

The Retired Teacher

Nova Scotia Teachers Union

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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...

Alyson Hillier

Spring Greetings!

We have learned to live in perpetual hope! While 2022 has had a slow start due to weather and COVID, the most hopeful part of this time of year is that it brings us closer to spring and the promise of new life around us.

It was exciting to see the number of Branches that held holiday events and gatherings in De-



cember - a reminder, albeit very brief, of the importance of the RTO's role in the lives of our members. Thank you to all the organizers of these events. Regrettably, some had to be postponed due to the Omicron surge late in the month, but your efforts were most appreciated.

During the past two months, the Executive and RTO Committees have been meeting via Zoom and making plans for the upcoming months, with the hope that things will open up soon.

Schedule Updates

With the promise of changes to the restrictions in mid-March, we are planning for the Branch Presidents' Meeting, scheduled for March 30 at the Future Inn. More information will be sent directly to Presidents as details are finalized.

We are excited to be able to gather, but will still encourage each participant to practice whatever makes them most

comfortable. Social distancing and gathering limits will be lifted, however, we encourage wearing of masks while moving about the room and hotel. We will be asking to see proof of vaccination, whether this restriction is still required by the regulations, or not. It is important that we create a healthy environment for our members that will instill confidence for their safety.

Plans are also underway for the Annual General Meeting on May 18 and 19, scheduled for the Hotel Halifax. Our hope is that we will be able to host an AGM that welcomes all interested RTO members, just like in pre-COVID days! More information will be available at the Branch Presidents' Meeting in March, and will be posted on the website.

Pension Panel

The Expert Panel reviewing the Teachers' Pension Plan recently launched a website (www.nstpppanel.ca) to update all members, active and retired, on their activities and findings to date. The website contains a PowerPoint presentation in which the three members of the panel (Gale Rubenstein, Elizabeth Brown and Conrad Ferguson) present the information they have collected and the implications of their findings.

In April, the panel will hold consultation sessions to speak to members and receive feedback. These sessions will be held on April 5, 6, and 11. To register for these sessions, please go to the website. We encourage all members to take this opportunity to learn more about our pension plan and the challenges we face. The panel will prepare a non-binding report for the province and the NSTU no later than July 31, 2022.

Budget Surplus

At the AGM last September, Resolution 2021-8 gave direction that, if the organization has an annual surplus of over \$40,000, any funds in excess of that amount will be distributed to the Branches based on their total membership. The surplus for 2021 was \$47,117.38 therefore \$7,117.38 will be distributed to Branches based on membership, along with their annual Branch Grant in the fall of 2022.

Ad Hoc Committee

At the AGM in September, Resolution 2021 - New Business (NB-1) was passed. The resolution directed the Executive to establish an Ad Hoc Committee with responsibility to investigate the hiring of a part-time

staff person to carry out duties related to the varied administrative tasks, particularly the financial business, to properly service the provincial organization and its twenty-three Branches.

The committee has been meeting regularly to consider the need and the logistics around such a change. They will present their report to the AGM in May.

Staff Changes at the NSTU

You may have experienced some issues in recent months when contacting the NSTU regarding member inquiries/related to membership list updates. We are endeavouring to address these. If you are communicating with the NSTU, please use rtoadmin@staff.nstu.ca and copy me at alyson.hillier53@gmail.com so I can follow up, if necessary.

I applaud Erynn Nguyen, who has assumed staff responsibilities for RTO matters. She has been the only staff member working in the NSTU building during the post-Christmas shutdown and her willingness to provide support to us over the past two months is appreciated. We look forward to continuing our RTO relationship with her.

Committees

Committee meetings will be held on April 6 at the Future Inn. We are pleased with the work of the RTO Committees as they make a tremendous contribution to our organization. I encourage you to read their reports in this issue of the newsletter.

Regional Initiatives

During the 2021 year, surplus funds were designated to charitable donations and provincial initiatives in order to support the Branches. These funds were much valued and very worthwhile!

In recent months, it was agreed that the most effective way to strengthen our Branches and to support their working Executive members, now and into the future, is to bring them together with other Branch members in their region. An opportunity to learn more about the RTO, share ideas, and build working/social relationships between Branches are some of the goals for the planned day. By meeting close to their home communities, we are hopeful that this initiative will bring Branches together and rejuvenate their activities and events.

The Member-at-Large for each region will be working

with the Branch President to coordinate the program for the day. If you are interested in taking part, please contact your President.

Wellness Symposium

At this time, we are hoping that the Wellness Symposium will take place on April 27. The Programs Committee, under the capable leadership of Judy Knowlton, has lined up a busy and informative day for the attendees. The Programs Committee report outlines the various programs, speakers, and features of the day. With its theme, "From Isolation to Connectivity", the focus will be on bringing people back from pandemic challenges, and on the use technology in our daily lives.

Legacy Foundation

Applications for Legacy Foundation Grants for 2022 are available and must be received no later than March 31. We were able to provide funding to 15 groups across the province in 2021. Please encourage any organizations serving children and young people in your community to consider applying to the Foundation.

Adjustments to the Expense Vouchers

The Executive has approved increases to meal allowances and meterage rates for travel on Provincial RTO business. Meal rates were increased from \$11.00 to \$13.00 for breakfast and from \$13.00 to \$15.00 for lunch. The supper rate of \$30.00 remains unchanged. The meterage rate has been increased from \$0.44 per km to \$0.46 per km. These changes were made effective immediately.

As the year continues, we are hoping to resume activities and meetings with our members. It has been a long two years! All of us will appreciate the opportunity to meet with many new members, as well as with those we haven't seen for a long time.

In closing, I want to thank all of you who have kept the "train on the tracks" by serving our members throughout this time. This issue of our newsletter highlights many of your good efforts - efforts which demonstrate and bring to life our RTO mission to advance, promote, and protect the welfare of our members.

Take care,

Alyson

Not getting your newsletter or RTO mail-outs??

RTO Members are reminded to notify Johnsons and their Branch Presidents of changes in contact information (phone numbers, email, mailing address). The Member Update form is posted further on in this newsletter, and on the website.

Also, please update your contact information with Erynn Nguyen at the NSTU Office for the RTO Newsletter mailing list. Remember to indicate whether you would like to receive an electronic subscription via email, or a paper copy through Canada Post.

- email RTOAdmin@staff.nstu.ca
- phone 1-800-565-6788

Thank you for your cooperation in helping us keep your contact information up-to-date.

Nova Scotia Teachers/ RTO Bowling Tournament

Open to all active and retired teachers

When: Saturday April 23/2022 starting at 9 AM

Where: Woodside Bowlarama at

31 Atlantic Street, Dartmouth

Teams will bowl nine strings with 4 bowlers a string.

Teams can carry 4-6 bowlers.

Cost \$120 a team. Maximum of 10 teams.

First 10 teams registered and paid will be accepted.

Team prizes for 6 teams and there will be a 50/50 draw.

Contact: Peter Balcom

pjbalcom@gmail.com

902- 292-2230



A message from NSTU President ... Paul Wozney



Dear RTO Members,

The strange times we live in continue to grow more strange by the day. Omicron's impact on our province remains fever pitch in terms of hospitalizations and deaths as restriction exhaustion settles in. Our country has been gripped by the occupation of our nation's capital and copycat protests that muddled the voices of those dealing with the strain and impact the pandemic has created, and with white nationalism and outright calls for insurrection. The long-feared invasion of Ukraine by Russia following the annexation of the Crimea has begun.

I'm conscious of my audience, of you who have lived long and seen much. Perhaps this too shall pass. Nonetheless, in these moments, life and leadership is heavy.

The emotional toll of so many challenges piling up on top of one another on individuals means so many of us find it difficult to exhibit patience. It's a struggle to give others the benefit of the doubt when feelings run so deep and we have such profound needs to be heard and understood.

Rather than this be the "woe is me" musing of an NSTU President, let me instead iterate that I remain grateful to be working with the leadership of the RTO under such circumstances. The work we share is difficult enough without adding any of the global or national disruptions I've alluded to already. It would be easy for relations to be fractured due to the fallout of dealing with times like these.

But they have not been fractured. They continue to grow and strengthen. Let us take note of how.

We do not always agree. There are fears and worries. There are strong feelings about issues of mutual concern and interest. There are plenteous grounds for conflict, if one were to take umbrage.

Yet, we meet at a table together. We recognize one another's humanity and value. We listen openly and earnestly. We speak forthrightly and with respect. We recognize our limits and those of others. And, we remember always that this meeting is the launch pad for the one to follow, one that can be productive and relational, or combative and regressive. In our commitment to this ethic, shared trust is fostered.

I have learned to speak only for myself. This way was not easy in the early days but it was the right way, and it has become the pathway for genuine affection. It is a treat to sit with you and your leadership, as COVID-19 permits, as a key component of building change we can all value through processes we can all respect.

While these times are hard on the head and heart, let's remember what brings us through with relationships the better for it, and in a position to work for what matters.

Wishing you continued safety and health.

All my best,

Paul

A Note from the Editor..

Glynda Wimmer

The last two years have been fraught with plenty of stress and anxiety. Pandemic woes and restrictions, teacher/nurse shortages and burnout, protests about vaccines and freedom, and now - to top it all off - this escalating situation in Ukraine. It has been rough. We are witnessing history in the making, and I am heart sick.

Humanitarian efforts are huge! Convoys full of medicines, food, water; people pitching in and doing what they can to help even if they are stretched to the limit; countries are coming together to provide support; volunteers are willing to risk their lives in the name of peace - the kindness and concern shown is overwhelming.

Our own lives sometimes seem trivial and our immediate concerns pale by comparison to what is taking place. How can you compare the importance of having your hair cut, or grumbling about the time change, when you see pictures and news items about families being torn asunder and buildings crumbling to the ground? It certainly puts things into perspective!

Regardless, we need to continue our daily routines for our own physical and spiritual health. That way, we will be ready to offer safe refuge and help rebuild when the time comes.

Cherish those around you and do what you can to make a positive difference. Even though our world will be forever changed, the sun will come out tomorrow.

Did You Know

1 For Lemon Chicken lovers who also love Lemon Potatoes - when doing a roast chicken, put a whole lemon (pierced a couple of times) deep into the cavity. Fill the rest of the cavity with spiced cubed potatoes and onions (oregano, basil, ground rosemary, salt, and pepper). Sprinkle sage over the chicken and cook as usual. The flavour permeates the chicken and the potato-onion mixture is delicious to eat.

2 To clean the fireplace glass, lightly dampen a used fabric softener sheet, dip it in the ash, and use to get rid of caked on soot and grime. Use newspapers to wipe it dry. Works like a charm!

3 Running bacon under cold water before cooking will reduce shrinking up to 50%.

4 Mould in Mini-Split Heat Pumps - After checking that filters are clean twice a year, owners are confident that the mini-split units are safe to use. However, they may be overlooking dangerous, water-based black mould. This mould can collect and be visible on the filter, blower wheel, drain pan and the fins directing air flow. Cigarette smoke, pet hair, high humidity, and dust in the air are some of the contributing factors. If mould is found, only professionals should do the cleaning of the many fragile and expensive parts in the heat pump using the proper commercial products.

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Committee Reports

Communications Committee

Members of the RTO Communications Committee met on February 8, 2022.

- The information sheet with recommendations from Editor Glynda Wimmer that was presented to Branch Presidents in November was discussed.
- The Committee was informed that both the Editor and Webmaster have been invited to attend the March 29 meeting of the Branch Presidents.
- The Communications Committee November report to the Executive was reviewed.
- The NSTU Group Insurance Benefits and Programs for Retired Teachers is currently only available online. It was discussed that if members want to receive a hard copy they can contact Johnson individually and request one. A reminder will be in the newsletter. The possibility of a condensed version was discussed.
- Updates to our existing RTO Member Information Form were discussed.

Newsletter

Editor Glynda Wimmer reviewed her checklists for the contents of the newsletter and updated members on the reports that have been received. She continues to welcome

newsletter submissions on 'Good News' items about what members are doing to stay active and interested, including 'Staycation Destinations'. She reported that she heard from individuals that they have not received a copy of the last newsletter and she is following up.

Website

Webmaster Colin Campbell reported that he is updating the website on a regular basis, such as the calendar and COVID-19 information. He informed the committee that he is considering adding an event to each month which is significant to that month, eg HEART MONTH...Be heart smart! Colin welcomes any suggestions on this initiative and said he is always appreciative of input regarding any updates or changes to the website.

ACER-CART Canadian Photo Gallery

The committee discussed the ACER-CART Gallery project which invites photos celebrating the beauty of Canada. It was suggested an email be sent to Branch Presidents promoting this project and the link <https://acer-cart.org>

—*Respectfully submitted,*

Marlene Boyd, Chair, RTO Communications Committee

Finance Committee

Since the last issue of *The Retired Teacher*, the Finance Committee met in January and February. Committee members review the monthly financial statements of the Legacy Foundation and the RTO Organization.

The committee is now preparing the RTO Organization 2023 Budget and Notes, which will be presented at the AGM on May 19, 2022 provided COVID-19 health regulations allow. It is anticipated that the Executive will consider Budget 2023 late in March.

As well, the Financial Statements for fiscal 2021 (which ended on December 31, 2021) are being reviewed and notes prepared. These will also be presented at the AGM in May. The 2021 Annual Financials for the RTO Legacy Foundation are being prepared for the Legacy Foundation AGM to be held on April 25, 2022 provided COVID-19 health regulations allow.

COVID-19 affected the capacity of the Branches to

conduct activities in 2021- this included Branch Initiatives/Programs (BIP) activities and events. Restrictions varied throughout the year. In the last quarter of the year, a number of BIPs were completed just before the Omicron wave commenced in early to mid-December.

In 2021, a net BIP expenditure of \$28,074.85 occurred. Some Branches used some of the \$50,000 that was put in place for BIPs by the Executive. This was a result of many 2020 budget items being underspent due to COVID-19. For fiscal 2021, there was \$34,500 available for regular BIP grants. Some Branches also applied for some of the "extra" \$50,000 noted above. Quality BIPs were completed by many Branches which served their members well, especially in combatting the social isolation caused by COVID-19.

The Finance Committee reviews the investment portfolio of both the Organization and the Foundation on a regular basis. COVID-19 has negatively affected the rate of return

Committee Reports

on term deposits (TDs). Until the investment environment improves, TDs will be reinvested in one-year terms rather than the usual five-year terms. A new investment was made in January, 2022. The investment environment may improve later in 2022.

Donations were made to several well-known charities during 2021. As well, the Executive approved a \$1000 Special COVID-19 Grant to each Branch to be used before the end of the 2021 fiscal year. Branches received this in late January, 2021 and nearly all Branches were able to use this money in various ways within their Branches.

The Committee and its Chair, Treasurer Peter Lewis, wish to thank the Executive and all Branches for their continued support and cooperation, particularly during the challenging times caused by COVID-19. In 2021, Branch Presidents made a very fine effort in conducting many activities in their areas via BIP and COVID-19 Grants. Well done Branch Presidents!

—*Respectfully submitted,*
Peter Lewis, Treasurer and Chair, RTO Finance Committee

Membership Committee

The Membership Committee met via Zoom on February 11, 2022 with a full agenda on our plate. Four of the five committee members were present.

Items discussed were:

- a) the future of the wall
- b) merchandise to sell
- c) increasing our membership
- d) reconciliation of RTO membership list with the Johnson list
- e) increasing awareness of the benefits of RTO membership

The goals for the year were reviewed and in spite of COVID restrictions, it was agreed that the goals are being

achieved.

The mandates of the Membership Committee (as outlined in the Policy Handbook) were also reviewed and most items have already been completed.

Several items were identified as being necessary to include in our next agenda. Between now and then, items will have to be prepared for inclusion in the Pre-Retirement packet. A few items were discussed and will also be brought to the Executive table.

We thank Alyson for her input about the AGM and the state of operation at the NSTU building.

—*Respectfully submitted,*
Jim Harpell, Chair, RTO Membership Committee

Pension and Benefits Committee

The Pension and Benefits Committee met (Zoom) on February 8, 2022. All members were present and Jim Kavanaugh volunteered to be the recording secretary.

The Agenda was approved with two additions and the Minutes of November 17, 2021 were approved with one minor change. The Mandate of the Committee was reviewed.

Two items were discussed. Regarding the wording, “Upon invitation, participate in the Annual Meeting between representatives of the NSTU Group Insurance Trustees and the RTO Executive” - this has not happened over the last number of years. The Chair will check with the

Executive.

The second item was to seek discounts and special offers for RTO members. The committee felt that there are numerous offers now available to members. It was also expressed that the committee should have a letter, on RTO stationary, to be used when seeking offers.

The committee reviewed the update from the Pension Review Panel. The educational website that was to be set up for members to view in February is not yet ready.

In April, the Panel will be conducting Consultation Sessions (via Zoom) that are open to all RTO members and

Committee Reports

all retirees. The dates are April 5 at 11:30 am, April 6 at 12:30 pm, and April 11 at 1:30 pm. ONCE AGAIN THESE SESSIONS ARE OPEN TO ALL RETIREES.

The CAREpath program has been extended for one year. Members should look at this important program as it is greatly under utilized.

Member Brian Faught asked what the maximum benefit was for retirees who have the CPI minus one per cent. The committee found that this is six (6) percent. Thus, the CPI would need to be seven (7) percent for members to receive the maximum benefit.

Members are encouraged to look at the DEALS and DISCOUNTS section that is posted on the website.

The newsletter often contains INFORMATION about our INSURANCE benefits. Members should check out these benefits.

The next meeting of the committee is April 6, 2022.

—*Respectfully submitted,*

Brian D. Noble, Chair, RTO Pensions and Benefits

Programs Committee

The RTO Programs Committee has been watching the development of COVID with bated breath! Despite numbers and the ups and downs of COVID, we have continued to meet and plan for the upcoming “From Isolation to Connectivity” symposium scheduled in Halifax for April 27, 2022. Please rest assured that attendees’ safety is the number one priority for the day.

All members of the Programs Committee met in person at the Future Inns, Halifax on November 17, 2021. We had an opportunity to meet with Jude Gerrard and discuss a Mi’kmaq cultural involvement in the upcoming Wellness Symposium. Jude provided us with multiple options to consider for the day.

We continued to work on symposium business and planning throughout the meeting. Registration forms for delegates were finalized so that they could be passed to Branch Presidents at their meeting the following day. The day’s format has remained with a 9:00 AM start, finishing up by 3:15 PM so those who are less than 200 kilometers away can travel home at day’s end.

The day will include John Hamblin as our keynote speaker. He will be introducing us to new technologies that can help us stay connected and make our life better. Also joining us are Olive Bryanton, a senior and a social activist in Atlantic Canada, and Jude Gerrard, member of the Millbrook First Nation. Hopefully, Barbara Adams, MLA and Minister Responsible for Seniors and Long-Term Care will also be in attendance. Betty Jean Aucoin

will lead us during the “snippets” with gentle movement breaks scheduled during the day.

The committee met again by Zoom on February 7, 2022. We discussed and fine-tuned the symposium day with attention paid to details! We have confirmed six presenters for the mini-Expo and are waiting on guarantee of attendance from four others. Confirmed mini-Expo attendees include: Northwood in Touch, Senior Safety and Scams, Community Links, 211, Merit Travel, and Efficiency N.S.

We also confirmed items that have been collected for the “goody bags” and prizes to-date. The day’s schedule was again scrutinized with consideration being given to the movement of people and food distribution.

Jack gave an update on Branch registration for the symposium. Thank you to Branch Presidents who have submitted delegates’ names and to delegates who have committed to attend “From Isolation to Connectivity”.

An event such as a symposium requires a lot of planning, support, and help from many people. Rest assured that Cathy Anderson, Jack Boyd, Maureen Duffy-Mason, and Holly MacDonald have all worked arduously to make this day happen.

—*Respectfully submitted,*

Judy Knowlton, Chair, RTO Programs Committee

Committee Reports

Research and Review Committee

Committee members met for the third time this term (via Zoom) on February 7, 2022. All members were present - Chair Margie MacNeil, Linda MacNeil, Diane Davis, Bob Hayter, and Hank Middleton. President Alyson welcomed everyone and thanked members for joining in on Zoom.

Committee members would like to congratulate all Presidents and Branch members for the efforts they put forth with the BIP grants. While COVID restrictions are still present throughout the province, more grant applications and reports have been carried out and filed for 2021 than in any other year. An increase in grants was approved by the Executive, from \$1000 to \$1500, to defer the higher costs of activities during COVID. There were 20 BIP grants recorded on the database for 2021.

All of the special COVID-19 Grants of \$1000 have been reported on and results placed in a binder. There were no restrictions on how this grant could be spent and Branches came up with many creative ideas for its use. Some gave money to food banks, while others sent apples or chocolates to schools to support active teachers and to encourage them to continue to “hang in there” while COVID lasts. Other Branches gave money to high school bursaries, while some gave \$10 vouchers to their members for restaurants. There

were too many wonderful ideas to mention! A binder of these initiatives has been put together and will be placed at the NSTU building to access. Great job and congrats to all Branches.

As a team, we reviewed the questions and answers from the Presidents regarding Regional Initiatives - when and where the initiative will take place, what the day will look like, and who will be invited. The purpose of the Regional Initiative is to promote accomplishments, roles, responsibilities, and expectations moving forward. We encourage all areas to continue to plan for this initiative and to reach out to their MAL for any assistance.

A webinar reminder has been placed in the current newsletter and new webinar contacts will be placed on the RTO website.

Committee members were informed of issues raised at the January Executive Zoom meeting. Items included positions available on the Executive, a discussion on applications and deadlines, and information on CAREpath.

Our next meeting is scheduled for April 6, 2022.

—*Respectfully submitted,*
Margie MacNeil, Chair, RTO Research and Review Committee

Resolutions Committee

I am pleased to report that the Resolutions Committee received two resolutions prior to the December 15, 2021 deadline. Both resolutions came from the Lunenburg County Branch. In addition, there is one resolution that was tabled from the 2021 AGM which will be considered at the upcoming AGM. It is included in the listed resolutions.

The resolutions to-date appear in the current issue of the newsletter and will be posted to the RTO website.

It is anticipated that there will be several resolutions put forward by the Executive for consideration at our 2022 AGM. An updated listing of all resolutions will be on the website prior to the AGM.

Thank you for your continuing interest in the opportunity to impact our organization through the resolutions process.

—*Respectfully submitted,*
Eileen Coady, Chair, RTO Resolutions Committee

Resolutions for AGM 2022

Submitted by Eileen Coady, Resolutions Chair

2021 – 5 Tabled from the 2021 AGM

BE IT RESOLVED that the Retired Teachers Organization, in teachers pension discussions with the Nova Scotia Teachers Union, take the position that those members who retired on or prior to July 31, 2006 have their pension rights protected without loss of those rights.

Edith Arbour, RTO Member

Brief:

In December, 2020 the NSTU and government agreed to appoint a panel of three independent pension experts to study the Nova Scotia Teachers' Pension Plan and determine a range of actions that would help the pension plan achieve fully funded status within a reasonable period of time.

As one of the many teachers who decided to take early retirement at the end of the 2005-2006 school year, in order to receive the Consumer Price Index minus 1% (CPI minus 1) benefit I am seeking the Retired Teachers Organization to "grandfather" this benefit during consultations with the NSTU during the panel's deliberations.

Teachers believe pensions are deferred income, because compromises were made during negotiations during their teaching career. This provision could also be deemed a contractual benefit that was promised to members who retired on or prior to July 31, 2006 and therefore should not be changed or altered.

A promise made is a promise kept.

- 2022 – 1 BE IT RESOLVED** that the Executive of the provincial Retired Teachers Organization examine its schedule of meetings with a view to
- consolidate and/or eliminate meetings
 - determine which meetings could be held using the Zoom or comparable platform
- Lunenburg County Branch**

Brief:

Climate change is a reality. Scientific research pinpoints pollution as a leading cause of climate change, including pollution created by vehicular traffic.

In order to be good stewards for our planet and coming generations, it behooves the provincial Retired Teachers Organization to limit travel for its members in order to decrease the pollution caused by vehicles, which contributes to global warming.

Our mandate is to advance, promote and protect the wellness of our members. With the technology available today, many meetings could be held

by Zoom or other comparable platforms. Documentation can be circulated via emails. Votes can be taken via email.

As such, the provincial RTO Executive should examine the number of meetings scheduled in a year, with a view to eliminating and/or combining meetings.

2022 – 2 BE IT RESOLVED that the Executive of the provincial Retired Teachers Organization petition the Insurance Trustees, through appropriate channels, to cover the cost of intraocular lenses, pre-surgery eye tests, eye protectors and drops, related to cataract surgery.

Lunenburg County Branch

Brief:

Members over age 65 may end up spending over seven hundred dollars (\$700) for supplies that are not covered by insurance or by the province. These include:

- Lenses - \$65.00 each
- Pre-surgery tests - \$175.00 per eye
- Eye protectors and drops - \$100.00 each
- Post surgery vision tests - \$50.00

As members age, the possibility of the need for cataract surgery increases. Surgery will provide a better quality of life and better mental wellness as members are able to perform routine tasks and read with clarity.



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Seniors Advisory Council of Nova Scotia

Seniors Advisory Council of Nova Scotia Zoom Meeting

November 25, 2021

1. Continuing Care Blueprint for Change – Cynthia Ryan, Project Executive, Continuing Care Sector, Department of Seniors and Long-Term Care
 - Provided a high level overview of the three pillars and strategic actions outlined in the strategy and high level plan to move the work forward
 - Pillar #1 – A Responsive System
 - Create a diverse, inclusive, and equitable system that responds to the changing needs of those living in Nova Scotia both today, and into the future
 - There are 10 action items in progress under this pillar
 - Pillar #2 – The Right Workforce
 - Strengthen, support, and sustain an adaptable and diverse workforce
 - There are six action items in progress under this pillar
 - Pillar #3 – Continuous Quality Improvement
 - Enable dignified care through an accountable and transparent system
 - There are six action items in progress under this pillar
 - There are three phases in developing the design, delivery and evaluation of the Blueprint Strategy
 - Phase 1: Discovery and Strategic Direction 2021
 - Phase 2: Design and Roadmap 2021-2022
 - Phase 3: Delivery and Evaluation 2022-2025
 - Cynthia continues to work with the SAC Continuing Care Sub-Committee and will provide direction on what topics the committee should consider [Examples include: Dementia Strategy, Frailty Scale, Seniors Ombudsman, Independent Office of the Seniors Advocate]
2. Seniors Pharmacare – Marina Keeping, Margaret Morash and Adam MacGillivray, Pharmacare and Extended Benefits, Department of Health and Wellness
 - There will be no change in the premium and co-pay for 2022
 - Drug prices have not increased substantially as the federal Patented Medicine Prices Review Board has declared some pharmaceutical companies have abused their patented rights and capped the prices that these companies can charge for their products
 - The Patented Medicine Prices Review Board no longer compare pharmaceutical prices from the United States and Switzerland when deciding what companies can charge
 - New federal government negotiations and bulk purchasing have made this the most generous program in Canada
 - Members in receipt of the Guaranteed Income Supplement (GIS) and who received the Canada Emergency Response Benefit which placed them above the income threshold to qualify for GIS are

asked to contact the Pharmacare Division as soon as possible and allowances will be made in paying the premium

- Due to these changes and the decrease in costs for generic drugs Seniors Pharmacare has been able to add certain high-cost biological drugs to the formulary

3. A New Dementia Strategy – John Britton, Chief Executive Officer, Alzheimer Society of Nova Scotia

- In Nova Scotia 17,000 individuals have been diagnosed with dementia and the number will double by 2030
- The society supports persons living with dementia, care-partners/families/friends, and healthcare professionals
- Their strategic focus is information and support; education and training; and research and advocacy
- Services offered include the following:
 - Public education
 - Telephone counselling and systems navigation
 - Caregiver support groups
 - Family Education series
 - Minds in Motion
 - Shaping the Journey
 - U-First! Healthcare Training Series
 - Conference and Breakfast forum series
- The society works with 1,000 clients per year and answered 4,000 info line calls last year
- For information call 1-800-611-6345 or Alzheimer@asns.ca

4. Safety Ambassador Program – Steven Gaetz, Chief Executive Officer and Kelsey Robson, Senior Engagement Officer Coordinator St. John Ambulance

- New program looking to utilize the knowledge and experience seniors have to offer through a peer first response and wellness engagement process
- Volunteers will be a point of contact in apartment buildings/assisted living facilities in case of emergencies
- Program will provide education and resources for how seniors can live safely at home alone
- Volunteers will be trained in Standard First Aid and Mental Health First Aid and will wear St. John Ambulance vests while on duty
- The program is hoping to achieve the following goals:
 - Improve the health, well-being, and quality of life of Safety Ambassador volunteers and the community at large
 - Value, encourage, and support the diverse contributions that can be from individuals of the aging population
 - Increase the safety and wellness of our communities through volunteer engagement
- If interested in becoming an ambassador please contact Kelsey Robson at 902-377-2301 or at Kelsey.robson@sja.ca

5. Roundtable on Home Care in Nova Scotia – MacEachen Institute and CARP N.S. November 24, 2021

- The SAC Continuing Care Sub-Committee was invited to participate in this virtual event, as well as 20 other Nova Scotians concerned about home care
- The roundtable included the following topics:

- Suggestions to improve information sharing, communications, and care planning
 - Suggestions to improve staffing continuity, scheduling, and client notifications
 - Suggestions to improve individual feedback and complaint procedures
 - Suggestions to improve public input and accountability
6. The Department of Seniors and Long-Term Care is working with the Department of Advanced Education to provide programs for training LPNs and CCAs through the Community College and private businesses
- The programs would follow a co-op model over 10 months
 - The government has started working on construction of new and revamped long-term care facilities and the possibility of a building template to speed up construction; the 29 projects would provide 2,600 new beds

—*Bill Berryman*
Acting Chair, SAC

Seniors Advisory Council of Nova Scotia
Zoom Meeting
January 27, 2022

1. “Thrive In Stressful Times” – Dr. Keri-Leigh Cassidy, Clinical Academic Director, Geriatric/Psychiatry Seniors Mental Health Program, Dalhousie University
- This is another part of the Fountain of Health program founded in 2011 that shares the science of well-being and behaviour change to help seniors thrive
- Step 1: The Thrive Approach to Well-being**
- Thoughts – Developing more positive thinking habits
 - Health habits – Increasing physical activity and healthy eating
 - Relationships – Having more positive social connections with others
 - Interests – Learning something new and engaging
 - Valued goals – Learning to meet meaningful “SMART goals”
 - Emotions – Taking care of mental and emotional health
- Step 2: Setting a Valued SMART goal**
- Specific – What concrete step will you take?
 - Meaningful – What does it matter to you?
 - Measurable – How can success be measured?
 - Action-Orientated – What action or behaviour is needed?
 - Realistic – How realistic is it to accomplish?
 - Time-Limited – When will it be done? (time, day, how often)
- Having close, trusted relationships increases longevity and lowers the risk of depression and dementia
 - Physical activity is the most powerful promoter of brain neuroplasticity and helps individuals with heart disease, hypertension, diabetes, arthritis, depression, anxiety disorders, obesity, addictions, and insomnia
 - Take care of your mental health by noticing signs and symptoms of your stress levels and use the relaxation response to calm nerves and improve sleep
 - Explore the Fountain of Health website at www.fountainofhealth.ca

2. The Workshop scheduled for February 16, 2022 to look at equity/diversity/inclusion issues has been postponed to April 13, 2022 due to the Omicron outbreak forcing the cancellation of in-person meetings.
3. Members of the SAC voiced their disapproval of the lack of response to the High-Dose Flu Vaccine and Shingles letters to the Minister of Health. Deputy Minister Paul LaFleche said he would follow up.
4. Members of the SAC were not happy with the Department of Communities, Culture and Heritage not providing funding to seniors' clubs but they did provide monies to 56 facilities (31 sport centres, 11 curling clubs).
5. Acting Collectively – Dr. Grace Warner, Professor, School of Occupational Therapy and Cross Appointed to the Department of Community Health and Epidemiology Dalhousie University and Dr. Tanya Packer, Professor Dalhousie University
 - This project team of 14 members is working with an evidence based innovation tool entitled Age Care Technology to:
 - Assess the needs of older adults and provide them with an individualized report linked to a list of community resources
 - Aggregate individualized reports into customized community-level reports that can be used by policy makers and planners to identify common concerns and local resources important to aging well in their own communities
 - Connect to a global database that tracks intervention outcomes and trajectories in aging adults well-being, independence, social connection, and health in other locations
 - The team will conduct 30 one-hour interviews of seniors in Richmond and Victoria counties asking 56 questions on four issues [well-being, independence, social engagement/isolation, health]
 - The team will conduct three focus group sessions with local advisory committees representing clubs, organizations, and charities
 - The long-term goal of the research project is to establish a provincial system of gathering, storing, and using community level data that will support older Nova Scotians to live in place for as long as they wish
 - The project will collaborate with 211 for community resource mapping and identify the strengths and weaknesses of community services and resources
 - For more information contact their website at actns@dal.ca
6. The February 24, 2022 meeting will have guest speakers from Housing Nova Scotia to speak on the progress report of the Nova Scotia Affordable Housing Commission, a long-term provincial housing strategy recognizing housing as a right, a care component of health, well-being, and social equity.

—*Bill Berryman*
Acting Chair, SAC



Seniors Advisory Council of Nova Scotia
Zoom Meeting

February 24, 2022

1. Housing Options for Seniors – Stephan Richard, Executive Director of Housing Solutions and Development and Tatiana Morren Fraser, Director Transformation and Strategy, Department of Municipal Affairs and Housing
 - Housing plan announced in October, 2021 builds upon:
 - Recommendations of the Affordable Housing Commission
 - Actions from federal-provincial housing agreement
 - Nova Scotia's Housing Action Plan 2018-2022
 - Conversations with Stakeholders
 - Initial actions include increased affordable housing supply, protection for renters, access to safe housing options for the most vulnerable, and a new Housing Task Force in HRM
 - Supporting aging in place and age-friendly communities
 - 72% of the 11,200 public housing units owned by the province are units occupied by seniors with an average income of \$20,000 per year
 - 42% of the 4,700 rent supplements are allocated to seniors
 - The province is providing grants up to \$7,000 and forgivable loans up to \$18,000 for low income home owners for necessary repairs/adaptations to their homes; since 2018 almost 5,000 seniors' households have been assisted by these programs
 - There is a \$500 Seniors Care grant for seniors needing help around their home
 - Nova Scotia Affordable Housing Commission submitted 17 recommendations on May 31, 2021. Here are some findings in respect to seniors:
 - Compared to the rest of the country, many Nova Scotia seniors live in rural communities where housing options are more limited
 - The needs of seniors vary according to their health status and income, but common concerns include:
 - . Social isolation
 - . Inadequate income
 - . Access to transportation
 - . Safety and security
 - . Family support
 - . Access to community services
 - Many seniors are unaware of government programs that could assist them to stay in their homes longer, and more options are needed for those who want to downsize
 - Recommendation #12 – Expand housing options that meet the needs of seniors and vulnerable Nova Scotians. Actions so far:
 - Increase rent supplements to help low-income households access market rental units in high cost areas (425 rent supplements are now immediately available)
 - Create dedicated budget for construction of new rooming houses and the need for repair of existing ones (in development)
 - Incentivize companion housing arrangements between seniors and younger people, particularly in rural areas (research completed, development underway)
 - Work with stakeholders to support development of a voluntary on-line rental housing registry operated by landlords to attract and connect prospective tenants seeking affordable housing (options being assessed)
 - Adopt multi-disciplinary supportive housing approach to help keep people housed long-term and participate in the community in a meaningful way, both socially and economically (\$10 million investment over next 2 years to provide wrap around supports, shelter, and culturally relevant housing across Nova Scotia)

- The following recommendations will also provide support for seniors:
 - Recommendations #6
 - Support creation of more affordable housing, prioritizing a mixed income, multi-partner approach
 - Recommendation #9
 - Prevent the loss of affordable homes
 - Recommendation #13
 - Provide targeted resources and supports to vulnerable and under- represented communities
 - Recommendation #14
 - Enhance renter protections, equitable access and better functioning conditions for rental housing
 - Recommendation #15
 - Address the specific needs of rural and non-urban communities
2. The SAC has formed a sub-committee to work with the Department of Housing in providing advice on the 17 recommendations and the creation of the new Independent Provincial Housing Authority.
 3. Shingles response from Barb Adams, Minister of Seniors and Long-Term Care
 - Letter said “At this time, we have made the policy decision to not include the Shingrix vaccine in our publicly funded immunization program”
 - Letter also stated “I would encourage the SAC to approach Doctors Nova Scotia and the Pharmacy Association of N.S. to discuss your request”
 - The SAC has contacted Nancy MacCready Williams, CEO of Doctors Nova Scotia and she has placed the request on the governance processes for strategic consideration
 - The SAC has contacted Allison Bodnar, CEO of the Pharmacy Association of Nova Scotia and she has been invited to speak at our March meeting
 4. The SAC indicated to Deputy Minister Paul LaFleche that we were very upset about not receiving a response to our October 18, 2021 letter to Michelle Thompson, Minister of Health requesting that the high-dose flu vaccine to be provided free of charge to seniors over age 65.
 - The Deputy Minister will make sure we receive a response in the near future
 5. Deputy Minister LaFleche provided an organizational chart of the new Department of Seniors and Long-Term Care and indicated there is still hiring to take place.
 6. The Sub-Committee on Continuing Care is working on a position paper and hopes to present the document to the SAC at the March meeting.
 - Items in the paper will include having the Eden Model of Care in all Nova Scotia long-term care facilities; person-centred care in home care and long-term care; an office of Seniors Advocate or Ombudsman; continue working on the Department of Health Continuing Care Blueprint for change and standards for service that must be relevant, realistic, audited, and reported publicly in a transparent manner
 7. The SAC continues to work with the new Department of Seniors and Long-Term Care in planning a workshop in April to review our position with the new Department, look at priorities now that COVID-19 restrictions are lifted, and look at the composition of the SAC to reflect diversity and inclusion in its membership.

—*Bill Berryman*
Vice-Chair, Seniors Advisory Council

Branch Updates

AER

Despite the pandemic, the Christmas Spirit was present at the Association des Enseignants Retraités, Baie Sainte-Marie. As we were unable to meet for the traditional Christmas lunch, we opted for a take-out meal instead. Thanks to the Lions of Clare, a delicious turkey dinner with all the trimmings, including dessert, was well prepared by their volunteers.

Eighty-four dinners were served, of which eight were delivered to the members unable to go and pick up their meal. Feedback from members was very positive - the portions were delicious and generous. A huge thank you goes out to the Lions, and to the volunteers of the AER, for this delicious meal. As shown in the photos, COVID restrictions were respected with masks and meal pick-up at the window.

As well as the turkey dinner, the Association des Enseignants Retraités decided to contribute to local organizations since fundraising has been a challenge since the pandemic. We donated \$400 for the elementary lunch program in Clare and \$200 for the Christmas Daddies, both of which help families in need, especially during Christmas.

Let's hope that in 2022 we can resume more activities without constraints because of a declining pandemic. We wish a healthy and happy 2022 to all.

L'esprit de Noël régnait malgré la COVID chez l'Association des Enseignants Retraités de la Baie Sainte-Marie. Encore une fois, nous n'étions pas en mesure d'avoir un repas de Noël ensemble. Au lieu, nous avons



Wayne Gaudet picks up meals for his family.

Wayne Gaudet se procure des repas pour sa famille.

eu un repas à emporter, bien préparé par les bénévoles du club des Lions. Le repas était délicieux, et les portions étaient généreuses, avec du bon gâteau pour le dessert.

On a servi 84 repas en tout, et 8 repas ont été livrés aux membres qui n'étaient pas capables de se rendre. Un grand merci aux Lions, ainsi qu'aux bénévoles de l'AER, pour ce délicieux repas. Les mesures de sécurité de la COVID ont été respectées avec les masques, et la livraison des repas par la fenêtre.

En plus, l'Association des Enseignants Retraités a fait des dons à quelques organisations en besoin, puisque le prélèvement de fonds est un défi pour plusieurs organisations depuis la pandémie. Nous avons fait un don de 400 \$ pour les repas aux écoles élémentaires, et 200 \$ pour les Papas Noël, qui viennent à l'aide des familles en besoin durant le temps des Fêtes.

Nous souhaitons qu'en 2022, les pouvoir reprendre des activités sans contraintes avec une pandémie en déclin. Nous souhaitons une bonne année 2022 à toutes et à tous.ous.



Loretta Blin helps in meal distribution.

Loretta Blin aide à la distribution des repas.

Colchester East Hants

It has been a long two years since we were able to get together! We have missed meeting old friends and colleagues, enjoying a communal lunch at the Truro Fire Hall, and reporting what our members have been up to since our last meeting.

During this time, the Executive met occasionally - either as a group, via email, or over the telephone. Our computer-wizard/membership chair, Bob Jordan, kept everyone up to date with the latest COVID news and

Branch Updates

what the Provincial RTO has been doing on our behalf.

It seemed that every time we met, we voiced our concerns about our future as a group. Since many of our retirees have been isolated and others have not ventured very far from home, suggestions were made to encourage participation.

One suggestion was to offer a \$25.00 gift card to anyone who agreed to come to a meeting. A BIP grant covered the cost of this initiative, and a meeting was scheduled for November 30. When the day arrived, the room at the Fire Hall was filled with wonderful, happy noise - lots of talk, and lots of laughter.

Fellow retiree, David McKillop, provided background music prior to the short meeting which was conducted by President Peter Mattatall. At the conclusion of the meeting, we moved into small groups and were given a series of questions about our future direction as a group. These will be perused and the results will help our Executive plan meetings that reflect our retirees' wishes.

Although we were unable to have our usual communal lunch, everyone was in high spirits as they left!

CPX

On December 16, 2021, those of us who were able to attend enjoyed a delicious Christmas dinner at Hope Church Hall in Halifax. Members brought gifts for the residents in Ivy Meadows Continuing Care Home, as is our tradition.

CPX received the Special COVID-19 Grant of \$1000 and distributed it as follows: \$500 was presented to the IWK Youth Mental Health Program and \$500 was presented to Phoenix House Youth Programs.

We have some exciting news!

In the late 1940s, several active and retired FEMALE teachers who taught/had taught in Halifax City schools decided to take turns meeting in each other's homes to socialize. As time passed, the numbers grew as more retired female teachers joined. Eventually, in 1953, they decided to give a name to this group.



Branch Updates

As HRH QUEEN ELIZABETH II was coronated in 1953, these ladies named themselves CPX.

- C for Coronation to honour the Queen
- P for Pedagogy meaning teaching
- X because we left the classroom and teaching

CPX is the only all-female Branch of the RTO. We are the first retired teachers' group.

In 1956, male and female retired teachers wanted to form their own group and used CPX as their model. Therefore, the Retired Teachers Association (RTA) was formed that year. As time passed, this group decided to become the Retired Teachers Organization (RTO) which we are today!!!

Since the Queen is celebrating her PLATINUM JUBILEE, the members of CPX are planning something special to celebrate our 70 years !!! We are making plans for May or June for this happy, exciting event!!! Stay tuned :)

Cumberland

Things have been very quiet in Cumberland over the past few months. We tried to hold an AGM in November, but we were unsuccessful at getting a quorum. It turned into a good chat over a cup of tea and fresh cinnamon buns for those who came out, which is never a bad thing!

We welcomed Jack Boyd as Interim Treasurer at our recent Executive meeting. The meeting gave us an opportunity to discuss possible ways of bringing our members together safely, as the restrictions gradually lift. We are



looking forward to a big, noisy get-together soon.

The picture of our Executive was taken at our recent meeting in February. Included are Marie Osborne, Jack Boyd, Gail Walsh, Pat Hillier, Lawry MacLeod, and Holly Faulkner.

Dartmouth

The Dartmouth Branch of the RTO was very pleased to be able to hold our Annual Christmas Luncheon at Brightwood on December 14, 2021. Although it was a bitter cold day with lots of wind, it did not deter 84 members and guests from Dartmouth and the other HRM Branches from attending.

Carrying on in the tradition started by Ruth Durrant, a member who passed away in 2020, attendees brought food and monetary donations for the Dartmouth Food Bank. Enough food was collected to fill the back of Judy Knowlton's large SUV!

It was wonderful to see everyone in person after such a long time. The sound of all attendees chatting was like an elementary classroom in September when students see their friends for the first time since June. We were so fortunate that we were able to be together, as just three days later COVID restrictions set in once again preventing large groups from gathering.

After everyone was seated at their tables, President Audrey greeted the members and introduced the Executive. There was a moment of silence for all the members who had passed since we were last able to meet.



Past President Judy Knowlton, Communications/Member-ship Chair Dorothy Smith and President Audrey Matheson

Branch Updates

As expected, Brightwood did not disappoint. The traditional turkey dinner with all the trimmings and dessert was delicious. As usual, there were special meals for those with dietary restrictions. Being able to share the meal with old friends was certainly the “icing on the cake”.

Judy Knowlton, our Past President and Halifax area MAL representative, spoke on membership and helped clear up the confusion for many who thought that upon retiring they were automatically a member of the RTO.

Many thanks to those who contributed prizes for the luncheon and congratulations to the happy 21 attendees who went home with prizes - these included the 50/50 prize of \$118, jewellery, ornaments, knitted goods, beautiful handmade Christmas cards, RTO masks, poinsettias, as well as other items.

After everyone had left, the Executive held a short business meeting. We are looking forward to holding more in-person events in 2022, COVID permitting.

Halifax City

We are currently updating our email lists. If you have not heard from us lately, it may be that we have an incorrect email address for you. Please use this email address: RTOHfxCity@gmail.com to update your email with us and to communicate with your Executive.

On December 1, we hosted a Christmas luncheon at



Hope United Church. Many thanks to the members of the congregation at Hope United for the lovely turkey dinner prepared especially for us! We had 34 participants in all. Terry Hurrell led us all in singing songs of the season. Door prizes (two poinsettias and a mystery gift) were won by Terry Hurrell, Jo Ann Cuvilier, and Sandra MacDonald. Judy Knowlton won the 50/50 draw prize of \$63. A good time was had by one and all!

We are planning a number of activities for our members in 2022.

Second last week of March: A Nordic Pole walking workshop will be led by Bill Van Gorder and his Nordic Pole Walking group. The event will take place outdoors behind the NSTU building on Joe Howe Drive. We will assemble in the parking lot and will walk along the Rails to Trails path behind the building. Hot chocolate and snacks will be served after our walk. Specific date to be confirmed. Please ensure that your email address is up to date with us.



Standing: President Bob Hayter, Halifax City Branch
Seated: VP Pat Maccagno, Secretary David Cunningham



Branch Updates

Second week of April: A workshop will be held on the topic of Advance Care Directives, to take place at Hope United Church. Exact date to be confirmed via our emailed newsletter.

Painting Party!: This will be a repeat of our previously successful event for aspiring artists. Exact date to be announced in March via our emailed newsletter.

Halifax County

Our Branch Executive continues to work behind the scenes to keep our members informed about COVID, Provincial RTO info, and information relating to seniors. Our Executive has been creative in finding ways to foster the positive well-being of our members. The BIP grants have helped bring our ideas to life and we are grateful! Thank you to our Executive for actively pursuing grants and for writing the follow-up grant reports.

Zoom Yoga had been so popular last winter and spring that feedback from members prompted us to offer it again. The stretching and breathing eased some of the

strain related to isolation. One member said, “Personally, continuing the class on Zoom is one of the best ways of providing good health in both mind and body.” Others expressed that it was the ‘Zen’ part of their day. More than 20 members participated.

In December, while following COVID protocols, we hosted a second Needle Felting craft afternoon at Findlay Centre with Kathy Keays from Surfing Mermaid. In two hours, our members created two beautiful Christmas/holiday cards and left with the tools and knowledge to continue their craft in the comfort of their own homes. We have heard that some cards were given as gifts and others are sitting on the mantles and walls of the crafters’ homes. For the first time, we introduced an e-transfer option for members to pay the \$15.00 fee - this proved to be very popular.

We applied for a second BIP grant and were able to host a hike/picnic, and to offer eighty \$10.00 gift card giveaways. It is our hope to offer a Skills and Drills Pickleball session later in the spring, as well as another trail hike. Keep reading your emails.

Halifax County, under the leadership of Peter Balcom, is hosting the RTO Bowling event on April 23. Contact pgbalcom@gmail.com for more info.

By early May, Vice President Brenda Cormier will assume the role of President of the Halifax County Branch. We welcome Brenda to her new role and know that she has so much to offer. We also thank President Debbie Rowsell and Past President Colleen Putt for their many, many years of service to our



Branch Updates

Branch. Their contributions will be remembered.

We hope to host a live AGM (and possibly a barbecue) in late spring. We are seeking volunteers for the positions of Vice President and Webmaster. Please contact bfourgnaud@hotmail.com if interested.

Remember to please keep your contact info and email address updated with us.



Inverness

After many months, members of the Inverness Branch, RTO were able to gather for our regular General Meeting on November 12. The meeting was held in Northeast Margaree at St. Patrick's Parish Hall.

All attendees were delighted to be able to gather and participate in a somewhat normal event. President Roy Sturmy chaired the meeting, and there were discussions on a variety of topics. A Nominating Committee was formed to recruit new candidates for the vacating positions on the Executive.

After the meeting concluded, a delicious turkey dinner was provided by the CWL of the parish.

Kings

The Kings Branch has continued to be active, although on a limited basis, over the last few months.

The Social Committee surveyed members by asking

them about a long list of activities that would be open to small, workable groups. In December, they were starting to organize a number of activities when the Omicron variant descended upon Nova Scotia and we once again had to set plans aside.

We decided to proceed with on-line Yoga with instructor Leanne Morrison. It ran for eight weeks. We followed up with sessions of seated Yoga, suitable for members who were unable to keep up with regular Yoga.

We also purchased a Zoom account for member activities which has been used for meetings, so far. We bought two sets of Bocce Balls to be loaned out to members for their use when the weather improved. We had a small amount of COVID-19 grant money left over and made a donation to the Food Bank on behalf of RTO members just before Christmas.

We hosted an on-line seminar on CAREpath with NSTU Staff Officer Stacy Samson presenting. She went through this Health and Wellness benefit provided by the Insurance Trustees, showing members how they could access it at no cost to themselves if they were dealing with anything from cancer and other illnesses, to mental health concerns within their families. It was an excellent session and provided members with an avenue to resolve health issues from diagnosis to treatment.

Members of the Executive, under the capable leadership of Kim Tatlock and Cathy Reimer, organized our second appreciation gesture for active teachers in Kings County. We wanted to once again let teachers in Kings County schools know that we were appreciative of their continued dedication to students and their families while dealing with the Omicron variant that was so prevalent in communities and our schools this winter.

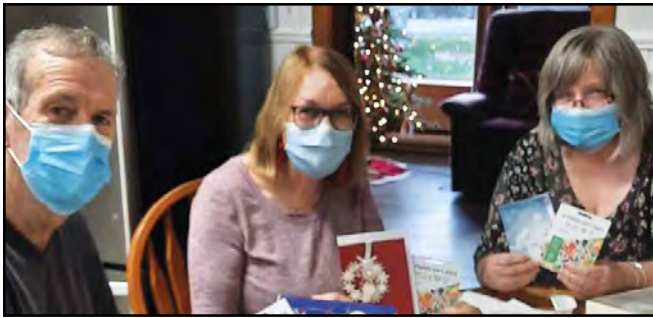
Finally, we tried to maintain a continuous and open line of communication through email, reaching as many of our members as we could about issues that concerned us all.

Kings members should contact Peter Sheppard (peter.sheppard1@gmail.com) if they find they are not receiving emails or if they have any other questions.

Branch Updates

Queens

During these pandemic times, Queens Branch members knew that once again they would not be attending their annual Christmas Dinner social. Three retired teach-



ers decided to get together to devise a plan of how to reach out, in a festive way, to their fellow retired teachers. Thanks to the efforts of Branch President Charles (Chuck) McLellan and our Social Committee members, Cathy deRome and Susan Leger, a special Christmas project was organized for this year.

Chuck, on behalf of the Queens Branch, received the \$1000 Provincial COVID-19 Grant - this covered the costs of the project. The three of them met to work on their “original” Christmas card messages, which included \$10 gift cards in the envelopes. Cathy came up with the idea, and Susan was the creative poet. These Christmas cards were either mailed or personally hand-delivered to all the retired teachers who were members of the Queens Branch.



Branch members also delivered Christmas cards and tins of Christmas cookies to the active teaching staffs at Queens County schools. Leo Campbell, Branch

Vice-President and NSTU Liaison, heard back from the Queens Local that the teachers really appreciated the cards and treats and that “it was really nice to know that someone cares”.



Finally, after all other expenses, a donation of \$109.46 was made to the Queens County Community Food Bank on behalf of the Queens Branch, RTO.

Thank you to the hardworking retired teachers who carried out this Christmas project! Also, a special mention goes out to our treasurer, Andrea Crouse, for dealing with the money matters.

Overall, it was a wonderful surprise for our members and a very successful and satisfying event for our Branch. We heard from many who expressed gratitude for the thoughtfulness of the gesture and the attempt to relieve some of the feelings of isolation associated with COVID-19 and the restrictions.

All of Queens County area was well-served this holiday season.

Shelburne County

Although we have not had any meetings or social events this winter, the members of the Shelburne County Branch, RTO have been busy doing other things.

Sadly, some of our members have been ill, but they are showing their perseverance and positive attitudes and are on the road to recovery.

Branch Updates

Many are busy thinking about their gardens by perusing seed catalogues and reviewing pictures of their gardens that brought them joy.

Some have been fortunate enough to travel and keep safe in warmer climates, whereas others have been busy



with artistic endeavours to ameliorate their skills and to stay in touch with their creative side. Lesley Smith shared some examples of her work.

Many have been volunteering at various organizations in the area such as Pet Projects, a Leisure Park, Advance Care, Food Banks, Search and Rescue, Volunteer Fire Department, and in our schools. All of these efforts make a significant difference in our community.

Kudos to Stephen Walsh who has been volunteering providing English lessons to Syrian refugee families and became the YREACH Language Instructor for Shelburne through the YMCA's Immigrant Services division. As retired teachers, we always find a way to give back in one form or another.

West Hants

On January 19, 2022 the West Hants Branch of the RTO organized a food drive. Executive members of the Branch met at the Three Mile Plains Community Hall to receive the donations. All collected food items, gift cards, and cash donations were delivered to the Windsor Area Food Bank, and we were able to contribute \$500 to

the cause. Thank you everyone for the many donations that were received from our members.

On March 7, Stacy Samson from the NSTU office provided an on-line session regarding CAREpath. This session was available for members in Annapolis, as well.



The Provincial RTO will be hosting a Wellness Symposium in April at the Future Inn, Bayers Lake. We are fortunate to be able to send two delegates to this event. Rhonda Fry and Christie Hartlen will be representing our area.

Yarmouth/Argyle

Christmas cards from our Branch were mailed out again this season to all of our members, schools, Provincial Executive, and Branch Presidents.

Our Executive met together in order to share the enjoyable tasks of enveloping, stamping, addressing, and sorting the cards for the mail-out. Many thanks to member Bill Curry for providing the wintery photo for our card cover.

Our annual Winter Walk in the Park was held at Ellenwood on February 10. Various weather systems left us with no snow for the day and clear trails with a bit of ice. The nice sunshine and friendship for the day lifted everyone's spirits.

At our Zoom and in-person Executive meetings we have had many ideas and semi-preparations for activities to offer our members, as pandemic restrictions ease. Waiting!

Branch Initiatives

Colchester East Hants

After many suggestions were considered to encourage member participation, the Executive decided on offering \$25 gift cards to anyone who would come out to a meeting. Provincial Treasurer Peter Lewis sanctioned our request for a Branch Initiative Program grant to cover the cost of these gift cards.



Coleen Glasgow and Sue Mahaney volunteered to become the "Welcome Back Committee" and we began to organize for a November 30 meeting.

We informed the membership of our plans. Since the fire hall would only allow 60 people in the room, we decided to offer gift cards to the first 60 retirees who would not only attend the meeting, but also wanted to receive a gift card to either Indigo, Esso, or Tim Horton's. It took a little time for 60 people to answer our email



and indicate their card preference.

Next, we set some ground rules. Each attendee had to bring proof of vaccination, follow the provincial guidelines by wearing a mask and staying two metres apart, and finally, bring a food item for the local food bank.

The big day arrived and those who attended were excited to meet up with other members for a good chat and catch up. The in-person meeting and gift card idea proved to be an overwhelming success.

The Provincial RTO's continued support by offering these grants to promote Branch initiatives is much appreciated.

Cumberland

In November, many of the Cumberland Branch members enjoyed a Christmas-themed dinner theatre social event. Entitled *Call Me Mr. Scrooge*, the play was held in Oxford. We laughed and chatted, enjoyed a good meal, and went home feeling almost normal. This was our first



event in two years due to COVID!

Tickets were provided on a first come, first served basis using funding from the Branch Initiative Program grant to encourage mem-

Branch Initiatives

bers to come out and join in some fun. It was a lovely time of reconnecting while following COVID-19 protocols.

Halifax County

In the fall, we received our second Branch Initiatives grant. This made it possible to have a hike and picnic, as well as the purchase of eighty gift cards to give away.

On November 25, eleven members and friends met at the Musquodoboit Trail and completed a 60-90 minute walk. The beautiful scenery was complemented by the heat of the sun. Coupled with great conversation, it provided a nice chance to nature bathe!

Following the walk, we met at the picnic tables by the Railway Museum to enjoy Dobbie Bakehouse's yummy goodies and hot beverages, compliments of our BIP grant. It was a wonderful way to enjoy a winter afternoon in beautiful Nova Scotia!

Another activity, Coffee/Tea with a Friend, proved to be a huge success. We had 80 participants. Our Executive had discussed the impact of COVID on our members and the need for them to have time to socialize with a friend. The BIP grant allowed us to purchase eighty \$10.00 gift cards for interested members to go out and enjoy a coffee/tea with a friend. We announced it via email in November in the following way:

Coffee/Tea with a Friend.....Free \$10.00 Gift Card

Many of us love to enjoy a coffee or tea with a friend. That social time is a gift we give ourselves....time to catch-up, share, or plan. It might be a walk and talk time, or a sit and chat time. It might be at a cafe, at the beach, in the park, or in someone's home. Whatever form it might take, we (your County RTO, in partnership with the Provincial RTO and its Branch Initiative Program) would like to help make your coffee/tea social with a friend possible. To receive a \$10.00 gift card, members are asked to tell us, in a word or statement, what social time with a friend means to them (ie- comfort, connection, inspirational...).

Within a few days, the 80 gifts cards were accounted for and cards were mailed to participants by mid-December.

The comments received showed us that this was probably one of the most worthwhile activities that we have offered to our members for their well-being.

Here are some reflections, without names. As you read them, you might find that you connect with some of these comments.

- Fellowship.
- Social time with a friend is special to me because it lets me take time out to relax and reconnect/catch up with my friend.
- Meeting a special friend is a balm for the soul.
- Social time with a friend means finding that connection, receiving or giving support and/or encouragement, and sometimes it is just an opportunity to unwind and de-stress from all the pressures of life.
- After spending so much time during the pandemic with my 'partner' (not that I don't love him/her dearly) it is nice to get out with someone different to chat with.
- Having a shared time means walking with my sister, then a relaxing catch-up over a coffee (usually).
- Over the years, I've had many coffees and walks with my friend during which we have shared and enjoyed countless good times. Other times, we discuss decisions we need to make as we totally trust one another. We have also used our coffee and walk times to support one another through hard times.
- It is a time for sincere sharing.
- It is a social time to reconnect. It has been a long time since I've felt comfortable meeting in-person with my health compromised friend - another retired teacher.
- Since I live alone, my social time with a friend means a great deal to me. The companionship, connection, and sharing is very important.
- It is a chance to relieve loneliness and share

Branch Initiatives

stories and news of families.

- It is coffee with a friend and lots of laughs!
- Teatime with a friend is a chance for me to take some “me time” and connect with a friend, exploring a new focus on doing for me (I am newly retired as of June). It’s time to look after me!
- Coffee with a friend is a time to bring a sense of normalcy to uneventful times and share good times in the past and plan for good times in the future.
- These times together provide companionship during stressful times of COVID and periods of isolation. Having a hot cup of tea and a good friend to chat with for an hour or two occasionally means the world to me.

The BIP grant also provided us with the opportunity to offer Beginner Pickleball lessons to 18 members. The lessons were held at Zatzman Sportsplex in Dartmouth from 2-3:30 PM on November 3, 10, 17 and 24. The sessions were coached by J.D. MacKinnon, a very knowledgeable and accomplished player and coach. Coach MacKinnon provided all of the necessary equipment per player.

The cost per member was \$15.00. These fees were combined with the BIP grant funds to cover the full cost of facility rental, equipment use, and some of the coaching cost (the Branch also subsidized this).

Proof of vaccination and IDs were required. Masks were required entering and leaving the facility but were optional during play.



Members learned the rules, serving, basic shots and strategy, and did practice drills as well as playing practice games.

Members felt that they needed additional sessions to foster their skill development and confidence, but stated that they did develop a basic understanding of the game of Pickleball and were excited to play more. We have many people interested in a possible Pickleball Skills and Drills event in the future.

Tip - School gymnasiums, if they are available in your communities, might offer cheaper rental rates.

Thank you to the Provincial Executive for setting aside BIP funds to support member activities that promote their health and well-being.

Inverness

Inverness Branch members persevered and continued to participate in wellness sessions during the last months of 2021.

On November 17, a creative group met at St. Stephen’s Church Hall in Port Hood for a Christmas card mak-



ing event. Led by the very capable Tina Zinck, each person created six distinct holiday cards. All materials were provided, and Tina led the participants through the demonstrations with ease and a great deal of laughs.

On December 3, the Branch sponsored a Trivia afternoon at Whit’s Public House in Inverness. The weather was a bit testy but all who attended had a great time

Branch Initiatives

competing against each other in various categories. The Quiz Master concentrated several of his questions on local topics, so everyone had to be at their best. Who knew that the lyrics of The Rankin Family songs would pose such concentration and promote such a competitive nature in everyone? Delicious snacks were served



at halftime and despite the howling wind and rain outdoors, a good time was had by all!

The Branch hopes to plan further fun activities in 2022. Many thanks to the Provincial Executive for the funds to support our members in these challenging times.

Kings

The Kings Branch originally applied for funds to help with the cost of a celebratory event to welcome members and to allow them to gather with their colleagues and friends within the guidelines of COVID-19. Even though we entered Phase Five during the fall, COVID numbers started to climb once again as the time for this event approached. This left the Kings Branch Executive uncomfortable with planning and conducting such an event. Plans were postponed until a future time that will allow for safe gatherings. We still plan to hold such an event when it is safe to do so.

In its place we organized a series of smaller events that would allow members to gather in smaller groups and that would fall well within COVID-19 guidelines. Many of these activities, such as walking/hiking and snowshoeing, could be done for very little expense.

Once again though, we were forced to postpone in-person events as the Omicron variant forced the reintroduction of restrictions before Christmas. We were able to conduct on-line Yoga sessions beginning in December. These were successful, although some participants found them physically challenging.

Lunenburg

The Lunenburg County RTO, with the help of a BIP grant, subsidized the cost of a take-out Christmas dinner for its members.

There were three locations around the county where members could order their turkey dinners. Executive elves delivered the meals to the cars and members enjoyed good meals and the opportunity to at least see other RTO members and chat, at a distance. For some members it was their Christmas outing and their Christmas dinner.

The Branch also used the BIP grant to supplement the cost of tickets for Hank Middleton's theatre production of *Canada's Ocean Playground - People, Places and Peculiarities*. A rollicking good time was had by those in attendance, as Hank is a master writer of script and music. For many, it was the first time they had attended a live performance since the beginning of the pandemic.



Elves Brenda Zwicker, Olive Joudrey, and Florence Bush braved very windy and cold weather to get dinners out to RTO members at the Blarney Stone.

Branch Initiatives

An added bonus was seeing so many retired teachers in the cast.

The grant also enabled a group of RTO men to take part in several afternoons of pool. Men are often overlooked in the activities planned by Branches, and this activity gave them an opportunity to connect and socialize. Reports indicate it was much appreciated.

It was very rewarding to see so many members out and to hear their gratitude for all that the RTO does for them in these difficult times. Thank you to the Provincial RTO for making these funds available.

Shelburne

The Shelburne County Branch of the RTO was pleased to once again receive the Branch Initiative Grant. Despite the current difficulties, our sponsored activities were a great success.



Our first event was a take-out turkey dinner where members enjoyed a full course meal from NS Rollies, a local caterer. This restaurant also supports the O2 program at Shelburne Regional High, so it was great to see one of the

students working and learning in the background. Due to the size of the county, we organized this event over



two days. The town of Shelburne had decorated a local nearby park for Christmas which provided the perfect setting for photo moments. Members pre-ordered and were able to socialize safely.

Our next event was a walk and talk at the local Provincial Islands Park, followed by coffee/dessert at the Bean Dock. Members enjoyed the walk around this hidden gem and learned about a nature app. The same walk was repeated in the Barrington area with a walk on the Rails to Trails, admiring the beauty of the Barrington Bay. Coffee and treats were certainly enjoyed afterwards from Salty Shores Café. It was so important to socialize in a safe environment.



Our last organized event was a “how to take pictures” photography lesson. We arranged with a professional photographer, Lisa Buchanan, for an hour instruction to walk around the area and show us how to take better pictures. Unfortunately, due to storms and other issues, the event was postponed. Hopefully, we will be able to have it soon.

Many thanks to the Provincial RTO for making this grant available to keep our members involved.

Branch Initiatives

Sydney

Ninety RTO members from the Sydney and Area Branch gathered on November 21, 2021 at the Savoy Theatre for the dinner theatre production of *The Divorce Before Christmas*. This event was an overwhelming success which reunited our members over great food in an atmosphere of laughter, and camaraderie. Special thanks are extended to the Provincial RTO for the grant that made this wonderful event possible.



Here is a sample of some of the positive feedback from attendees:

“Thanks for organizing the dinner theatre. I loved everything about it. The Dinner Theatre held at the Savoy, supported by the RTO and organized by members of our Branch, was an overwhelming success and was very much appreciated. It was so nice to be with fellow teachers once again and to share such a happy event. It was the perfect way to come together. The show was excellent and the dinner delicious. It was wonderful to see so many smiling and laughing together. It was such a gift and was enjoyed by all. Many thanks.” - Janet Beaton

“Yesterday was so much fun! I want to thank you for arranging for us to attend. The food was amazing, the cast members are so talented and funny. We had a great time. Thanks so much.” - Sharon Preeper

“Just want to pass along a ‘thank you’ for all the prep work for the lovely dinner theatre at the Savoy. The meal was great and conversations very joyful! You must have been encouraged by the large turnout...we are all desperate for some kind of social gatherings so appreciated this event.” - Cathy MacNeil

“The dinner theatre was GREAT!!! Very entertaining - interesting and a funny story line. The actors were VERY

talented, not just in carrying their lines but in their facial expressions too. The show provided many laughs and toe tapping music, and the variety of instruments the cast entertained us with was truly amazing!!! Besides drums, piano, and electric guitars there was a VERY talented fiddle/violin and mandolin player!! They stayed in character when they took our orders and then served us a DELICIOUS turkey dinner!!! My compliments to the crew that put on this fantastic production and also the kitchen crew who provided such a great meal! It proves there is lots of talent on Cape Breton Island!! THANK YOU for spearheading the deal we got to see this production!!! It was very funny and even better than we ever expected. All I heard were positive comments from anyone who attended. Thanks, again. Blessings.”
- Bev Mullins



West Hants

As part of our Branch Initiative Program grant, the West Hants Branch offered members a \$10 voucher, which was redeemable at one of five local restaurants during the month of January. Participation was good but we have decided to extend the end date to March 31 to enable more members to use their vouchers.

We also applied for, and received, another BIP grant to sponsor on-line Yoga sessions for interested members. Both seated and regular Yoga sessions will be available beginning on February 23, 2022.

Many thanks to the Provincial RTO for making these funds available to support activities for our members.

Have You Missed Receiving a Newsletter?

If you do not receive the newsletter, it is usually because you have changed either your mailing address or your email address and have not updated your contact information.

To update your information you can call the NSTU at 1-800-565-6788 c/o Erynn Nguyen, OR you can print and complete the Membership Information Update Form located to the following link: <http://rto.nstu.ca/Documents/RTOinfoupdateform.pdf>

Apart from your Branch, it is strongly suggested that you also send updates to:

Johnson Inc: 902-453-9543/1-800-453-9543

AND Nova Scotia Pension Services Corp 902-424-5070/1-800-774-5070

***Please note that you need to be a member of the RTO in order to receive the newsletter. You should also be a member to receive Branch emails/updates and to take advantage of other benefits offered by the RTO to its members.

What are some of the perks?

- Maintain social contact with retired teachers
- Express your opinions and influence decision making
- Voting rights at Branch meetings and the RTO Annual General Meeting
- Right to hold an Executive position at the Branch or Provincial level
- Right to participate in one of the four Provincial Committees
- Provincial and Branch newsletters
- Advance notice of upcoming meetings and events
- NSTU Deals and Discounts with your RTO member card
- Right to participate in Branch Initiative Fund social events
- Receive up-to-date information on pension issues and group insurance benefits on the RTO website

Membership is NOT AUTOMATIC - you need to apply for it.

Monthly dues are currently \$4 and most retirees have them deducted directly from their pension cheques. If you know of a retired teacher who is not a member, please share this information with them. Application forms can be downloaded from the website: <http://rto.nstu.ca/Documents/registration/member2021.pdf>

The RTO website can be accessed by typing rto.nstu.ca
- do not use "www".
Our website is updated regularly and contains a wealth of timely information, important weblink and contact numbers, the Deals and Discounts list, and various forms for download.



RTO Membership Information Update

Please use this form if there is a change in any of the information the RTO has on file for you.

Member Information (Please Print)

Name _____ Current Branch _____

Professional # (NSTU) _____ Employment # (NSCC) _____

CHANGE FROM

CHANGE TO

NAME: _____

ADDRESS: _____

TOWN/CITY: _____

POSTAL CODE: _____

PHONE(h) _____

PHONE(c) _____

E-MAIL ADDRESS _____

BRANCH: _____

How would you like to receive your newsletter? Digital/email copy _____ or Paper copy? _____

NOTE: The Retired Teachers Organization (RTO) is committed to respecting privacy and protecting personal information. All personal information collected is managed and maintained according to principles outlined in the RTO Privacy Principles.

Authorization Given:

Signature _____ Date _____

Please return this form to:

Retired Teachers Organization

3106 Joseph Howe Drive

Halifax NS B3L 4L7

902-477-5621/1-800-565-6788. rtoadmin@staff.nstu.ca

It is strongly suggested that you inform your RTO Branch President as well as:

Johnson Inc: 902-453-9543/1-800-453-9543

AND: Nova Scotia Pension Services Corp 902-424-5070/1-800-774-5070

Rev. February 24th, 2022

BRANCH PRESIDENTS MEETING



BRANCH PRESIDENTS MEETING

Branch Presidents met for a day-long program on Thursday, November 18 at the Future Inn, Bayers Lake. This meeting was a follow-up to the meeting held in conjunction with the AGM in late September, and provided an opportunity to focus on planning for the year ahead.

Twenty-two of the twenty-three Branches were represented and the meeting was chaired by Eileen Coady, RTO Vice President. The day began with a report from President Alyson Hillier outlining possibilities and challenges as we move forward, post-Covid.

The agenda included an excellent presentation by NSTU Staff Officer Stacy Samson on the NSTU group insurance benefits for retirees. The session also provided useful information on the CAREpath program and the need to get its message out to members.

A highlight of the afternoon was having the Honourable Barbara Adams, Minister of Seniors and Long-term Care, speak to the Presidents. She discussed her commitment to the needs of seniors and sufficient health care supports for aging in place.

Reports from the RTO Standing Committees and Affiliates were reviewed. Branch Presidents then had an opportunity to meet as regional groups to discuss planning for an innovative Regional Initiative during the coming year.

Evaluations from the meeting indicate it was a successful day and was a welcome chance to meet again, and to share news and information. The next Branch Presidents meeting is scheduled for late March.

—*Respectfully submitted,*

Eileen Coady, RTO Vice President

WEBINAR REMINDER

A webinar is a free online event, usually hosted by an organization/company, that is broadcasted to a select group of individuals through a computer via internet service.

A list of webinars was forwarded to all Executive Members and Branch Presidents. These were then forwarded on to the membership. The lists and topics were also posted in the last issue of the newsletter. You can check these out.

If you are not available at the posted time of the webinar, you can still access it - even after the original date the topic was aired. Just click on the link of the advertised topic.

There is a great variety of topics available. Here are just a few to sample:

- IFA Global Cafe: In Conversation with Ms. Elena Ikavolko on "Speak Up for COPD"
- Covid 19: Loneliness Isolation and Fatigue
- Art Larks Participation
- Consumer Price Indexing - Frequently Asked Questions
- Hearing Health In Later Life
- A National Seniors Strategy Could Mean Healthy Aging in Your Home

Remember to check emails from your Branch President, as well as the last issue of *The Retired Teacher*, for other offerings.

A PHILATELIC ADDICTION SPARKED BY COVID

Submitted by Cheryl Grantham, Lunenburg County Branch

When you've been retired from teaching for 20+ years, the grandchildren have all grown AND COVID shuts the door on volunteering at the local Bridgewater Red Cross office.....anything can happen!

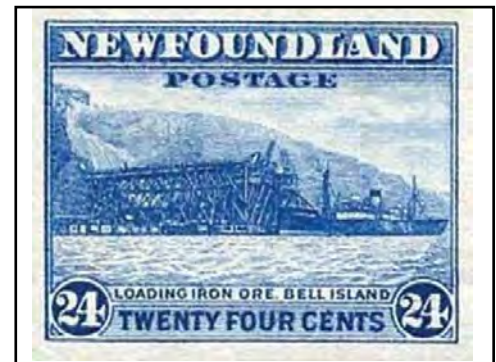
As a child growing up in the country, I quickly learned to entertain myself when my chores were finished. My parents were postmasters in the early 50s in our home community post office. I would often watch my mother place stamps on packages or cancel stamps on envelopes as the mail was dropped off in her dining room office.

For entertainment, I would collect the used stamps and carefully place them on pages with those little hinges to hold them in place. I would also patiently wait for my pack of stamps (ordered through the *Free Press Weekly*) to arrive. My 25 cent allowance certainly bought many packs of stamps!

Childhood memories are great.....but what about now?

I always enjoyed the hobby of stamp collecting. After retiring, I joined the local South Shore Stamp Club but due to COVID, meetings were cancelled. That, however, did not dampen my passion for collecting!

On a cold, snowy January morning in 2020 the internet and I became great buddies. I had just opened my book of Newfoundland stamps when my eyes fell upon a stamp showing a pier on Bell Island. I soon learned that it wasn't just a stamp, but it was a stamp with a story!



With the typing of a few words I discovered that this stamp, printed long before Newfoundland joined Confederation, was in honour of the miners who worked in the iron mines on Bell Island.

I picked up my cell phone and called the Bell Island Museum from my Cookville home. A friendly voice named 'Teddy' told me how in World War II the Germans had attacked and destroyed the ore carriers and piers causing the loss of many lives. I was hooked - not just on stamps, but on the stories of the stamps!

Then it was 2021 and Canada Post issued not one, but two new Bluenose 1920-2021 stamps. The original Bluenose was built in 1921 and I already had several of that first stamp in my collection. How was

the Hundredth Anniversary going to be celebrated? I was passionate about finding out and preserving the activities for future collectors, and I was not alone.

A fellow collector and retired teacher, Hugh Rathbun, created a postcard which shows the special pictorial cancels used across Nova Scotia. Other friends were creating their own covers to record the events and I wondered if I could too. The rest is history - there was no stopping me. I was addicted!



I created my own First Day Cover to record the launch of the Bluenose stamps in Lunenburg, on June 29. I also collected the pictorial cancels that were available until December 31, 2021 from Digby, Halifax, Dartmouth, Peggy's Cove, Mahone Bay, and Lunenburg.

My husband, Charlie, and I visited Todd Labrador at the Lunenburg School of the Arts. Todd was busy building a birch bark canoe there but he graciously signed my special cover. Todd's grandfather, Joe Jeremy, played a part in the building of the original Bluenose.

I wasn't finished yet. I even entered a Stamp Cover contest and placed third!

When Amos Pewter in Mahone Bay designed the Bluenose Ornament, I prepared yet another cover! Then three new Canadian dimes were issued and I was there with a cover to display the coins, too.



My passion climaxed with covers prepared to record a special performance by the Bluenose Flying Club. It was originally planned to have the Canadian Snowbirds do a fly-past over the Bluenose II in Lunenburg Harbour. Due to technical difficulties, however, the event was cancelled.

Six local pilots of the Bluenose Flying Club stepped up and, calling themselves the 'Slowbirds', they flew information over the town of Lunenburg. I prepared six different covers and had them signed by the pilots - Harry Balcome, Jeremy Dann, Raphael Schaefer, Nick Wilson, Ralph Keeping, and Mervin Zinck.

Am I addicted? Yes, but it is a great way to be busy during the pandemic. I am sure there are many other retired teachers who share an interest in the history of stamps and I would love to hear from them.

I can be reached via email at ccgrantham8384@hotmail.com - perhaps we can exchange stories and even stamps on envelopes, especially the Bluenose stamps.

NSTTP

Dear NSTPP Member,

In October 2020, the Province of Nova Scotia and the Nova Scotia Teachers Union agreed to jointly appoint a committee to review the ongoing challenges facing the Teachers' Pension Plan (NSTPP). The agreement was reached outside the teachers' collective agreement and includes an independent panel of three pension specialists.

The Panel's mandate is to review and analyze the NSTPP, educate and consult with stakeholders, and make non-binding recommendations to fully fund the NSTPP within a reasonable period of time.

All plan members and interested parties should visit www.nstpppanel.ca. There, in addition to background on the Panel and the NSTPP, you will find a 45-minute video that provides background on the pension plan and lays out the challenges. You are encouraged to please watch the video.

The Panel will be hosting consultation sessions to speak with plan members and solicit views and feedback. These consultation sessions will take place over April 5, 6, and 11. Please visit www.nstpppanel.ca to register.

The Panel will be preparing a report with non-binding recommendations. That report will be submitted to the Province and the NSTU by July 31, 2022.

Thank you very much for your attention to this matter. It is important that views of plan members are taken into account as the Panel prepares its recommendations.

Sincerely,

Gale Rubenstein, Elizabeth Brown and Conrad Ferguson - NSTPP Panel

**MAY 19 -
SAVE the
DATE!**

The RTO AGM is back on May 19!

Plans are now underway for the Annual General Meeting, to be held on Thursday, May 19 at the Hotel Halifax.

The AGM dinner will be held on the evening prior to the AGM - Wednesday, May 18 - at the Brightwood Golf and Country Club in Dartmouth.

Registration forms and more information will be available to the Presidents at their meeting on March 30, and on the website rto.nstu.ca.

We are looking forward to seeing everyone!

Physical activity— what are the benefits for me?

Physical activity is any movement of the body. **Exercise** is physical activity with a specific intensity and duration to improve or maintain fitness. Doing a combination of both can help you achieve these benefits.



Physical health

- ✓ Feel stronger and more energetic.
- ✓ Prevent and manage many health problems that may come with age.
- ✓ Maintain and improve brain health and a healthy weight.



Mental health

- ✓ Improve the amount and quality of your sleep.
- ✓ Manage stress and improve your mental health.
- ✓ Improve your feeling of wellbeing.



Lifestyle

- ✓ Maintain your mobility and independence.
- ✓ Reduce your risk of falling – maintain or improve your balance.
- ✓ Continue to enjoy your leisure activities.

Is it safe for me to be physically active?



Yes, at any age and ability!

You can start being physically active at any age – even if you've never been physically active, or if you've stopped.

You can customize your plan for your specific health status and abilities.



Get professional advice if you need it

If you are generally healthy, you can do light-to-moderate activities on your own.






If any of the following apply, talk to your doctor or health care provider:

- You have not exercised in a long time AND plan to start doing strenuous physical activities.
- You are on medications or have any significant health concerns.
- You are still recovering from a recent surgery.
- You have a history of falls or lose your balance easily.

Not sure when to seek more advice? Complete the [Get Active Questionnaire](#) (see page 4) to get a better idea.

What activities should I do?

Follow the Guidelines. This brochure reflects the *Canadian 24-Hour Movement Guidelines for Adults 65 years or older*. For benefits to your health and functional abilities, include a range of activities and intensities within these recommendations.

Types of Activities	The Benefits
 <p>Aerobic Activities</p> <p>Accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week.</p> <p>Moderate intensity – You can chat easily Vigorous intensity – You cannot chat easily</p> <p><i>Walking briskly, walking up hills or stairs; hiking, cycling, swimming, tennis, dance class, pickleball</i></p>	<p>Keeps your heart, lungs, and blood vessels healthy.</p> <p>Can help you do housework more easily.</p> <p>More is better!</p>
 <p>Muscle Strength and Power Activities</p> <p>Add activities using all your major muscle groups, 2-3 days a week</p> <p>To strengthen muscles, pick a weight that you can lift, pull, or push 6-10 times.</p> <p>For muscle power, use a lighter weight you can do 8-10 times but at a faster but controlled speed.</p> <p><i>Free weights, rubber bands, your own body weight, join a fitness centre for more options.</i></p>	<p>Makes muscles stronger.</p> <p>Helps bones maintain strength.</p> <p>Helps to lift heavy luggage or do heavy garden work.</p>
 <p>Balancing Activities</p> <p>Do activities that challenge you to keep upright.</p> <p>These activities can be done daily, more is better when trying to improve balance.</p> <p><i>Walking on your tiptoes, doing Tai Chi. Look for videos on how to do balance exercises.</i></p>	<p>Helps maintain or improve your balance while standing or moving.</p> <p>Helps prevent a fall. Helps to reach a high shelf.</p>
 <p>Flexibility Activities</p> <p>Activities where you reach, bend and move through comfortable motions. Do daily.</p> <p><i>Stretching routines, yoga, Qigong, Pilates ...</i></p> <p><i>Do a variety of activities to include your whole body.</i></p>	<p>Helps your body move more easily, and in new ways.</p>
 <p>Sedentary Behaviour - Limit to 8 hours or less. Break up sedentary time as much as you can and limit recreational screen time to less than 3 hours per day.</p>	

Tips toward success		
Dress for the conditions and the activity	<ul style="list-style-type: none"> • In cold temperatures, dress in layers. • Avoid exercising in hot, humid conditions. • Wear proper footwear. 	<p>As we get older, we may not feel the air temperature adequately.</p> <p>You are more susceptible to cold injuries like frostbite or dehydration in humid conditions.</p>
Warm up and cool down	<ul style="list-style-type: none"> • Do warm-up activities before you start. • Cool down before stopping – gradually decrease the intensity of your activity. 	<p>Prepare your heart, lungs, and muscles to prevent injuries.</p> <p>Cool down to gradually get your breathing and heart rate back to normal.</p>
Move carefully	<ul style="list-style-type: none"> • Change positions slowly, like getting up from the floor or picking up weights. • Avoid activities that require fast changes in position. 	<p>As we get older, we can get dizzy from getting up quickly.</p> <p>This increases your risk of falls and injury.</p>
Breathe!!	<ul style="list-style-type: none"> • Don't hold your breath. 	<p>When using weights, breathe out as you push or pull, and breathe in as you relax.</p>
Stay hydrated	<ul style="list-style-type: none"> • Drink water before, during and after. Don't wait until you feel very thirsty. 	<p>As we get older, we may not feel as thirsty when we first need water.</p>
Understand your health conditions and medications	<ul style="list-style-type: none"> • Consult your health care provider: <ul style="list-style-type: none"> • if you have more than one medical condition • if you are taking several medications to manage conditions. 	<p>You may need advice on how to manage your medications, symptoms, or diet when you engage in physical activity.</p>

If you experience discomfort during the activity:

- ✓ Slow down to a more comfortable pace or stop the activity.
- ✓ If you need help to move or to get home, ask for it.

 **STOP or reduce your activity**

if you have any these symptoms, during or following the activity:

- You feel dizzy, light-headed or weak
- You have chest pain or unusual shortness of breath
- You have new pain or swelling that stops the activity

If the symptoms persist, consult a health care provider.

How can I best plan for success?



Get motivated

- Consider how physical activity can improve your health and lifestyle
- Try to make physical activity a priority and the positive outcomes will follow.



Choose what works for you

- Select an activity and intensity that is right for you
- You can be active on your own or with family and friends
- You can be active outside or inside
- Learn about different exercises and how to do them properly and safely.
- The more you know about how to exercise the more confidence you will have.



Set goals

- Set goals and imagine yourself reaching them
- Make a plan and record your progress
- Ask your family and friends to help keep you on track

What is important for you?

- Becoming stronger?
- Lowering blood pressure?
- Controlling blood sugar?
- Reducing anxiety?



Pace yourself

- Start off slowly and build up gradually
- Challenge yourself but listen to your body
- As you get used to the activities, add a few extra minutes or increase the intensity.
- Any minor discomfort should go away as you get used to the activities.
- If you are very tired or sore during or after an activity, consider changing it.



Already active?

Keep it up!

- Make sure you are doing the four different types of activity.
- Try a new activity or push a little harder.

Consulting a qualified exercise professional to help you begin exercising is a great investment! Exercise professionals who have training in working with older adults can identify age and health issues and can provide a tailored plan so you can be physically active safely and effectively!

Make a Start Today!

Staying active is the best medicine for aging well.

For more information:

Canadian 24-Hour Movement Guidelines: www.csepguidelines.ca

CSEP's *Get Active Questionnaire*: <https://store.csep.ca/pages/getactivequestionnaire>

Visit the Canadian Society for Exercise Physiology (CSEP) website to find a qualified exercise professional such as a CSEP Clinical Exercise Physiologist™ (CSEP-CEP) or a CSEP Certified Personal Trainer® (CSEP-CPT): www.csep.ca

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We acknowledge funding from the CIHR Institute of Aging Voluntary Sector Outreach Award

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WESTERN UKRAINE...A HIDDEN GEM



Ukraine has been the news daily for weeks now. We are left with images of valiant people amid fear and destruction as the country is under siege.

In the Spring 2019 issue of the RTO newsletter, my account of a recent trip to visit family in Western Ukraine was printed. It was a time of peace in a country rich in history and beautiful to behold. I thought you might like to revisit this view of Ukraine today.

I never dreamed I would ever have an opportunity to visit Western Ukraine, my father's birthplace – but I did, in 2017 and then again in 2018! What a treat to experience the sights and sounds, culture, and culinary delights of this historical region of the world.

Ukraine, the largest 'all-European' country in Europe, comprises 603,628 sq km and is home to 42.7 million people. The capital city is Kyiv, established in the 5th century.

Ukraine's history dates back to 3000 BC with the first Slavic settlements. The region has been under the rule of many different powers throughout its history – Lithuania, Poland, Austria-Hungary, Ottoman Empire, and Russia. Finally, Ukraine gained its independence in 1991. Although there is now fighting with Russia in Eastern Ukraine over the Crimea, travel to Western Ukraine is considered quite safe.

My father, born in 1904 in a small village near the Romanian border, came to Canada as a young man with the intent of making some money and returning home. As fate would have it, he met my mother here, settled down and raised a family, and did not get a chance to return to visit until 1968.

Fast forward 50 years! Plans fell into place for five of us to visit Western Ukraine. Along with my 89-year old brother-in-law, two of his nieces, and my daughter, we arrived in Lviv

at the end of October 2018.

Lviv, located approximately 75 km east of the Polish border and 545 km west of Kyiv, was first mentioned in writings in 1256. A UNESCO heritage site, it has been dubbed 'Little Paris' because of its unique architecture featuring French, German, Polish, and Italian influences. During the medieval period, it was known as a major trade route to the Orient and it was a flourishing business centre. The market square dates back from the middle ages.

Lviv is famous for its coffee and



Lviv Opera House

chocolate, cafes, bakeries, and restaurants. I can truly say the best hot cocoa I have ever had in my life was in Lviv! Be careful though – if you order hot chocolate rather than hot cocoa you get a little cup of creamy, steaming, melted chocolate which is scrumptious too. And the lemon tarts – decadent!

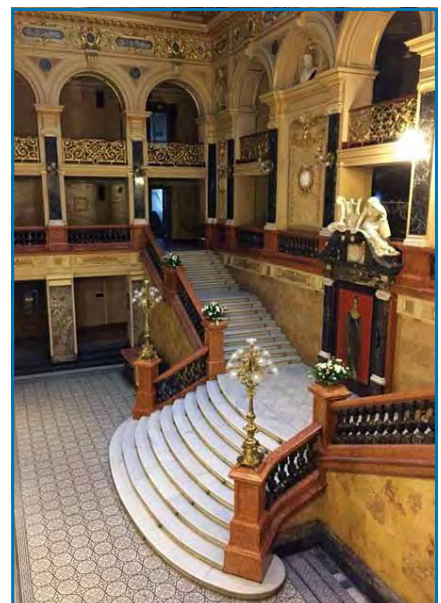
As an historical and cultural cen-



Under the Golden Star Café, Lviv

tre, Lviv is home to many galleries, museums, and a magnificent opera house. We were fortunate to get tickets to attend both Mozart's Don Juan and the ballet Giselle. With the exchange rate, the tickets cost approximately \$20 US. In fact, food and lodging is very, very reasonable – five of us were able to eat very well for less than \$30 US.

We were lucky to have beautiful



Interior, Lviv Opera House



Pharmacy Museum, Lviv

weather for our visit and were able to wander about the cobbled streets in light jackets and sweaters. We toured the Pharmacy Museum – a working pharmacy established in 1735, but also a museum containing all sorts of interesting instruments and caverns below ground. We shopped at the open air craft bazaar, visited the 5-storey Lviv Chocolate Factory (yum), and strolled through the Folk Architecture Museum – an open-air museum featuring traditional buildings brought from different areas of Ukraine and assembled on site. There was so much more we could have seen and done.



Old Town Centre, Lviv



Folk Architecture Museum, Lviv

When we were there in 2017 we drove to Prutivka, my father’s village, and tried to locate someone who might have known of his family. We were eventually led to a small, 2-room house. The lady within, Maria, had been related to my father’s late niece. As we chatted we realized that she and I had been pen pals 50 years before. During my father’s 1968 visit, he had arranged for a few girls to correspond with me so I could practice my Ukrainian while they practiced their English. Imagine how crazy it was to meet someone halfway around the world with whom you’d corresponded as a teenager! What’s the chance of that happening?

Unfortunately, we weren’t able to spend much time with Maria in 2017.



Village Road and Stork’s Nest

We did, however, exchange email addresses and kept in touch. Thank

goodness for Google Translate – it has been a godsend, as my Ukrainian is not that strong.

When we returned in 2018 we had arranged to spend a few days in the Sniatyn area. Sniatyn, established in 1187, is 237 km southeast of Lviv and only about 8 km from Prutivka. This is where my father’s high school was located – he would board in Sniatyn during the week and go home on weekends.

Sniatyn, with its population of about 10,000, is the administrative centre for the region. We stayed at a small but very clean hotel there which cost \$16 US a night and included a small breakfast.



Feast for Guests

Maria had invited us to dinner – a wonderful array of traditional foods including borscht, homemade perogies (the best), cabbage rolls, canapés and more – ending with a delicious homemade torte filled with custard. I was able to spend one night there and was greeted the next morning by Maria and her rooster (my first time for petting a rooster!).

While in Prutivka we visited the cemetery and the church my father would have attended. Although my father’s house had been torn down years ago, I saw the site where it had been and walked the same paths he

would have walked. What a phenomenal feeling! I am so glad that my daughter was also there to share the experience.



Church in Prutivka

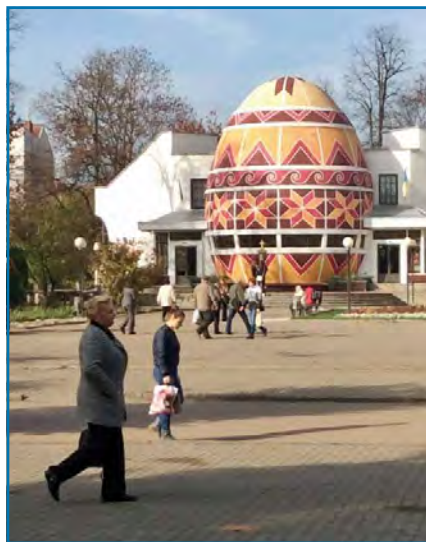
The following day we visited with Olena (Maria's sister) and another distant relative, Hanya and her husband Ivan (a retired Math teacher). Olena and Hanya were also pen pals of mine. Incredible!

We all enjoyed breakfast together at a restaurant in Sniatyn and after some heartfelt goodbyes, we headed north to the town of Horodenka and then on to Kolomyia. We passed through some glorious landscapes which included rolling hills, very fertile rich soil (no wonder Ukraine is considered the bread basket of Europe) and the beginnings of the Carpathian Mountains in the distance. Gorgeous churches and small shrines are everywhere, and each little house has its own individual fence and gate surrounding the property, some of which are very elaborate.

We spent the night in Kolomyia, a city of about 60,000. One of its

attractions is the Pysanka Museum (Ukrainian Easter Egg Museum). The intricate designs on the eggs, which would have taken hours of work, was awe inspiring. Like traditional costumes, each region of Ukraine has its own unique designs and colour combinations.

One of the rooms featured a display of pysanky from different parts of the world. I was very pleased to see three 'egg-shaped coins' minted in Canada included in this display. These were actually designed by a lady whose parents belong to the Ukrainian-Canadian Association in Halifax-Dartmouth.



Pysanka Museum, Kolomyia

A short walk away took us to the Hutsul Cultural Museum, a showcase for the history of the ethnic people of the Carpathians. The carved wooden items, woolen blankets, tapestries, embroideries, artifacts, and traditional dress were all very interesting – certainly a beautiful museum to stroll through.

We headed back to Lviv by train and spent Halloween, our last night, in the old city. Although Halloween is a fairly new phenomenon there, several shops were advertising Hal-



Hutsul Museum, Kolomyia

loween sales and there were pumpkins and fall decorations everywhere.

The atmosphere was very festive as we walked back from the opera house to the Hotel George that evening – a few people were in costume, street musicians were playing, and little kiosks were selling warm drinks along the boulevard. The next day it was back to North America.

Ukraine truly is a hidden gem. It hasn't been overcome with commercialism and tourist traps yet. Prices for food and lodging are very affordable and there are lots of things to see and do. Train and bus transportation is readily available. The international airport in Lviv went through major reconstruction in 2012 and is a modern facility, only 3.5 km from the centre of the city.

I have been keeping up my correspondence with Maria and am trying to brush up on my Ukrainian. Believe it or not, she is now on Facebook and we have already video chatted several times! I hope to be able to visit my father's homeland – and my own ancestral roots – again.

— Submitted by Glynda Wimmer,
Lunenburg County Branch

NSTU GROUP INSURANCE PROGRAM

The Importance Of Designating A Beneficiary

The importance of designating a beneficiary can be overlooked. In the midst of our busy lives, we forget to take care of this very important item when it comes to our insurance coverage. This simple task is so important to ensure that if anything unthinkable happens to you, your wishes with respect to life insurance or accident benefits proceeds are carried out.

The NSTU Group Insurance Trustees hope the information below will encourage members to take care of this important detail when it comes time to designate your beneficiary(ies) for the first time, or review past beneficiary designations.

You should review and/or designate a beneficiary for any of the life and/or accidental death and dismemberment insurance policies you may have through the NSTU Group Insurance Program. One of the main advantages of designating a beneficiary for these policies is that the proceeds of the policy are excluded from your Estate upon your death. Through this exclusion, the proceeds are free from claim by any creditor of your Estate. The proceeds are excluded because legal title irrevocably transfers upon your death and the proceeds become payable to your beneficiary(ies) at that time. Another good reason to designate a beneficiary is to ensure that life insurance proceeds are distributed as per your wishes. A signed and up-to-date beneficiary designation form will make certain that this occurs.

Remember, you can designate more than one primary beneficiary. For instance, you can designate your children as primary beneficiaries. When you have more than one primary beneficiary it is important to allocate percentages of the proceeds each beneficiary is to receive or inherit. This is an important step to remove all doubt of your intent and wishes at the time of your death.

It is also important to designate a contingent beneficiary. A contingent beneficiary is a person that receives the proceeds from your life insurance policy if the primary beneficiary cannot. Think of a contingent beneficiary as a back-up plan. Contingent beneficiaries come into play should the primary not be alive to collect the proceeds.

Just like primary beneficiaries, you can name multiple contingent beneficiaries. You also need to allocate percentages to contingent beneficiary designations to ensure your intent and wishes are clear.

Please take a moment to think about your primary and contingent beneficiary designations and if they are up-to-date. If your life has changed recently (i.e. married, divorced, birth of a child, etc.) you may need to revisit your beneficiary designation(s). If you are not sure of your beneficiary nominations, due to privacy, you, the member may contact Johnson Inc. or check the Johnson Inc. My Insurance website.

We hope the above explanation provides some assistance to you in understanding the importance of designating beneficiaries for your life and accidental death and dismemberment insurance policies. If you have any questions regarding the above, please do not hesitate to contact Johnson Inc. at 453-9543 or 1-800-453-9543 (toll-free).

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Not getting your newsletter or RTO mail-outs??

RTO Members are reminded to notify Johnsons and their Branch Presidents of changes in contact information (phone numbers, email, mailing address). The Member Update form is posted further on in this newsletter, and on the website.

Also, please update your contact information with Erynn Nguyen at the NSTU Office for the RTO Newsletter mailing list. Remember to indicate whether you would like to receive an electronic subscription via email, or a paper copy through Canada Post.

- email RTOAdmin@staff.nstu.ca
- phone 1-800-565-6788

Thank you for your cooperation in helping us keep your contact information up-to-date.

Fill your travel bucket list: unique destinations in Canada

If you are all about discovery and adventure, you will be amazed by our country's natural beauty, culture, and heritage. From breathtaking northern views to unexplored paths and delicious food, there are enough sights and experiences across the country to fill your bucket list.

Here are our top picks for unique places to visit in Canada this year:

WHITEHORSE, YUKON

We all love the enchanting romance of the northern lights, and Whitehorse is a great destination for viewing the Aurora Borealis. Open skies, untouched landscapes, and undisturbed nature make Whitehorse one of Canada's best spots for the clearest view of this phenomenon.



ST. PIERRE & MIQUELON, NEAR NEWFOUNDLAND

If you want to explore Canada, but a European feel is more your thing, St. Pierre & Miquelon is certainly a destination for your Canada bucket list. It is known for idyllic island vacations filled with French cuisine, boutiques, and a culture that blends European customs with North Atlantic living. Remember to bring euros!



WINNIPEG, MANITOBA

Forget meat and potatoes. If you're looking for one of Canada's most innovative and exciting food cities, look no further than The Peg (as locals lovingly know it). The city recently underwent extensive revitalization efforts, bringing a wave of new chefs into the area with a passion for local and indie eateries, breweries, and markets.

WRITING-ON-STONE PROVINCIAL PARK, ALBERTA

Writing-on-Stone Provincial Park is a wondrous example of nature and human ingenuity which has earned itself the status of UNESCO World Heritage Site. The park is spread across the Prairies, and its stone engravings date back almost 3,000 years. It is believed to be one of the most significant archeological sites in Canada. Writing-on-Stone is a must-do Canadian destination for anyone who enjoys viewing natural beauty and art, or for history enthusiasts.

SASKATOON, SASKATCHEWAN

Who knew that this province was a goldmine for local farm-fresh cuisine? Saskatchewan has almost half of Canada's farmland, so it makes sense that Saskatoon consistently serves some of Canada's tastiest and freshest locally grown produce. Aside from an abundance of fertile land, the city also has one of the country's youngest populations, complete with chefs eager to translate their passion for the Prairies into memorable meals.



Ready to start planning your next Canadian bucket list adventure? Merit Travel can help.

Contact us by phone at 902-482-8000 or by email at Halifax@MeritTravel.com .

WINTER DRIVING TIPS FROM CAA



- Cruise control is helpful, but not on slippery roads. Stay attentive and be ready to brake, and drive at speeds that are safe for the weather and road conditions. Speed limits are posted for ideal weather which means, in the winter, you should always drive below the speed limit.
- Tire pressure goes down in cold weather. What was okay for fall could result in low tire pressure during the winter. Check your tire pressure regularly. Remember to check your spare, too.
- Did you know that the average wiper blade lasts only six months? Check the condition of your blades if you notice streaking on the windshield. Some drivers prefer wipers designed specifically for winter driving.
- To prevent your gas line from freezing, keep your tank at least half full. This reduces the build-up of condensation which can freeze and stop fuel from reaching your engine. And, at a minimum, if you're ever stuck in an emergency on the road you'll be able to run your car for short periods of time to stay warm.
- The fluids in your car help things run smoothly. If it's been around six months since your last oil change, it's a good idea to get it done before winter. Make sure your engine coolant meets the requirements of your area's cold temperatures. Replace the coolant if it's been more than two years since the last flush.
- Keep an emergency car kit in your car. You don't need to spend a lot of money – most items can be found in your home. Be sure to pack items such as gloves, hats, a blanket, a first aid kit, booster cables, a small shovel, a flashlight, and anything else that can help keep you safe in an emergency.

Pneumovax® 23

(When pronounced, the "p" in Pneumovax is silent.)

The information below is for informational and educational purposes only. It is not intended to be and does not constitute health care or medical advice. Source: NSHA Renal Program pamphlet 2022.

Pneumovax® 23 is a vaccine that protects against infections caused by the Streptococcus pneumonia bacteria, some of which can be life-threatening. The bacteria spreads from person-to-person by droplets when coughing or sneezing. It's safe and works well to protect against infections caused by the 23 most common types of this bacteria.

Infections commonly caused by Streptococcus pneumonia bacteria include:

- Pneumonia – an infection of the lungs
- Meningitis - an infection of the lining around the brain
- Bacteremia – an infection of the blood and organs
- Sinusitis – a sinus infection
- Otitis media – a middle ear infection

The Nova Scotia Health authority recommends Pneumovax® 23 for:

- Everyone over the age of 65
- People who live in long-term care facilities
- People with chronic kidney disease and certain other medical conditions

Most people only need to be immunized once. However, people with kidney disease are at a higher risk of infection and need a second dose after 5 years.

Check with your family doctor for details on obtaining this vaccine. Pneumovax® 23 vaccine is free and available year-round in Nova Scotia.

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

LEGACY FOUNDATION DONATIONS

Start a Legacy Donation. It is easy!



Honour a colleague
and families will know
a legacy continues.



Legacy Foundation Grants support
various community projects for
Children and Youth



Did you know?

Donations are Tax Deductible - receipts provided

How to do it?

- 1. Send email to Peter Lewis (lewis49@gmail.com) Treasurer RTO.**
- 2. Type the words Legacy Donation in the Subject Line.**
- 3. Provide your name/address/phone number, the amount you want to donate and the name of the colleague you wish to honour.**
- 4. Complete the e-Transfer to lewis49@gmail.com (No password required as it will be an auto deposit).**
- 5. The Treasurer will provide a tax receipt.**

Start an e-Transfer Legacy Donation. It is easy!

Peter Lewis Treasurer RTO lewis49@gmail.com

Legacy Foundation Report

The deadline for grant applications is fast approaching on March 31. We are pleased to report that we have started to receive applications. All applicants have been notified by email.

In the past, successful applicants have included projects concerning summer activity programs, leadership for youth, and food security.

Members are encouraged to consider organizations within your Branches that might benefit from a Legacy Foundation grant. More information can be found on the RTO website.

—*Respectfully submitted,*
Cathy Reimer, Chair, Legacy Foundation

SELF CARE

Self-care can mean taking the opportunity to choose things that nourish your physical, mental, emotional and spiritual wellbeing. Self-care can look different for everyone based on their individual needs.

Here are some tips to help you get started:

Move your body. Move without expectation. Even small amounts of movement add up. Go for a walk. Do some light stretching. Whatever movement feels best for you, physically and mentally. Did you know that Chebucto Family Centre has Walk & Talk, as well as Yoga classes?

Make rest a priority. Listen to your body. Make sure you're getting the rest and sleep your body needs. Don't forget to rest your brain too!

Stay connected. Reach out to a friend or family member. Be present in your interactions and connect with those around you. Ask for what you need. Take advantage of our bi-weekly calendar to see what is going on at the Centre. Learn about other resources through other community agencies.

Stay hydrated. Drinking plenty of water can improve your energy and focus throughout the day. Your body and mind will thank you.

Practice gratitude. Remind yourself daily of things you are grateful for, no matter how big or small. Be specific. Write them down or say them out loud.

Hold healthy boundaries. Make sure your "Yes" to someone else is not saying "No" to you. It is okay to ask yourself, what do you have the energy and capacity for? What depletes you?

Keep up to date with all our current programming through our Instagram and Facebook pages. Stay tuned for Wellness Wednesday each week!

Find Scavenger Hunt

Find the answers to the following questions and submit your entry to the editor by email rtoeditor@gmail.com, or by mail to Glynda Wimmer, 807 Highway 329, Hubbards, NS B0J 1T0. Prizes have been generously donated by Advocate Printing, Johnson Inc, Manulife, Medavie Blue Cross, Merit Travel, the NSTU, the RTO, and Teachers Plus Credit Union. Submissions must be received by **April 15, 2022**. 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 2021 contest was **David Kokocki, Lunenburg County Branch**. Congratulations!

1. Which Branch sponsored a Trivia afternoon on December 3?
2. What is the deadline for submitting the registration form for the Golf Tournament?
3. On what date will the newly elected Members-at-Large be announced?
4. What was Todd Labrador building?
5. Where was the dinner theatre play, The Divorce Before Christmas, held?
6. Which NSTU Staff Officer gave a presentation on CAREpath?
7. What does CGM stand for?
8. How long was the walk along the Musquodoboit Trail?
9. When will the Provincial AGM be held?
10. What are the start and end times for the Wellness Symposium?



23rd Annual Retired Teachers Golfing Tournament



Mountain Golf Club

Wednesday, September 7, 2022 (Rain date 14th)

Shotgun Start - 12:30 pm for 1:00 pm

Fee of \$70 includes green fee, power cart and full meal

Sponsored by Colchester - East Hants RTO

- Applications, handicap and fees must be received by August 26, 2022
- Our cut-off number this year is 100 allowing for some spousal, non-teacher partners of retired teacher golfers
- Please register early
- Overall Gross Tournament Winner
- Overall Net Tournament Winner
- 1st Gross and 1st Net in each Division
- Special Competition in each Division
Closest to Hole, Closest to Line

- Please enclose fee & handicap with application
- Putting Contest with Prizes, a Fund Raiser
- Host Motel Super 8 Motel (902-895-8884) - Special price \$119 per room, includes a free breakfast buffet
- Spousal (Non - Teacher) partners may golf with a retired teacher golfer or in another twosome, provided their partners are in another twosome
- Vaccination required



Golf Carts: Provided for ALL golfers

Inquiries & Registration

Chester Sabean,
12901 HWY 2
Lower Onslow, NS B6L 5G1
902-897-7274 or 902-897-7758
cdeesabean@eastlink.ca

OR:

Bob Jordan -
CEH-RTO@uniserve.com

Directions: This 18 hole course is located at 1195 Pictou Road at East Mountain, just outside Bible Hill and Valley
For travellers from Halifax/Cape Breton/Valley just leave highway 104 at Valley and go north on Pictou Road for about 3 minutes

Registration Form Retired Teachers Golfing Tournament 2022

Name: _____ - Handicap _____

Address: _____

Postal Code: _____ Phone #: _____

Email: _____ RTO Member: Yes No

Member of (if applicable) _____ Golf Club

Money Enclosed: (\$70) _____ Guest \$20 (Meal only) _____

Partner: _____ Handicap _____

Address: _____

Postal Code: _____ Phone #: _____

Email: _____ RTO Member: Yes No

Member of (if applicable) _____ Golf Club

Money Enclosed: (\$70) _____ Guest \$20 (Meal only) _____

Make Cheque payable to RTO Golf Tournament

Send to: Chester Sabean, 12901 HWY 2, Lower Onslow, NS B6L 5G1

Application Fees & handicap should be received by August 26, 2022

Notes:

1. If you wish to play and do not have a partner you will be paired with a golfer by the committee.
2. Overall Handicap Differential for each team cannot be greater than six (6). If you submit more than (6) the team handicap will be reduced. Each team will have at least **one RTO Member** (*or Member's partner*).
3. Shot-Gun start at 12:30 PM for 1:00 PM, September 7, 2022. Rain date 14th.
4. We welcome both Retired Teacher golfers and their non-teacher golfing spouses or partners to join us golfing. Registered non-golfing spouses/partners are also invited to the meal.
5. Vaccination required.

The Retired Teacher - Submission
February 2022

Sharing stories helps heal the heart

By Catherine McKellar

Writing and sharing stories about people in our lives is a fundamental part of being human. Think back to when you were teaching language arts or English, encouraging students to write or when you were a young student yourself writing about someone that made a difference in your life. Think about the smile you may have had when you had to write the story. This tradition of storytelling is what the Nova Scotia Hospice Palliative Care Association (NSHPCA) hopes to see on its new Wall of Memory.

This past December, the NSHPCA launched the Wall of Memory—a virtual site where wonderful stories and memories about loved ones who have passed away are shared. "The Association's goal with the Wall is two-fold," says Ann Cosgrove, President of the Nova Scotia Hospice and Palliative Care Society and former educator. "We want to celebrate Nova Scotians and create a place where stories are held indefinitely. A place where memories don't fade. Second, revenue from the Wall of Memory will support the Association's programs that are designed to assist Nova Scotians across the province."

"We are all touched by the loss of someone we love. We often want to celebrate who they were and how they made a difference in our lives. Sometimes we want to find a way to commemorate the anniversary of their death. We want the Wall of Memory to be this place. It will also show the vibrancy of Nova Scotians through their stories," says Diana Whalen, Chair of the Wall of Memory Committee.

The Wall of Memory was established to recognize Leo Glavine, former Minister of Health, who advocated for palliative care in Nova Scotia. "Leo believes strongly in the importance of hospice and palliative care. In politics, he advocated tirelessly for better services, and he supported the Valley Hospice for many years even before he was involved in politics," adds Whalen. "He is also a good storyteller."

The NSHPCA mission is to help support palliative and hospice care and help people manage grief. The Wall of Memory is another tool the association hopes can help people with grief. Studies have shown the healing effect of verbal and written narratives. Research has found that sharing stories helps alleviate psychological distress and build resiliency and positive emotional connections in people experiencing grief.

“We are already hearing how some people feel better after posting and reading some of the stories on our Wall of Memory,” says Cosgrove. “Recently, a woman shared she initially thought she would be reading obituaries on the Wall and feel sad. However, she experienced the exact opposite. She enjoyed reading the stories. She felt her heart feeling fuller as she read each post, absorbing the happy memories and positive impressions people left on others.”

Sharing stories about loved ones or people that have played a meaningful role in our lives helps build connections, binds us together as a community and triggers lost memories. Storytelling brings a person’s spirit back to the present, easing the sense of grief and loss. This is what the Wall of Memory is about on an emotional level—easing loss and celebrating lives. By permanently capturing a moment in someone’s life, we honour loved ones and celebrate them, which can then be passed on for years to come.

To learn more about NSHPCA Wall of Memory and how you can support hospice and palliative services and education in Nova Scotia, visit <http://nshpca.ca/wall-of-memory-details/>

The RTO and NSHPCA have had a partnership since 2014. The RTO and NSHPCA continue to strengthen their partnership through new program development. In the coming months, many retired teachers will continue to educate Nova Scotians on the benefits of Advanced Care Planning.

The Nova Scotia Hospice Palliative Care Association is a non-profit, province-wide association that supports the education of hospice and palliative care for individuals living and dying with a life-threatening illness. The NSHPCA believes everyone deserves compassion, care, and dignity at the end of life and will support Nova Scotians each step of the way.

CONTINUOUS GLUCOSE MONITORING SYSTEMS (CGM)

Despite the proven benefits of using Continuous Glucose Monitoring (CGM) technology, which is the new standard of care for people with type 1 (T1D) diabetes, the reality is that without medical coverage they remain a luxury. Pharmacies in Nova Scotia do carry the “Abbott FreeStyle Libre 2” monitor, yet many find it to be unaffordable.

Great news!! In the recently signed Teachers’ Provincial Agreement, your Total Care Medical plan now includes 80% coverage for Continuous Glucose Monitor (CGM) Systems, equipment, and supplies including readers, receivers, transmitters, and sensors. The benefit falls under the prescription drug benefit and claims are processed via your Medavie Blue Cross drug card at the Pharmacy.

One must initially contact Medavie Blue Cross requesting authorization for the approval of the CGM System.

To be eligible to submit claims for this benefit, Medavie Blue Cross requires a proof of insulin dependence letter which can be provided from a pharmacy, prior to approval.

Note: The FreeStyle Libre 2 Monitor uses a small sensor worn on the upper arm rather than the abdomen, and doesn’t require a separate transmitter. The sensor is easily applied and read using a smartphone by the user or an assistant. The accessory “App” sounds if the sensor reads lower or higher than pre-set glucose limits. Pharmacists can provide detailed information for the user. Inquire whether a two-week demo trial sensor is available before the user decides to make this their “game changer”.

Medavie Blue Cross Box 2200, Halifax, NS B3J 3C6
Local (902) 468-9700 Toll Free: 1-800-565-8785

To review this benefit or the many other benefits and programs available to you through the NSTU Group Insurance Plan, visit www.nstuinsurance.ca. Details are also available on the RTO website rto.nstu.ca.



Retired Teachers Organization

of the Nova Scotia Teachers Union
3106 Joseph Howe Drive, Halifax, Nova Scotia B3L 4L7

COMMITTEE APPLICATION FORM

Deadline for Application – June 15th

The RTO has five (5) standing committees. They are:

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

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

If you are interested in serving on one of these committees, please complete and submit this form.

[Please Print]

Name: _____ Branch: _____

Address: _____

Tel #: _____ Email: _____

Postal code: _____

Committee(s) of Choice: _____

Have you served on a committee in the past? _____

If yes, which one(s): _____

Please attach a resume including the following:

RTO Branch Activities:

RTO Provincial Activities:

Other (including NSTU Local or Provincial activities):

COMMITTEE RESPONSIBILITIES

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

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

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

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

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

PROGRAMS – This Committee is chaired by a member of the Executive and consists of members as determined by the Executive. The Committee shall report, through the chairperson, its recommendations to the Executive. The committee investigates/organizes/coordinates programs and/or workshops, as determined by the Executive and reports to the Executive, on programs and/or workshops that have been held. The committee shall perform such other duties as determined by the Executive.

Return to:

Bill Berryman – Chair, RTO Nominating Committee
669 Bog Road
Falmouth, N.S
B0P 1L0
Or scan and email to: bberryman459@gmail.com

Rev. Sept 2021

SEASONAL TRIVIA

Below are the correct answers.

1) The poem "A Visit from St Nicholas" compares Santa's cheeks to what?

- a) apples
- B) ROSES**
- c) marshmallows
- d) tomatoes

2) When is the Feast Day of St. Nicholas?

- a) December 24
- B) DECEMBER 6**
- c) July 21
- d) January 6

3) In the classic Little Women, what gift do the March girls get from their mother?

- a) candy
- b) hair ribbons
- c) dolls
- D) BOOKS**

4) In A Christmas Carol, how long has Marley been dead?

- a) three years
- b) ten years
- C) SEVEN YEARS**
- d) nine years

5) Besides writing children's books such as *How the Grinch Stole Christmas*, what else did Dr. Seuss do?

- a) trained dogs
- B) MADE MILITARY TRAINING VIDEOS**
- c) wrote editorials for the New York Times
- d) collected books

6) Which country introduced the poinsettia to Canada and the USA?

- A) MEXICO**
- b) Argentina
- c) Australia
- d) Brazil

7) What witchlike figure brings gifts to children in Italy?

- a) Barola
- b) Bambina
- C) BEFANA**
- d) Barbarella

8) Who wrote the "Hallelujah Chorus"?

- a) Wagner
- b) Mozart

C) HANDEL

d) Beethoven

9) If you received all the gifts mentioned in "The Twelve Days of Christmas", how many would you have in all?

- a) 164
- b) 264
- C) 364**
- d) 464

10) The melody for "Carol of the Bells" is taken from a folk tune from which country?

- a) Romania
- B) UKRAINE**
- c) Belarus
- d) Lithuania

11) In A Christmas Story, what is Ralphie told will happen if he gets his wish?

- a) he'll lose his allowance
- B) HE'LL SHOOT HIS EYE OUT**
- c) he'll get the flu
- d) he'll miss dessert

12) In the classic movie *Miracle on 34th Street*, where did Kris Kringle work?

- A) MACY'S**
- b) Gimbel's
- c) Bloomingdale's
- d) Sears

13) In A Charlie Brown Christmas, what does Lucy want but never get?

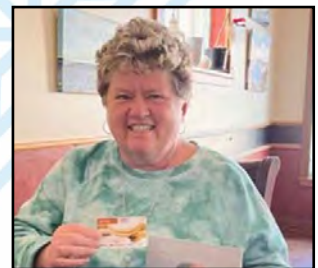
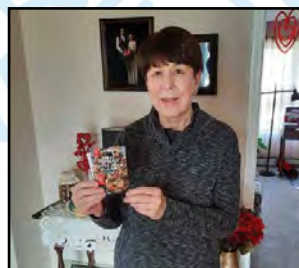
- a) a bike
- b) savings bonds
- c) a sled

D) REAL ESTATE

14) The first artificial Christmas tree was made in Germany at the end of the nineteenth century. What was it made from?

- A) FEATHERS**
- b) horse hair
- c) walnut shells
- d) aluminum

Congratulations to our two winners - Valerie Sharpe (Glacé Bay District) and Dawn Smith (Shelburne County). Many thanks to all those who played along, as well.



The following items are available on the RTO website under the Documents tab

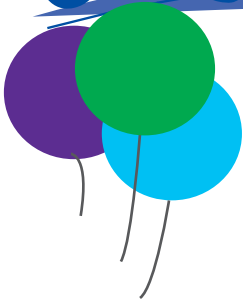
- RTO Membership Application
- Membership Update Form
- Branch Initiative Grant Application
- Legacy Foundation Application (deadline March 31, 2022)



The *Retired Teachers Insurance Profile* is available for viewing or download on the Johnson's website www.nstuinsurance.ca as well as the RTO website. You can request a paper copy to be mailed to you by calling

1 (800) 453-9543 toll-free.

Congratulations



Congratulations to the following members who have been elected, by acclamation, to serve on the RTO Executive for 2022-2024:

President- Alyson Hillier
Vice-President - Ambrose White

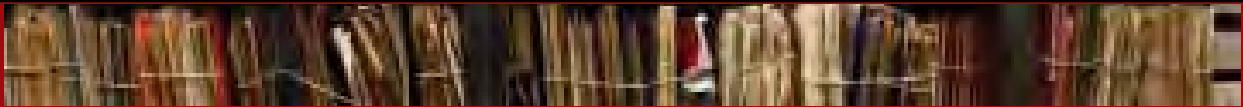
Not getting your newsletter or RTO mail-outs??

RTO Members are reminded to notify Johnsons and their Branch Presidents of changes in contact information (phone numbers, email, mailing address). The Member Update form is posted further on in this newsletter, and on the website.

Also, please update your contact information with Erynn Nguyen at the NSTU Office for the RTO Newsletter mailing list. Remember to indicate whether you would like to receive an electronic subscription via email, or a paper copy through Canada Post.

• email RTOAdmin@staff.nstu.ca • phone 1-800-565-6788

Thank you for your cooperation in helping us keep your contact information up-to-date.



RTO Archives

The Archives is a work in progress and we welcome all submissions that will help record the history of the RTO and education in Nova Scotia. Please contact Alyson Hillier (alyson.hillier53@gmail.com) if you have items you wish to share.

La région de Clare opère en français

Depuis le 6 mai 1993, les enseignants/és à la retraite dans Clare sont organisés comme association régionale de la Retired Teachers' Association avec une différence significative. Le tout se passe en français.

Depuis un bon nombre d'années, les retraités/és de Clare étaient invités aux activités du groupe de Yarmouth-Argyle, mais Clare n'avait jamais formellement joint Yarmouth-Argyle. En 1992-93, Yarmouth-Argyle révisait les règlements de leur association et en même temps invitait Clare à se joindre formellement à leur groupe.

Suite à cette invitation, une note fut envoyée à tous les enseignants/és à la retraite dans Clare les invitant à un thé et une discussion informelle dans un restaurant local. Vingt-cinq personnes

étaient présentes. Ce groupe appréciait beaucoup l'offre de Yarmouth-Argyle de les joindre mais après discussion la décision fut prise de former Clare en association régionale et en plus, association régionale avec une différence — tout se passerait en français. Un comité fut nommé pour voir à l'organisation d'une première réunion.

La première réunion a eu lieu le 6 mai 1993. Au delà de quarante membres ont immédiatement joint l'association. Les personnes suivantes étaient nommées officiers: présidente - Rose-Anne Comeau, vice-président - Maurice Belliveau, secrétaire - William Deveau, trésorier - Pierre Belliveau. Après discussion et vote on se donna le nom Succursale Baie Sainte Marie - AER.

Depuis la réunion de fondation, il y a eu des réunions-repas à l'automne 1993, au printemps 1994 et une rencontre pour l'automne 1994 est actuellement en voie de préparation. Ces rencontres sont populaires et un très haut pourcentage des enseignants/és à la retraite prennent part.

Afin de rendre l'opération totalement française, la constitution de AER a été traduite. La formation de la Succursale Baie Sainte Marie - AER est donc une nouveauté pour la Retired Teachers' Association. Les membres de Clare sont contents d'avoir une association qui marche dans leur langue maternelle et AER provinciale est maintenant une association avec une différence - une branche qui opère totalement en français.

The Retired Teacher, November 4, Page 1994



Teacher Salaries, 1935, '37 and '38

	1938	1937	1935
All teachers	\$ 772	749	724
All men	\$ 1042	1019	985
All women	\$723	699	680
Rural and Village	\$546	535	531
Urban	\$1134	1104	1046

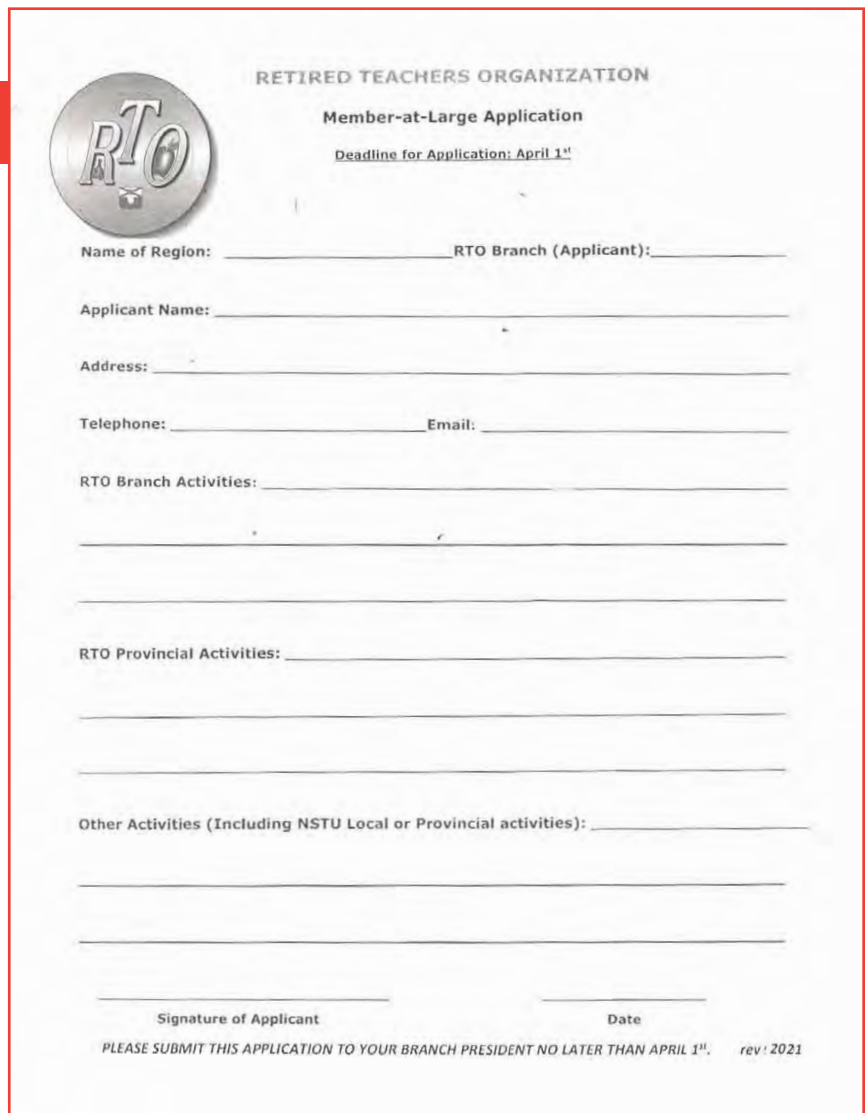
NOMINATING COMMITTEE

Member-at-Large Elections 2022 – 2024 Term

Member-at-Large positions are open for nomination in the following three regions for the 2022-2024 term:

1. Cape Breton – Victoria (Glace Bay District, New Waterford, Northside-Victoria, Sydney and Area District Branches)
2. Valley (Annapolis, Kings, West Hants Branches)
3. South Shore (Lunenburg County, Queens, Shelburne County Branches)

The application form for the Member-at-Large position is also posted on the RTO website at www.rto.nstu.ca. Interested candidates must submit a completed application form to his/her Branch President no later than April 1, 2022.



The image shows a form for the Retired Teachers Organization (RTO) Member-at-Large Application. At the top left is the RTO logo, a circular emblem with 'RTO' and a graduation cap. To the right of the logo, the text reads 'RETIRED TEACHERS ORGANIZATION' and 'Member-at-Large Application'. Below this, it states 'Deadline for Application: April 1st'. The form contains several fields for personal and regional information: 'Name of Region: _____ RTO Branch (Applicant): _____', 'Applicant Name: _____', 'Address: _____', 'Telephone: _____ Email: _____', 'RTO Branch Activities: _____', 'RTO Provincial Activities: _____', and 'Other Activities (Including NSTU Local or Provincial activities): _____'. At the bottom, there are lines for 'Signature of Applicant' and 'Date'. A footer note says 'PLEASE SUBMIT THIS APPLICATION TO YOUR BRANCH PRESIDENT NO LATER THAN APRIL 1st. rev: 2021'.

If a particular Branch has more than one candidate offering for Member-at-Large then an election at the Branch level must be held prior to April 30, 2022. No more than one name may be offered by each Branch in the region. A Regional Returning Officer for each region holding a Member-at-Large election shall be appointed at the March 29, 2022 Branch Presidents Meeting.

If there are more than one candidate applying for the position, each Returning Officer will then conduct an election for Member-at-Large in his/her region after April 30, 2022, but prior to May 15, 2022. The Regional Returning Officer shall conduct an election by calling a meeting of the candidates and three voting delegates from each participating Branch.

Immediately following this meeting, each Regional Returning Officer shall submit the name of the successful candidate to the Chair of the RTO Nominating Committee. The names of the newly elected Members-at-Large will be announced at the RTO Annual Meeting scheduled for May 19, 2022.

—Bill Berryman
Chair, RTO Nominating Committee

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, or seascape of Nova Scotia. **Submissions must be your own photography.** Please include your name and Branch, along with the location of the photo. Please email photos to rtoeditor@gmail.com or mail to Glynda Wimmer, 807 Hwy 329, Hubbards, NS B0J 1T0. Photos sent by mail will not be returned.



Cape George - Cheryl Millard, West Hants Branch



*Hope Springs Eternal - Brenda Zwicker,
Lunenburg County Branch*



*A Chilly Smile - John MacKay,
Shelburne County Branch*

This Land Is Your Land...



April Snow - Betty Anne McGinnis, West Hants



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!

