

The Retired Teacher

Nova Scotia Teachers Union

Volume 46, Number 3, April 2015

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From the Desk of the President...
Jim Kavanaugh

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**A newsletter for the
retired teachers of
Nova Scotia**

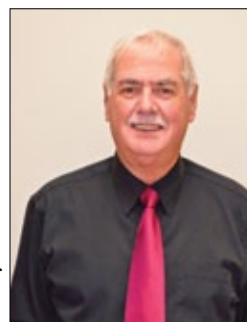


A MEMBER OF ACER/CART

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Thank You

In May the RTO will see four members leave the Executive, as they complete their second and final term as Members-at-Large. Gary Archibald serves as the MAL for the South West Shore region, and for four years served as Chair of the Communications Committee.



Under Gary's superb leadership, *The Retired Teacher* Newsletter and the RTO Website have risen to new heights of excellence and these communication vehicles continue to provide the RTO with a first class profile. Peter Lewis serves as the MAL for the Chignecto-Central Region, has chaired the Membership Committee for three years, and this past year Peter co-ordinated two new RTO programs, the *Conscious Aging Workshops* and the *Advance Care Planning Program*. Peter has, as always, carried out his responsibilities in a most competent and professional manner. George Landry serves as the MAL for the Strait Region. He has chaired the RTO Legacy Foundation for one year, the Assessment Committee for two years, and this past year, George was Chair of the Membership Committee. Under George's leadership, the Foundation flourished, and the responsibilities inherent in his other two committees were carried out with great commitment and responsible action. Dorothy Smith, the only female on the Executive, serves as the MAL for the Halifax Metro Region and for four years has served most proficiently in the very demanding position of RTO Secretary. Additionally, Dorothy Chaired the AGM Sub-Committee and with tremendous efficiency and

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(President's Message — continued from cover)

effectiveness oversaw the myriad details associated with this annual event. As well, Dorothy kept the Executive well fed with her delicious homemade tea biscuits and jam. We shall miss all four, and they should be pleased and proud of the substantial contributions they have made to the growth and development of the RTO. To each we extend a sincere thank you for a job well done.

2014 – 2015 Highlights

A full report on 2014 -2015 activities of the RTO will be given in my report to the AGM in May, but I would like to briefly outline some of the key highlights. In July the 2014 Pension Agreement was signed by the NSTU and the Provincial Government. As reported a number of times, we sought and submitted legal advice early to the NSTU and the Government in anticipation of clauses that may have been considered and would have affected retired teachers. As we know, the clauses agreed to in this agreement did not impact retired teachers in Nova Scotia. In October, the RTO was honored to host the biennial meeting of representatives from Retired Teacher Organizations from the four Atlantic Provinces and Quebec. This meeting was a great opportunity to share all aspects of our organizations and our operations. In an effort to provide more services and programs to retired teachers, in October the RTO sponsored a well received Conscious Aging workshop in the Halifax region. This same program is now available for presentation in any of our other six RTO regions. In March, the RTO, in conjunction with the Nova Scotia Hospice and Palliative Care Association, sponsored a training program in Advance Care Planning. Six retired teachers from various regions of the province participated. These trainers are now prepared to offer Advance Care Planning sessions to any of our twenty-three RTO Branches. In an effort to encourage new programs and initiatives at the Branch level, the proposed 2016 Budget that will be presented to the AGM in May, will see an allocation of a \$10,000 fund for this purpose. In September, the annual RTO Golf Tournament was sponsored by the AER-Baie-Sainte Marie RTO Branch at the Clare Golf and Country Club. This well attended event was very successful and well received. In February, the Shelburne Branch hosted the second of what we hope to be an annual Curling Bonspiel. As with the golf, this event was very successful and well received.

Medical Plan

Some time ago there was a great deal of negative media coverage re the ongoing costs to government for the teachers' medical plan. An encouraging note, however, was contained in the February 26, 2015 issue of the Cape Breton Post. It read "Finance Minister Diana Whalen said there is nothing the province can do about benefits that have been previously won through contract negotiations". This certainly reflects the RTO view on this matter.

AGM 2015

Again this year, the AGM is scheduled to be held at the NSTU building in Halifax. The meeting is slated for 9:30 a.m. on Friday, May 22, 2015. The AGM dinner will be held the evening before, beginning 7:00 p.m. at the Brightwood Golf and Country Club in Dartmouth. Bus transportation will be provided to and from the Delta Halifax Hotel and Brightwood.

More Thank Yous

Communication with our members remains a prime objective of the RTO, and this newsletter, produced three times per year, allows us to keep our 7,100 members informed on the activities of the RTO and the many issues and developments affecting retirees. Additionally, up-to-date information can be accessed at any time on our website at rto.nstu.ca. A special thank you goes out to Newsletter Editor Betty Anne McGinnis and Webmaster Colin Campbell for their invaluable contribution in their respective roles. Also, we communicate regularly with our 23 Branch Presidents and provide the opportunity for the Presidents and the RTO Executive to meet three times per year. The work of the RTO is carried out provincially by the RTO Executive and the various committees. At the Branch level, the Presidents, their Executives, and committees carry out the many tasks necessary for an effective Branch. To all, I say thank you for your dedicated time and effort in serving the best interests of RTO members.

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

ACER / CART Federal Election Pamphlet



During the ACER/CART Annual General Meeting on June 6, 2014 at the Canadian Teachers' Federation Building in Ottawa, the following resolution was unanimously carried:

That ACER/CART prepare and publish a brochure/pamphlet dedicated to the advancement of its goals and designed to facilitate the work of advocacy by ACER/CART and its member associations.

The Political Advocacy Committee under Chair George Georget, ACER/CART Executive Member and Regional Representative (West), was tasked with producing the pamphlet. After the initial telephone conference call in August 2014, the Committee requested the assistance of the ACER/CART Communications Committee in the preparation of the pamphlet. ACER/CART President JoAnn Lauber participated in the work and for a period of time replaced George Georget while he was on medical leave. After five telephone conference calls and numerous e-mails between the eight Committee members, the Committee completed the pamphlet on February 26, 2015. It was translated into French, and is now at the printers.

The title of the pamphlet is "A Vision for Canada – Working to Achieve a Caring, Consultative and Committed Canadian Parliament". ACER/CART wants to ensure that each political party and its candidates are fully engaged in communications with seniors. ACER/CART is committed to providing appropriate support to its thirteen member associations and their members to engage the candidates and their political parties.

ACER/CART believes that post-election Parliament must be committed to providing leadership and support to the provinces and territories so that their constitutional responsibilities are carried out in a coordinated, consultative, and unified manner. In this way Canada can realize a truly efficient and effective approach to responding to the needs and realities of seniors.

The pamphlet uses a non-partisan approach in advocating on four themes that the Committees believe are key issues facing the next Parliament of Canada. The four themes are

1. Health Care in Canada
2. A National Seniors Care Plan
3. A Universal Pharmacare Program
4. Pension and Retirement Income

The pamphlet will consist of ACER/CART beliefs on each of the four themes with questions pertaining to each theme. The pamphlet will be available on the ACER/CART website (www.acer-cart.org) with corresponding policies/resolutions on each of the themes. The website will also contain responses from the four political parties to our questionnaire and the political platforms of all four federal parties.

The pamphlet is intended to assist members by ensuring that all candidates who seek a seat in Canada's Parliament and offer to participate in formulating laws and policies are aware of the voice of ACER/CART and its member associations, are responsive to the relevant issues, and are committed to work on behalf of Canadian seniors now and in the future.

Respectfully submitted,

Bill Berryman,
Member, Political Advocacy Committee

Committee Reports

Communications Committee

After two weather-related delays, the RTO Communications Committee met on March 27th, with all members - Margie Morrison, Marilyn Rodgers, and Glynda Wimmer - present. Newsletter editor Betty Anne McGinnis and RTO webmaster Colin J. Campbell were also in attendance.

The focus of the meeting was preparation for the April 2015 issue of *The Retired Teacher*. Committee members have been in contact with Branch Presidents for news from their Branches. It was pointed out that the last issue of the newsletter contained the highest number of Branch reports ever contained in one issue. It was reported that the issue was the first 32-page newsletter printed by the RTO. Editor Betty Anne McGinnis thanked everyone for their input and assistance in assembling the issues.

Committee members also reported on the news from other provincial retired teachers' organizations. It was recommended that the RTO newsletter be sent on a regular basis to other provincial retired teacher organizations.

Sonia Matheson, the NSTU Desktop Publisher, was recognized by the Committee with a token of appreciation for all the work she has done in putting the newsletter together.

Webmaster Colin J. Campbell brought members up-to-date on the changes on the website. This year, Branch Presidents were given the opportunity to put a one- or two-pager on the website to promote their Branches. Two Branches have seized the opportunity to do this. He also brought information that he had gathered on the use of the website over a one-week period, 16/03/2015 to 22/03/2015, 299 sessions, with many from outside Canada. A short description of the website is available in this issue of the newsletter.

On a more personal note, as this is the last opportunity for me to act as Chair of the Communications Committee, I wish to thank Margie, Marilyn and Glynda for their work over the past year. They certainly did their part in gathering information for our newsletters. Webmaster Colin has redesigned our website, updated it, and transferred information to a new website layout. The wealth of information for and about RTO members is extensive. Well done, Colin!

When asked to be chair of the committee a few years ago, my biggest concern was finding a new newsletter editor. Betty Anne volunteered for the position and has performed it unbelievably well. She has had a decades-long connection with the NSTU, so she knows her way around. She works well with committee members and with Sonia on the newsletter layout. I cannot say how much I have appreciated her dedication and quality of work. Finally a word of appreciation to fellow members of the RTO Executive, Branch Presidents, and the many individuals who have contributed articles over the years. Your input has not gone unnoticed. You are the foundation of this newsletter. You have helped to make *The Retired Teacher* a source of pride for the RTO.

—Submitted by Gary Archibald, Chair, Communications Committee

Finance Committee

The Finance Committee meets on a monthly basis and provides a financial report to the Executive. We are almost through the first quarter of 2015. It has been a busy three months. The Branch Presidents met during February and the committees met twice since the beginning of the fiscal year. Our committee has also been busy preparing for the AGM - both the year-end income and expenditures for 2014, and the preparation of the 2016 budget for the Executive to consider. I am happy to inform you that we are ready for both the AGM of the Foundation and the AGM of the Organization. I would encourage a representation of as many retired teachers as possible.

Income for the Organization comes mainly from membership fees and the amount is approximately \$22,000 per month. Income to date (not including March) is 42,763.07. Expenses to date as of March 23 amount to 47,821.61 with the breakdown as follows: Committees (8,621.66); Executive and Table Officers/Finance (16,366.96); Newsletter (9,078.44); Programs (2,133.20) Branch Presidents Meeting (5,365.24). I assure you that the various committees are wisely managing their budgets and that all funds come under the scrutiny of the Executive. It has been a busy three months, but good planning and decision-making means that we are on track to meet commitments for the year.

—Submitted by Fred Jeffery,
Treasurer Chair,
Finance Committee

Committee Reports (cont'd)

Membership Committee

At our last committee meeting held on March 25, the following topics were discussed:

1. Membership: A lengthy discussion took place about how we can encourage NSCC members to join RTO Branches in their area. Several recommendations will be presented to the Executive for further action.
2. Medi-cards: Several suggestions were made about the best way we can make these available to both current and newly retiring teachers.
3. RFID (protective cases for credit cards): We received a few quotes from suppliers. We will follow up with regard to how many we should order and the best price we can obtain.
4. RTO Retiree Kits: We examined the contents and suggested one item that had to be added to the kit.
5. Membership Committee Priority Goals for 2015-2016: We updated the goals with some minor adjustments.
6. Article in the NSTU *The Teacher*: The article entitled "*The Importance of Designating a Beneficiary*" contained some very important information. It was suggested that we get in touch with the Communications Committee to see if we can have it published in our own RTO Newsletter.

—Submitted by George J. Landry, Chair, Membership Committee

Pension & Benefits Committee

Since my last report to the RTO Newsletter, the Pension and Benefits Committee met on January 8, 2015. Due to other commitments, half of the appointed members were unable to attend the meeting. Accordingly, the group in attendance began to examine available information and documentation regarding 'What happens at age 65?'. Because of the extent of the documents, the committee has yet to conclude that investigation, and we hope to complete the task at our next meeting in April. The Committee hopes to create a "Frequently Asked Questions" document on the topic. This information would replace outdated documents and would be available in the fall.

—Submitted by Al MacKinnon,
Chair, Pensions & Benefits Committee

Research & Review Committee

The Research and Review Committee is a newly established committee that has taken the place of the former Assessment Committee. The terms of reference were established by the Executive and approved by the 2014 Annual General Meeting.

Three meetings have been held. Unfortunately, the February meeting did not take place because of snow cancellations. It will be held in early April.

Because of this, the two survey study reports have not yet been completed.

Studies undertaken:

Examined the intent and implications of a letter from the Law Reform Society regarding the matter of wills and estate provisions. The subject was referred to the Executive and the meeting of Branch Presidents in March. An address by Maria Franks of the Society raised the profile of these concerns. A booklet regarding legal information for seniors was given to each President in order to bring attention to this important matter to their respective Branches.

An examination was undertaken to survey the Branches with regard to their relations, both formal and informal, with the area NSTU Locals. A list of questions was prepared and circulated to all Branches to give a YES / NO response. The responses from the Branch Presidents were collated and presented to the Executive with recommendations to be considered and were shared with the Branch Presidents at the meeting. A more complete report will be presented at the upcoming AGM.

—Bill Wagstaff, Chair, Research & Review Committee

Committee Reports (cont'd)

Programs Committee

On March 3, 2015, the RTO and the Nova Scotia Hospice Palliative Care Association (NSHPCA) jointly sponsored the Advance Care Planning (ACP) Project. Advance Care Planning is a process whereby a capable (mentally competent) individual engages in a plan for making personal health decisions in the event that this person becomes legally incompetent to personally direct his or her own health care. In Nova Scotia, the term Personal Directives is used; there is a Personal Directives Act.

This program arose out of a presentation that Colleen Cash, Executive Director of NSHPCA made to the Group of IX last October. Ms. Cash indicated that she was willing to make a presentation to any of the Group of IX organizations. RTO took advantage of this opportunity and Ms. Cash made a presentation to the Executive at their January, 2015 meeting.

NSHPCA works to improve hospice and palliative care in Nova Scotia. The organization represents over 200 health care providers, community members, and volunteers dedicated to assisting Nova Scotians in accessing quality end of life care. As part of its work, NSHPCA currently has some resources available to work with seniors' groups to help educate Nova Scotia seniors on the importance of advance care planning. This opportunity has developed into the Advance Care Planning Project. During the day-long session held on March 3 at NSTU, Ms. Cash presented a public education program to six RTO members. As a result of the March 3 session, these RTO members are now "trainers/presenters" who can continue to deliver the public education program in respect of Advance Care Planning (ACP).

The six RTO members who are now trained to give ACP presentations are Brian Noble, Yarmouth/Argyle; Bonnie Mahaney, Shelburne; Karl West, Annapolis; Esther Boyd, Cumberland; George Landry, Richmond; and Margie MacNeil, Sydney and Area. A presentation can be arranged in any part of the Province by contacting Colleen Cash, Executive Director, NSHPCA at ccash@nshpca.ca or by phone at 1-902-818-9139. The presentations are about 30 minutes with time for questions after the presentation.

The RTO identified potential "trainers/presenters" through its Executive. As chair of RTO Programs, I was pleased that these six persons were identified so quickly during the winter season. A significant portion of the cost of this workshop was borne by NSHPCA. This funding from NSHPCA had to be used before the end of their fiscal year on March 31. As a general comment, participants were very engaged in the program as it was being delivered and they asked many questions to clarify their understanding of the material being presented.

Evaluations completed by the six new trainers were very positive. Participants indicated that the course content, provided manual, and other supporting materials were very good to excellent. NSHPCA will work with the trainers to identify opportunities to make presentations. The NSHPCA will also let its partners know that trainers are available to conduct presentations. Funding is being sought to continue this program in

the new fiscal year that began April 1. RTO will continue its partnership with NSHPCA in the coming months.

Earlier in the year in the Metro Area, RTO sponsored a Conscious Aging workshop, facilitated by Cathy Carmody. These workshops are available in other areas of the Province. For more information, please contact Peter Lewis, RTO Programs Chair at lewisp@ns.sympatico.ca or at 1-902-243-2075. The following topics have been suggested for future RTO Program workshops: nutrition information, mental health in aging populations, and senior exercise. Other suggestions from the RTO membership are most welcome. This is your organization. To make suggestions, please contact Program Chair, Peter Lewis.

—Submitted by Peter Lewis, Chair

RTO Members Contact Update

RTO Members are asked to notify their Branch Presidents of changes in their contact information, including phone numbers, email, and mailing addresses. Johnson Inc. should also be contacted. You can reach them at 1-800-453-9543. Branch Presidents can be reached through both the RTO Newsletter and the RTO Website at <http://rto.nstu.ca>

Also, please update your contact information with **SHANON SHEPPARD** at ssheppard@staff.nstu.ca or **1-800-565-6788** at the NSTU Office for the RTO Newsletter mailing list. Please state whether you would like to receive an electronic subscription—opposed to a paper copy—by leaving your email address.

For up-to-date Information on events regarding the RTO, visit the website at:
<http://rto.nstu.ca>

Wear your seatbelt. Put on a bike helmet. Make your advance care plan.

April 16 is National Advance Care Planning Day
The Nova Scotia Hospice Palliative Care Association is working with
Partners to Encourage Advance Care Planning in Nova Scotia

(Ottawa, ON) – Most of us instinctively put on our seatbelts when we get into a car. And we know it's a good idea to put on a helmet before getting on a bike. So why haven't the majority of Canadians also taken the precaution of planning for their future health care?

A recent Harris–Decima poll revealed that only 45% of Canadians have talked to someone about their future health care preferences, despite the fact that the majority of them believe it is important to do so. Advance Care Planning, a process of communicating your future health care wishes and naming a delegate to speak for you if you are unable to do so, offers a way to start those conversations.

The Nova Scotia Hospice Palliative Care Association has received funding from the Department of Seniors' Positive Aging Grants Program and has recently embarked on a partnership with the Retired Teachers Organization to train a group of retired teachers to conduct public awareness sessions throughout the province. The training is based on material provided by Advance Care Planning Canada's Speak-Up Campaign and also incorporates tools and information relevant to conducting advance care planning based on the Nova Scotia Advanced Personal Directives legislation.

“Advance Care Planning is just another positive choice, like wearing your seatbelt or safety gear when you take part in a physical activity,” says Louise Hanvey, the Project Director for the Advance Care Planning in Canada Initiative. “When you make an advance care plan, you're making a healthy lifestyle choice for yourself – and for those around you.”

The Advance Care Planning in Canada Initiative recommends 5 steps for doing advance care planning:

1. **THINK** about what's important to you
2. **LEARN** about different medical procedures and what they can or cannot do
3. **DECIDE** on a substitute decision maker – someone who is willing and able to speak for you if you cannot speak for yourself
4. **TALK** about your wishes with your loved ones
5. **RECORD** your wishes – write them down or make a recording

The Initiative's Speak-Up website (www.advancecareplanning.ca) has a number of resources, including workbooks, videos, wallet cards, and conversation starters to help Canadians make their plan. The Nova Scotia Hospice Palliative Care Association also has a number of resources available at www.nshpca.ca including links to specific workbooks and tools specifically aimed to Nova Scotians.

Department of Seniors Meeting with the Group of IX Seniors Advisory Council of Nova Scotia

January 22, 2015

1. Ivany response – Jeff Larsen, Executive Director, Office of Planning and Priorities, Government of Nova Scotia
 - ▶ Replaced Deputy Minister Bernie Miller who was unable to attend at last minute
 - ▶ Attended meeting in response to Group of IX reaction to Ivany document
 - ▶ Spoke about coalition of 15 members from all political parties working on a strategy in response to the Ivany document
 - ▶ Need to “change the discourse” and have private sector provide help as government is not the solution
 - ▶ Need to have a concerted, co-ordinated, realistic and focused effort
 - ▶ All partners need to be part of solution and overcome psychological barriers of division, distrust and discouragement
 - ▶ Opportunities for seniors include:

Mentoring young entrepreneurs	Volunteering
Starting social enterprise or help social entrepreneurs	Starting a business
Investing in youth	
 - ▶ Nova Scotia is at brink of extended period of decline driven by lower population and economic trends
2. Canada Post response – Dave Penner, Director Stakeholder Relations and Public Affairs, Canada Post Corporation
 - ▶ Admitted that Canada Post did not consult with Seniors’ groups when ending door-to-door mail delivery
 - ▶ Providing accommodation for disabled with a doctor’s note (if person cannot leave home, letter carrier will pick up mail once a week and deliver to house)
 - ▶ Doctors Nova Scotia critical of taking time and cost of providing medical note
 - ▶ No change in delivery for apartment buildings, seniors’ buildings and condominiums with mail boxes in lobby
 - ▶ Over next four years will gradually convert 5 million home deliveries to community mailboxes
 - ▶ Volume of mail has declined 30% since 2006
 - ▶ Community mailbox initiative expected to save \$400 to \$500 million a year
3. Nova Scotia Pharmacare – Leo Glavine, Minister of Health and Wellness, Judy MacPhee, Executive Director of Pharmaceutical Services and Marina Keeping, Manager Pharmacare Administration
 - ▶ Department of Health doing study in 2015 on cost of pharmaceuticals and wants to charge 75% / 25% split developed in 2007
 - ▶ Would cost extra \$3.4 million to keep formula this year due to rising costs and generic drugs reaching maximum levels
 - ▶ No charge in premium and co-pay for 2015 which government wants to keep in place
 - ▶ Study will look at sustainability of pharmacare because one third of Nova Scotia population in 2031 will be 65 and older
 - ▶ Study will review cut off limit and possibly some seniors will have to pay more depending on their financial situation
4. Group of IX updating brochure and hope to have available next meeting
5. Dementia Strategy
 - ▶ All reports have been submitted by various groups and are now being examined by committee
 - ▶ Expect to have report in government hands on April 1, 2015
6. Blood Collection Services – Capital Health
 - ▶ Advisory Committee has met 3 times and plans a focus group discussion in February
 - ▶ Information from focus groups, research and survey by companies providing home service will be reviewed by advisory committee with final report due March 31, 2015
 - ▶ Still have problems with timelines (90 minutes), live specimen collection and lab timelines

Department of Seniors Telephone Conference Call with the Group of IX Seniors Advisory Council of Nova Scotia

February 26, 2015

1. Group of IX is represented on the Blood Collection Advisory Committee and has been attending bi-weekly meetings.
 - ▶ Committee has developed a survey seeking public input about community blood collection services under Capital Health. Survey was completed on March 9, 2015.
 - ▶ Peter Wilton (Public and Patient Engagement Advisor) and Shauna Thompson (Director Pathology and Laboratory Medicine) will attend next Group of IX meeting on March 26, 2015 to answer questions and review results of the survey.
2. Dementia Strategy Update
 - ▶ Dr. Merv Shaw has represented the Group of IX on this committee since October 2014.
 - ▶ Committee is working on final recommendations to present to the Minister of Health and Wellness before April 1, 2015.
 - ▶ Committee will probably have 15 recommendations, but is having difficulty reaching consensus on a recommendation for “end-of-life issues” due to recent Supreme Court of Canada ruling.
3. Group of IX will have a priorities and planning session under the leadership of an outside facilitator at the meeting of April 23, 2015. This one day session will also look at the role and purpose of the Group of IX in its relationship with the Department of Seniors.
4. Group of IX will have a follow-up meeting with Jeff Larsen (Executive Director, Office of Planning and Priorities) on May 28, 2015 on how the members can play an important and active role in contributing to and achieving the goals of the Ivany Report.
5. Group of IX Chair has contacted chief engagement officer Danny Graham of Engage Nova Scotia with the expectation to work with this organization to “help facilitate the unprecedented opportunity for Nova Scotians to take a fresh look at who we are, where we want to go, and how are we going to get there” .
Engage Nova Scotia is intended to complement the efforts of the one NS Coalition, which is tasked with developing a plan to implement the Ivany goals.
6. The Group of IX continues to monitor Department of Health and Wellness Long-Term Care Policies.
On March 2, 2015 the Department will change the “first come first served” criteria for placement in nursing homes because 530 people deferred placement last year.
The Department will now prioritize people on the wait list and people must be willing to accept the bed.
7. Chair of the Group of IX has been invited to participate in the Department of Seniors Building Engagement for Community Engagement on Aging Issues March 23-24, 2015 at the NSTU Building.
The Department is in a period of transition and is in the process of reviewing its current mandate and services.
Approximately 35 others from the private sector, academic institutions, non-governmental and other community organizations will participate in the strategic planning session.

Respectfully submitted,

Bill Berryman
Chair, Group of IX
Seniors Advisory Council of Nova Scotia

FEATURE TEACHER

Peggy Whyte



It is a recent development that children start school at the age of four. When Peggy Whyte started school at age four, most people had to be five to go to school. Her mother was encouraged to send her a year early after she was repeatedly caught hitching the tram car that went past their house in Dominion. She attended Primary to Grade 2 at a hall in Dominion that was used as a school, and then she crossed the street to Central School for Grade 3 to Grade 11. She went on to St. Anne's High School in Glace Bay for Grade 12, where girls could not enroll in math because it was thought they wouldn't need it in life.

Peggy graduated from Nova Scotia Teachers College in Truro in 1951 with a TC-2 licence, and then spent more than twenty years taking courses in the evenings and summers to advance her knowledge and skills. She spent many summers in the 1950s, 60s, and 70s taking courses in elementary and junior high education, including eight summers of French language education at the Nova Scotia Summer School at Dalhousie University in Halifax. While teaching, she completed three years of study in the arts

program at Xavier College in Sydney. This culminated in a TC-7 licence in 1972.

Her practice teaching in 1951 took place at a two-room school in Lingan, where her mentor teacher told her that if she needed drinking water she could boil snow on the pot belly stove. Her first year of teaching was at the one-room MacCharles School in Middle River, where she taught grades Primary, 5, 6, 8, and 9. Boarding with a local family, the MacLeans, she walked to and from school, through the woods and over the river, and came home to Dominion to visit by getting a ride on a milk truck. She remained life-long friends with the family with whom she boarded.

The following school year, Peggy taught grades Primary through 4 at a two-room school in Dutch Brook, where the other teacher was her sister. Dutch Brook is only a 30-minute drive from Dominion now, but in 1952, working there required boarding with a nearby family, the MacDonalds.



MacLean homestead where Peggy boarded 1951-52

1953 saw Peggy move to Mount Carmel School in New Waterford, where she taught Grades 6 and 8. The position at Mount Carmel was rather accidental, as the

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principal came to the house to offer her sister, Anne Mae, the job. Anne Mae had just accepted a position in Scotchtown, so he offered the job to Peggy.

In 1961, Peggy joined the staff at MacDonald High School in Dominion, where she taught Grade 7 math and Grades 8, 9, 10, 11, and 12 French. Affectionately known in later years as “Miss Whyte with the white hair,” to distinguish her from her sister, “Miss Anne Mae Whyte,” who also taught at the school, Peggy taught students subject matter as well as how to become good people and respectable citizens. She was a student council advisor and fundraiser and chaperone for student travel groups, taking students on trips to St. Pierre and Miquelon and Expo 67 in Montreal.



MacDonald High School, Dominion

While teaching in Dominion, Peggy was a guest lecturer on the teaching of French at St. Francis Xavier, and from 1964-1966 was a marker on the Atlantic Provinces Examination Board. Throughout her years at MacDonald High, she was a much respected factor in the lives of the many students she taught. She retired from full-time teaching in 1990, but her career in education continued.

After retirement from full-time work, Peggy became a busy substitute teacher from 1990-1993. She taught core French and all subjects in French immersion at Malcolm Munroe Junior High, and taught at Reserve District High, Glace Bay High, and MacDonald High Schools. While she was teaching, Peggy mentored student teachers from Nova Scotia Teachers College, St. Francis Xavier University, and Université Ste-Anne. It seemed natural, therefore, in semi-retirement, to work for the University of Maine at Fort Kent, supervising students who were practice teaching in Cape Breton schools from 1993-1997. After having been in school for 60 years, as a student, teacher, and supervisor, Peggy retired for good in 1997.

Peggy was very active in the Nova Scotia Teachers Union. From 1961-1970, she was a committee member, an executive member, and President of the Dominion Local. Her Local work escalated to a variety of positions within the provincial body of the union.



Peggy Whyte, MacDonald High School, 1987

From 1961-1980, she was a member of Finance, Economic Welfare, Public Relations, Benevolent, Legislative, and Pension committees of the NSTU. From 1963-1965, she was a member of the committee that formed the Modern and Classical Language Teachers Association, and was subsequently the president. She spent three terms as a Provincial Executive Member, 1968-1971; was provincial Secretary-Treasurer in 1971-1972; and represented the NSTU on the Nova Scotia Teachers' Pension Commission from 1972-1978. From 1980-1982, Peggy represented the NSTU on the Canadian Teachers' Federation Commission on the teaching of French as a second language and represented the union at a national conference on teachers' pensions in Ottawa, sponsored by the Canadian Teachers' Federation.

Since 1990, Peggy has been a member of the Retired Teachers Organization. She served as Vice-President of the Glace Bay Branch from 2004-2009, President from 2009-2011, and Past President from 2011-2014. Since 2010, she has been overseer of donations by the Glace Bay Branch to the Retired Teachers Legacy Foundation.

Peggy Whyte has been a teacher and counsellor to generations of students. It was not uncommon for Peggy to have students whose brothers, sisters, parents, aunts, uncles, and sometimes grandparents she had also taught. She has been a trusted colleague, mentor, union activist, community group member, leader, and friend. And for a small family in Dominion, she has been a devoted, generous, and loving sister, aunt, and grand-aunt who is much loved and cherished.

—Submitted by Matt Cooke

Alumni Associations – Bridges between the Past and the Future of Education



What do retired teachers do after over three decades in a classroom? Sometimes it can seem overwhelming! If they are like me, they find their way back to their Alma Mater and volunteer with the Alumni Association.

When I retired in 2003, I travelled a fair amount, I substituted for a couple of years, and I even volunteered with the Provincial and Federal Liberal Parties. Then a friend suggested that I put my name forward for the Saint Mary's University Alumni Council as a Member-at-Large. It was six years ago that I was elected and began my journey to becoming President of our 43,000 alumni from more than 100 countries. I became President in October 2014 and I have enjoyed this new experience with all of its challenges and rewards. Because of my Executive position, I am also on the University's Board of Governors where I have discovered that universities are very complex institutions.

I have a long and proud history with Saint Mary's that began in 1968—the year the school went co-ed and I was one of the first full-time female students. There were only 50 of us! I come from a family of Santamarians (what we call ourselves). My father was employed at the University. He had graduated with a Diploma in Engineering, as has my brother, Gerry. His son, Stephen, graduated with a Bachelor of Commerce degree. My sister, Tish, also has a Bachelor of Commerce and a Bachelor of Education. So, I guess that it was in the cards that I should find my way back to Campus.

Certainly one of my favourite parts of being President is my interaction with the students. Last September I assisted our Alumni Office with Welcome Week for new students and I saw a familiar face. I went over and asked if he remembered me. He said of course, and added that it was not James anymore, but that he went by Jim now. I had taught Jim in Primary and now he was a university student. It was so great to catch up with him.

I seem to spend quite a bit of time with the SMUSA (SMU Students' Association) students, some of whom are on various Board of Governors' committees with me. It is so invigorating to spend time with these young people, who could be my grandchildren, and listen to their ideas and dreams. Dreams as we all had at their age those many years ago. The teacher's interest in our young citizens never dies. I never tire of chatting with them. I love to tell them

that before 1968 SMU was not a co-ed university. They find that hard to believe. Now Saint Mary's has more female students than male!

Over the years, I have applauded SMU's growing reputation as a university that educates citizens of the world. When I was a student in the late 1960s, we were already known as a school that valued diversity, and I made many good friends from other countries. I am happy to say that Saint Mary's still provides me with opportunities to make such friendships. This year I spend as much time as possible with a Russian student, her husband, and their two young daughters. We enjoy exploring Halifax and dining together.

My purpose for writing this piece is to search out other SMU grads who may not have been in contact with their Alma Mater in recent years. It is an exciting time to come back to Campus. We have a new Chancellor in Dr. Paul Sobey, and on July 1 our new President, Dr. Robert Summerby-Murray, takes over the reins. I am constantly impressed by all that occurs on campus. I encourage you to get involved this year, whether by attending Alumni events in Halifax and around the world, or by keeping in touch through social media. We all have special memories of Saint Mary's, and there is no better way to keep those memories alive than by participating as an active member of the Saint Mary's Alumni. Engage - both with the University, and with each other. Join our mailing list to receive our Maroon & White magazine, and for Alumni updates on events in the community. I have my fingers crossed that we will have better results with our Football Huskies next year. Come out and cheer on our teams – it's a great way to support our community while having fun with family and friends! Go Huskies Go!

—Submitted by Mary Evelyn Terman

<http://www.smu.ca/alumni/stay-connected.html>

Alumni Office - 923 Robie Street

E: alumni@smu.ca / P: 902-420-5420 / F: 902-420-5140



From the Editor...



Four years; twelve issues (one thanks to Reg Johnston); hundreds of emails with articles, reports, and photographs; countless lessons learned; and so many new people in my life – my life as editor. What began as a huge challenge to me has become a rewarding experience. I am pleased at the growth in our newsletter – from sixteen to thirty-two pages. We have grown in size, but we have expanded our horizons, as well. The regular President and Executive Committee reports, the updates from ACER/CART and the Group of IX, and the Branch reports continue to provide information to our members. Announcements of and results of golf tournaments, curling bonspiels, and bowling tournaments keep us apprised of our fellow retirees' athletic endeavours. Our segments

– Wellness in Retirement, Travels with Retirees, Nova Scotia Crafters, Professional Development in Retirement, and Giving Back to the Community – give a broad perspective of what our colleagues are doing in their retirement years. The Feature Teacher pays tribute to individuals whom Branches have recognized for their contributions to the education profession, the NSTU, or the RTO. Scavenger Hunt gives all members an opportunity to win great prizes donated by generous sponsors. Not one page of this newsletter would exist without the contribution of the retired teachers of Nova Scotia. I have made it a practice to thank those directly involved - Gary Archibald, Colin Campbell, Marilyn Rodgers, Margie Morrison, Glynda Wimmer, Sonia Matheson, and Bill McLaughlin – and I will do so again. But the members of the Executive and the Branch Presidents who write all those reports are also to be thanked. And above all else, those 7000 retired teachers who receive this newsletter, who send in their compliments and concerns, and who provide their own articles to be printed in our newsletter are to be applauded for their contributions. Please keep them coming.

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

—Betty Anne McGinnis



On behalf of the Communications Committee, Chair Gary Archibald thanks Desktop Publisher Sonia Matheson for her exemplary work on the RTO newsletter.

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PROFESSIONAL DEVELOPMENT *after Retirement*

TEACHING IN CHINA

Ron Sampson is a retired teacher from Colchester-East Hants. He is now teaching in China and enjoying a completely new and rewarding experience. You can contact him at sampsonra1@hotmail.com or RTO-CEH@uniserve.com if you are interested in hearing more about his life in China.

This is my first day back from the one-month Spring Festival (Chinese Lunar Holiday) vacation. I teach in the largest Nova Scotia school in China, in Zhengzhou (pronounced “Jengjoe”), a smallish city of about 7 million which lies about a 2-hour fast train ride from Beijing and about a 5-6 hour fast train ride from Shanghai.

We are situated in what is called the North Central Plain area of China. A dry and usually smoggy city, Zhengzhou is constantly under construction, so the dust and the smog make for some interestingly ‘hazy’ days – over here, it’s called Chinese fog! In winter there is practically no snow - a dusting this year and perhaps 5 cm last year - and not much rain during the time we have been here. Usually pleasant weather. Very hot in May and June, and nice in September and October. I wear sneakers and shoes all year around!

Of course, some of the other school districts are different. Guangzhou (near Hong Kong which is tropical) contrasts sharply with Changchun which is north of North Korea and wintry. Michael Price is in Karamay, which is far north-northwest, much as Fort MacMurray is.



Henan Experimental High School, Zhengzhou, PRC

14 April 2015, The Retired Teacher

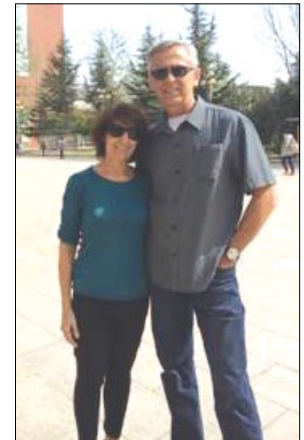
There are always positions open, both teaching and administrative. Here in my school, we will experience a bit of a turn-around next year as quite a few Nova Scotian teachers intend to move on. This will leave open positions in English, physics, math, and perhaps a couple of social studies and science positions.

Dawn and I live on campus, a convenient two-minute walk from the school; most schools have the same arrangements for staff.

The salaries are all over the board, from approximately \$35,000 Canadian for a new teacher to over \$70,000 for administrators. Keep in mind that there are virtually no other expenses! Free apartment, free return flight, and a small food allowance as well. One need only consider food, which is inexpensive, unless you want to buy international foods, which are readily available.

If you are looking for adventure and want to continue in your teaching career, I highly recommend teaching in China. Here you experience a different country, a different culture, and interesting people, while you enjoy the comfort of the profession with which you are so familiar.

—Submitted by Ron Sampson, Vice-Principal, Henan Experimental High School, Zhengzhou, PRC



Dawn and Ron Sampson in front of the school, outside our apartment.



A classroom with Grade 11 students in our Nova Scotia Sino-Canadian Program. Ron Sampson, Vice-Principal, Henan Experimental High School, Zhengzhou, PRC

rto.nstu.ca

SCAVENGER HUNT



Find the answers to the following questions and submit your entry to the editor by email bettyanne@eastlink.ca, or mail to Betty Anne McGinnis, 6571 Highway 1, Ellershouse, NS B0N 1L0. Prizes have been generously donated by NSTU, Medavie Blue Cross and Manulife. **Submissions must be received by May 15, 2015.** 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 October contest was **Roberta MacDonald**, Lunenburg Branch. Congratulations!

1. Who is the contact person for the Shannon Park-Wallis Heights reunion?
2. The Advance Care Planning Initiative recommends five steps including THINK, LEARN, DECIDE, and TALK. What is the last step?
3. The Glace Bay District Branch submitted the article for this month's Feature Teacher. Who is this woman?
4. Who is the Metro retiring Member-at-Large who has served the RTO as secretary?
5. Which Branch hosted the 2015 Curling Bonspiel?
6. The March Presidents' Meeting featured a guest who spoke about legal information. What is her name?
7. What is the RTO website address?
8. If you have a change of address, you must notify the RTO by contacting which NSTU receptionist?
9. Name one of the two Executive positions for which members will be voting at the AGM.
10. The Article in this issue from the NSTU Insurance Trustees stresses the importance of having what?

17th Annual Retired Teachers Golfing Tournament

Where: Truro Golf Club

When: Wednesday, September 9, 2015.
Shotgun start 1:00 p.m.

Deadline:

Applications, index or handicap and fees should be received by August 24, 2015. Please register early. Our cut-off number this year is 124 allowing for some spousal partners of retired teacher golfers.

Prizes: Overall Gross Tournament Winner
Overall Net Tournament Winner
1st Gross and 1st net in each division
Special Competition each Division.
Hole-in-One
Other prizes by Draw.

Format: Two Person Scramble
Five divisions A, B, C, Mixed & Ladies (if numbers permit)

Application Form: Available spring 2015 from RTO website - <http://rto.nstu.ca/>
or
RTO of Colchester-E.Hants - RTO-CEH@uniserve.com

Fee: \$70.00 per person - Please enclose fee & index or handicap with application.
Meal provided and lots of prizes.
Fund Raiser: Putting Contest with Prizes.
\$20.00 for meal for non-golfers

Golf Carts: Carts must be booked at pro shop (902-893-4650) – book early.
Power Carts are limited (30) but the course is flat and walker friendly.

Inquiries & Registration:

Chester Sabeau,
12901 HWY 2
Lower Onslow, NS B6L 5G1
902-897-7274
cdeesabeau@eastlink.ca

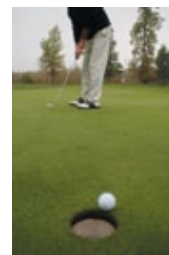
OR:

Bob Jordan - RTO-CEH@uniserve.com

Accommodations:

Host Motel is *Super 8 Motel* (902-895-8884).
Special Price \$99 per room per night, including free breakfast buffet.

We welcome both retired teacher golfers and their non-teacher spouses or partners to join us for a round of golf.



RTO Dinner & Annual General Meeting

May 21 & 22, 2015

The RTO AGM Dinner will be held at the Brightwood Golf & Country Club, School St., Dartmouth on Thursday, May 21, 2015 at 7 p.m. Buses will be available for transportation from the Delta Halifax Hotel at 6:15 p.m. to Brightwood and back at 9 p.m.

The Annual General Meeting will be held at the NSTU Building on Friday, May 22, 2015 at 9:30 a.m.

Accommodations: A block (RTO) of rooms in the name of "NSTU Retired Teachers Organization" has been reserved at the Delta Halifax Hotel for delegates requiring accommodations. The room rate is \$86 + tax. Please call the hotel at 1-800-268-1133 prior to **April 28, 2015** to make reservations and to book your room under the block. **You will need to show your RTO card at the hotel reception desk.** There is no direct billing, so all rooms must be paid for prior to checking out. Those who are eligible will be reimbursed after filling out an expense form. If needed, late checkouts will be accommodated upon request for Friday, May 22, 2015.

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

2015 RTO REGISTRATION FORM

Name _____
Surname _____ First name _____

Address _____

Postal Code _____

RTO Branch _____

RTO DINNER

_____ Yes, I will be attending the AGM Dinner at Brightwood Golf and Country Club on Thursday, May 21, 2015 at 7 p.m.

Guest(s) name (if any) _____

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

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

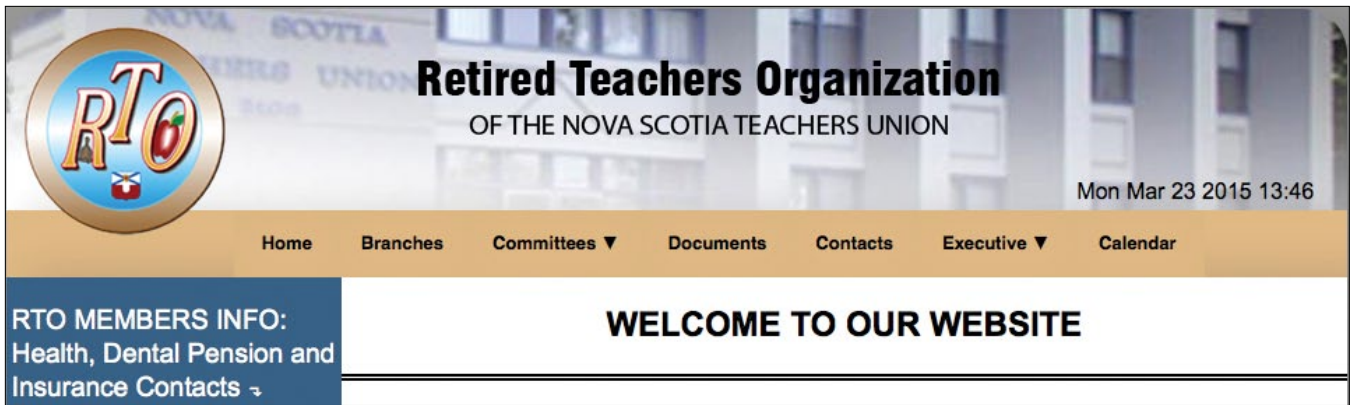
Dinner Ticket(s) _____ @ \$25.00/person = _____ (cheque/money order payable to RTO). **Tickets must be purchased by May 4th in order to determine numbers for dinner.** Dinner tickets in your name will be held and given to you when you arrive at the Brightwood Golf and Country Club.

RTO ANNUAL GENERAL MEETING

_____ Yes, I will be attending the AGM Business Meeting at the NSTU Building on May 22 at 9:30 a.m. A registration desk will be set up at 8:30 a.m. to distribute voting cards. Please bring along the AGM materials that will be mailed to you. Guest (is an RTO Member) will be attending the RTO AGM. Yes _____ No _____

Registration form and Dinner payment(s) must be received prior to May 4th.

Mail to: RTO AGM, 3106 Joseph Howe Drive, Halifax, NS, B3L 4L7



Your RTO Website ... rto.nstu.ca

Looking for NSTU retirement health or pension benefits? Interested in exploring the latest issue of *The Retired Teacher* Newsletter, or maybe the latest Deals & Discounts list available for RTO members, or volunteer opportunities for Retired Teachers in your area or travel benefits available for NSTU retired teachers? Been trying unsuccessfully to locate your paper copy of some retired teacher booklet or publication?

Look no more! Simply check out rto.nstu.ca

If computers are not your gig, simply provide a friend the above address rto.nstu.ca and let your “assistant”, as they say, do the walking, on your behalf.

It's a one-stop website portal to these items and makes many, many more retirement resources available to you simply at the touch of the keyboard.

There is a multitude of federal and provincial site links, and access to local RTO Branches, frequently accessed numbers, the RTO Legacy Charitable Foundation and RTO Executive contacts. All are updated on a regular basis.

Included in your website is a blank “Personal Inventory Brochure” designed by retired teachers, for retired teachers. Once downloaded, printed, completed, and saved, it provides you-or-yours immediate access to important personal information should something unexpected occur. Feel free to share it with your friends.

(I've been asked to do the impossible: Describe the RTO website in 150 words or less. Why not make my job possible. Pay a visit to: rto.nstu.ca)

—*Colin Campbell, RTO Webmaster*
colin@colinjcampbell.ca

Alumni Association of Nova Scotia Teachers College

Are you a NSTC grad? Are you an Alumni Association member?
Do you attend Annual Reunions?

Get (re)connected with your TC classmates and other grads.
Come to Truro for a fun weekend. **Join the Alumni Association!**

~ For more information ~

Email — info@nsteacherscollege.ca • Web — <http://nsteacherscollege.ca>

Twitter — @NSTCALumni • Facebook — <http://on.fb.me/1yfveX0>

Alumni Association of NSTC
P.O. Box 25005 - Truro, NS B2N 7B8

RTO Branch Presidents Conference March 10-11, 2015



Back: Roy Sturmy, Jack MacNeil, and Bernadette Hollohan. Front: Glenn Demone and Art Timmons.



Ross Thompson, Debbie Trask-Cushing, Maria Stewart, and Blair Boudreau.



Dave Jones, Cathy Anderson, and Phil Van Zoost.



Back: Real Deraspe, E. Margaret MacDonald, Front: Peter Mattatall, Barbara Burke, and Gail Walsh.



Vicky Parker, Dorothy Smith and Maria Stewart.

RTO Branch Presidents Conference March 10-11, 2015

The second RTO Branch Presidents Conference for the 2014-2015 year was held at the NSTU Building on March 10-11, 2015. All 23 Branches were represented by the Branch President or designate.

On March 11, 2015 Branch Presidents received an informative and thought-provoking presentation from Maria Franks, Project Consultant with the Legal Information Society of Nova Scotia. This presentation was a request by the RTO Research and Review Committee to provide information to the RTO Executive and Branch Presidents on legal issues affecting retired teachers.



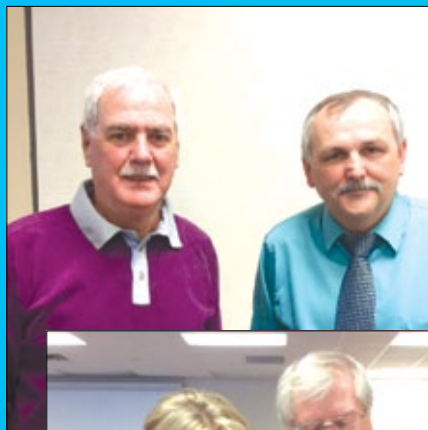
Bill Berryman and Maria Franks.

Maria provided all members with a copy of the document “*It’s In Your Hands: Legal Information For Seniors and Their Families*”, an excellent resource on legal issues affecting seniors. Maria spoke on three topics from the document – Health Care Treatment and Consent, Power of Attorney, and Wills. Members were impressed with her knowledge on these topics and asked many pertinent questions.

Maria indicated that she is available to present the contents of the document to RTO Branches, and some Branches have considered inviting her as a guest speaker at upcoming Branch business meetings.

Respectfully submitted,

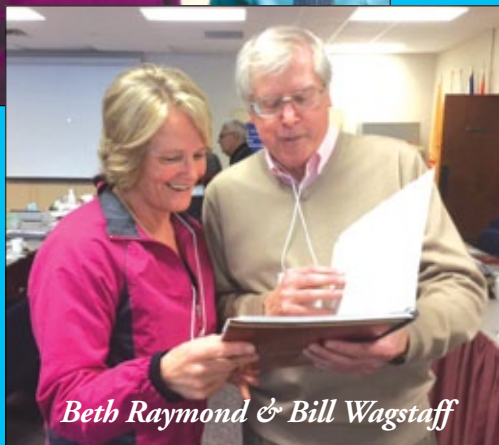
Bill Berryman



Jim Kavanaugh & Allan MacLean



Bonnie Mahaney & Bill Berryman



Beth Raymond & Bill Wagstaff



Bonnie Mahaney, Margeurite MacDonald, Vicky Parker, and Shirley Jeffery.

Branch Updates

DARTMOUTH BRANCH - On March 24th,



Ross Thompson, Beth Raymond, Outgoing Executive Member and Member-at-large Dorothy Smith, Mary Hammond, and E. Margaret MacDonald.

we hosted another enjoyable multi-Branch luncheon at Brightwood. About 115 “shack-wacky” RTO members from the four Metro Branches attended. Dorothy Smith, our outgoing Metro MAL, was recognized for her



E. Margaret MacDonald recognizes Dorothy Smith for her years of stellar service.

years of stellar service and support. Current and incoming presidents, their executives, and committee members were thanked for their commitment to our organization. All our volunteers are greatly appreciated. On Tuesday, May 5th, at our spring AGM, our new slate of executive officers will be finalized.



Multi-Branch Luncheon.

complete with festive music from the Bridgewater School Choir, was our most popular meeting of the past year with 100 guests in attendance. Besides musical entertainment, we bring in guest speakers who offer the membership information on a variety of topics. An instructor gave tips on Nordic Pole Walking, while the Emergency Measures

LUNENBURG BRANCH - Our Branch Executive and members have been very busy making plans for our six Branch meetings we hold each year. We continue to average 50 members at our meetings. Our Christmas dinner, Organization provided ideas on protection from flooding and how seniors can remain safe in their homes. At our upcoming April meeting we will have a presentation by Joan Parks-Hubley, Coordinator of Education and Outreach, Alzheimer’s Society of NS. She will present an overview on local services and talk about ways to maintain a healthy brain.



Glenn Demone leading discussion of the Lunenburg Branch resolution to the AGM.

We continue to support the Lunenburg Local NSTU and this year again we will supervise the Education Week Mall Display. We have been building better relationships with the Local and have been invited to send a representative to their Local meetings.

Our Branch publishes three Branch Newsletters each year and maintains a Branch website. Last year we formed a Social Committee which is busy making plans for a number of activities including a winery tour, shopping

Branch

Updates

trips, and theatre visits. The most successful activity was the September “Not-Back-to-School Breakfast”. In fact, it was so successful that this meeting will replace our annual September dinner meeting. This is traditionally a time when we welcome new members to our Branch and which will now be the highlight of the breakfast.

As a Branch we are pleased that the Provincial RTO is working with the NSTU and Johnson’s Insurance to provide us with an updated and accurate membership list. An accurate list will let us know who exactly belongs to our Branch and will assist us immensely with our Branch communications.

Our Branch tries to remain active at the provincial level. Over the past 2 years we have sent two resolutions to the Provincial AGM. Both of these resolutions dealt with the returning of more of our membership dues to the Branches. As we develop our next budget we hope to have more funds available to cover executive expenses incurred as we meet and plan for the many Branch activities we would like to offer to our members.

NORTHSIDE-VICTORIA BRANCH - Hopefully, by the time this issue of *The Retired Teacher* is published, spring will have truly arrived. Wow, what a winter! The hardest thing this year about being retired was missing out on all the school cancellations!

The Northside-Vic Branch tries to meet four times a year. Members are updated on provincial and federal items of interest or concern to retired teachers and the education system. Each meeting has a guest speaker, a meal, and a bit of socializing time - like all Cape Breton events!

This year’s inaugural meeting in September welcomed a mostly new Executive at the helm: President Cathy Anderson, VP Betty Farrell, and Treasurer Wayne Kenny who are all first-timers, with Norma Marsh returning to



Northside-Vic’s pride and joy, Helen MacDonald, shares a story with old friends at our RTO Christmas Celebration.

the Executive as Secretary.

Our Christmas Meeting was, as always, a joyous affair with a delicious turkey dinner with all the

trimmings - and dessert, of course! Our very own TC5, a ‘boy band’ of local, now-retired, teachers, delighted the large crowd with a pre-dinner show playing all the oldies, and closed out the meeting by leading us all in a delightful Christmas carol sing-along.



Members enjoying the Christmas program presented by the Bridgewater Elementary Choir.



World famous and justly popular “TC5” (in this instance, down-graded to TC4) entertain at Northside-Victoria’s RTO Annual Christmas Celebration.

Branch

Updates

Our RTs bring food items to every meeting which are then donated to one of the four local food banks. This Christmas, in addition to these donations, the Northside-Vic RTO made a very generous cash donation to each of the four local food banks. Teachers, even when retired, are still wonderfully generous and full of the Christmas spirit!



Past President Judy Whalen and her committee welcome members and sell even-split tickets at Northside-Victoria's February RTO Breakfast.

February's scheduled meeting is typically cancelled because of snow, but this year, the snowiest on record, we were actually able to make it! The Florence Volunteer Fire Department provided a scrumptious full breakfast. The mouth-watering aromas alone made it difficult to concentrate on the business part of the meeting.

One more meeting to go before we wrap up this 'school year'. With so much happening in the world today, sometimes one breathes a sigh of relief not to be facing a classroom of



Everybody gets into the festive spirit at Northside-Vic's RTO Christmas Celebration. Check out these Christmas Tree Ball Earrings!



Old friends and colleagues get a chance to catch up and to reminisce at Northside-Victoria's RTO Christmas Dinner Celebration.

students in the morning. But there are times when we wish we could be there to help try to make sense of it all to a developing mind. That, my dears, is the beauty and the anguish of being a retired teacher. Make the best of it. Happy summer, everyone.

PICTOU BRANCH - The RTO Pictou Branch held its General Meeting in the Community Room of the New Glasgow Superstore. *In the photo on the left - front row are RTO members Daphne Webster and Vicky Graham and in the back row Catherine Kohlsmith, Marjorie Fraser and Karen Sutherland.*

Branch

Updates



Sheila Reeves and Gerald Barrington.

The RTO Sydney and Area meets four times a year, usually at Brookshaven Hall, Alexandra Street, Sydney. Our mandate is to keep members informed of what is happening with the RTO at the Provincial and Branch levels concerning issues of health, pension, and benefits. At our Branch meetings, our guest speakers present information on important matters such as pension and benefits; the attractions, challenges, and insurances concerning travel; nutrition; social media protection; legal information; home heating; and many others issues that are pertinent to members. It is a great time to meet old and new friends and colleagues, win one of the many door prizes, and perhaps become the recipient of the even-split. We sincerely hope that you will attend these meetings. A special invitation is extended to the new retirees.

SYDNEY AND AREA BRANCH - The RTO Sydney and Area bids you a wish that the snow storms will soon end and the rays of sunshine will fall upon you. With so many storms, poor driving conditions, and challenged parking areas, our RTO Executive was forced to cancel preparations and planning for events such as curling and other activities. However, our April luncheon is on the agenda and members will be notified about the event. Members are also requested to keep in mind the Annual Dinner Meeting held in early June. Hope to see many of you at these events.



Fraser and Ann Kennedy.



Mary (Joseph) and Wayne Gentile.



David and Rosalie Lionais.

Branch

Updates



Left to right is Greg Mackenzie, Joe Larade, Bernadette Hollohan, and Dave and Rosalie Lionais, and Pauline and Conrad Larade

volunteered as a workshop trainee for the Cape Breton Area. Colleen Cash from Sydney, Executive Director of the NSHPCA, was the presenter. It was an important workshop that promoted the need for having a plan of action in case of serious illness or death.

Please remember that your RTO Branch welcomes any suggestions or plans for future activities. The Executive – Margie MacNeil, Diane Davis, Tina MacNeil, and myself – hope to see you all soon. Try to enjoy the weather because spring is upon us.

YARMOUTH/ARGYLE BRANCH - For the past 6 or 7 years the Yarmouth NSTU Local has invited members of the Yarmouth/Argyle Branch of the RTO to be speakers on their “Realities of Retirement” panel, addressing prospective retiring teachers about our impressions of life as retirees.

Each year members in different stages and conditions of retirement volunteer to share their joys and cautions of their varied experiences. They address issues including volunteerism, second employment, grandparenting, travel, budget on once-a-month income, downsizing, physical activity and healthy living, hobbies and new endeavors, changing family obligations, freedom from commitment, financial implications, and the RTO and its role.

The panel has been well received by the teachers. We keep getting invited back, and we continue to smile as we hear the many “Oh-you-look-so-relaxed-and-healthy-and-happy” compliments!

The Yarmouth NSTU Local has shown appreciation to the Yarmouth RTO Branch for the work its members do in volunteering at the Yarmouth Teachers’ Centre, participating in the Realities of Retirement panel, and becoming involved in many other projects.

Many valuable things are happening with the RTO provincially. The Nova Scotia Hospice Care Association has partnered with the RTO to train members around the province to act as presenters of the Advance Care Planning Initiative. The workshops were held on March 3 in Halifax at the NSTU building.

Margie MacNeil, Vice-President of our RTO Branch,



Patsy Blais



Rollie Hannem, Yarmouth NSTU Local President, is shown presenting a cheque to Wayne LeBlanc, Vice-President of the Yarmouth/Argyle Branch of RTO in appreciation for the work done by RTO members.



update

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 coverages.

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

You should review and/or designate a beneficiary for any of your life and/or accidental death & dismemberment 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, 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. Members Only website.

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2016 REUNION

Shannon Park-Wallis Heights

Many generations experienced a unique sense of community while living in Shannon Park and Wallis Heights. Families and friends formed and maintained life-long relationships. We share wonderful memories and our schools, classes, and teachers are part of those memories. Teachers from the 50's, 60's, 70's, and 80's who taught at Shannon Park Elementary School or John Martin Junior High School in Dartmouth may be interested in attending our Reunion in 2016.

Please check our **website** <http://shannonheights.webs.com/>
or contact **Patti Christie** at patti.christie@ns.sympatico.ca for more information.

CANDIDATES FOR RTO PENSION REPRESENTATIVE ON THE NSTU PENSION COMMITTEE

GARY ARCHIBALD



The Pension Rep for the RTO must be able to effectively work with many partners. My experience as President of organizations including the Canadian Library Trustees Association, the Nova Scotia Library Boards Association, the Yarmouth County Museum, Yarmouth Area 50+ Games, Yarmouth/Argyle RTO Branch; as RTO Member-at-Large for Southwest Region; and as Chair of the RTO Communications Committee has given me a solid background in working with many other partners, including various levels of government.

In all organizations there are people who are willing to offer opinions and assist with making their organization stronger. It is important to make it possible for them to take part and to have their voices heard. That would be a key part of my mandate should I be elected. Good two-way communication is essential. The RTO position on pension matters, once clarified, must

be made clear to the NSTU and Provincial Government. The NSTU Pension Committee is one vehicle that can be used to make our wishes known.

I believe my leadership skills and work ethic will enable me to serve as a strong Pension Rep. I ask for your support at the AGM.

—Gary Archibald



AL MacKINNON



Having been elected at the Annual General Meeting of the Retired Teachers Organization two years ago, I again offer myself as a candidate for the second term. For those of you whom I have not met, I am a former Commissioner of the, now defunct, NS Teachers' Pension Commission. Also, as an "active" teacher, I served as a member of the NSTU Pension Committee and I subsequently was the Inverness-Richmond representative on the NSTU Provincial Executive. It is actually difficult for me to think of any committee at the Local or Regional level that I did not sit as a chairperson or as a vice-chair.

You can be confident that your needs and wishes related to pensions and benefits are being represented to the NSTU and to government. However, this does not mean that our pensions and retiree benefits are not subject to attack. There always seems to be an egotistical "journalist," lurking in the shadows, waiting to trounce on the retired teachers and put our pension and retirement benefits on the chopping block. Recently, some news articles contained information that represents half-truths that might lead to the public drawing false conclusions about teachers and their pensions. We worked for decades for our pensions, we contributed funds for our pensions, and, in lieu of salary increases, we successfully convinced the government to contribute as well. We deserve every benefit that we are now reaping, but we must remain vigilant so that nobody attempts to erode these benefits.

I trust that you will allow me to represent retired teachers on these issues.

—Al MacKinnon

CANDIDATES FOR RTO TREASURER

FRED JEFFERY



Two years ago you gave me the opportunity to serve you as the RTO Treasurer. Today, I am asking you to permit me to serve another term. My term has been both challenging and rewarding. Like Pierre before me, I bring much knowledge about finances, budgeting, and reporting. I am involved in other matters of health, pension and programs of a retirement concern.

Of course, a treasurer is only one member of a strong team and I want to thank the Executive for their valuable help in all areas of finance. It's a privilege to work with this great group of leaders. They are totally committed to retired teachers. I would very much welcome another opportunity to serve as your treasurer.

Being a treasurer is making a strong commitment to excellence. It includes many long hours of work. You look after the Foundation as well as the Organization finances and you are accountable to the electorate who placed you in office. You prepare many reports on a monthly basis to keep the Executive informed and your concerns are shared. My experience has been positive and enjoyable. You can depend on me to get the job done with excellence.

—Fred Jeffery



DAVE JONES



My seven years as the Treasurer for Kings Local, two years as Treasurer of AVRRC, and five years as Secretary-Treasurer NSTU have given me considerable experience as a manager of finances. A background in computer technology (MEd) has allowed me to hone my skills with Excel and MS Word, as well as other software. The role of a Branch Treasurer is a difficult task. Many treasurers do not have the supports they need to fulfill their mandate. However, with my background I can provide these tools. As RTO Treasurer I would initiate an orientation session in the fall for Branch Treasurers looking at such items as budgeting, record-keeping, and generating reports. A communications network including an electronic newsletter from the RTO Treasurer would provide a 'go-to' forum

for Branch Treasurers. Branch Executives would be involved in the budgeting process of the Provincial RTO. Financial reports from the RTO would be more comprehensive and include notes to explain budget lines. I believe I have the expertise, along with some fresh ideas, to organize and manage the RTO's finances. On May 22, I ask for your vote in my bid for Treasurer of the RTO.

—Dave Jones

RTO RESOLUTIONS – AGM 2015

RESOLUTION #1 RTO Constitution

ARTICLE 5 – EXECUTIVE COMMITTEE

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

RESOLUTION #2 RTO Constitution

C. ELECTION OF MEMBERS-AT-LARGE

- i. Presidents (or designates) of each Branch will form a Regional Nominating Committee in each of the seven (7) regions.
- ii. The seven (7) regions comprising the following Branches are as follows:

<u>Cape Breton-Victoria</u>	Glace Bay and Area New Waterford Northside Victoria Sydney and Area
<u>Strait</u>	Antigonish/Guysborough Inverness Richmond
<u>Chignecto-Central</u>	Colchester-East Hants Cumberland Pictou
<u>Halifax Metro</u>	Dartmouth Halifax CPX Halifax City Halifax County
<u>Valley</u>	Annapolis Kings West Hants
<u>South Shore</u>	Lunenburg Queens Shelburne
<u>South West Shore</u>	AER- Baie Ste. Marie (Clare) Digby Yarmouth-Argyle



- iii. An Election shall be held prior to the 2011 annual General Meeting in the South Shore region for a three (3) year term and every two (2) years thereafter;
- iv. Elections shall be held prior to the 2011 Annual General Meeting in the Strait, Chignecto Central, Halifax Metro and South West Shore regions and every two (2) years thereafter;

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- v. — Elections shall be held prior to the 2012 Annual General Meeting in the Cape Breton-Victoria and Valley regions and every two (2) years thereafter;

RESOLUTION #3 RTO Constitution

ARTICLE 6 GENERAL PROVISIONS

1. RTO/NSTU LIAISON COMMITTEE:
That regularly scheduled meetings be held at least three (3) times per year between the ~~Executive~~ **Retired Teachers Organization** (President, Vice-President and Past President) and the NSTU (President, Executive Director or designate and the Assistant Executive Director or designate.)

RESOLUTION #4 RTO OPERATIONAL PROCEDURES

OPERATIONAL PROCEDURE 4 COMMITTEES

B. NOMINATING COMMITTEE

A) For election to Executive positions

- i. ~~The Executive shall appoint annually in September a~~ **The Nominating Committee shall be comprised of the Past President as Chairperson and the chairs of the Assessment, Research/Review, Communications, Membership, and Pension and Benefits Committees.**
- ii. The Nominating Committee shall call for nominations from active members by publishing in the fall *Retired Teacher* and on the RTO website a list of all **Executive** positions open for election that given year. At the fall meeting of the Executive and Branch Presidents, the Nominating Committee shall submit a list of all positions open for election that given year.
- v. The Nominating Committee shall provide candidates for Executive positions an opportunity to publish their platform in the spring *Retired Teacher* and on the RTO website. **The length of the articles shall be determined by the Editor of the Newsletter.**
- vii. — ~~The Nominating Committee shall provide the recommended names to fill the positions on Standing Committees to the Executive for their decision at the pre Annual General Meeting of the Executive.~~
- viii. — ~~The Nominating Committee shall report the names of all appointments to Standing Committees at the Annual General Meeting.~~
- ix. Members of the Nominating Committee shall be ineligible to run for ~~Standing Committees and~~ Executive positions for that given year. **Members wishing to run for Executive office shall resign their position on the committee.**
- x. — ~~Notwithstanding x ix, following an AGM, members of the Nominating Committee shall be eligible to be appointed to any of the following positions:~~
 - a. — Chair of a Standing Committee
 - b. — Secretary
 - c. — Member of the Finance Committee

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- B) For selection to RTO Standing Committees**
- i. The Executive of the RTO shall appoint candidates for positions on the RTO Standing Committees.**
 - ii. Members wishing to be placed on RTO Standing Committees shall complete the application form located in the spring edition of *The Retired Teacher* or on the RTO website no later than May 30th.**
 - iii. The Executive shall make a decision on membership of RTO Standing Committees at the June Executive Meeting.**
 - iv. Successful candidates selected to serve on RTO Standing Committees shall be notified by the President of the RTO no later than June 30th.**

RESOLUTION #5 RTO OPERATIONAL PROCEDURES

OPERATIONAL PROCEDURE 5 AFFILIATIONS

D.—General

~~Candidates for positions or representatives of committees must be members in good standing.~~

RESOLUTION #6 CUMBERLAND BRANCH

WHEREAS the RTO the official body representing the retired teachers of Nova Scotia has as their mission statement to: “advance, promote and protect the welfare of its members” and has been denied representation on the Board of Insurance Trustees.

BE IT RESOLVED that the RTO produce and make available to active and retired teachers this lack of representation on the Board of Insurance Trustees in an appropriate brochure and/or newspaper.

RESOLUTION #7 CUMBERLAND BRANCH

WHEREAS the RTO presently has no representation on the Board of Insurance Trustees and therefore changes made by the Board of Insurance Trustees occur without consultation as to how the changes may affect retired teachers.

BE IT RESOLVED that the RTO withdraw their support from actions in support of the NSTU until representation on the Board of Insurance Trustees be achieved.

RESOLUTION #8 LUNENBURG BRANCH

BE IT RESOLVED that 75% of any future budget surplus incurred by the Provincial RTO be divided evenly between all Branches of the RTO.

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

COMMITTEE APPLICATION
Deadline for Application – May 30th

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

Research/Review	<input type="checkbox"/>
Communications	<input type="checkbox"/>
Membership	<input type="checkbox"/>
Pensions & Benefits	<input type="checkbox"/>

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

[Please Print]

Name: _____

Branch: _____

Address: _____

Postal Code: _____

Telephone: _____

Email: _____

Signature

Please attach resume including the following:

RTO Branch Activities: _____

RTO Provincial Activities: _____

Other (Including NSTU Local or Provincial activities):

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

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

Committee Responsibilities

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

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

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

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

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

Retired Teachers Curling Bonspiel

The RTO Curling Bonspiel hosted by the Shelburne County Retired Teachers Organization was held at the Barrington Regional Curling Club, Sherose Island, Barrington, NS on Friday evening, February 20th and Saturday, February 21st, 2015. Eight teams competed in a two division "Round Robin" format with all teams playing at least three six-end games. Teams were comprised of local RTO and NSTU members. MLA Sterling Belliveau participated on one of the teams and there was a team from Liverpool and members from Pubnico and Argyle area. There were also a number of members who came to watch the games and enjoy the reception on Friday evening.

A Division Champions were locals Bob Malay,



Avril Malay, Bonnie Mahaney, President Shelburne County RTO, presented the championship trophy and 1st place prize to Bob Malay and team members, Avril Malay, Anne Lyle and Harvey Lyle.



Bonspiel Committee organizer, Wayne Mullins, conducting a raffle draw.

Runner-Up in this division was the team of Eliza Powell, Robin Crowell, Juliette Morton, and Carolyn D'Entremont.

B Division winners were the team from Liverpool consisting of Chuck Ernst, Christine Macpherson, Gordie Marshall, and John Armstrong. Runner-Up in B Division was the team of Earle Goodwin, Linda Goodwin, John Swim, and John Joyce.

Thanks to Wayne Mullins, Bonspiel Coordinator, and his committee of Valerie Mullins, Arthur O'Connell, Eliza Powell, David Langille, Jeff Gregory and Sue Daley. All those in attendance had a fun-filled two days of camaraderie and curling!

Thank you to the Retired Teachers Organization who provided monetary contributions through SEED money and to Manulife for providing their generous sponsorship.

The bonspiel was a great success and an opportunity for members to get together and enjoy some curling, great food and lots of reminiscing and laughs.

—Submitted by Bonnie Mahaney



Return undeliverable Canadian addresses to:
3106 Joseph Howe Drive, Halifax, N.S. B3L 4L7

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

