

The Retired Teacher

Nova Scotia Teachers Union

Volume 50, Number 2, Winter 2019

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

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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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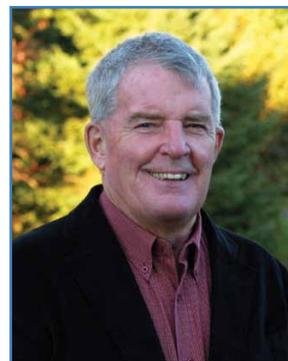
A newsletter for the retired teachers of Nova Scotia

A MEMBER OF ACER/CART

From The Desk of the President...

Bill Berryman

On behalf of the RTO Executive I wish to extend best wishes to all RTO members for a happy, healthy and prosperous 2019. With your continuing support and that of our twenty-three Branch Executives, your RTO Executive remains committed to fulfilling the RTO Mission Statement which states “the RTO is the official body representing the retired teachers of Nova Scotia and will advance, promote and protect the welfare of its members.”



Vibrant Voices

I am pleased to announce that ACER-CART has agreed to partner with the Retired Teachers of Ontario and the National Association of Federal Retirees on a national political advocacy campaign leading up to the October 21, 2019 Federal Election. The vision of this coalition is to align, collaborate and then champion with a campaign of one vibrant voice.

The three partners held a one-day conference in Toronto on November 16, 2018 to commence the work on this partnership by exploring values, issues, and opportunities of mutual importance to our respective organizations and its members. Six other senior organizations also participated in the conference and after much discussion and debate all organizations agreed that the following will be the focus of our political advocacy:

(continued on page 2)

1. National Pharmacare Program
2. National Health Care Strategy for Seniors
3. Income Pension Security in Retirement

The first significant initiative of the campaign was a “Lobby on the Hill” on February 20, 2019 whereby three members from each organization lobbied over 60 Members of Parliament in the morning. All members attended the question period in the afternoon and the three organizations hosted a reception for the Minister of Seniors and other politicians that evening.

The campaign team led by Sayward Montague, Director Advocacy, National Federation of Federal Retirees, is finalizing a two-page document on each of the three issues with a common baseline message and identifying the issue with questions seeking the politicians’ input on each. These documents were initially used as background material for the “Lobby on the Hill” but are being revised for our members. It is the expectation that by the month of May all nine organizations will have copies of the three issues to provide their members when speaking to prospective candidates.

Government of Canada Consultation on Enhancing Retirement Security

Part of the mission statement of the RTO is to “protect the welfare of its members”. Two of these priorities are the continuation and support of our Defined Benefit pension plan and the enhancement of group insurance benefits.

I would like to thank all members who completed the on-line questionnaire of the federal government seeking input on enhancing retirement security last December. I wrote a letter on behalf of the RTO as an attachment to this questionnaire and indicated that our members were not prepared to surrender accrued benefits under our current pension plan and will not agree to any conversion of our Defined Benefit pension plan to a Target Benefit or Shared Risk pension plan under any circumstance.

I stressed that pension plans have been earned and must be respected. RTO members provided their services to school boards in exchange for various benefits, including wages paid via regular pay cheques and deferred wages that will be paid after retirement. These deferred wages have been established through a Pension Partners Board.

They are clearly defined, typically based on factors such as length of service, and are an explicit component of pension agreements between NSTU and government.

The next phase of this campaign for our members will be an e-petition which has been developed by the ACER-CART Pension and Retirement Income Committee and will be posted on-line during the months of February and March. Please see more details in this issue of the newsletter.

Branch Presidents’ Meeting

The second Branch Presidents’ meeting for 2018-2019 was held at the NSTU Building on February 20, 2019. The meeting opened with a presentation from Heather deBerdt Romilly, Executive Director, Nova Scotia Legal Information Society, who will later provide each member with a copy of “It’s In Your Hands – Information for Seniors and Their Families”. Using the book as reference, Heather explained that the objectives for the publication were to increase seniors’ knowledge and understanding about arranging their legal affairs and to provide resources and supports on legal-financial issues pertinent to them.

For the past two years the RTO Research and Review Committee has been working on wellness issues, including understanding and finding solutions for members who face social isolation. The Committee provided the following questions which were discussed during the Presidents’ Roundtable:

1. At the 2018 February Branch Presidents’ meeting the roundtable was focused on social isolation of our members. How has your Branch followed up on some of the suggestions/initiatives provided at this meeting?
2. If so, what suggestions/initiatives were the most successful in increasing attendance at your Branch meetings or events?
3. Has your Branch accessed funding through the RTO Branch Initiative/Program Grant Fund to help reduce the risk of social isolation?
4. Statistics have indicated that men tend to be more socially isolated than women. What are some suggestions/initiatives that you believe as Branch President that will get more men involved in Branch Activities?

(continued on page 6)

A message from NSTU President ... Paul Wozney



Dear Members of the Retired Teachers Organization,

I hope this note finds you well, enjoying the warmth of family and friends in the midst of winter. I want to express my thanks to so many who have shared your congratulations and words of encouragement early in my time as president with a personal note or email. In moving around the NSTU building, I am constantly reminded of the shoulders I stand on through the photos and art displayed throughout. The foundation you have laid for today's membership is front of mind as I work with the Provincial Executive and staff to serve with excellence. Your words fuel that pursuit, and I am humbly grateful for them.

It was an honour to welcome the RTO Executive to the NSTU's Provincial Executive meeting on November 30, 2018. Your President, Bill Berryman, provided us with an overview of your organization, its activity, and a standing commitment to partner locally and provincially to fight for quality public education. Your Executive graciously shared lunch with us, and I believe that this step sets the stage for further connection. With the NSTU's formation of a political action committee at the provincial level, I hope to draw on your collective experience with advocacy. Your passion and wisdom will be invaluable as we work to empower our membership to engage and influence policy and legislation in every corner of the province.

Organizations like the NSTU face the constant challenge of when to hold fast to tradition when it continues to serve well, and when to turn to fresh approaches when it fails. I am glad to know that the Executive and membership of the RTO remain trusted counsellors to the NSTU's leadership so that we can navigate that challenge responsively and expertly.

With esteem and thanks,

Paul Wozney,

President, Nova Scotia Teachers Union

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wind in their fur?"



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entered for a chance to

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A Note from the Editor...

Betty Anne McGinnis

The past few years have brought grief to teachers and to the Education system in Nova Scotia under the Liberal government. Retired teachers have supported active teachers in their fight for the right to fair collective bargaining. But Government won by changing the rules in the middle of the game, throwing negotiations aside for legislation. Now the battle of a lifetime is coming and we, all retired teachers in this province, are right in the middle of it. McNeil is determined to “fix” the pension plan. Sounds like a great idea, doesn't it? But he wants it done HIS way. Tossing around ideas on how to do so, he mentions health benefits. Skip to scene two. CBC's John Laroche and Mike Gorman gave their little televised performance that many of you have seen, where they came up with the term “free ride” in referring to teachers' insurance benefits...

I will not comment on the pension plan itself, because I do not have answers, nor do I have the full background knowledge to explain the situation...unlike those who speak freely without the knowledge. However, when I hear it being said that teachers, both active and retired, are getting a “free ride” with their health benefits, my blood boils. For decades the NSTU has protected the health benefits of all of its members, both active and retired, by making concessions in other monetary areas of negotiations.

They have given up fair wage year after year, knowing that of the utmost importance what do we have thrown in free ride! If only politicians, actually had knowledge and before making these rash the general public. A public teachers pay nothing for far off base as we know.

Yes, our premiums are paid, a negotiation. However, we amount for various medical more as we age. But because publically, none of this comes “free ride”. Now it is our fight. Now is the time to support the NSTU, our NSTU, in the battle against a premier who does nothing but bully workers in this province, particularly if they are unionized. Well, we are unionized and proud of it. Let us prepare to do our part to maintain all those benefits fairly negotiated many, many years ago. The NSTU is not 9000 strong. We, the NSTU retired and active teachers, are more than 20,000 strong!



increases year after health benefits were to all members. So our faces today? A media, and others full understanding statements, enflaming who now believes all health care. They are

benefit gained through pay a substantial services, and even of statements made to light. Only our

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NS Pension Services Corp.: 902-424-5070 / 1-800-774-5070	Johnson Inc.: 902-453-9543 / 1-800-453-9543	
Service Canada, Canada Pension Plan & Old Age Security: 1-800-277-9914 English / 1-800-277-9915 French 1-800-255-4786 TTY device		

(continued from page 2) From the Desk of the President

5. What are some suggestions/initiatives that you believe Branches can partner with other community groups to share resources for activities to combat social isolation?

These meetings are a great opportunity for the RTO Executive to disseminate information and to seek input from Branch Presidents. They also afford a great opportunity for Presidents to share topics of interest and best practices at the Branch level.

Seniors Pharmacare

I have been informed by Marina Keeping, Manager Pharmacare Division, Nova Scotia Department of Health and Wellness, that there will be no increase in premiums and co-pays this year. She also indicated that she continues to

work on the Atlantic Provinces Collaboration Committee which is looking at efficiencies across the four provincial pharmacare programs for consistency and continuity.

AGM 2019

Evaluation feedback from the past few years indicate a strong desire to continue holding the Annual General Meeting in Halifax with the same arrangements. Therefore, the 2019 AGM is schedule to take place at the NSTU Building on Thursday, May 16, 2019 with all members welcome. A dinner for delegates and guests will be held the evening before at Brightwood Golf and Country Club in Dartmouth. Hotel accommodations this year will be at the Future Inn at Bayers Lake. Please see the registration form in this issue of the newsletter.

45th NSTU ANNUAL BOWLING TOURNAMENT 2019



“NEW TEAMS ARE INVITED TO PARTICIPATE”
(Team = Min. 5 – Max. 8)

DATES: APRIL 27th & 28th, 2019

LOCATION: WOODSIDE BOWLARAMA (Dartmouth)

HOSTED THIS YEAR BY: HALIFAX COUNTY TEACHERS

REGISTRATION DEADLINE: MARCH 31, 2019

FOR INFORMATION CONTACT TOURNAMENT Chair

Cost \$260.00 per team
Individual teachers can contact Peter Balcom to be placed on a team.

Tournament Chair
Peter Balcom
Telephone: (902) 462-5952 c. 292-2230
E-Mail pgbalcom@gmail.com



Committee Reports

Membership Committee

The Membership Committee met on November 14, 2018 with a full slate of committee members present. The Committee Chair is very happy to report that “The Wall” has been moved to a location that is visible to all RTO and NSTU visitors. The new location is on the landing between the first and second floors of the NSTU building. The Committee updated “The Wall” with pictures of current RTO Executive and Committees, as well as AGM 2018 and Branch photos, at their November meeting. Branches are reminded to submit pictures of their activities electronically to Judy Knowlton at jaknowlton181@gmail.com for inclusion on “The Wall”.

The Banners are being put to good use. The RTO now has four banners for circulation to Branches for display during their activities. Transport can be arranged by contacting Judy Knowlton or your MAL.

The Committee reviewed the Levels of Membership available to retired teachers and their spouses/partners, as well as Honorary Membership in the RTO. Members were reminded of the Memorandum of Understanding between Johnson Inc. and the RTO, which has been in place since 2006. The committee has had an ongoing discussion surrounding the RTO database. It was noted that Karen Staples (NSTU/RTO secretary) gave a demonstration to Branch Presidents at their October meeting, showing how they can manipulate the spreadsheet and obtain information for their use. (Example: Finding the members who live within a community, so that phone lists can be developed for callers.) As a result of our committee discussion surrounding the database, we have made a recommendation to the Provincial Executive for consideration.

The Committee is reviewing two RTO documents to make them current. They are “Benefits of Membership” and “RTO Accomplishments”. It is important to have accurate documents for all members to use as reference in their Branch and personal lives. We will be continuing to review and update these documents at our next meeting.

Branch Presidents are reminded to keep their mem-

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



bership lists as accurate as possible. It is with your help and dedication that the RTO is able to keep its database accurate for contacting members. Any changes should be communicated to Karen Staples by phone 1-800-565-6788 or email kstaples@staff.nstu.ca .

Remember that RTO Pins (\$5.00), RFID cases (\$3.00) and Golf Caps (\$20.00) make great door prizes or “thank you” gifts for Branch events.

—Submitted by Judy Knowlton,
Membership Committee Chair

**The Retired Teachers Organization
does not provide an income tax receipt for membership fees.
This is due to Revenue Canada regulations.**

Committee Reports

Communications Committee

The RTO Communications Committee met for the second time this year in November with all members present.

There are a number of RTO Branches – including Lunenburg, Kings, Yarmouth-Argyle, Shelburne, and Queens – which currently have Facebook pages. After reviewing what other provincial retired organizations are doing, it was agreed the Committee will not recommend to the RTO Executive that it have a Facebook page at this time. The Committee members will continue to monitor the progress of the Branch pages.

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



A request form has been developed for the RTO website to allow for non-profit provincial organizations to apply for notices requesting volunteers for their programs.

It was agreed that Branches continue the practice of separating their Branch Reports and their Branch Initiative Program Grant Reports for the newsletter. The goal is to highlight the two reports showing what the Branches are doing in these areas. It was noted by Retired Teacher editor, Betty Anne McGinnis, that the Fall 2018 issue contained 64 pages with a great response from RTO Branches with over 70% reporting on their Branch activities and BIP Grants. The Committee appreciates the work of the Branch reporters on their work.

Webmaster Colin Campbell gave an update on changes and procedures connected to the RTO website. He continues to add the articles and links to other websites that pertain to retired teachers.

Committee Members will be surveying the Branches regarding use of websites, Facebook pages and Branch newsletters. The results will be shared with the Branch Presidents in the future.

— *Submitted by Gary Archibald,
Communications Committee Chair*

Programs Committee

The Programs Committee held its second meeting on November 14 at the NSTU Building. Committee members in attendance were Chair Bonnie Mahaney, Marlene Boyd, Bob Hayter, Margie MacNeil, and Ambrose White. Also in attendance were Bill Berryman and guest speaker, Dr Keri -Leigh Cassidy. Marlene Boyd kindly volunteered to act as recorder. The minutes of the September 18 meeting and agenda were approved.

The meeting opened with a one-hour presentation by Dr. Keri-Leigh Cassidy, MD FRCPC on the Fountain of Health Initiative for Optimal Aging: An Unique Canadian Strategy to Promote Resilience. This is a national seniors' mental health promotion project developed in Nova Scotia and is aimed at helping Canadians to optimize brain health over their lifespan. Dr Cassidy, Associate Professor of Psychiatry at Dalhousie University, is the Clinical Academic Director of Dalhousie's Geriatric Psychiatry /Seniors Mental Health Program of the Nova Scotia Health Authority. Dr Cassidy is a nationally recognised leader in the area of late life psychotherapy, mood and anxiety disorders, and spearheaded the Fountain of Health initiative.

The committee discussed the presentation and found it very proactive and forward- thinking in terms of

Committee Reports

Programs Committee (cont'd)

positively addressing the concept of optimal aging. It is a worthwhile initiative that will appeal to a varied cross-section of retirees and seniors.

The following recommendations were made by the Programs Committee for consideration by the RTO Executive:

- That the RTO support and promote The Fountain of Health Initiative for Optimal Aging.
- That the RTO Executive provide direction as to what these supports should look like.

It was suggested that the RTO Executive invite Dr Keri-Leigh Cassidy back to do a presentation to the Executive; this presentation is scheduled for the February 2019 RTO Executive meeting.

An RTO Branch Initiative Program (BIP) Completion Report handout, received from the Research and Review Committee, was distributed. It was felt that such information would be beneficial to other Branches seeking ideas on possible initiatives. The committee had a discussion around the deadline to submit applications for BIP grants and agreed that this be placed on the RTO Provincial Executive meeting agenda for further discussion and consideration. It was suggested it might be helpful to highlight the line on the BIP Grant application which states the deadline and consider prompting and emphasizing the deadline through our RTO newsletter and website.

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



The Advance Care Planning program was discussed. It was noted that continued promotion of the program and its presentation is necessary in terms of maintaining and supporting the program and reaching a “wider audience”.

Since the RTO Programs Committee is a new committee formed from a resolution adopted at the RTO AGM 2018, the committee suggested we discuss, at our February 2019 meeting, how we can inform our members and promote more awareness about the committee and the work we were doing. The committee members agree the RTO Newsletter and RTO Website and Branch Presidents’ Meetings could be utilized to do this.

This was a very productive and informative meeting with meaningful discussions generating varied ideas and suggestions. Thank you to the committee members for their valuable input and contributions.

—Submitted by Bonnie Mahaney,
Programs Committee 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

Pension and Benefits Committee

The committee last met November 14, 2018 at the NSTU Building.

Items of business included:

- The Mandate of the NSTU Pension Committee
- The Structure of the Teachers' Pension Plan
- The Teachers' Pension Act

The Pre-Retirement Seminar schedule and Power Point Presentation

The Chair informed the committee of a change to the April meeting. The meeting will be the afternoon of April 12 at 4 pm. This change is made to allow the members to attend the NSTU Pension Symposium on Friday evening April 12 and Saturday morning April 13.

Cross Canada Pension Check up: The Committee reviewed a spread sheet of information on the pension plans of teachers' groups across Canada. It was noted that with the exception of Alberta at 90% and Nova Scotia at 78.4%, teacher pension plans were fully funded.

The Committee discussed and drafted suggestions to assist members turning 65. The following points were considered important for members to address.

1. Check to see the effects of the integration with the Canada Pension Plan. The Teachers' Pension Plan should decrease with the addition of the CPP. If you took CPP before 65 your gross income will, in all likelihood, decrease. It is strongly suggested that, prior to 65, members should consult a financial advisor.

Nova Scotia Pension Services: 902 424-5070
800 774-5070

2. Contact Johnson Inc. to establish what coverage continues and what does not.

Johnson Inc.: 902 453-1010
800 588-3885

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



3. Register with Pharmacare.
Pharmacare NS Seniors: 902 429-6565
800 544-6191
4. Register for Old Age Security (and for Canada Pension Plan if you have not done so before 65).
OAS/ CPP 800 277-9914 English
899 277-9915 French

It is the hope of the committee that these suggestions will better prepare members as they reach the age of 65.

—Submitted by Jack Boyd,
Pension and Benefits Committee Chair

Finance Committee

Since the last issue of *The Retired Teacher*, the Finance Committee has met in November, January, and February. Committee members review the monthly financial statements of The Legacy Foundation and RTO Organization. Each line of the Organization Budget is reviewed at each meeting. The Committee is now preparing the 2020 Budget and notes for the RTO Organization which will be presented at the AGM on May 16, 2019. As well, the financial statements for fiscal 2018, which ended on December 31, are

Committee Reports

being reviewed and notes prepared. These will also be presented at the AGM in May. The annual financials for the RTO Legacy Foundation are being prepared for the Foundation AGM to be held on April 16, 2019.

The Committee is noting an increase in Branch Initiative/Programs (BIP) applications. Some applications have already been received and more are anticipated as the Committee has had inquiries from several Branches. For fiscal 2019, there is \$23,000 available for BIP grants. Each Branch can apply for a grant of up to \$1000 using the form available for this purpose. These forms have been distributed to Branch Presidents and are available on the RTO website. All Branches are encouraged to apply for a BIP Grant. These Grants are another way we can serve our members.

The Finance Committee reviews the investment portfolio of both the Organization and the Foundation on a regular basis. Recommendations on appropriate action will be made to the Executive. The financial situation for the Organization has improved since last year. The Committee and the Executive have been taking actions

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



to reduce expenses where possible. One example where this has been possible has been in the costs of lodging.

The Committee and its Chair, Treasurer Peter Lewis, wish to thank the Executive and all Branches for their continued support and cooperation.

—Submitted by Peter Lewis,
RTO Treasurer

Research and Review Committee

The Research and Review Committee held its second meeting on November 14, 2018. Chair Reg Johnston, Peggy Ludlow, Brian Faught, and Wendy Woodworth were in attendance. Garland Standing sent his regrets. The agenda and minutes from September 13, 2018 were circulated and approved. Peggy Ludlow was appointed as the Recorder for the meeting. The following action items were completed:

The electronic Branch Initiative Program (BIP) Database was updated and circulated.

An updated BIP summary sheet was circulated and amended.

The replies to the Presidents' questions discussed at the October Presidents' Meeting were circulated. The responses will be recorded and circulated at the February Presidents' Meeting along with the responses from the 2018 AGM.

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



Considerable discussion took place on Social Isolation, particularly among men. Documents on the Men Shed movement were circulated and discussed. The committee will do further research and report back at the February Research and Review meeting.

—Submitted by Reg Johnston,
Research and Review Committee Chair



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

AGM REPORT

January 15, 2019

ACER-CART Directors and Executive,

Following up on our priority to protect pensions for Canadian teachers and other seniors, ACER-CART is initiating an e-petition on the House of Commons site. We wanted to give you some advance notice so that you could inform your provincial associations, solicit their approval, and make plans to communicate with your membership about encouraging their participation.

1. Topic of Petition

An ACER-CART priority for this year is to protect pensions. In this petition we have concentrated on one negative aspect of Bill C-27 which allows plan sponsors to retroactively change the pension promise for benefits that have already been earned. Changing a pension plan from a defined benefit plan to a target benefit plan means that pensioners surrender the pension promise and accept the risk of a reduced pension in the future. We believe that it is unfair. Pensions that are currently in pay should not be changed under any circumstances. In the same way, pensions that have already been earned by active workers should not have those benefits changed retroactively. Future benefits may be changed through negotiations, but it is not fair to reduce pension benefits that are already earned.

This petition also addresses private sector pension plans such as the Sears plan where pensioners have lost health benefits and a significant portion of their pensions due to the closing of Sears. Those

pensions were paid for by the employees and they are deferred wages contributed to the pension plan by the employer. Sears employees in the United States have some protection through the National Pension Benefit Guaranty Corporation but there is no Canadian equivalent. This petition is asking for the implementation of a pension insurance plan, paid for by pension plans, that will protect all retired pension members.

The focus of our petition is to make retirement security and the protection of pensions plans a priority for government now and following the coming election.

2. Draft language

Whereas:

- Canadians throughout their working years have individually contributed to their pensions, and their employers have contributed to those pensions as deferred wages;
- Canadians who have defined benefit pension plans should not live in fear that their earned benefits might be reduced when they are in their most vulnerable senior years; and
- Canadians who have worked and contributed to defined benefit pension plans should be protected from the loss of their pensions through bankruptcy or mismanagement of their pension administration and investments.

Therefore, we, the undersigned citizens of Canada,

call upon the Government of Canada to promote and protect earned pensions for all Canadians in the future, to withdraw Bill C-27, and to establish a national pension insurance program to ensure that seniors can live with financial security.

3. Process

We have submitted the draft petition to a Conservative Member of Parliament who has agreed to sponsor the petition and present it in the house. The petition language needs to be approved by the Clerk of Petitions in the House of Commons. That process is underway but it means that the petition language may be improved or altered before it is posted on the website at petitions.ourcommons.ca/en/Home/Index.

4. Timing:

We have chosen to hold a 60-day petition because we want to be sure that it is completed and presented before the House recesses for summer and the election. We are working to have it posted about February 1 with a closing near the end of March. We have little control over the parliamentary process but will keep you informed.

5. What we're asking you to do

- a. Share this information with your provincial executive and ask them to support participa-

tion in the communication campaign to encourage members to add their names to the petition.

- b. Prepare communication materials to distribute electronically or on paper to your members. You may use the draft materials that we provide, modify them for your association and include your own name and logo.

- c. You may share this initiative with other like-minded organizations and ask them to participate in signing the petition. Any Canadian citizen can add their name to the petition—They only need to provide their name, address and email address.

6. What we will do for you:

- a. Complete the petition application process
- b. Communicate the starting date of the petition when it is confirmed and provide the web link to the petition site.
- c. Prepare draft communication materials that you can use as a template. Materials could be posted on your website, included in an emailed newsletter or
- d. Keep you informed of the process and results as they unfold.
- e. Answer any questions that you may have about this initiative. Email gerry.tiede@bcrrta.ca

*ACER-CART Pension and Retirement Income Committee
Gerry Tiede (Chair), JoAnn Lauber, Doreen Noseworthy*

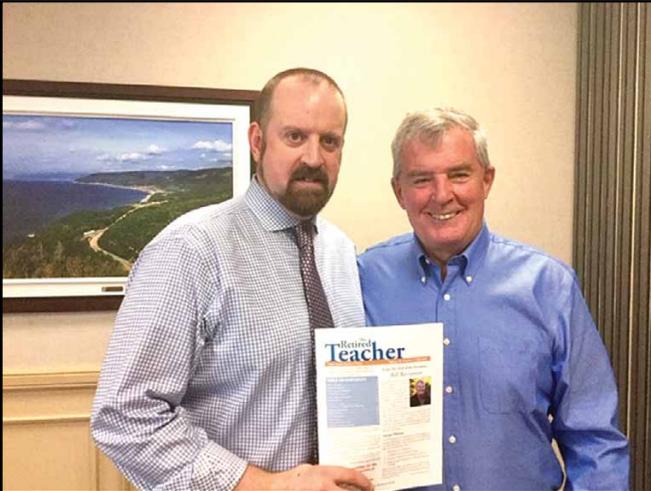


HALIFAX COUNTY RTO SPECIAL EVENT

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!**

RTO and NSTU Executives Meet



Seniors Advisory Council of Nova Scotia

Seniors Advisory Council of Nova Scotia

October 18, 2018

1. *Expert Advisory Panel on long-term care in Nova Scotia – Dr. Greg Archibald, Department Head for Family Medicine at Dalhousie University and Dr. Cheryl Smith, Doctor of nursing practice Nova Scotia Health Authority*
 - Panel has 4 months to research and provide report to the government on:
 - > Evidence based solution to improve quality of care in long-term care facilities
 - > Recommend appropriate staffing levels, staff complement and skill mix for long-term facilities
 - > Advise on the recruitment and retention of long-term care staff
 - > Review quality of care with focus on proper wound care, patient and work safety, and appropriate care and protection of vulnerable persons
 - Council members advised that report needs to look at long-term implications rather than immediate fixes the government wants
 - Council members also discussed oral health care, the transition from hospital to long-term care, the 100 km radius for placement in long-term care facilities, and staffing should be based on needs versus institutional numbers
 - Other points of discussion included lack of geriatricians, the need for ombudsmen for families to raise issues in long-term care, and are residents being admitted too early due to lack of home care
2. *The Department of Seniors is working on a SHIFT – Nova Scotia’s Action Plan for an Aging Population report card for year one and will be placed on website*
3. *The Department of Seniors Social Innovation Lab on Aging has been recognized as one of the “world’s most important innovation labs” by Apolitical’s new innovation lab resources*
 - Lab consists of 24 fellows comprised of public servants, academics, private sector and passionate citizens
 - Four teams have been selected with two teams focusing on intergenerational connections and two teams on aging-in-place
 - A new cohort of 24 members has started working on the impacts of an aging population
4. *Service Nova Scotia – Deputy Minister Joanne Munro, Michelle MacFarlane and Gillian Latham*
 - Service Nova Scotia is responsible for the following:
 - > Maintain provincial registries of vital events, land, motor vehicles and businesses
 - > Deliver services related to drivers and vehicles in partnership with the Department of Transportation and Infrastructure Renewal
 - > Process licenses, permits, registrations and certificates for regulated business such as funeral homes, payday lending and other lenders
 - > Administer and deliver rebate programs such as the Senior Property Tax Rebate and the Heating Assistant Rebate Program

- > Empower consumers and regulates Nova Scotia's consumer marketplace, balancing the need to protect citizens and ease of compliance for businesses
- > License and regulation of alcohol and gaming
- > Undertake compliance and enforcement activities related to fuel and tobacco licensing and corporate capital tax
- > Classify films and compliance activities related to film and other amusement activities
- > Collect debts on behalf of the Crown and Municipalities, Universities, Centres of Education and Hospitals
- Divided into two Branches – Program Modernization and Client Experience
- Client Modernization has 3 divisions – alcohol, gaming, fuel and tobacco; business and consumer services; and registries
- Client Experience has 3 divisions – customer contact and collection services; digital services; and in-person services
- Council members spoke on the need for user-friendly language in materials, the need for age-friendly infrastructure in their buildings, offering more mobile services and to keep 211 up to date on all the seniors issues

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

Seniors Advisory Council of Nova Scotia

November 22, 2018

1. *Nova Scotia Palliative Care Strategy – Cheryl Tschupruk, Director of Palliative Care Integration, Nova Scotia Health Authority*
 - Strategy was released in 2014 and Cheryl was hired as coordinator

- In 2015 a 16-member Advisory Committee was established to implement the strategy
 - In 2015 paramedics were approved to provide palliative care in patients' homes
 - In 2016 Hospice Standards were developed and agreements signed for hospices in Halifax and Kentville
 - In 2016 an Education Coordinator was hired to work on accreditation and liaise with the Provincial Quality Council
 - In 2018 a hospice unit was opened in St. Martha's Hospital (Antigonish) and negotiations are on-going to establish a hospice in Sydney
 - Vision statement says "All Nova Scotians can access integrated, culturally competent, quality palliative care in the setting of their choice."
 - The four pillars of the palliative care strategy are integrated service delivery; accountability; family and care givers; and capacity building and practice change
 - The following priorities have been established by the Evaluation and Monitoring Working Groups:
 - > Model of Care: Improved Access Through Consistent Service Delivery Standards
 - > Palliative Care Physician Resource Planning
 - > Focus on Community Providers and Transition to Practice
 - > Hospice and Hospital Bed Planning
 - > Early Palliation Through Integrated Care
 - > Engagement With Family Advisors and Other Programs and Settings
- Adopting palliative care principles early, in any setting of care, can improve patient incomes by:

- > Better aligning treatment decisions with goals and wishes
 - > Improving quality of life
 - > Reducing inappropriate or futile treatments
 - > Empowering team members to have conversation about serious illness
- Website:
www.library.nshealth.ca/palliativecare
2. Council members are becoming concerned about the increased number of Nova Scotians contracting Lyme Disease and will be inviting a physician specializing in infectious diseases and Dr. Robert Strang, Chief Medical Officer for Nova Scotia, at a future meeting
 3. *Home Services Nova Scotia Project*
 - Eleven Direction NS member agencies will advance the development of training and employment opportunities for individuals with diverse abilities by delivering non-medical, home care services to Nova Scotians aged 65 and older
 - Initial services include housekeeping, meal preparation, companionship, yard work/snow removal, and grocery shopping services
 - The 11 agencies will create an estimated 45 part-time employment opportunities for clients in the sheltered workshops
 - Direct partnership with 211 will help community members connect to local service delivery agencies and support efficient data collection and on-going impact measurement
 4. Care providers and family/friend caregivers providing supportive care should review the updated Brushing Up On Mouth Care website which was launched on December 4, 2018
 5. *Seniors Advisory Council Priorities 2018-2019*
 1. Patient Centered Health Care
 2. Support the continued implementation of SHIFT - Nova Scotia's Action Plan for an Aging Population
 3. Financial and Pension Security in Retirement
 4. Facilitate the Participation of Seniors in Nova Scotia's Economic Recovery
 5. Support for Caregivers
 6. *Nominating Committee Report*

The following members were elected for a two year term:

Chair: Bill Berryman, Retired Teachers Organization

Vice-Chair: Bernie Conrad, N.S. Government Retired Employees Association

Treasurer: Leonard LeFort – Regroupement des ainees et aines de la Nouvelle-Ecosse
 7. *Department of Seniors doing evaluation of SHIFT Year One objectives*
 - Measuring performance by nine different government departments and looking for evidence versus anecdotes
 - Once completed the report card will be placed on website
 8. Department of Seniors is updating the Positive Aging book to make sure information is accurate and is helpful for seniors
 9. Three Council members attended the Dr. Eric Hoskins Committee of National Pharmacare Community Dialogue on November 7, 2018
 - They indicated there were over 100 participants and a large majority approve of a universal, single payer comprehensive National Pharmacare Plan
- *Bill Berryman*
Chair, Seniors Advisory Council of Nova Scotia



1. *Rodger Gregg – Registrar Cemetery and Funeral Services Act and Embalmers and Funeral Directors Act*

- Bill 39 which passed in Legislature on October 11, 2018 addresses the following:
 - > Requirements that human remains be labelled at all times when in custody of funeral home
 - > Fines increased from \$1,000 to \$25,000 for individuals and \$3,000 to \$300,000 for funeral homes
 - > Prosecutions for offences can start up to 3 years after date of offence
 - > Registrar to make scheduled hearings, disciplinary actions, fines and penalties public
 - > Two consumer advocates placed on N.S. Board of Registration of Embalmers and Funeral Directors
- Regulations are now needed to support legislative amendment related to transport of human remains:
 - > Deliver human remains as quickly as possible
 - > Do not leave human remains in vehicle for more than 2 hours unless in a secure building
 - > Keep human remains secure at all times
 - > Handle human remains directly only as necessary
- Looking for Council members' response to Regulation 18(1) "No building, other than a residence, monument display room, or a flower shop shall be attached to a funeral home".
- Removing this regulation would:

- > Remove protective barrier to entry into the market and provide more options for consumers
- > Lift restrictions on locations of funeral homes
- > Align funeral services with current market demand in N.S. (cremation rate is 78%) and put province in line with other jurisdictions in Canada
- Other protections will be needed if 18(1) is removed such as:
 - > On-line provision of funeral merchandise or services
 - > Purchaser given option to view human remains
 - > Funeral homes equipped to receive human remains and employment of a funeral director

2. *SHIFT Progress Report – copy on-line*

- Council members received report and were happy with 57 responses to the report's recommendations
- Council advised Department of Seniors will begin consultation in fall on SHIFT 2.0

3. *Meeting with Minister of Health and Wellness; Minister of Seniors; Minister of Communities, Culture and Heritage; Minister of Justice and Minister of Energy and Mines and 5 Deputy Ministers*

- Topics discussed included National Pharmacare, Dementia Strategy, Doctor Shortage, Active Healthy Living, Accessibility Act, Financial Security for Seniors, Housing Options for Seniors, High Dose Flu Vaccine, Shingrix, Long-Term Care Strategy.

4. *Ministers Expert Panel on Long-Term Care*

- Council members received copies of the report with the following recommendations:

1. Invest in Human Resource Capacity and Enhance Staff Mix
2. Attract and Grow a Healthy Workforce of Staff Who Feel Supported
3. Optimize Care-Team Capacity and Knowledge by Increasing Their Skills and Improving Resident Quality of Care
4. Improve Transitions of Care for Residents and Their Families
5. Improve System Performance and Optimization

- Council will invite authors of report and representative from Department of Health and Wellness to a future meeting to discuss report and recommendations.

5. *Sleep Well presentation to Department of Health and Wellness – November 27, 2018*

- Dr. David Gardner, Dr. Andrea Murphy and Chair presented an initiative focused on reducing the overuse of sedative-hypnotics (sleeping pills) across N.S. and the associated harms and burden on health resources
- Department interested in follow up with involvement of pharmacists, more robust prescription monitoring and providing reading materials to the public.

—*Bill Berryman*

Chair, Seniors Advisory Council

1895-96 was a historic year in which the Nova Scotia Teachers Union was officially organized.

A photo of a Yarmouth school staff from 1895 is shown below.



Milton School teachers (1896) - standing L-R: George Cann (unverified), Agnes Chipman, W. F. Kempton (principal who taught over 30 years in Yarmouth) and Flo Brown; seated L-R: unknown, Kate Christie, Dr. Fox (unverified) and Mrs. Van Metzke.

1995-96 was another historic year as the NSTU celebrated its 100th Anniversary.

A photo of the Provincial Executive of that year is shown burying a time capsule to be unearthed in 2020.



Shown with NSTU staff are Executive members – now retired teachers – Randy Holmesdale, John Sperdakes, Derek Hayne, Donnie McIntyre, Moe Gouthro (d), Norbert Leblanc, John MacDonald, Jim MacKay, Cliff McKay, Peter Lewis, Russell MacDonald, Joan Ling, Bill Redden, Mary Evelyn Ternan, Dick Rector, Betty Anne McGinnis, and Bill Bruhm.

Branch Updates

ANNAPOLIS

Annapolis Branch members held a luncheon meeting on November 21 at the End of the Line Pub in Bridgetown, where we sampled a delicious new menu item, a Keto Cobb salad. Dawn Oman, a nationally renowned artist, was our guest speaker. She brought various items that she has painted to show our group. Dawn is a self-taught First Nations artist. Born in Yellowknife, she now resides in Bridgetown where she works from her studio. Dawn's work has been used for national coins and art work to be presented to visiting guests to Canada. Her visit was greatly appreciated by Annapolis members.



Gerarda MacDonald, Terese MacDonald-Tracey, Cheryl Vautour

ANTIGONISH/GUYSBOROUGH

Our post-Thanksgiving day on Keppoch Mountain was enjoyed by a hearty few who were undeterred by



Mary Wood and daughter



Carmel Chisolm and Mary MacDougall

the Scotch mist. The colours were gorgeous. Everyone brought their lunch and enjoyed the great outdoors. A warm fire in the Lodge was appreciated.

The Antigonish-Guysborough RTO annual Christmas dinner was held at The Maples Retirement Liv-



Emilie MacIsaac, Carmel Chisolm, Iona MacDonald, Helen Chisolm



Sharon Whitmee, June Noble, Anja Sampson, Anne MacDougall, Penny Hemens, Val Mullins, Wayne Mullins, Joan MacNeil

Branch Updates



Teachers and guests

ing Centre in Antigonish. Well over one hundred retired teachers and their guests were in attendance. The dinner was preceded by guided tours of the complex. The delicious meal was held in the dining area of the complex with tables for four which allowed for more intimate conversation. The event was a great success.

CPX

During our fall luncheon at Boondocks Restaurant, Judy Knowlton (MAL for Metro area) explained the \$1000.00 Initiative Grant to those present. The information received will prepare us for applying for a grant this year. Following our meal, some of our Executive, along with a couple of members, visited Phoenix House office in Halifax to present a cheque for \$1000.00 for the Youth Program.



Our Christmas dinner was held at Hope Church in Halifax. Our members brought unwrapped gifts, with all the trimmings, for the residents at Ivy Meadows Extended Care Facility (formerly Scotia Nursing Home) in Beaverbank. The staff wrapped these gifts, which are given to the residents on Christmas day.

Before grace is given by Sue Kent, the names of our deceased members are read aloud and a minute of silence is observed in their honour; the names of our sick or shut-in members are also read aloud. The Executive and some members visit them and give them a potted plant and card before Christmas.



The only time we have a head table is at this dinner. This year we were very pleased to have had CPX member Alyson Hillier, RTO Vice-President, and Judy Knowlton, MAL metro area, sit with the Executive.

Many thanks to our member Connie Backman for playing the piano these past three years so we could sing Christmas carols and other seasonal songs!



Branch Updates

CUMBERLAND

Cumberland has four dinner meetings each year. We hold the dinners in various parts of the county for the convenience of those members who may sometimes have a difficult time finding transportation to the function. In September, we met at the Legion Hall in Oxford, a distance away from the notorious “sinkhole” that has garnered international attention. After a wonderful roast beef dinner we introduced our gracious and entertaining guest speaker – author, lay



minister, and still substituting teacher – Sara Jewell-Mattinson from Riverview, Cumberland County, Nova Scotia. In 2016 Sara had a humorous and heart-warming collection of personal stories published entitled, *Field Notes: A City Girl’s Search for Heart and Home in Rural Nova Scotia (Nimbus)*. Sara spoke about a project she is currently working on – a novel that revolves around the wonderings and adventures of a fictitious fourteen year old girl. Her message was not about the details of the story, but rather how we should hold on to our youthful spirits and dreams and continue to reach out for our creative goals and



adventures. It was, indeed, a wonderful afternoon.

Our November meeting is traditionally our Christmas dinner. The congregation of All Souls Anglican Church in Amherst has provided a delicious turkey dinner with all the trimmings for us for many years. It gives them an opportunity to decorate their hall for Advent and Christmas and we get to enjoy a merry atmosphere for our meal. We do not have a guest speaker at this meeting, but we have had some seasonal entertainment to bring our Branch into the Christmas Spirit. Our Branch President, Lawry MacLeod, brings his guitar and a short program of songs, some of which are meant for full participation. Food, fellowship and fun – always a successful combination.

DARTMOUTH

The Dartmouth Branch, joined by the Halifax County Branch, held a Christmas Dinner at Brightwood Golf and Country Club on Thursday, December 13, 2018. Ninety-four teachers were treated to a wonderful, traditional turkey dinner with delicious ‘sticky pudding’ for dessert. Each table was decorated with a small poinsettia in the center that was later received by one lucky person at each table. There were also 10 door prizes drawn for, many of which were donated by members, and a 50/50 prize of \$78.50. We had four vendors offering their wares for last minute Christmas shoppers. Members donated items of food and money for Feed Nova Scotia.

Our next slated function will be on Tuesday, March 26, 2019 when we will invite the four Metro Branches for lunch at Brightwood.

Branch Updates

DARTMOUTH (continued)

Our Executive for 2018-2019 was introduced to the members.

Dorothy Smith – Membership and Communications, Audrey Matheson – President, Janet Latter – Vice-President, Diane Morgan – Treasurer, Dorothy Haley – Secretary, Judy Knowlton – Past President and Member-at-Large for Metro.



GLACE BAY DISTRICT

On Thursday, December 13, the District Branch once again held its Christmas dinner meeting at St. Leo's Church Hall. Vice-President Mickey Gouthro accentuated the joyous mood by playing and singing Christmas music. Another large turnout of members enjoyed a delicious turkey dinner with all of the trimmings. Keeping with tradition, the meeting was highlighted

by the presentation of gifts to committee volunteers who had donated their time to the organization over the past year. Also, a survey was circulated with a list of activities for the members to select from so that we can apply for a Branch Initiative Grant in the new year.



A large turnout eagerly awaiting Christmas dinner



Mickey Gouthro sings Christmas classics



Lois Fewer, Chris Cormier, Jack MacNeil, and Linda MacKay enjoy the spirit of Christmas



Theresa MacDonald and Arlene MacDonald look after the 50-50 draw

Branch Updates

HALIFAX COUNTY

Congratulations to our County members for staying engaged with their Branch. Many are modelling a Healthy Mind, Body, and Spirit philosophy by attending some of our calendar events and others are staying active in other ways. We invite all of our members to stay in touch with us.



Our Book Club continues to meet on the last Wednesday of each month. Our Club members enjoy meeting at Starbucks in Chapters at MicMac Mall at 10:00am. Our Book Club is organized for Halifax County retirees, but retired teachers from other Branches are certainly welcome. Come and enjoy a book and conversation with us. Our participation averages around four people each month so all participants get to engage in conversation. There is no pressure to finish, or to even read, the monthly book. We do discuss the book, which certainly leads to discussion beyond the book, but reading it first is not necessary.

In November, our Acting President Debbie Rowsell and County retirees entered a team in the RTO Curling Bonsel which was held in Liverpool. In addition to eating a lot and having fun at this very well organized bonsel, they gathered useful information for planning to place an application to possibly host the bonsel in the future. When hosting time comes, we will be seeking many volunteers. Thanks to Liverpool RTO for a wonderful weekend...and lots of yummy, home-cooked food.

Our Sixth Annual Craft and Fine Arts Fair and Tea Room was held on Monday, November 5 at the East Dartmouth Community Center. This year, we had



Branch Updates

HALIFAX COUNTY *(continued)*

full use of the gymnasium and our 20 vendors, all retirees of the Halifax School Board, had more space to display their beautiful products including wood



items, jewellery, knitted goods, baking, holiday planters, children's dolls and toys, cards, paintings, and pottery. Our tea room was expanded to accommodate many more who came to have conversation with friends while enjoying a tea or coffee and a muffin or biscuit after a morning of viewing and buying crafts. We estimate that at least 110 visited our Craft Fair and many purchased treats for themselves or gifts for others. There were many door prizes and a nice 50-50 prize. We received many positive comments about our larger venue. We have about six spaces available for next year for new vendors. Contact Bea at bfourg-



Mandala workshop

naud@hotmail.com to reserve a table.

Back by popular demand, was the two hour Mandala Art Workshop, held in December at Findlay Centre, a venue with ideal lighting for art workshops. A new pattern with seasonal colours, created by the instructor Helene D'Entremont, was well received by all 10 participants. The relaxing atmosphere fostered great



Curlers



Tea room

Branch Updates

HALIFAX COUNTY *(continued)*



Arts and Crafts Market

creativity and the creation of beautiful art pieces that many showcased in their homes during the Christmas season. The feedback that we received was that the \$20.00 fee that covered most of the cost of the workshop (the Branch paid for the rental) was well worth the enjoyable afternoon. There were requests for a third workshop.

A number of our County retirees joined Dartmouth retirees at their Christmas Luncheon on Thursday, Dec. 13 at Brightwood. A delicious turkey meal kicked off the holiday season. Some of our members enjoyed the opportunity to buy last-minute gifts from the retirees who had tables with their goods available. Thank you to Dartmouth Branch for the invitation.

The third session in our Education Series was held at Woodlawn Library Theatre at 10am on January 16th. It included an introduction by Heather Schellinck, the curriculum coordinator for SCANS (Seniors' College



Mandala workshop group with instructor Helene



Mandala workshop

Association of Nova Scotia). Heather has the privilege of working with the many dedicated volunteers and instructors who have made the Senior College such a resounding success. After providing a brief overview of current programs, Heather introduced a few of the popular instructors:

-Ian McVicar and Hugh Williamson, the real-life “Spy Guys” who taught us about both the practical and political aspects of spying;

-Marcos Zentilli, a very enthusiastic geologist, who used amazing props to explain how our lives are influenced by the world around us.

The Education Series are free for all participants and are always held at the Woodlawn Library Theatre from 10am-12pm. We attempt to provide tea and coffee. Our Branch provides a small honorarium to our guest presenters. The sessions are attended by 30-50 retirees who enjoy sitting back, sipping their tea or coffee and learning something new. There is always time for questions. The sessions for the remainder of the year are: Heart Health (February 13); Seniors' Safety (March 13); NS Resources for Seniors (April 17); Turning 65, Your Pension and Blue Cross (May 15). See our website for more info.

Branch Updates

HALIFAX COUNTY *(continued)*

At our January Executive meeting, we discussed making a donation to the Legacy Fund in memory of our deceased members. We reviewed our activities to date and planned for the remainder of the year (Education Series; bowling in February; our Annual Bridge, Card, and Games Party in March). We are excited about a celebration event for our 10th Anniversary of the founding of our Halifax County RTO, which will include a chicken barbecue luncheon at the Centennial Legion on Main Street, Dartmouth, on June 12th. We are delighted to announce that our RTO President, Bill Berryman, will be joining us for our Anniversary barbecue. More info will be available on our website soon... <http://halifaxcounty.rto.nstu.ca/>

A special Thank You to our Executive and all volunteers! They commit many hours in meetings and organizing on our behalf. If you would like to become more involved, or have ideas to share, please contact Acting President, Debbie Rowsell at ddowsell@icloud.com or 902-466-4259. We look forward to seeing you at some of our events.

KINGS COUNTY

For many retirees, as with teachers, the new year begins in September. It started with a party, our annual Not-Back-to-School Brunch. The Berwick Golf Course was a perfect spot to meet and greet, where happy faces abounded. Guest speakers Michelle Parker, Kings County Seniors Safety Officer, and Kelli Gaudet, the Kings Community Policing Officer, gave a presentation on attempts to defraud. Members were very grateful to hear this helpful information.

In October came Wellness Day at the Kings Mutual Centre in Berwick. Cathy Reimer and her committee did an extraordinary job organizing guest speakers and presenters from all facets of a retired teacher's life. There was an opportunity to get our flu shots, sponsored by Maders Pharmacy in Coldbrook. We combined our mental, physical, and social well-being all in one spot. Cathy's Committee even organized a healthy lunch for everyone.



Kings RTO Christmas Dinner

November saw the first Pub Night of the year, held at the Kings Arms in Kentville. Once again it was another chance to meet, greet, and enjoy the freedom of being out on a school night, knowing you didn't have to go anywhere the next day.

December brought our annual Christmas Dinner once again at the Kings Mutual Centre. It was prepared by the Berwick Lions Club who served a great meal for everyone. Bill Berryman gave information about the current initiative by the Federal Government on pensions. He also alerted us to the upcoming provincial election and what we should expect in regards to the retired population. It will be important to make informed decisions.

We look forward to the other half of a retired teacher's year with several events in the works to get us through the winter months. Keep active, keep happy, keep keeping on!



Sheila Munro and Rhonda Sewell greet each other at the dinner

Branch Updates

LUNENBURG

The RTO Christmas dinner was held at the Bridgewater Baptist Church on December 5th, 2018. Over 80 members were treated to seasonal entertainment by the Bridgewater Grade 5/6 Girls Choir, under the direction of Mrs. Cathy Jamieson. The delicious tur-



key dinner, served by the Baptist Church ladies, was followed by a draw for a number of door prizes. What a great chance to catch up with old friends and exchange good wishes for the holiday and the new year!



NEW WATERFORD

The New Waterford Branch RTO held a very well attended and enjoyable Christmas Dinner Meeting at the KOC Hall on December 10, 2018. Everyone's festive mood was matched by the wonderfully decorated hall. A moment of silence was held in honor of Karl Hicks who passed away since our last meeting. A new member, Danny MacIntyre, was welcomed to the fold.

Minutes and treasurer's report were delivered and accepted by motions. Committee Reports and a Provincial Update was provided also. Jean MacDonald was the lucky winner of the even split for the second consecutive meeting. Donations were accepted for our regular World Vision Project as well as Combined



Branch Updates



NEW WATERFORD (continued)

Christmas Giving. Everyone enjoyed some tasty punch and another spirit. Carol Richardson, on the piano, led us in some Christmas Carols. Thanks to the KOC men and staff for a great meal and wonderful service.



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

Branch Updates

NORTHSIDE-VICTORIA

In May of 2018 three Northside Victoria Executive members travelled “Down North” to Neil’s Harbour” for a get-together with RTO members there to share information. Thanks to Sheldon and Valerie MacKinnon for arranging the event. The lunch provided by volunteers was second to none. It was great experience which we hope to repeat in the spring.



The Branch hosted two luncheons since the fall. The first was in October with guest speaker Linda Coleman from Parkland Living in Sydney. It is a lovely place to live with activities for seniors, but the price certainly is daunting and out of reach for many of our members. At this meeting we passed a motion to give Lifetime Branch Membership to a member, in good standing, age 85 or older.



Also in September Darlene Bereta and Pam Van Dommelen (both active NSTU members) requested volunteers from our Branch at the Humanity against

Genocide display which involved the travelling Montreal Holocaust museum. This event was jointly sponsored by the Holocaust Museum and the Human Rights Commission. Members Margaret Ann MacKinnon, Pam Kelly, Heather Collis, and Cathy Anderson volunteered as guides during daytime hours the first two weeks in November. Grade 7 students from TL Sullivan are commended on their exemplary behaviour and attentiveness during the tour. Kudos to Heather for her stellar knowledge of these tragic events.



Phyllis Reno and Ina Green

Our second luncheon was held in early December. As is our custom we had the TC5 band, consisting of our own members, entertain us with carols and a sing-along. At this meeting a motion was passed to send each of our five foodbanks \$300, which is very much appreciated by them especially at this time of year.

Our Branch is planning a breakfast in early spring, weather permitting.



RTO Christmas 2018

Branch Updates

QUEENS

Every December, members of our Queens RTO Branch get together with their invited guests for the annual Christmas Social. This always means delicious homecooked turkey dinners with all the trimmings. The large dessert table is one of the major attractions. Special entertainment for this year's event was a popular local entertainer, Dick Henneberry. A door prize was presented to Kathy Jollimore, a newly-retired teacher, from Susan Leger, a member of our Social Committee. It was a fun evening and everyone left for home with full bellies.

A Branch Initiative Program Grant allowed our members to participate in some excellent workshops this fall, all under our own theme of "Maintaining a Sound Mind and Body". This allowed us to provide various workshops which fostered not only active and healthy lifestyles, but gave more opportunities for our members to socialize while doing fun things. Activities included the following: Chair Pound Exercise Classes at Liverpool's Queens Place Emera Centre; a painting workshop with renowned South Shore artist, Marilyn Kellough, at Port Mouton's Coastal Queens Place; and Stick Curling Workshops at the Liverpool Curling Club. The last program of their healthy-living series was a "Nutrition for the Aging Body" workshop provided by the Dietician at the local Superstore. All of these programs were very successful so, we plan to

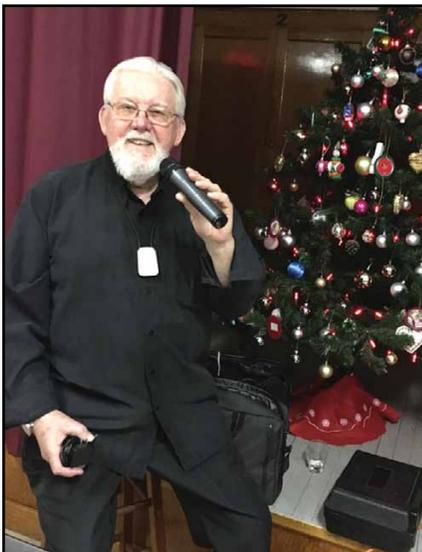


apply for another grant in the new year.

A definite highlight this fall was hosting the RTO's Provincial Invitational Curling Bonspiel on Novem-



ber 30-December 1 at the Liverpool Curling Rink. Ten teams were involved in the action-packed, two-



Branch Updates

QUEENS (continued)

day event. Queens Branch retired teachers extended great support in helping to organize the activities, including providing lots of great snacks and a super



luncheon. Many visiting curlers expressed gratitude for the success of this bonspiel. Special thanks to our RTO Branch coordinators John Armstrong and Leo Campbell.

Our next business meeting luncheon will be held in March.



RICHMOND

A committee of members of the Richmond RTO have participated for many years in the Festival of Trees held annually in St. Peter's. This year the festival was held on November 24-25 at the Lions Hall in St. Peter's. The Festival of Trees includes a full two days of activities showcasing local talent and providing a daz-



zling display of decorated trees entered by businesses, organizations, and individuals. The committee also donates items for a silent auction with the proceeds this year presented to St. Peter's Village on the Canal Association and to local Food Banks. Committee members also choose a theme each year and decorate the tree based on that choice. This year the theme was "Education Is Priceless". We so appreciate the members of our Richmond Branch who have worked so

Branch Updates



hard for many years to enter a tree representing the Richmond RTO. To those who have in the past and to those who continue to volunteer to organize this wonderful event, we say a special thank you! Great job!

In the photo standing by the tree is Kelvin Digout, Richmond RTO, and committee members Sally Ann Mombourquette, Helen MacDonald, and Doris Carter. Missing from photo is committee member Marcia MacEwan.

The Richmond Branch Christmas Social was held on Tuesday, December 4th, at The Island Nest Restaurant in Arichat. A Meet & Greet was held at 4pm followed by a wonderful meal. A large number attended and enjoyed a special time together with friends and past colleagues, as well as the special door prizes from



Santa! A huge thank you to the committee members who planned and organized this event – Rose Samson, George Landry, Therese Benoit, Betty Anne David, and Danny Madden. Thank you also to Lynn Wamboldt for being our photographer.



Branch Updates

SHELBURNE COUNTY

Another successful year at the Shelburne County Branch of the RTO! With our Branch initiative grant, we were able to add a few extra activities for our members and we are in the planning stages to ap-



ply for another one next year. Despite the early arrival of snow, our annual Christmas holiday turkey dinner luncheon was held at the Sandy Point Lighthouse Community Hall on December 6th. This venue is spacious enough for all our members and, with the



view of the ocean and superb service, it makes for a delightful social. Each year, our members donate to one of the local food banks in the area and this year, we gave a food and monetary donation to the Lockport area. Best wishes to all the other RTO members and Branches for 2019!



SYDNEY and AREA

With a new RTO Executive in place, the Sydney and Area Branch is finally up and running. A heartfelt thank you is extended to the out-going Executive who remained together for the past ten years! Thank you goes out to Bernadette Hollohan, Margie MacNeil, Diane Davis, and Tina MacNeil for all their hard work and dedication to the Sydney Branch and its members.

The incoming Executive have only met on a few occasions, but they are ready to take the reins. The new Executive consists of President Laurie MacIntosh,

Branch Updates



Branch Updates

Vice-President Stephanie Black, Secretary Marie Andrews, and Treasurer Ron MacIntosh.

Members from the Sydney and Area Branch participated in Fran Reddy Chisholm's presentation "A Retirement Journey" in October along with the other Cape Breton Branches. On November 27th, the annual Christmas dinner and meeting took place at the Sydney Pensioners' Hall. Approximately eighty RTO members attended the lovely supper. Mickey Gouthro provided entertainment with a wonderful selection of festive tunes. The election of RTO Treasurer for 2018-2019 was held and Ron MacIntosh was elected. Surveys were distributed to the retired teachers to help determine future activities and initiatives that interest RTO members. The next RTO supper will be held on Tuesday, June 4th at the Sydney Pensioners' Hall.



WEST HANTS

On Dec. 4, 2018 the West Hants Branch met at the Three Mile Plains Community Centre for our Christmas dinner. After a wonderful turkey feast for 89 members, we held our business meeting.

New ideas for initiative grants were discussed. A bus trip to the Sugar Moon Farm in Earltown in March and a Neptune Theatre presentation in Halifax in October were most popular. Presently we have about 26 members interested for both events and we are waiting for approval of our application.

Members brought in food and personal items for the local Food Bank and Harvest House. There were enough items to fill the SUV that made the delivery.

This year we invited members to bring a gift to exchange. This was a practice we did for many years but it became too popular and time-consuming at our meeting. There were 16 individuals who started it up again and were pleased with the fun and success.

Our next meeting is on March 19 at Three Mile Plains.



Branch Updates



YARMOUTH/ARGYLE

Our members were provided with a variety of activities to appreciate in the fall of 2018. On October 18, several met again at Ellenwood Park for a walk through the brilliant autumn colors and a lunch in the cabin. Always an enjoyable outing! The first luncheon of the 2018-2019 season was held at the Yarmouth Lions



Darcy d'Eon, Margaret d'Entremont, Elaine Cottreau, and Bonita Boudreau at the October luncheon



Club Hall on October 26, with about 60 members enjoying the time to catch up on summer adventures of old friends and new.



New retirees Dianne Young-Lewis and Stephanie Eldridge with experienced retirees Gwen Spinney, Margaret Fearon, Margaret d'Entremont, and Carolyne d'Entremont

Branch Updates



President Bill Berryman addresses the members at the Christmas Luncheon in December

Remembrance Day wreaths on behalf of the RTO Branch were placed at the cenotaph services at Yarmouth, Pubnico and Port Maitland. Another delicious Dumping Day breakfast in West Pubnico on November 22 was well attended, despite the snowy weather. By varying the locations of our breakfasts and luncheons throughout both Yarmouth and Argyle regions, we always get strong support from members of both areas at each, and many new friendships are made.

We were pleased to welcome RTO President Bill Berryman as our guest at the popular annual Christmas Luncheon in Yarmouth on December 16. After the meal, he outlined the initiatives that the RTO, ACER/CART, and the Seniors Council of Nova Scotia continue to pursue for the benefit of retirees and seniors in the province. Draws were made from the



RTO Ellenwood Park walk



RTO wreath laid in Pubnico by Denise d'Eon, Juliette Morton, Shelley d'Entremont, and Jacqueline d'Entremont

hundreds of ballots that were placed in the Participation Jar for attendance at each event over the year, and twelve winners went home with a \$25 gift card prize. The 50-50 winner and the free luncheon winner also left with smiling faces. Christmas was indeed on its way.

In the Branch Initiatives section of this newsletter, you will find a report of the final two of our 2018 events for which a portion of the members' participation fees were covered by the Branch Initiative Fund grant that we received: a November "Lunch and Learn" presentation by a dietician, and a December Paint Party with a local artist.

Thanks to several of our members who have provided photos for our Branch reports and for our Facebook page.

Something to Think About

Libraries

by Brian Forbes, retired educator and former NSTU President

There's a lot to be said for school libraries. Trouble is, not many people are saying it.

In Nova Scotia, and indeed across Canada, school libraries are in difficulty. The problem, as in so many areas of public education, can be stated simply: poorly funded, poorly staffed. Add to that under-appreciated and under-used. In this province qualified teacher librarians are a thing of the past, having been replaced by non-teacher library technicians long ago.

There's not much need or space to go into the details here. Most professionals are well aware of the problem, living with it every day as they do. Nor do I need to declaim about the importance of what celebrated Canadian writer and former National Librarian Roch Carrier has called "the heart of a school." I simply want to offer some personal observations, drawing largely on my own experiences, concerning just one (albeit very important) aspect of the school library as a source of enrichment to students' learning.

I am an incorrigible bibliophile, almost a "bookaholic". My reading habits are eclectic, extending across many genres and wide-ranging subject matter. While living in Halifax I was a haunter of libraries (mostly university libraries) and bookstores. In both settings I can happily spend hours browsing like a king in his treasure house, before selecting two or three items to take home as temporary guests or permanent residents. I revel in an author's ability to carry me along in a stream of well-chosen words – informing, persuading, entertaining, provoking, moving, opening me to a better understanding and appreciation of some aspect of life and the cosmos than I previously had. I also love some books (especially older ones) for the quality of their binding, the feel of the paper they are printed on, the distinctiveness of their fonts and layouts, the way they lie in my hands as I read them, even their smell – the whole tactile experience of reading. (I am not a literary Luddite though. My

Amazon Kindle is my constant companion wherever I go. In fact I am on my third one, because I keep losing them, but that's another story.)

Where did it all start? It was the Barrington Municipal High School library. I was too young to benefit much from the miscellany of books in the small glass-doored cabinet at the back of the Forbes Point one-roomed schoolhouse I attended until Grade Three. Even less was on offer in the classrooms at Woods Harbour Consolidated, where there was no library. But when I got to BMHS there was a library which could be visited during any noon hour, with a teacher always at the desk to sign books in and out. And (for me at the time) what a library! Like a famished guest at a gourmet buffet I sampled authors as varied as Robert Louis Stevenson, Jules Verne, H.G. Wells, Boswell, Dickens, and even Cicero (not all of them in Grade Seven!) to name a few. I borrowed anthologies of Victorian and modern poetry (learning in the process that I liked Tennyson and Frost, but Swinburne and Marianne Moore not so much). History, drama, science, philosophy, and politics – I fervently followed my shifting interests with little regard to either curricular or utilitarian considerations. I continue to do so. In the process I have become a self-directed life-long learner.

Not all students need to become the same kind of manic reader as I was and am. But I would suggest that all need ready access to a reasonably well stocked library in the school as an avenue not only for research or complementing the prescribed curriculum – that is, not only to facilitate goals determined by the school – but as an essential resource for recreation, self-directed learning, and self-discovery. I hope someone can capture the attention of the public and government on this issue soon.

As for those who argue (some of whom should know better) that, in the digital age, libraries are a thing of the past, let's hope that kind of thinking never catches on.



Branch Initiatives

Digby Branch Initiative

Before Digby Branch members embraced the winter season, fled south to warmer weather, or went into hibernation, there were two great fall get-togethers. In



late October, our Branch Initiative grant allowed an adventure to Noggins Farm in New Minas. A wagon ride, picking apples in the huge orchard, and not getting very lost in their corn maze had retired teachers feeling like they were kids on a school trip. After ev-



eryone finally emerged from the maze, hearty appetites were satisfied at Rosie's in Wolfville.

In November, inner peace and flexibility were sought by a dozen or so Branch members with a chair yoga class at the Fundy YMCA. Not sure either goal was achieved but A+ for effort was. Lunch was our reward afterwards at the Crow's Nest Restaurant in Digby. Well-deserved and much enjoyed!

Kings Branch Initiative

Help Yourself to Wellness

The Kings Branch RTO sponsored a special day for its members and others on Tuesday, Oct. 23, 2018. The day was made possible by a Branch Initiatives Grant from the RTO. A committee of retired teachers, including Cathy Reimer, Lori Moore, Bev and Jim Roy, Wendy Spicer, and Rosalie MacDonald began meeting during the summer to organize the event.

They invited several speakers who opened up new possibilities for retired teachers who are concerned not just with their own well-being, but who find themselves looking after aging parents and other loved ones. Bill Berryman spoke on a number of provincial and national initiatives on behalf of retired teachers and other seniors. Angus Campbell of Caregivers Nova Scotia told participants about the many



Branch Initiatives



Kings Branch Wellness Seminar

resources and initiatives of his organization.

After lunch, local retired teacher Lori Moore did a session on healthy lifestyles and choices. She discussed everything from diet to fitness and maintaining a positive outlook.

Paul Cameron, pharmacist at Maders Pharmacy in Coldbrook organized a flu shot clinic. About 24 participants received their flu shots. Maders provided everything and covered costs.

Lunch was prepared by John Rainforth and Bert Layton, retired teachers who were members of the Lions Club in Berwick. They worked closely with organizers to ensure there was a healthy meal to enjoy, including a vegetarian option.

The afternoon finished with an Expo. Representatives from many groups across the Valley and from Halifax discussed with participants the various services they could provide RTO members as we age. They had materials to hand out as well. Groups included the Alzheimer's Society, Diabetes Association, Hearing Connect, Dieticians from Atlantic Superstore, Seniors Games, Kings Volunteers, VON and Maritime Travel among others.



Richmond Branch Initiative

Connections to Wellness

Our Connections to Wellness initiative was held on Friday, October 26, 2018, at the East Richmond Education Centre, in St. Peter's. The day began at 9:00am with Guest Speaker, Michele MacPhee, Richmond



County Senior Safety & Social Inclusion Coordinator, Dr. Kingston Memorial Community Centre. She did an excellent presentation and introduction to the Fountain of Health Initiative for Optimal Aging, a



national mental health promotion project developed in Nova Scotia that is aimed at helping Canadians to optimize health and resilience over the lifespan. Led



Branch Initiatives

by the Geriatric Psychiatry Program at Dalhousie University and the Nova Scotia Health Authority, the Fountain of Health highlights five key actions to help you stay healthier. They include: 1) Physical Activity 2) Social Activity, 3) Brain Challenge 4) Mental Health and 5) Positive Thinking. We are reminded that changing the way we think about aging might



be one of the most important ways of staying healthy and that attitude is the key to longevity and happiness. Workshops were held throughout the day on challenging your brain, where participants were en-



couraged to “Try Something New”. Those in attendance were actively engaged and supported each other in a variety of new learning activities which they had previously identified as areas of interest in a survey given to members in June.

Nutritious snacks and a delicious lunch was provided on site for all participants and workshop presenters. We had a great turn out and those in attendance had a chance to win some special door prizes on brain health. The positive atmosphere throughout the day, along with the wonderful feedback received from those in attendance, indicated the day was a great success. Many have expressed the hope that it will become



an annual event. At the end of the day it appeared that participants had truly enjoyed themselves and no one seemed in any hurry to leave. Not only did they have the opportunity to try something new but did so while having a good time socializing with others, engaging in great conversation, enjoying much laughter and very importantly, having lots of fun! Activities included Line Dancing with Debra Morrison, Tarabish with Don Smith, Cell Phone Photography with



Branch Initiatives



Colin MacDougall and Colin Campbell, Crib with David Digout, Memory Rescue Strategies with Valerie Hiltz, Pickleball with Marc Stone, Chair Yoga with Lynn Doucette, Square Dancing with Reg Landry, and Phase 10 Card Game with Lynn Wamboldt.

Smith, and Marlene Boyd. Also thank you to photographer Lynn Wamboldt.

Special thanks to RTO Executive for their continued support and the approval of our Branch Initiative Application. The grant was truly appreciated and provided our Branch the financial means to provide this great opportunity and successful initiative for our members. Thank you so much!

Shelburne Branch Initiative

Earlier in the year, the Shelburne Branch Executive met to discuss the RTO Branch Initiative application and looked at the suggestions from the members.



Thank you to the Branch Wellness Committee members who organized the Richmond Branch Connections to Wellness Initiative. They are Valerie Hiltz, Maureen Cosman-Burke, Virginia Poirier, Sonia



Since Art activities seemed to be the main interest, the planning had begun. After a visit with Art Studio 138 for some unique suggestions, the first activity of Glass Fusion Wind chimes was arranged. What fun!



Arts and Crafts Activities in Shelburne

Branch Initiatives

On a beautiful day in May, the group assembled and started their projects. The members had instruction on glass handling safety and how to place the glass in a creative way. Of course, we still had to wait for several weeks to see the end result since the chimes had to be cooked, but the results were fantastic.

We did have a few hiccups with the event planning process. Sometimes it was finding a venue, sometimes it was choosing a date, but we persevered. Our next art activity took place on the day of an early visit from old man winter and prevented some of our members

from attending but better safe than sorry. This workshop involved making unique Christmas cards using stamping techniques, cutting, and placement. This small but mighty group had fun with the creative process and thoroughly enjoyed spending time with their fellow Branch members.

Our last art activity of the year was also very unique: Paint pouring and dragging. This art form created a one-of-a-kind abstract painting. After preparing the canvas, the members chose the colours, and layered the paint in a cup to pour on the canvas. Then, they



Branch Initiatives

Yarmouth/Argyle Branch Initiative

The last of the 2018 events under our Branch Initiative Fund grant were held in November and December.

On November 15, thirteen members attended a “Lunch and Learn” program at the Yarmouth Superstore. A registered dietician and a dietetic intern pro-



vided the group with helpful ideas for cooking for one or two people and for make-ahead meals. They also prepared a healthy and tasty lunch for the participants to enjoy.

had to carefully tilt the canvas. RTO members Lesley Smith and Linda Gorham were pivotal in the success of this workshop. The members then participated in another form which involved the paint being dragged across the canvas and being blown in patterns and shapes using a straw. Our results were stupendous. Many thanks to the Provincial RTO for this Branch Initiative grant as a way to keep our members involved.



Bus Tour

A Paint Party with local artist Tootsie Emin took place at the Yarmouth County Museum in early December, where budding artists and a couple of experienced ones enjoyed painting a winter scene.

Our Branch has appreciated the availability of the Branch Initiative Fund to help provide our members with an event almost every month throughout the year.



Yarmouth Lunch and Learn



Paint Party

Maritime Travel

SOLO ADVENTURES

Argentina, Italy or the Vietnam Express — more and more seniors are travelling the world on their own, as independent travelers. Maritime Travel counsellors show you the way. Travelling by yourself doesn't mean you have to go it alone—especially if you have an urge for adventure in destinations that seem daunting to explore on your own, but too beguiling to ignore.

“In my experience, solo travel is all about experiencing a destination on your own terms, and that's especially true of adventure travel,” says Mel Stewart, Manager, Maritime Travel, Burnside, NS. “You can have intensely personal and transformative travel experiences hiking Kilimanjaro, bird-watching in Panama, or game-spotting on safari in Kenya and still be part of a small group tour. I have enjoyed many solo adventures in this way and have never let my fears stop me from embracing the challenges and opportunities for growth to the fullest.”

At Maritime Travel, we've partnered with some of our favorite travel partners to create a bucket list of options for solo escapes to destination-rich global adventures, cruise holidays, sunny all-inclusives and more. Here are some of our top picks for independent adventure.

Adventure Partner: Just You

Recommended Getaway: Walking in Tuscany—an 8-day active adventure for solo travelers

Charming towns, incredible architecture and rolling hillsides dotted with vineyards – as you walk through Tuscany's idyllic scenery you can discover it all. This 8-day walking adventure includes the services of a Just You tour manager as your host, all accommodations, most meals, guided walks of 9-10 kilometers in duration, and much more.

Just You is a singles vacation specialist for Canadian solo travelers. Just You vacations aren't just for single

people; they're for anyone who wants to travel solo. If you feel it's time to do something that's just for you and you don't want to travel with your partner or a friend, a Just You tour will be perfect.



Adventure Partner: Intrepid

Recommended Getaway: 10-Day Vietnam Express Southbound for Solo Travelers

Capture the spirit of magical Vietnam on this compact tour from the colonial charm of Hanoi to the hustle and bustle of Ho Chi Minh City. You'll travel by boat, train, plane, private bus, taxi, and even on the back of a motorbike, with a small group of up to 15 friends. This is an adventure full of beauty and contrast that introduces Vietnam as a country of incredible food, lively locals, stunning scenery, and cosmopolitan cities.



What if you've got the urge for adventure, but no one to do it with? Welcome to Intrepid Travel's small-group vacations. Getaways include services of expert local leaders, ready-made friends to explore with, and optional single supplements if you want a room all to yourself

Adventure Partner: G Adventures

Recommended Getaway: Argentina—9-day Mendoza & Bariloche Multi-sport Adventure

This physically demanding small-group (12-16 passengers) adventure is sure to get your heart pounding as you hike, bike, and raft through Argentina's stunning landscapes. Start with a wine & cycle tour of gorgeous Mendoza before heading for a full-day trek in its scenic mountains. Later in Bariloche, opt to go whitewater rafting for an exhilarating way to wrap up a thrilling week away from life.

G Adventures offers solo travelers the comfort of travelling with a group of like-minded people, many traveling solo. Enjoy no single supplement fee and plenty of freedom during trips, as well as a Chief Experience Officer traveling with the group who offers local insight.

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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.

Eastern Canadian Retired Teachers Organization Regional Conference

October 24th and 25th, 2018

Twenty-five members of the five provinces gathered in the Hotel on Pownal in Charlottetown, PEI. The event was an opportunity to meet with colleagues from the region (NB, NS, Nfld., PEI and Quebec (English)) and to share our current practices and learn from each other. There were three speakers who provided us with information relevant to the needs of seniors.

Stephen Wong, PEI Hearing Consultants Rediscover the Sounds of Life

- Hearing loss begins after 40
- One-on-one can mask a loss/background noise can identify loss
- Background noise is harder to tolerate as you age
- Hearing aids lower the background noise
- Most reliable assessment is Real Ear Test
- Hearing loss which is not corrected significantly increases the likelihood of dementia
- 20% of the population currently have correction; that number should be higher

Bill Berryman, President of ACER-CART, provided an update to the group since the meeting in June. He reviewed the mandate letter of the new Federal Minister of Seniors, current status of Pharmacare, Bill C-27 and protection of workplace pensions, and the importance of vigilance on the part of our members as the election approaches. He reiterated the importance of members being knowledgeable of the election issues.

Dale Welton, Johnson Inc., provided an overview of the benefits, premiums and limitations for the four Atlantic Provinces. Quebec is not served by Johnson Inc.

The Deputy Mayor of Charlottetown, Mike Duffy, addressed the group and welcomed us to the city. He recognized the work of teachers and efforts of retired teachers.

Olive Bryanton, PhD Candidate Growing Old Gracefully

- Pioneers in Aging: Women Age 85 and Older Aging in Place in Rural Communities



The group included members from Prince Edward Island, Newfoundland, New Brunswick, Quebec, and Nova Scotia

- Qualitative study involving 10 women between 85 and 91, self-identified, living beyond the limits of longevity
- 7 months, participate in group and public, provide their own transportation
- Cameras provided by Alumni
- Photovoice – taking pictures of things that enhance or limit their ability to stay in their home
- Management of their daily lives, adapting their homes/ accommodations to address their limitations (diaries, daily questions, etc.) social activities in and beyond their own communities
- Experiencing challenging forces – family support, self-advocacy, social involvement, housing and transportation, financial security
- Influence policy – how do we learn/influence/support aging in place? Seniors Independence Initiative announced by the Minister following her meeting with the group
- Nothing about us without us



Cynthia MacDonald (right) thanks Olive Brandon for her inspirational message.

Bethany MacLeod, President of the PEITF and President-Elect of CTF, also extended greetings on behalf of the teachers of PEI. She acknowledged the involvement of retired teachers over the years and updated the group on the current issues facing teachers.

Round table Discussions

- Provincial updates on programs and activities, successes and challenges
- Recruitment of new members
- Communication strategies
- ACER-CART priorities and engaging the new Federal Minister of Seniors

The next ECRTO meeting will be held in Montreal in October 2020.



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

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.

YVONNE BROWN

Yvonne Brown celebrated her 85th birthday on January 19th. She is a member of the West Hants RTO.

Congratulations, Yvonne, from your RTO colleagues!



The Kings KIKIMA Grannies

by Nancy Henry, Kings Branch RTO

The Konmari method, created by Marie Kondo to assist one in decluttering and simplifying life, is certainly trending these days. This story is one of decluttering and letting go, while at the same time igniting sparks of joy on another continent. I think even Marie Kondo would clap, smile, and say thank you.

As I was entering retirement about 12 years ago I heard about the Stephen Lewis Foundation. When Stephen Lewis was the United Nations Special Ambassador for HIV/Aids in Sub Saharan Africa, he began to realize that thousands of children were being orphaned by the HIV/Aids pandemic and that the grandmothers were taking on the responsibility of raising their orphaned grandchildren. He was so moved by the plight of these courageous women who had lost their

adult children, and without even time to grieve, were taking on the role of caregivers to their grandchildren. Most of these women had no resources, money, food, or means of a livelihood. Stephen Lewis states, "Africa is being carried on the back of the grandmothers."

Stephen Lewis simply could not let this go unnoticed. He formed the Stephen Lewis Foundation to support grassroots projects in Africa. Canadian grandmothers, when hearing of his endeavours, wanted to help and so the Stephen Lewis Grandmother to Grandmother Campaign began. Groups of grandmothers across Canada began fundraising to support the foundation. A group was formed in Wolfville, called G2G, and fundraisers were initiated to assist.

In 2008 we heard of a group of grandmothers in Wakefield, Quebec, who had their own project in a slum outside of Johannesburg, South Africa. They were directly supporting grandmothers and their grandchildren. They had also produced a documentary film called *The Great Granny Revolution* telling about their journey. We were able to bring the film and the filmmaker to Wolfville where an event was held at



Kings Grannies with Ruth



The Kings KIKIMA Grannies

the Al Whittle Theatre. Many of us were so touched by the film that we, too, wanted the heart-to-heart connection.

How could a small group of women make a difference with such overwhelming odds? We started with a small step. Through a series of amazing coincidences, we connected with Ruth Kyatha in Kikima Village, Kenya. Ruth had attended Acadia in the 80s and then returned to her home village. She returns to Nova Scotia on occasion to visit her two children who live here. Ruth knew of a group of grieving and traumatized grandmothers who had lost their adult children to AIDS and who had taken in 67 grandchildren to raise. The oldest grandmother was 86 and, without hesitation, took in her five grandchildren. There were 27 grandmothers in this group – we had found our heart-to-heart connection. A coincidence, we think not! We had the same number of grandmothers and grand-others who were prepared to make a long-term commitment to these women. We simply could not imagine what it would be like to lose your own children and then take on the responsibilities of raising grandchildren. Thus, the Kings Kikima Grannies were created.

We are a diverse group of grandmothers and grand-others, from all parts of Kings County. We have retired nurses, university professors, current teachers, and retired teachers, including Shelley Moore, Judy Amos, Pat Moore, Nancy Levy, and myself, Nancy Henry. We have others who are definitely our support team out in the field, including Betty Quartermain and Taunya Sheffield. We meet 3-4 times a year to do jewellery sorts, sign up for upcoming sales, hear from Ruth about how things are going, laugh and eat!

We are paired with a Gogo (Zulu for grandmother) and letters are exchanged. Many of the grannies cannot read or write, so Ruth and others have helped them express their thoughts and wishes for us. We are connected heart-to-heart. And now the grandchildren

are writing to us. We were relieved to know that none of the children or the grannies were HIV positive. We remain determined that they not become part of the 1.5 million Kenyan people infected by AIDs.

Ruth is so good about keeping us in touch with what is happening. She sends reports several times during the year and has a real pulse on what is needed. We could not do this without her. She is our hands and feet in Kikima. In an era of scepticism and uncertainty whether your charitable donations actually reach their intended destination, we have the advantage of knowing that all the money raised is sent to Ruth and spent wisely. We frequently receive pictures and are in constant communication with Ruth. We know where every penny goes.

Kenya is a country on the east coast of Africa. It has seen very difficult times – war, mismanagement at the local and national levels of government, and merciless weather. There are two seasons, wet and dry. These seasons occur twice during the year. If the rains do not come, the people are not able to harvest their crops which are used for their food and for markets. Our grannies are subsistent farmers. Their lives depend upon the rains. When we connected with the grannies, Kikima was going through its third year of drought. What little money they had was needed for food, and so the children were not able to go to school. In Kenya, one cannot go to school unless one has a uniform and there was no money for this luxury. Without the crops, people were hungry. We knew then what we had to do. Over the next eighteen months, \$450 was sent directly to the grannies through Ruth for food relief. This was enough to feed 90 people for the month. Can you imagine! The drought continued but at least the people had food and more children were able to go to school.

Meanwhile, Ruth came to visit family in Nova Scotia. What a thrill to meet this gentle woman who is working so hard for her people. She also brought

The Kings KIKIMA Grannies

us gifts from our grannies – earrings and beautiful bags made from their grass, just what women like, no matter where in the world they are! Ruth was able to fulfil some speaking engagements while she was here,

Another support that we have given to the grannies are micro-loans. Our first endeavour, of course, was the food relief. When the rains came, we, along with Ruth, were able to branch out into other areas. We gave some of the grannies micro-loans to help establish some ways of getting income. These were not large, \$2-\$4, yet it was enough to begin. These loans are repaid as the grannies are able.



Cooking utensils arrive

meeting with students at Horton and Central Kings. The Wolfville Rotary Club was so impressed with Ruth and the Kings Kikima project that they agreed to buy the grannies each a goat. This was something that the grannies had longed for as the goats provide milk, cheese, wool, and manure. The Kings grannies were very excited as well. Twenty-seven goats were given as a surprise Christmas Gift. There was much dancing and rejoicing! Since then there has been an increase in population and now, there are over forty goats. The extra goats are given to non-granny families so that more of the community can benefit.

Over the past few years, the grannies have asked for two things – a visit from us and water tanks for their homes. The water tanks were a much easier task!! Each tank costs \$490 and twenty grannies have the proper roof for the water runoff. If the grannies could provide the foundation for the tanks we would see what we could do from this end. We thought that it would take several years to raise this amount so we had set it up as a special project. It took 4 months! When the twenty grannies had their tanks installed, the other seven grannies developed ways for their roofs to work with the tanks, too! So more money had to be found...and it was. We were short \$1,500. We spoke at the Kentville Rotary and, without even knowing



Our Kikima Kids

The Kings KIKIMA Grannies

what we needed to complete this project, they presented us with a cheque for \$1,500. Unbelievable. All the grannies now have water tanks.

Education has always been our main focus, once the bellies were filled. The children are all in school, with uniforms and tuition up to date. Many have gone onto post-secondary schools, hairdressing, early childhood, Bible studies, food and nutrition, and one is enrolled in a special school which would not have been possible a while ago. This is the latest list from Ruth: 1 in special needs, 19 in primary, 16 in high school, 14 in college/trade school, and 1 in university. A number have dropped out and some are working. Vincent is in his third year in university



Judy Amos, Knono Kyatha, and Shelly Moore

Once the elementary forms of school are completed, the children go onto high school. This means that they have to be boarded in another town, so money must be made available for this. The cost for education and boarding school has risen in the past year. As we all know the value of education, we have made this our main focus. Tuition is needed three times a year. There are also other expenses for those who are boarding – mattresses, blankets, personal items – and we provide these as well. Without help only 30% of children go onto high school in Africa. Of that group only 50% finish high school. This means that less than one in five youth in Kenya graduate with a secondary school certificate. We now have forty-two grandchildren and twenty-four Gogos. All our grandkids are in school – we are bucking the trend! We need to let them know that we are with them. If a granny passes on, we still keep the grandchildren as long as they remain in school. We knew that trust had to be established with these women who had to endure so much. They needed to know that we are here for them for the long run. In a report from Ruth,



Christmas in Kikima

in Nairobi, Winnie is teaching in a high school, another is on a scholarship at a private school. Once the children have graduated and left home, we try to continue to support the grandmother.

The Kings KIKIMA Grannies

we are told “You do not know, but there are very many satisfied grandparents and grandkids in Kikima. The work you do may not be considered big by world standards, but it certainly has changed many lives.” This is our reward and we are happy

are always looking for new venues! We also have an annual yard sale that everyone looks forward to, at least the buyers do. People have also been generous in their private donations. When we are invited to speak, we ask the group to bring their previously loved

One of our concerns is the education of the prevention of HIV/Aids for these children. This is also something that Ruth holds dear as well. With a donation from the Rotary Club of Mud Creek we were able to send money to Ruth for a workshop with health professionals. We were pleased to learn that over 100 children from the community attended the initial workshop, with some being turned away due to lack of space. Since the first workshop, there have been two more workshops with over 400 young people and adults attending. Education through school and workshops such as this dramatically



Jewellery sorting

lower vulnerability to HIV. Both girls and boys gain independence, confidence, and information about HIV and safe sex. The latest information from Ruth is that there are fewer cases of HIV/Aids in Kikima, Kenya, and none of our grandkids have been infected. We must continue the work. We have received personal donations from the Kings County community that have allowed these workshops to continue.

Of course, all this cannot be accomplished without a great deal of work. Yet we also believe in having some fun along the way, and what can be more fun than a jewellery sale! We have been highly successful with our previously loved jewellery sales. People have been very generous in donating their gems and then coming to check out what we have to offer. We have hosted sales from Annapolis Royal to Windsor. We

gems to the meeting and we tell our story. People have been so generous. We have several grannies who go through the jewellery and price some of the more valuable gems. People drop off bags to our homes or call us if they have items. We have had jewellery come from all over Canada. When our grannies are visiting family and friends, they tell our story and come back with gifts for our tables.

Along with the education support this year, we have been able to make sure the lives of the grannies have become a bit easier as they advance in age. Against all odds, these grandmothers – many of them in their 60s,70s, and 80s looking after 10 or more children – somehow find a way to feed, clothe, shelter, educate, heal, and love their orphan grandchildren. They do

The Kings KIKIMA Grannies

it through massive self-denial. Impoverished, often frail or ill, nothing stands in the way of their devotion to the children. If there's only one bowl of soup, it goes to the children; if there's only one blanket, it goes to the children; if there's only one dry corner of the hut, it goes to the children. We learned that the grannies were sleeping on the floors of their homes. So, along with support of the Rotary Club of Mud Creek in Wolfville, we were able to provide a bed and bedding for each granny. As an off-shoot, local purchases and labour supported the local economy. Since the summer, we have sent money to purchase cooking utensils and gardening tools to make their lives easier. The grannies now have light at night with the purchase of solar lights.

When this project began ten years ago, it was costing approximately \$5,000 as the children were in elementary school and the costs were lower. Now that the children are moving through the system, our costs have risen to about \$25,000 a year. We could not maintain this level without the support of so many people including church groups, service groups, community groups, and personal donations. Even though we do not give receipts people are so very generous in their support. Over the past ten years, over \$200,000 has been raised to make a difference in this little place.

Life has not been easy for these families, but through support of the community here in Nova Scotia, we have been able to keep the family unit strong and filled with hope for a better future. Is that not what every grandparent wishes for their children and grandchildren?

Our future goals are to have all the grandchildren become self-sufficient and become role models for others in their community. This will make the lives of the grandmothers easier. We know this will take much effort and money from our group, but we are committed to the grannies and the children. We plan on continuing with our jewellery sales and bringing our story to whoever wants to hear it. Everyone is part of the village and we strive to make the world a better place together.

If you are following Marie Kondo and are decluttering your jewellery, remember the Kings Kikima Grannies. You can find us on Facebook and the web, or can contact nandghenry@eastlink.ca for more information.

“Many people, in many small places,
do many small things that can
alter the face of the world.”
– Margaret Mead



NSTC ALUMNI REUNION 2019

SCHEDULE OF ACTIVITIES

(All at the Best Western Glengarry, except as noted)

FRIDAY, AUGUST 16 in Salon DEG

- 6:00 – 8:00 pm – Registration (Registration will also take place

Saturday morning

- 9:00 am to 11:00 am – same location). Little White School House silent slide presentation.
- 6:00 – 7:30 pm – Music with Margaret Geharty (Forgeron) and Barbara Cameron (Tobey) '59, David McKillop NSTC Prof, Charlene Cable Lloy '79
- 7:30 pm - Official Opening of Reunion 2019 - Keynote Speaker – Charles 'Chuck' Boudreau '89
- 8:00 pm – Faculty/Staff Tribute – A great time to thank those who helped us through our years at NSNC/NSTC – come and meet the staff.
- 8:30 pm - Institute Night/Tunes & Tankards/Coffee House. - Mix and mingle, share your musical talent, a skit perhaps and perform just like the good old days! If you have a talent/instrument to share, bring it along. This is your night to shine...again!!!

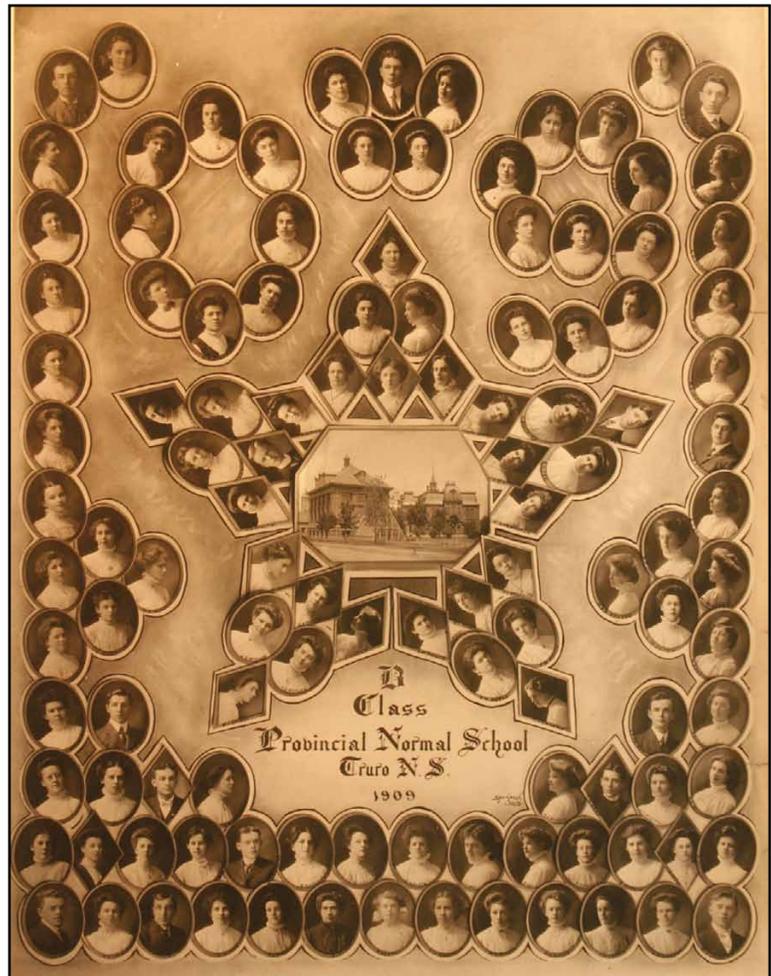
• Friday notes:

- No supper provided on site on Friday.
- Friday evening activities are all at the Best Western Glengarry Hotel.
- Cash bar available for Friday evening events.

SATURDAY, AUGUST 17

(All at the Best Western Glengarry, except as noted)

- Breakfast (see note below regarding Saturday and Sunday breakfasts)
- 9:00 am – Annual Business Meeting in Salon EG – Get up to date on all aspects of the Alumni Association!
- 10:30 am – Executive Meeting following Annual Meeting
 - Silent Auction - Don't forget to drop by the Little White Schoolhouse to bid on your favorite items!!
- 11:30 am – Class photos in MacLeod Room –. All Alumni registered to attend the Reunion are welcome to participate in class photos. Photos will feature honored years, executive, those who taught in a one-room schoolhouse, and "other" years - so everyone gets in at least one photo!
- 12:30 – 2:00 pm – Lunch – in Salon D (or on your own) Afternoon
Plan an activity with your Grad Class; visit the Truro Farmer's Market; Tour the old Normal College Site, now the Colchester Library, from 2 to 5 pm and meet a Normal College



NSTC ALUMNI REUNION 2019

Grad at the library Harris Room to find out what it was like to be a student in the good old days at the Normal College; visit the Historeum to see their college display; stroll through Truro's beautiful Victoria Park; shop downtown and at the Truro Mall; visit downtown Truro and enjoy the many Blueberry Festival activities; see Margie if you'd like a drive around the Truro area. The afternoon is a great time to get together with friends and relax. If you need a space to meet, check with one of the organizing committee who will be glad to help.

- 2:00 pm – (In Salon A) Story Telling with Clara Dugas '69
- 2:00 pm – Tour the former NSTC campus Evening in Salon DEG
- 6:00 – 6: 30 pm – Reception/Social. Music by David McKillop NSTC Prof
- 6:30 pm – Dinner and Awards at Best Western Glengarry. Guest Speaker Dr. Gary Naugler '59.
- 9:00 pm – Dance –. Dance to Jim Aylward '91 and his band Sweet Revenge. This is bound to be a great time with fun for all! Don't miss it!
- **Saturday notes:**
 - Cash bar available for the Social, Dinner and into the evening.

SUNDAY, AUGUST 18

- 10:30 am – Church Service - At St. James Presbyterian, Truro. We will sit as a group at the church, meeting in the foyer.

Special Notes

Special Draw – The first 150 registrations will be entered in a draw for the refund of your Registration Package fees (excluding membership).

Silent Auction - The silent auction will be setting up in the Little White Schoolhouse on Friday. Drop off your donation items for the auction – don't forget to visit on Saturday to bid on your favorite items!! Drop off

Friday 10 AM-5 PM and Saturday 10 AM. Pick-up is Saturday between 4 & 5 PM.

Saturday and Sunday Breakfast – On you own - except for those staying at the Best Western Glengarry, breakfast is included in your room price.

A block of rooms at the Best Western Glengarry has been reserved for Alumni. The cost per night \$135.99/double, plus \$10/person for additional occupants and requires advanced registration before July 16, 2019. Please book directly by calling 800-567-4276 or 902-893- 4311. Hot breakfast is included with each night's stay.

Please be aware that Banquet tickets will **NOT** be available on site. Banquet tickets will only be available by pre-registering.

Entrance to ANY Reunion activity is by appropriate ticket or name badge only.



Curling Bonspiel



RTO Invitational Curling Bonspiel 2018

Hosted by RTO Queens Branch
Liverpool Curling Club

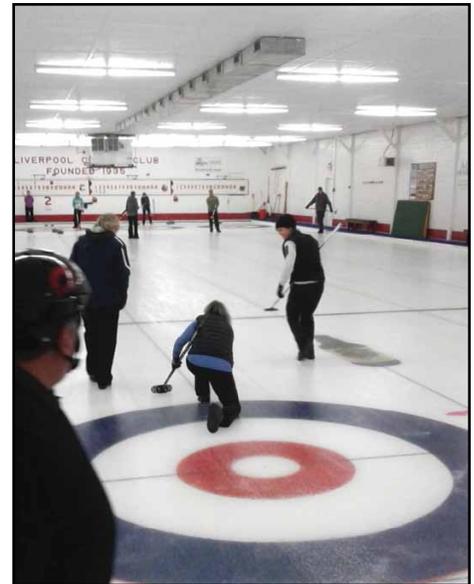
The Queens Branch of the Retired Teachers Organization hosted an Invitational Curling Bonspiel on November 30th-December 1st, 2018, at the Liverpool Curling Club. Ten teams in total participated in the two-day event, with local curling teams involved as well as teams from the Halifax-Dartmouth area, Chester, Clare, and Shelburne.

A first place trophy was awarded to the overall winner of the bonspiel, as well as cash prizes for the teams finishing 1st, 2nd, 3rd, and 4th. This bonspiel was coordinated by RTO members John Armstrong and Leo Campbell. In addition, a large number of Queens RTO members provided significant additional organizational support, worked as volunteers over the course of the two days, and made numerous donations of food items used as snacks during the two days of activity and for the luncheon for curlers on Saturday. Everyone contributed enthusiastically to make the event an overall success.

The curling teams all participated in a competitive and respectful manner. Great curling took place, sprinkled with lots of laughter and fellowship. The curling teams felt very welcome at the event and Queens RTO was certainly pleased to have everyone attending.

Overall, the teams that took part included: Team Rushton (Dartmouth), Team German (Clare), Team Armstrong (Liverpool), Team MacPherson (Liverpool), Team Fraughton (Chester), Team MacKinnon (Liverpool), Team Nickerson (Liverpool), Team Walsh (Shelburne), Team Dorey (Liverpool), and Team Hurshman (Liverpool).

In addition to all of the support for the bonspiel offered by the membership of the Queens Branch RTO, thanks are also extended to the Provincial Retired Teachers Organization and Manulife Financial for cash donations in support of the event. Everyone's support made the bonspiel a resounding success this year.



The final results of the bonspiel were:

- **First Place-** Team MacKinnon- Liverpool
- **Second Place-** Team Fraughton- Chester
- **Third Place-** Team Armstrong- Liverpool
- **Fourth Place-** Team Hurshman- Liverpool

Thanks to everyone and best of luck to next year's hosts!





Curling Bonspiel



Enjoying the day are Queens Past President Peter Fountain, South Shore MAL Bonnie Mahaney, and Queens members Shirley Melanson and Linda Delaney



Queens Branch President Chuck McLellan with 4th place winners Team Hurshman Wayne Trimm, Rod Keirstead, Allan Foster, and Fred Hurshman



Curling First Place Winners Team MacKinnon - Event Coordinator John Armstrong, Members - Leo Campbell, Chuck Ernst, Dennis MacKinnon, Stu Starritt



Second place winners Team Fraughton. Event coordinator John Armstrong with Team members Barbara Fraughton, Mimi McClung, Renata Graham, Mary Raine



Third Place Winners Team Armstrong. John Armstrong, Terry Metcalfe, Byron Whynacht, Peter Crouse

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.



Peggy's Cove. Photo by Glynda Wimmer.



*The Church in Sherbrooke Village, Guysborough County.
Photo by Cheryl Millard.*



*Birches in Snow in Kings County.
Photo by Colin Chase*

This Land Is Your Land...



*Mourning Dove in Hants County.
Photo by Martha Wheaton.*



*Blue Beach in Hants County.
Photo by Valerie Ross.*



Waterfalls at Carding Mill, Bridgewater, Lunenburg County. Photo by Verlene Silver-Corkum.

EAST PICTOU RURAL HIGH

Celebrates 50 Years of Excellence

Sutherland's River, NS – East Pictou Rural High (“EPRH”) has a rich history in Pictou County. For over 50 years, with graduating classes from 1953 – 2003, thousands of students have passed through the corridors of EPRH. During this time, the school and its students developed a reputation for excellence in academics, sports, music, and so much more. As the life of our beloved EPRH School draws to a close in 2019, a celebration is being planned for July 19-21, 2019.

We are proud of the alumni that attended EPRH, many of whom have gone on to become successful individuals, community leaders, business owners, well-known personalities, and respected citizens, not only here in Pictou County, but across Canada and the rest of the world.

This weekend will be an opportunity for EPRH alumni to reunite, walk down memory lane, connect with former classmates and neighbors, and celebrate the memories and history of a beloved institution.

To mark the celebration, local designer John Ashton created a “Together Forever” logo which represents East Pictou Rural High school's culmination of 50 years as a place of learning in Pictou County and Nova Scotia. The original crest, centered within this logo was designed by student Jacquelin Louise Grimm in 1953, the first full year of operation of EPRH as a school. This crest, combined with the slogan “Together Forever” and the number 50, signify the pride, dedication, and commitment the school had for its students, teachers, and staff.

Details of the weekend will soon be released and can be found by searching Facebook “EPRH Together Forever”.

More information on the event:

Jennifer MacKinnon '95

EPRH Together Forever Organizing Committee

Telephone: 902-316-2536

Email: ephtogetherforever@gmail.com

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 April 15, 2019. 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 Fall 2018 contest was Carlotta Cummins, West Hants Branch. Congratulations!

1. Which Branch hosted the Curling Bonspiel?
2. Which Branch will host the 2019 Bowling Tournament?
3. Name one of the photographers featured in This Land Is Your Land.
4. Name one of the sponsors of the Scavenger Hunt.
5. Who is your Branch President?
6. What is the date of the RTO 2019 AGM?
7. What is the first day of the NSTC 2019 Reunion?
8. How much money is available to each Branch applying to the Branch Initiative Program Fund?
9. What is the phone number for Pension Services Corp.?
10. Johnson's ad gives you details on a prize that could be won by getting a quote on home and auto insurance. What is this prize?

NOMINATING COMMITTEE

Member-at-Large Positions

Member-at-Large positions are open for candidates 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 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*

In addition to inclusion in this issue, the application form for a Member-at-Large position is posted on the RTO website at rto.nstu.ca. Interested candidates must submit a completed application to his/her Branch President by **April 1, 2019**.

AGM 2019

The RTO Annual General Meeting (AGM) will be held at the NSTU Building on Thursday May 16th, 2019 at 9:30 AM.

The AGM Dinner will be held at Brightwood Golf and Country Club, School Street, Dartmouth on Wednesday May 15th, 2019 at 7:00 PM. Busses will be available for transportation from Future Inns at 6:00 PM to Brightwood and back at 9:00 PM. Registration form can be found on the back page of this newsletter.

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.

RETIRED TEACHERS ORGANIZATION

Member-at-Large Application

Deadline for Application: April 1st 2019

Name of Region: _____ RTO Branch (Applicant): _____

Applicant Name: _____

Address: _____

Telephone: _____ Email: _____

RTO Branch Activities: _____

RTO Provincial Activities: _____

Other Activities (Including NSTU Local or Provincial activities): _____

Signature of Applicant

Date

PLEASE SUBMIT THIS APPLICATION TO YOUR BRANCH PRESIDENT NO LATER THAN APRIL 1st.

RTO ANNUAL GENERAL MEETING – MAY 16, 2019

The RTO Annual General Meeting (AGM) will be held at the NSTU Building on Thursday May 16th, 2019 at 9:30 AM. The AGM Dinner will be held at Brightwood Golf and Country Club, School Street, Dartmouth on Wednesday May 15th, 2019 at 7:00 PM. Busses will be available for transportation from Future Inns at 6:00 PM to Brightwood and back at 9:00 PM.

Accommodations: A block of rooms in the name of the Retired Teachers Organization (Block Code: 1905 Retire) has been reserved at Future Inns (Bayers Lake) for delegates requiring accommodation. **The room rate is \$109.00 plus tax with free parking.** A hot breakfast of \$10.00 per person per night is available at the Redwood Grill on the premises. Breakfast tickets need to be purchased at the reception. Please call the hotel at 1-902-443-4333 or 1-800-565-0700 prior to **May 1, 2019** to make reservations and book your room under the RTO block. **You will need to show your RTO card at the hotel reception desk.** There is no direct billing, therefore delegates must pay for their room prior to checking out. Those who are eligible will be reimbursed after filling out the RTO expense form.

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

2019 RTO AGM REGISTRATION

Name: _____
Surname First Name

Address: _____

Postal Code: _____ Branch: _____

E-Mail: (needed to send AGM Documents) _____

RTO AGM DINNER

_____ Yes, I will be attending the AGM Dinner at Brightwood Golf and Country Club on Wednesday, May 15, 2019 at 7:00 PM
Guest(s) name (if any) _____

_____ Yes, I will require transportation for _____ people from Future Inns to Brightwood

_____ Yes, I will require transportation for _____ people from Brightwood to Future Inns

Dinner Ticket(s) _____ @ \$25.00/person = _____ (cheque/money order payable to RTO)

Dietary restrictions (eg, gluten free) _____

Tickets must be purchased by May 1, 2019 in order to determine numbers for dinner. Dinner tickets in your name will be held and given to you when you arrive at Brightwood.

RTO ANNUAL GENERAL MEETING

_____ Yes, I will be attending the AGM Business Meeting at the NSTU Building on May 16, 2019. A registration desk will be set up at 8:30 AM to distribute voting cards. AGM material will be sent electronically prior to the meeting. Hard copies will be available at the registration desk.

Guest (is an RTO member) will be attending the RTO AGM? Yes _____ No _____

Registration form and Dinner payment(s) must be received prior to May 1, 2019.

Mail to: Karen Staples, Nova Scotia Teachers Union, 3106 Joseph Howe Drive, Halifax, N.S. B3L 4L7



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!

