Concord and Merrimack rivers with his brother, living alone for a couple of years in a small cottage which he had built on Walden Pond,

conversing with his rustic neighbours and the luminaries of the “New England Renaissance”, and so on. All of this he distilled into a large corpus of notebooks, books, and essays which can be read with much pleasure and great profit today. His writings are filled with astute comments and reflections on Nature and human nature, and a kind of homespun philosophy laced with historical, scientific, literary, and classical allusions, even references to the Upanishads. They are the record of a mind filled with a lively curiosity, keen observational powers, and a brilliant wit and imagination applied to all that he encountered, from beginning to end.

Charles Darwin is another example of relentless curiosity coupled with extraordinary observational skills, productively employed to enhance our understanding of ourselves and our world. He was also imaginative in his own way, I suppose, though unlike Thoreau I have always found most of his prose pedestrian, and sometimes pedantic. Yet even he could become almost lyrical on occasion, as when contemplating the import of his life’s work, at the end of *The Origin of Species*: “There is a grandeur in this view of life, with its several powers, having been originally breathed into a few forms or into one; and that, whilst this planet has gone cycling on according to the fixed law of gravity, from so simple a beginning endless forms most beautiful and most wonderful have been, and are being, evolved.” It has always intrigued me that the great man who revolutionized our concept of life spent

some years before publishing the *Origin* studying barnacles, and that his last published work was a study of earthworms. “The world is so full of a number of things...” Why choose those?

Another quote from Darwin struck me forcefully when I first read it. In October 1835, near the end of his stay on the Galapagos Islands, as naturalist aboard the *Beagle*, it was pointed out to him that he would have done better to have identified



from which island of the archipelago his specimens of certain species had come. Realizing in hindsight how that would have helped in formulating his ideas, he wrote ruefully in his journal, “It is the fate of every voyager, when he has discovered what object in any place is worth his attention, to be hurried from it.”

That seems to me an apt metaphor for the journey of life itself. There has been a perception in Western civilization, as in others, that age brings wisdom. Among friends and acquaintances I have enough examples to lend some credence to the hypothesis, but enough counter examples to call it into question. Having just entered my eighth decade, I do not pretend to have attained any great store of wisdom. At this point of my existence answers to many of “the big questions” remain elusive for the most part, tentative at best. Yet I cannot help but think that nothing more is required when one has been gifted to live as a sentient thinking being in a world full of shining seas, shady forests, shimmering skies at night, and so much more – including purple asters.

This Land Is Your Land...

The RTO Newsletter invites all members to send us their photos of our beautiful province. In each issue we will showcase the life, landscape, and seascape of Nova Scotia. Submissions must be your own photography. Please include your name and the location. Not only will our newsletter continue to share information and stories with members, but your photographs will remind us why we have chosen to retire in Nova Scotia, and encourage us to explore its wonders for ourselves. Please email photos to bettyanne@eastlink.ca or mail to Betty Anne McGinnis, 6571 Highway 1, Ellershouse, NS B0N 1L0. Photos sent by mail will not be returned.



Last Suspension Bridge in NS in Sable River. Photo by Marg Dawe



*Gifts of the Sea on Lockman's Beach in Sydney Mines.
Photo by Marilyn Martell*

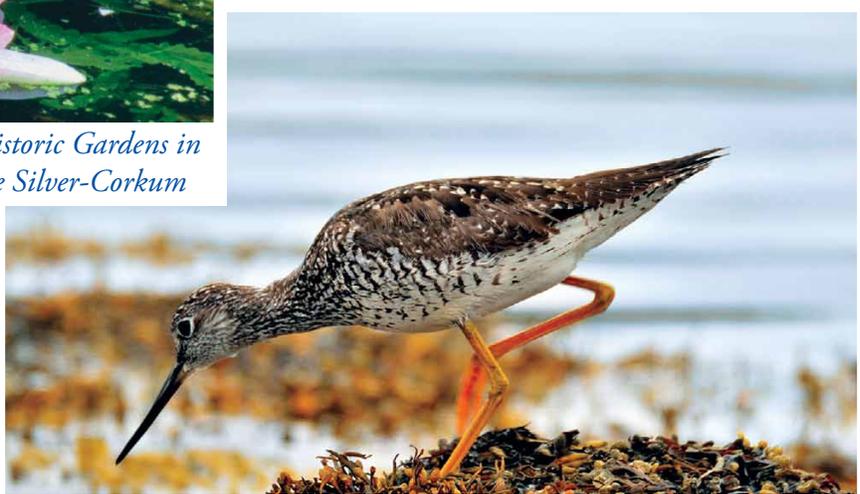


*Light Rain on Gunwales at Black River Lake,
Kings County. Photo by Colin Chase*

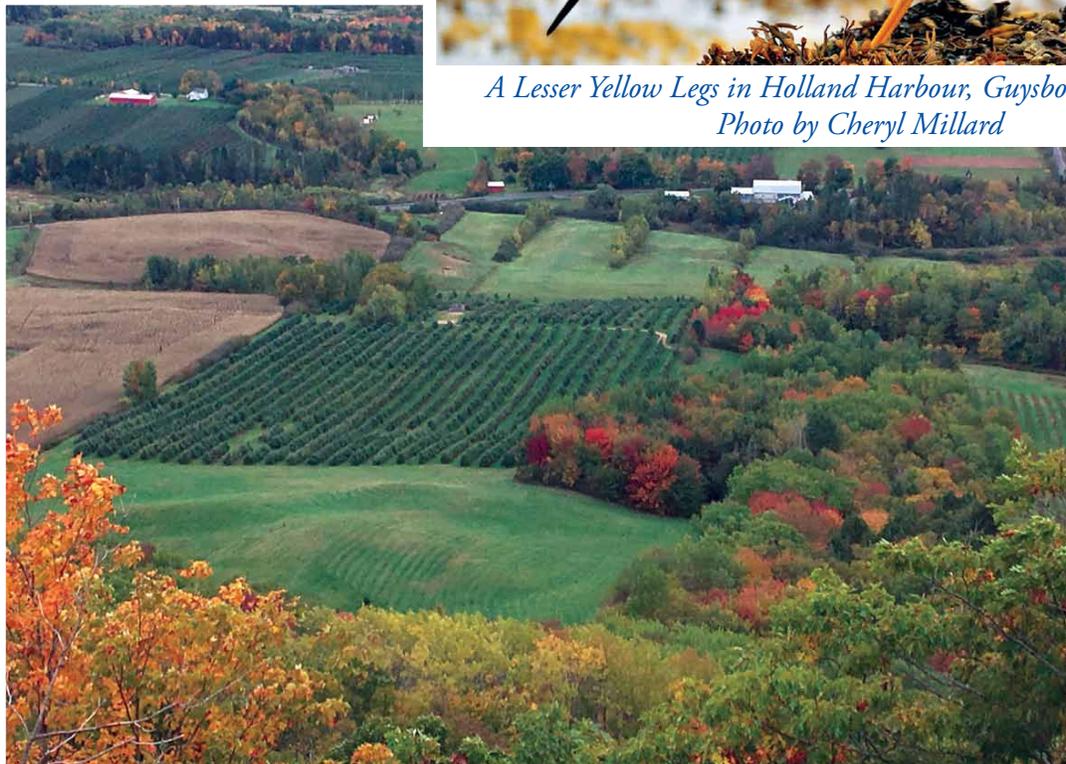
This Land Is Your Land...



Pink Water Lily in the Ponds at Historic Gardens in Annapolis Royal. Photo by Verlene Silver-Corkum



A Lesser Yellow Legs in Holland Harbour, Guysborough County. Photo by Cheryl Millard



The Blomidon Lookoff in Kings County. Photo by Randy Holmesdale

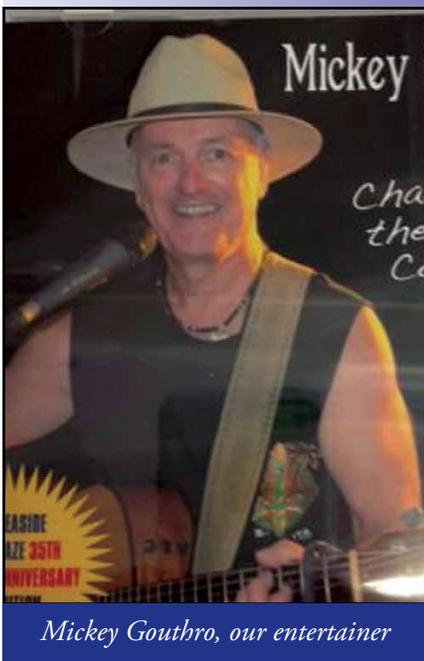
THINGS TO REMEMBER AS WE AGE

1. Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you're feeling well. Stay informed.
2. Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor and remember: "A man is not old as long as he has intelligence and affection."
3. Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.
4. ALWAYS stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised what old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.
5. Respect the younger generation and their opinions. They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.
6. Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer or just collect certain items. Find something you like and spend some real time having fun with it.
7. Even if you don't feel like it, try to accept invitations. Baptisms, graduations, birthdays, weddings, conferences. Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there.
8. If you've been offended by someone – forgive them. If you've offended someone - apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget and move on with your life.
9. If you have a strong belief, savor it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example.
10. Laugh. Laugh A LOT. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? Find the humor in your situation. Now is the time to be at rest, at peace and as happy as you can be!

-Anonymous



Presidents' October Meeting



Mickey Gouthro, our entertainer



New Presidents

Milestones



The RTO would like to acknowledge its members who have reached milestones in their lives. Members celebrating significant birthdays, anniversaries, or other events, are invited to send us a photo and a brief note. Your milestone could be published in any one of our three issues each year.

70th Anniversary NSTC Grads

In 1948 Lavonne (Adamson) Thompson, Thomas Rissesco, Hazel (Cunningham) McKay, and Mary (Horne) Fowler graduated from Nova Scotia Teachers College. They celebrated the 70th Anniversary of their graduation at the 2018 NSTC Reunion! Congratulations to all from your RTO friends and colleagues. Margie MacIntyre, Alumni President, is also pictured in each of the NSTC photos.



Alice Shaw Bond

In 1938 Alice (Shaw) Bond graduated from the Provincial Normal College, which was later named the Nova Scotia Teachers College. In 2018 she attended the NSTC Reunion to celebrate the 80th anniversary of her graduation! Congratulations, Alice, from your RTO friends and colleagues.



Dominique Henry

Dominique Henry, former NSTU President, celebrates his 80th birthday with old friends, family, and former colleagues from Windsor Regional High at the Spitfire Arms in Windsor. Congratulations, Dom, from your RTO colleagues and friends.



Mary (Robertson) MacLean

In 1941 Mary (Robertson) MacLean graduated from the Provincial Normal College. She celebrated the 77th Anniversary of her graduation at the 2018 NSTC Reunion! Congratulations, Mary, from your RTO friends and colleagues.



Ron and Donna Brunton

Two teaching careers and 50 years together. Ron and Donna Brunton primarily taught mathematics with a healthy sprinkling of science and computer science and a dash of other subjects. In 2000, Ron joined the Executive Staff of the NSTU, beginning a 12 year second career as a Union staff officer in Professional Development. Donna retired from teaching in 2005 and Ron retired from the NSTU in 2012. The picture shows them celebrating their 50th wedding anniversary on June 29th at Le Caveau restaurant (Grand Pré Winery).



Dealing with seasonal depression

Seasonal Affective Disorder (SAD), often referred to as “winter blues” or seasonal depression, is a type of depression related to changes in the seasons.¹



Most often affecting individuals in the fall or spring months, it can have a profound effect on an individual's mood and energy levels. Those affected by SAD often feel like isolating themselves until a change in seasons occurs, usually spring, however this isn't a viable solution for anyone.¹

In Canada, SAD affects around 3% of Canadians each year, with approximately 15% experiencing milder forms of SAD.² Often, this disorder impacts children and teenagers, with women having a higher propensity to experience SAD over men. Additionally, if there's a history of depression in the family, individuals have a higher risk of experiencing SAD in their lifetime.²

A research study conducted by Oxford University has found there are many methods to minimize the effects of SAD.³ In this edition of Life Lines, we will look at what treatment and preventative methods can be taken to support one's self or others when dealing with SAD symptoms.

Those who experience seasonal affective disorder often experience the following symptoms:⁴

- Appetite changes including increased cravings for sugary or starchy foods
- Avoidance of people or activities previously enjoyed
- Daytime fatigue
- Difficulty in concentrating
- Feeling tense or stressed
- Insomnia or sense of feeling tired all the time
- Irritability
- Lowered sex drive and desire for physical contact
- Sadness, guilt, or overly critical of one's self
- Sense of hopelessness
- Weight gain

Here are some suggested methods to minimize SAD symptoms:

Meet with a Healthcare Practitioner. Discussing medical treatment or support from a qualified healthcare practitioner can be a useful first step in identifying the ideal treatment option. SAD is a treatable disorder, where healthcare practitioners can provide resources to build resilience prior to months where SAD is at its peak. Some of those suggestions are mentioned below.

Light Therapy. When using light therapy, results have shown relief between 60 to 80 percent for those who suffer from SAD. Sitting for 30 minutes in front of a special fluorescent light that simulates natural outdoor light, can help improve an individual's mood and energy levels. The best time to use this form of therapy is in the morning, so an individual can reap the benefits throughout the day.⁴

Cognitive Behavioural Therapy. This form of therapy works to replace negative thoughts with more positive ones. It can be used in conjunction with light therapy, and according to some, is the most effective way of treating the disorder.

Self-help. There are many ways to minimize symptoms of SAD outside of professional medical help. Individuals who regularly exercise, have good sleeping habits, eat a healthy diet, and stay connected with others have improved moods during SAD months. Working towards a more balanced lifestyle can help manage stress and reduce the symptoms of depression. Using these self-help tools year round can help minimise the likelihood of suffering from SAD, and improves one's overall health and well-being.⁴

Everyday tips to ease winter SAD:⁴

- Avoid alcohol, and be aware of your caffeine intake. Both alcohol and caffeine can affect your sleep and make you feel groggy and grumpy. On the other hand, make sure you're drinking enough water.
- Build routines to get you outside during the day. Try to find opportunities for a brief outdoor walk during daylight.

- Increase physical activities or exercise prior to typical SAD months. This can help to build a healthy lifestyle prior to SAD symptoms, potentially preventing or limiting SAD symptoms each year. Physical activity relieves stress, depression, and increases your energy, combatting the majority of the SAD symptoms.
- Keeping a journal can help you to deal with the negative feelings one can experience. Plan to write each day for a week, including your thoughts, feelings and concerns. The best time to write is often at night, which allows you to reflect on all that happened during the last 24 hours.
- Re-arrange your space to maximize exposure to sunlight throughout the workday. Try to keep the curtains open during the day and position yourself to face natural light where possible.
- Resist the urge to eat unhealthy sugary or high carbohydrate foods. Although often craved when experiencing SAD symptoms, this can increase depression and weight gain, further increasing SAD symptoms.
- Take a vacation, look for sunny destinations. Save throughout the year to alleviate potential financial strain. Reminder, symptoms of SAD can recur after you return home.
- Take vitamin D supplements or eat foods high in vitamin D, such as cow's milk, soy or rice beverages, orange juice, salmon, eggs, or fortified yogurts. Since getting more sun exposure is dependent on weather and time, change your diet during fall and winter can help you get the vitamin D you would typically receive from sun exposure.
- Try to spend more time outdoors during the day. Spending time outside for 30 minutes can help your body absorb enough vitamin D to help improve overall mood.

Quick Tips to Combat SAD



Spend more time outdoors, get your daily dose of vitamin D



Keep a journal to document and manage negative thoughts and feelings



Rearrange office or house furniture to maximize sun exposure



Resist unhealthy eating



Take a vacation in the sun



Take vitamin D supplements



Eat vitamin D foods like salmon, eggs, fortified yogurts



Try to work outdoors (i.e. walking meeting)

Sources:

1. Mayo Clinic. (2017, October 25). Seasonal affective disorder (SAD). Retrieved November 21, 2017, from <https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>
2. Mood Disorders Association of Ontario. (n.d.). Frequently Asked Questions - Seasonal Affective Disorder (S.A.D.). Retrieved November 21, 2017, from <https://www.mooddisorders.ca/faq/seasonal-affective-disorder-sad>
3. Rohan, K. J., & Rough, J. N. (2017). The Oxford Handbook of Mood Disorders. Retrieved from <https://global.oup.com/academic/product/the-oxford-handbook-of-mood-disorders-9780199973965?cc=ca&lang=en&#>
4. CMHA. (2016). Find Help Now. Retrieved November 21, 2017, from <https://cmha.bc.ca/documents/seasonal-affective-disorder-2/>

For more information, please call:

English: **1 866 644-0326**

En français : **1 888 361-4853**



Homewood Health is a recognized leader in the field of Employee Assistance, Workplace Support and Employee Health Management Services.

The firm provides EFAP/EAP, Crisis Management, e-Learning, health coaching, leadership development, psychological assessments, and other services in Canada and around the globe. The Homewood Health mission is to provide behavioural health, productivity and performance solutions to ensure greater employee and organizational effectiveness.

*Please be advised that the content of this document is for information and educational purposes only and should in no way be considered as Manulife Group Benefits offering medical advice.

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Find 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 Medavie Blue Cross, Johnson Inc., NSTU, and Manulife. Submissions must be received by December 30, 2018. 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 Spring contest was Carol Draper, West Hants Branch. Congratulations.



Carol Draper of the West Hants Branch and winner of the Spring Scavenger Hunt displays her prizes donated by NSTU.

1. What is the date of the 2019 RTO AGM?
2. What recent presentation was made to the four Cape Breton Victoria Branches?
3. Who is the retired teacher celebrating 80 years since graduation from NSTC at the 2018 reunion?
4. Name one of the sponsors of the Scavenger Hunt.
5. Who is your Branch President?
6. An article from Johnson Inc. gives information on what plan that every home should have?
7. Who was the winner of the Putting Contest

- at the 2018 Golf Tournament?
8. What is the deadline for the submission of resolutions to AGM 2019?
9. The sixth grant from the RTO Legacy Foundation for 2018 was presented to what group?
10. What is the deadline for application to the Legacy Foundation for 2019 grants?

HALIFAX COUNTY RTO SPECIAL EVENT

TENTH ANNIVERSARY CELEBRATION AND BARBECUE

June 12, 2019 at the Centennial Legion on Main Street in Dartmouth.

More info will be posted on our website. **SAVE THE DATE!**

NOMINATING COMMITTEE

Table Officer Positions

The following RTO Table Officer positions are open for the 2019-2021 term.

1. *Secretary – 2-year position*
2. *Treasurer – 2-year position*

These positions will be filled at the RTO AGM in Halifax on May 16, 2019. Interested candidates must send a completed application form to the Nominating Committee Chair, Jim Kavanaugh, no later than February 28, 2019. In addition to inclusion in this issue of the newsletter, the application form for these two positions is also posted on the RTO website at rto.nstu.ca.

Member-at-Large Positions

Member-at-Large positions are open for nomination in the following four regions for the 2019-21 term.

1. *Strait (Antigonish/Guysborough, Inverness, and Richmond Branches) – 2-year position*
2. *Chignecto-Central (Colchester-East Hants, Cumberland, and Pictou Branches) – 2-year position*
3. *Halifax Metro (Dartmouth, Halifax CPX, Halifax City, and Halifax County Branches) – 2-year position*
4. *South West Shore (AER-Baie Ste. Marie, Digby, and Yarmouth-Argyle Branches) – 2-year position*

The application form for a Member-at-Large position is posted on the RTO website at rto.nstu.ca and will also appear in the winter issue of the RTO Newsletter. Interested candidates must

submit a completed application to his/her Branch President by April 1, 2019.

If a particular Branch has more than one candidate offering for Member-at-Large, then an election at that Branch level must be held prior to April 30, 2019. No more than one name may be offered by each Branch in a region. A Returning Officer for each region holding a Member-at-Large election shall be appointed at the February Presidents' meeting. Each Returning Officer will then conduct an election for Member-at-Large in his/her region after April 30, 2019, but prior to May 15, 2019. The Returning

Officer shall conduct the election by calling a meeting of the candidates and three voting delegates from each participating Branch. Immediately following the election at this meeting, each Returning Officer shall submit the name of the successful candidate to the RTO Nominating Committee Chair. The names of the elected Members-at-Large will be announced at the RTO AGM on May 16, 2019.

— *Submitted by Jim Kavanaugh
Chair, Nominating Committee*

RETIRED TEACHERS ORGANIZATION	
Nomination for Provincial Executive Positions Elected at AGM	
Deadline for Nominations – February 28th	
Nomination for:	<input type="checkbox"/> SECRETARY <input type="checkbox"/> TREASURER
Name of Nominee:	_____
Branch to which Nominee belongs:	_____
Address of Nominee:	_____
Tel #:	_____
Email:	_____
RTO Branch Activities:	_____ _____ _____
RTO Provincial Activities:	_____ _____ _____
Other (Including NSTU Local or Provincial activities):	_____ _____ _____
Signature:	Date
Return to: RTO Nominations Chairperson Jim Kavanaugh 3238 Nicholson Avenue New Waterford, NS, B1H 1P1 or scan and email to: jkavanaugh@ns.sympatico.ca	
Rev 2018	



**RETIRED TEACHERS
ORGANIZATION**
of the Nova Scotia Teachers Union

**ANNUAL GENERAL MEETING
AGM RESOLUTIONS SUBMISSION FORM**

Resolutions for the Annual General Meeting of the Retired Teachers Organization may be submitted by Branches, the Executive, or Individual RTO members prior to December 15th in any given year. Please check and complete the appropriate box and provide information where necessary.

Branch (name) _____

Executive _____

Individual Member (name) _____

Date of Submission: _____

RESOLUTION

Note: ALL RESOLUTIONS MUST BE ACCOMPANIED BY A BRIEF OUTLINING THE RATIONALE OF THE RESOLUTION

Forward to:
RTO Resolutions Committee Chair
Alyson Hillier
27 Braeside Lane
Halifax, NS B3M 3J6
hillieac@gmail.com
902-443-5106

Rev. June 2018

**RTO Resolutions
Committee**

Once again, we invite members to submit resolutions for presentation and discussion at the Annual General Meeting at the NSTU Building on Thursday, May 16, 2019. The committee is seeking submissions from the RTO Executive, RTO Branches, and individual RTO members.

All resolutions submitted to the committee must be accompanied by a brief that describes the intent and rationale for the resolution. Briefs should be concise and clear.

Please submit resolutions, using the Resolutions Submission form available on the website or in this newsletter, to Alyson Hillier. All submissions must be received by the committee no later than December 15, 2018.

If you have any questions please contact Alyson at hillieac@gmail.com. Thank you for your interest in our organization.

— *Alyson Hillier, Chair*



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!**

