

# The Retired Teacher

Nova Scotia Teachers Union

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*From the Desk of the President...*  
*Jim Kavanaugh*

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

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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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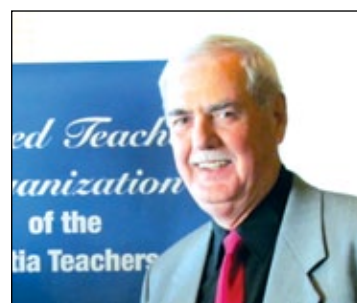


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**A newsletter for the retired teachers of Nova Scotia**

**A MEMBER OF ACER/CART**

On behalf of all RTO members, I would like to extend a warm welcome to the new teacher retirees who have joined the Retired Teachers Organization, and I wish each of you all the best in your retirement.



We encourage you to attend Branch meetings in your area and to support the efforts of the RTO as we work "... to advance, promote and protect the welfare of our members". It has been my honour and privilege to serve as RTO President for the past three years, and I look forward to this, my fourth and final year.

### **Wellness**

Pension and benefits remain the primary concern of the RTO. However, we feel that there is a lot more service we can offer our members in the area of wellness, that is, the importance of living an active and healthy lifestyle. Last year we introduced the Conscious Aging program, and Cathy Carmody presented a very successful day-long session to twelve interested retired teachers in the Halifax region. This same program is available to members in other RTO Branches.

In addition, we co-sponsored a training program with Hospice and Palliative Care Nova Scotia. Six retired teachers from various regions of the province took training to make presentations on Advance Care Planning. This past year, they made six presentations

*(continued on page 2)*

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*(President's Message — continued from cover)*

and the feedback was very positive. The call for these presentations has increased, and this year's plan is to have twenty presentations. To meet this demand, four more retired teachers will take training, and we are planning a refresher session for the original six trainees. RTO Branches interested in receiving this presentation should contact RTO Executive member Alyson Hillier at [hillieac@gmail.com](mailto:hillieac@gmail.com).

To further promote wellness this year, the Executive has asked the RTO Research and Review Committee to concentrate their research on this one topic. We are hoping that their work will lead to other wellness opportunities for our members.

At the 2015 AGM, on the recommendation of the Executive, a resolution passed establishing a \$10,000 Branch Programs/Initiatives Fund intended to encourage Branches to offer new programs and/or initiatives for their members. We shall present the guidelines and application procedure for this fund to Branch Presidents when they attend the first of three meetings on October 26 and 27.

### ***Teachers Pension Plan Trustee Inc. Appointment***

At the RTO AGM in May, the Executive introduced a resolution that passed unanimously, objecting to the NSTU's appointment of a retired teacher representative on the Teachers Pension Plan Trustee Inc. Board, one year prior to the position vacancy, without advertising or calling for applications, in accordance with their own Operational Procedures.

I wrote to NSTU President Shelley Morse on May 28, 2015 asking the Provincial Executive to rescind the original appointment and to post the position in accordance with NSTU's Operational Procedures. The Executive did not deal with my letter at the July Provincial Executive meeting because a number of members were absent. The matter was carried over to

the agenda for the Provincial Executive's September 18th meeting, but following that meeting we were told that a decision on the matter had been deferred to their October 16th meeting.

### ***RTO Golf Tournament***

A very successful and enjoyable 17th Annual RTO Golf Tournament was held at the Truro Golf Club on Wednesday, September 9, 2015. Randy Holmesdale and I were most pleased to represent the RTO Executive at this event. The weather was very good and every aspect of the tournament was extremely well organized. The host Branch, Colchester-East Hants, their President, Peter Mattatall, and the organizing committee, headed by Chester Sabean, performed their tasks in a superior manner and we thank them all. Teachers *Plus* Credit Union was the major sponsor for this event. Also, Johnson Inc. and the RTO, as usual, were sponsors. Additionally, many local sponsors contributed and we want to extend to all of the sponsors our sincere thanks for their ongoing generosity and commitment to this great annual event.



*Eileen Coady and Brian Noble and Wendy Woodworth review some of Brian's points on the Advance Care Program presentation made to the Yarmouth/Argyle Branch.*

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

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# Committee Reports

## Communications Committee

As the new Chair of the Communications Committee, I was pleased to meet with the committee on September 8 to begin our planning of the 2015-2016 year. Returning members Betty Anne McGinnis as editor of *The Retired Teacher* and Colin Campbell as webmaster were most helpful in advising us of the history, and of the many facets of the responsibilities and the accomplishments in past years. Welcome also to our other members, Vicky Parker, Margie MacNeil, and Glynda Wimmer.

Our mission is to publish three issues of *The Retired Teacher* during the year, to keep the website current, and to cooperate with Branches as they set up their own websites. Our members will liaise with Branch presidents to encourage submissions to the newsletter and the website.

Important deadlines for submissions to *The Retired Teacher* are January 18 for the February issue, and March 31 for the April issue.

Further meetings for the Communications Committee are scheduled for October 14, January 13, and March 9.

My personal thanks to Gary Archibald, the former Chair of Communications, who has given me so much information and guidance as I follow in his roles of Chairperson, as well as MAL for South West Shore.

Thanks also to the many Branches and members who have contributed articles, reports, and photos to this issue of the newsletter and to the website. This is YOUR newsletter, YOUR website, YOUR means of sharing. We are pleased that you are an active part of it.

—Submitted by Wendy Woodworth  
Chair, Communications Committee

## Membership Committee

The committee met on September 8, 2015 with all members – Herbert Seymour, Eileen Coady, Reg Johnston, Karen Sutherland, and Sharon Taylor – present.

### Items Reviewed:

- RTO Constitution, Article 3, Membership
- Application forms for Active, Affiliate, and Associative members
- Membership Committee Mandate
- Winter Travel Procedure
- 2015 AGM Membership Committee Report

### RTO Membership Committee Priority Goals for 2015-2016:

- Continue the correlation of the RTO Database with the Johnson's Database to make it as accurate and up-to-date as possible. This is a work in progress, and it is crucial to have it completed as soon as possible.
- Continue to update "The Wall" as necessary.
- Prepare retiree packages in the numbers needed by the Branches.
- Ensure the distribution of sufficient numbers of RTO materials to the Pension Services Corporation.

- Prepare materials for Branch Presidents' Meetings
- Promote and encourage RTO membership among current and newly-retired teachers.
- Prepare reports for the RTO newsletter.
- Promote usage and scheduling of RTO Banners.
- Perform tasks as directed by the RTO Executive.

### Recommendations:

- The Membership Committee recommends that the Provincial RTO Executive investigate out-sourcing/hiring a person to update the Provincial RTO database.
- The Membership Committee recommends that the Provincial RTO Executive look at the RTO Committee Meeting schedule with the idea of better spanning the year effectively so that meetings are not so close together in a new year.

### Little Reminders:

- Membership pins are available at \$5.00 per pin
- RTO Key chains with LED lights are available for \$2.00
- RDIF Wallets – out of stock right now

—Submitted by Herbert Seymour  
Chair, Membership Committee

# Committee Reports

## Nominating Committee

The following Executive positions are open for the term 2016-2018. These positions will be filled at the RTO/AGM in Halifax on May 20, 2016. The application forms are posted on the RTO website <http://rto.nstu.ca> and in the winter RTO Newsletter. To be an eligible candidate for these positions, one must file a notice of candidacy at the NSTU office c/o RTO Nominating Committee no later than February 29, 2016.

1. President – 2-year position
2. Vice-President – 2-year position
3. Members-at-Large:
  - a) Cape Breton-Northside-Victoria – 2-year position
  - b) Annapolis Valley – 2-year position
  - c) South Shore – 2-year position

**Deadline for nominations: April 30, 2016**

Branch Presidents must receive applications by April 15, 2016. Only one candidate per Branch is eligible. If in a particular Branch more than one candidate offers for Member-at-Large, then an election at the Branch level must be held by April 30, 2016. Only one name goes forward from the Branches. A Returning Officer (appointed at the February Presidents Meeting) conducts the election for Member-at-Large in the region, after April 30/2016. The Returning Officer calls a meeting of the candidates and three voting delegates from each participating Branch, conducts an election, and submits the winning candidate's name to: The RTO Nominating Chair, Randy Holmesdale, by May 15, 2016. Names of winning candidates will be announced at the AGM 2016 at the NSTU office.

—Submitted by Randy Holmesdale  
Chair, Nominating Committee

## Research and Review Committee

The RTO Research and Review Committee met September 8, 2015. The Eastern Canadian Retired Teachers Organizations (ECRTO) met in Halifax last October. The committee approved that Bill Wagstaff collate information from that meeting and report to the RTO Executive.

Last year's research findings were reviewed and discussed. The RTO Executive has requested that the committee's priority for this year be wellness. Last year the RTO began to promote wellness among our members and from this came the Conscious Aging Program. This committee will focus its research on all aspects of wellness. We will examine articles, activities, and programs available to seniors, and wellness grants which may allow the RTO and its Branches to access funds.

Committee members will contact municipal units in their area to find out the wellness services available

for seniors. They are also asked to research wellness activities and programs for seniors that are offered by other groups and organizations within Nova Scotia and across the country.

The Chair will contact the NSTU regarding services for RTO members available from them.

The Chair was also to present to the Executive the suggestion that available wellness services to members through Pensions and Benefits be emphasized to our members. This may be through *The Retired Teacher* and the upcoming Presidents' meeting. Our insurance plan provides support for chiropractic services, massage therapy, physiotherapy, and other services which contribute to the wellness of our members.

—Submitted by Jack Boyd  
Chair, Research and Review Committee

# Committee Reports

## Pension & Benefits Committee

The RTO Pension and Benefits Committee met on September 8, 2015 at the NSTU building. All members - Cathy Anderson, Linda MacNeil, Ross Thompson, Peter Lewis and Chair Gary Archibald were in attendance. Following welcome and filling out of various forms, a discussion of the mandate of the Committee included:

- Review each annual actuarial valuation
- Publish, at regular intervals, Pension & Benefits information for the membership via *The Retired Teacher*
- Thoroughly review each “Comprehensive Review” of the Pension Fund
- Review NSTU Council Resolutions related to the Pension Plan and make such recommendations as deemed appropriate
- Propose Pension & Benefit changes to the NSTU Pension Committee via the RTO Executive
- Upon invitation, participate in the annual meeting between the NSTU Insurance Trustees and the RTO Executive
- Keep informed of the workings of the NSTU Pension Committee via the RTO member on the Committee
- Study and report on items referred by the RTO Executive

There were three items arising from last year’s Committee which required action:

1. The RTO Executive was asked to report back on its study of the enhanced survivor pension benefits. It was agreed this committee was prepared to gather some background information for the Executive should it be requested.
2. There will be a review on the concept of a single tier pension plan for NS retired teachers.
3. The “What Happens at 65” document was circulated and members are to review it before it is given to the webmaster.

Binders containing a number of documents were given out to each member and were examined throughout the meeting. It should be noted that all except number one can be found on the web.

1. Chair’s notes of a report made to Branch Presidents by President Jim Kavanaugh on the background to the teachers’ pensions
2. NSTPP - Consolidated Financial Statements year ended December 2014
3. NSTPP Annual Report to NSTU
4. NSTPP - 2014 at a Glance
5. NSTPP Investment Reports (June 2014, March 2015, June 2015)
6. NSTPP Your Pension Connection - Summer 2015
7. Frequently Asked Questions NSTPP
8. NSTPP Survivor Options
9. NSTPP Cost of Living Adjustment
10. NSTPP Group Insurance Trustees Report to 2015 Annual Council
11. RTO Pension and Benefits Committee Report to RTO AGM 2015

### For further consideration:

1. It was agreed that the Executive or this Committee investigate the possibility of life insurance beyond age 65 as requested of the Group Insurance Trustees last year by the RTO Executive.
2. It was agreed we attempt to have speakers in to talk about various items dealing with pensions and benefits. It was suggested Allan MacLean be asked to review the NSTPP Annual Report.
3. Perhaps a look at the Deals and Discounts with the idea of expanding offerings beyond the Metro Area could be studied.
4. The issue of Johnson Inc. and the Group Insurance Trustees’ handling of the life insurance re: smokers and non-smokers should be considered by the RTO Executive.

—Submitted by Gary Archibald  
Chair, Pensions and Benefits Committee

# 17th Annual Retired Teachers Golfing Tournament – 2015

The Colchester-East Hants Branch of the RTO hosted the 17th Annual Golf Tournament for Retired Teachers on September 9th, 2015 at the Truro Golf Club. A 1:00 p.m. Shotgun-Start took place with eighty participants, sixty-four men and sixteen ladies.

Special guest participants included Steve Richard - President & CEO of Teachers *Plus* Credit Union; Paul Sarty - Johnson Inc.; Jim Kavanaugh - President RTO; and Randy Holmesdale - Past President RTO.

The major sponsor for the event was the Teachers *Plus* Credit Union. They provided goodie bags for all and a significant cash contribution. Other major business sponsors included Johnson Inc., Wilsons Gas Stops, Jost Vineyard and Labatt Brewery. Advertisers included two local politicians – Karen Casey MLA and Lenore Zann MLA. Our Provincial and Branch RTO, along with many businesses and individuals provided cash and prizes. We thank all for their support.

## We congratulate our winners:

Overall Low Gross        Wayne Burke & Rod Murray  
Overall Low Net         Louise Sabean & Ellen Sabean

### MEN — GROUP A (0 – 14):

First Gross        Wayne Burke & Rod Murray  
First Net         Jud Pearson & Reg Jewkes  
Second Gross     Wilf MacCormick & Gary Cox  
Second Net       Allan Burke & Steven MacDonald

### MEN — GROUP B (15 – 19):

First Gross        Curtis Cameron & John Young  
First Net         Phil Melanson & Gord McMillan  
Second Gross     Glenn Josephson & Jack Murphy  
Second Net       Steve Richard & Paul Sarty

### MEN — GROUP C (20+):

First Gross        Henry Shand & Don Brown  
First Net         Chester Sabean & Dale Sabean  
Second Gross     Malcolm MacKinnon & Gordon Marshall  
Second Net       Randy Holmesdale & Jim Kavanaugh

### MIXED GROUP:

First Gross        Brian Burley & Terry Zinck  
First Net         Bob Winship & Gloria Winship  
Second Gross     Becky Betts and David Betts  
Second Net       Charlie Gladwin & Jeannie Gladwin

### LADIES' GROUP:

First Gross        Ann Bholá & Charlotte Pauley  
First Net         Louise Sabean & Ellen Sabean  
Second Gross     Rosalie Fisher & Gay Pearson  
Second Net       Anne Marie Shifrer & DuGas

### Special prizes in the divisions were awarded for:

Longest Drive, Closest to the Hole, Closest to the Line, Closest to the Marker, and Longest Putt.

There were two (2) \$10,000 prizes available for two (2) Hole-in-One's, with no winners.

Ties were broken by retrogression.

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*(l-r): Randy Holmesdale, Steve Richard (TPCU) and Jim Kavanaugh.*

Golfers participated in a putting contest sponsored by B.R.A.I.N. Child. The winner was Bob Winship of Sydney Mines.

The tournament concluded with a chicken dinner with wild blueberry dessert served by the kitchen staff of the Truro Golf Club. Thanks to the staff for an excellent meal. We thank Truro Golf Club and Operations Manager Stuart Cox, and all other staff for their fine help in hosting this tournament.

The Colchester-East Hants RTO, the committee and I extend our thanks to all who participated and contributed in so many ways.

Any Branch that wishes to host the 18th Annual Retired Teachers Golf Tournament in 2016 should contact the Provincial RTO President Jim Kavanaugh for information and approval, so that early planning may begin.

*—Submitted by Chester Sabean*



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

## AGM Report June 4-6, 2015

The Annual General Meeting of the Canadian Association of Retired Teachers took place in Ottawa from June 5-6, 2015. A pre-AGM meeting occurred on the afternoon of June 4 at the Southway Inn, and the AGM followed at the Canadian Teachers' Federation Building June 5-6.

ACER-CART represents 13 retired teacher organizations from all provinces and the Yukon, with a total membership of 127,642, an increase of 2,299 members over the previous year. There is only one meeting of ACER-CART each year, and it also fulfills the role of an AGM. The meeting provides a unique opportunity for the Executive, Directors, and observers from the member organizations to discuss issues of importance, to share action plans, and to seek advice from colleagues. The objectives of ACER-CART are as follows:

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

In April, the Executive Director of ACER-CART sent out invitations to the Conservative Party, the New Democratic Party, the Liberal Party, and the Green Party requesting a speaker to present at the pre-AGM meeting on June 4. Each party was also provided a copy of the pamphlet "Vision of Canada – Working To Achieve A Caring, Consultative and Committed Canadian Parliament", developed by the Political Advocacy Committee, with the invitation. The Conservative Party did not send a representative and I provide the names of the speakers and a snapshot of what each of the three

other parties proposed in reference to the four themes in the pamphlet.

1. Green Party – Lorraine Rekman, candidate in Leeds-Grenville-Thousand Islands
  - ▶ Explicit standards in a new Canada Health Accord
  - ▶ Renew the Canada Health Council which was terminated by the Conservative Party
  - ▶ Enhance provisions and make mandatory an updated Canada Pension Plan
  - ▶ Facilitate a national pharmacare program with the provinces
  - ▶ Guarantee a living income
2. New Democratic Party – Irene Mathysen, M.P. London-Fanshawe
  - ▶ Establish a new Canada Health Accord
  - ▶ Make a national Dementia Strategy to be part of the Canada Health Accord
  - ▶ Hire more geriatricians and gerontologists
  - ▶ Double the provisions of the Canada Pension Plan over the next 35 years
  - ▶ Develop a national housing strategy for seniors with more flexible options
3. Liberal Party – John McCallum, M.P. for Markham-Unionville
  - ▶ Increase provisions of the Canada Pension Plan, but with moderation
  - ▶ Establish a new Canada Health Accord
  - ▶ Not prepared to establish a national pharmacare program at this time, but are prepared to discuss this with provinces
  - ▶ Prepared to provide catastrophic drug coverage plan for patients needing very expensive medications

The AGM commenced on June 5 with greetings from Cassandra Hallett DaSilva, Secretary General

*(continued on page 9)*



*(continued from page 8)*

of the Canadian Teachers' Federation. ACER-CART President Jo-Ann Lauber spoke on three initiatives in which she has been an active participant over the past year, in collaboration with other senior organizations. With the Canadian Association of Retired Persons, the Congress of Union Retirees of Canada, and forty other signatories, ACER-CART has joined the Seniors Vote Campaign. ACER-CART is also engaging with the National Association of Federal Retirees which is the lead organization in the Canadian Coalition for Retirement Security, a collaboration formed to protect public and private sector employees' accrued health and retiree benefits. As well, ACER-CART is actively supporting the work of the Canadian Medical Association in the Alliance for a National Seniors Strategy to persuade the government elected in October 2015 to initiate the implementation of a national seniors care strategy.

President Jo-Ann also presented a research study she conducted entitled "The Need for More Geriatricians". This study was in response to the 2014 AGM resolution that ACER-CART encourage its member organizations to work together to initiate appropriate advocacy to address the shortage of geriatricians and gerontologists in Canada. I provided copies of the research study to Minister of Health and Wellness, Honourable Leo Clavine, and Deputy Minister of Seniors Simon d'Entremont at a meeting on July 15, 2015. Both individuals were impressed with the information and will be following up with Dalhousie University School of Medicine in an effort to have more medical students consider becoming geriatricians.

Delegates received written reports with an opportunity to ask questions of the Executive Director, Communications Committee, Health Services and Insurance Committee, Pension and Retirement Committee, Political Advocacy Committee, Nominations and Elections Committee.

All member associations were required to submit an annual written report on their activities over the past year and all were given an opportunity to supplement this with additional comments and to respond to questions. These presentations were very worthwhile and they provided participants an opportunity to examine the workings and activities of the 13 member organizations. It was interesting to note two common threads from

all organizations – defined benefit pension plans being replaced by shared risk plans, and the increased costs in health care and pharmaceuticals.

The following resolutions were approved by delegates:

1. That the current Facebook account be discontinued.
2. That ACER-CART encourage its members to support social media communications regarding the political advocacy work that is intended for the October federal election.
3. In the event that Past President or Vice-President is unable or unwilling to complete his/her mandate, the Officers shall appoint another officer.
4. In the event that a Regional Representative is unable or unwilling to complete his or her term, the remaining officers shall appoint another Regional Representative of that region, from nominations received from Members of that Region.
5. That ACER-CART lobby the federal government to take a leadership role and work with the provinces to ensure, through a national housing strategy, that affordable and supportive housing is available to all Canadians.
6. That ACER-CART become a partner with McMaster University in the "Optimal Aging Portal" project, and further that we recommend same to members.

On June 5, delegates were provided information on two campaigns in the upcoming October federal election from Susan Eng, Vice-President Advocacy, Canadian Association of Retired Persons and Rosemary Pitfield, Director, Advocacy and Communications National Association of Federal Retirees.

Susan Eng spoke on the Seniors Vote Coalition. Prior to the presentation of the Parliamentary Budget on April 21, the Coalition prepared and sent an open letter to finance ministers and finance critics across Canada. It outlined the needs of Canadian seniors and requested budgetary considerations on their behalf. The Budget did address matters such as the Registered Retirement Income Fund mandatory withdrawal at age 71, an increase in the Tax Free Savings Account and increased support for caregiver leave. Seniors Vote intends to work during the upcoming federal election to alert political parties to other issues deemed to require committed federal leadership – a national pharmacare program, a

*(continued on page 10)*

*(continued from page 9)*

universal pension plan, a new Canada Health Accord and a national Dementia Strategy. The coalition will raise awareness of senior issues by coordinating country-wide activities marking the United Nations Day of Older Persons on October 1, 2015.

Rosemary Pitfield spoke on the “A Deal Is a Deal” campaign. Public and private employers, the campaign holds, must honour existing pension commitments made to pensioners and employees, and accrued pension benefits should not be changed. It is the position of the Coalition that pensions are deferred wages whose payment has been committed by the employer in exchange for the employees’ years of service. Thus the Coalition is working to resist the Government’s intention to introduce legislation permitting the shift by employers from defined benefit pension plans to shared risk plans – defined contribution pension plans with set targets.

On June 6 there was a presentation from Richard Harrison, Vice-President Plan Benefits, Johnson Inc. on seniors’ travel trends and its effect on Medoc Travel Insurance. Mr. Harrison provided information on why seniors are not accessing travel insurance and the major factors affecting the increases in claims. He believes that seniors will be taking fewer and shorter trips out of Canada because of the costs and evolving exchange rates and world events. He also indicated that medical inflation and the changes in policies and medical evidence will have a negative impact on the cost of travel insurance.

In the financial report, delegates approved a budget of \$60,600 for 2015-2016 with no fee increase from member organizations.

Elections for officer positions on the ACER-CART Executive were conducted and the following were elected by acclamation for the 2015-2016 year: President Jo-Ann Lauber (BCRTA), Vice-President Brian Kenny (RTO/ERO), Regional Representative East James MacAulay (PEIRTA), Regional Representative Ontario Norbert Boudreau and Regional Representative West Wayne Hughes (RTAM). Dr. Tom Gaskell (RTO-NSTU) will continue as Past President of the organization over the next year.

In closing, the incoming Executive presented the following priorities to guide them in the 2015-2016 year.

1. Continue to foster and engage in alliances that promote the goals, policies, and values of ACER-CART.
2. Employ effective advocacy strategies to amplify the voice of ACER-CART and engage Members and their membership in the political process.
3. Develop a strategic plan.
4. Continue to share information and to work in close collaboration with Members.

*Respectfully submitted,  
Bill Berryman*

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## Advance Care Planning Program



*Colleen Cash of the Nova Scotia Hospice Palliative Care Association with Alyson Hillier, Chair, RTO Program Committee. At a September meeting, Colleen addressed the RTO Executive with an update of the Advance Care Planning Program. There are plans to train additional RTO members to be trainers in the near future.*

## New Members-at-Large



*New Members-at-Large (l-r): Wendy Woodworth (South West Shore), Al MacKinnon (Strait), Alyson Hillier (Halifax Metro), and Jack Boyd (Chignecto-Central).*

*Winston Churchill loved paraprosdokians, figures of speech in which the latter part of a sentence or phrase is surprising or unexpected.*

- ❖ *Where there's a will, I want to be in it.*
- ❖ *The last thing I want to do is hurt you, but it's still on my list.*
- ❖ *Since light travels faster than sound, some people appear bright until you hear them speak.*
- ❖ *If I agreed with you, we'd both be wrong.*
- ❖ *War does not determine who is right - only who is left.*
- ❖ *Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.*
- ❖ *They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.*
- ❖ *To steal ideas from one person is plagiarism. To steal from many is research.*
- ❖ *I didn't say it was your fault, I said I was blaming you.*
- ❖ *A clear conscience is the sign of a fuzzy memory.*
- ❖ *You do not need a parachute to skydive. You only need a parachute to skydive twice.*
- ❖ *Money can't buy happiness, but it sure makes misery easier to live with.*
- ❖ *I used to be indecisive. Now I'm not so sure.*
- ❖ *You're never too old to learn something stupid.*
- ❖ *Nostalgia isn't what it used to be.*
- ❖ *Change is inevitable, except from a vending machine.*
- ❖ *I'm supposed to respect my elders, but now it's getting harder and harder for me to find one.*

## ~ THE WALL ~

The Retired Teachers Organization (RTO) has a display wall at the NSTU building. It is on the second floor, Room 208 – near the large meeting room. This display provides information about the RTO and how it works on behalf of retired teachers. It also showcases retired teachers.



Retired teachers are a large group of busy people who do many interesting things – volunteering, working, organizing activities, travelling. The RTO Wall is a great place to post pictures and information about our organization. The Membership Committee asks the Branches to contribute to this endeavour by sending contributions to the Committee. We look forward to receiving your input so that we can all share in the activities. If you send a picture, please attach the names of those in the picture and briefly describe the event pictured. This will make your picture of more interest to others. You can e-mail the photos to the person below; there is no need to send a hard copy. If you have a smart phone, just “click and send”. We will do the rest!

The Wall is updated on a regular basis, whenever information is provided by Branch Presidents or any member of the Organization.

**CONTACT: HERBERT SEYMOUR**  
**13240 Highway 3,**  
**Upper LaHave, N.S. B4V 7C5**  
**Email: hseymour@eastlink.ca**



*Jim Kavanaugh (RTO President); Bill Berryman (RTO Vice-President); Allan MacLean (NSTU Assistant Executive Director); and Randy Holmesdale (RTO Past President).*

# FEATURE TEACHER

## CAROLE SPICER

Our “salt of the earth” colleague was born in Pugwash to Mark and Jean Gillis, a sister to Evans, Lloyd, and Allison. Her brothers, Lloyd and Allison, also became well-respected educators. A proud graduate of Mount Allison University, Carole received her BA and BEd degrees in 1955/56. In the fall of 1956, she began her teaching career with two years at Armdale Junior High School. For the next two years, she taught at the original NS School for the Deaf on Gottingen Street. With the opening of the new Inter-Provincial School for the Deaf, she and her husband, Marven Spence, moved to Amherst. Carole enjoyed teaching the General course to Grades 10 and 12 at Amherst Regional High School. Prior to Marven’s passing, they raised a wonderful family of five - Dorothy, Sherry, Pam, Graeme and Mark.

In December of 1970, Carole moved to Dartmouth with her husband, Cyril. She began subbing, mainly at Park and Hawthorn Schools. Soon their daughter,

Jean, completed the family circle. New training in the field of Special Education offered her fulltime opportunities to show her skills at Penhorn and Mary Lawson Schools. Her response to her job interviewer, ‘All I can tell you is I’ll love these children’ won her this position of trust and respect. Gales of laughter still resound as she recalls her teachable moment of sharing “The Little Red Hen” filmstrip and storybook with her Special Ed class, Pauline and Louise by her side. She repeated the hen’s plea with gusto, several times, “Who will help me?”. Her jewel of a pupil replied with equal fervour, “J---- C-----, will someone help that hen!!!!” Carole retired from her last Grade One class at Shannon Park School in 1994.

Despite being diagnosed with macular degeneration in 2010, Carole remained undaunted with her upbeat spirit and positive outlook on life. Although she went to the CNIB to seek guidance for her visual handicap, she ended up becoming a valued contributor to their support group seminars. By sharing her life’s examples of determination and active living, she is a source of inspiration and encouragement to others facing this loss of independence. Check out her lovely smile on the Almon Street CNIB building window, depicting her with a batch of her freshly baked cookies. With the help of her close friend, chauffeur, and reading



*Carole Spicer with former Hawthorn School staff.*



*Feature teacher Carole Spicer with former Penhorn School Staff.*

*(continued on page 13)*

*(continued from page 12)*

buddy, Cliffe, Carole enjoys shared-reading a good book, *All the Light We Cannot See*.

Ten bright and interesting grandkids, 7 to 22 years of age, add excitement, babysitting jobs, and calls for homemade treats. Carole's musical talents are shared in the choir each week at Stairs Memorial Church. Her active role in UCW and the life of her church community is duly noted. With her strong zest for life, she still finds time to keep limber with long walks on the boardwalk. Her cottage at Breezy Corner on Amherst Shore has afforded many fond memories of fun, family gatherings, and relaxing retreats. Over the past thirty years, Carole has been a jovial member of our Hawthorn get-togethers. Carole's giving spirit has shown through in her volunteer work. Whether helping with the breakfast program or baking fruit cake for the church sale, Carole can be counted on to willingly lend her support.



*Carole Spicer with her Feature Teacher display from her Branch.*

May all you have done to improve or uplift the lives of others come back to you tenfold, Carole. Enjoy your future retirement years blessed with health and happiness. Remember, we hold you in our debt for your wisdom, strength of character, teaching skills, and strong faith. Seize the day. God bless you.

—Submitted by  
E. Margaret MacDonald  
Dartmouth Branch RTO

[rto.nstu.ca](http://rto.nstu.ca)



*Carol Spicer with former Superintendent Reid Harrison and Mrs. Harrison.*

## 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](mailto:patti.christie@ns.sympatico.ca)  
for more information.

## Retired—and still part of our family.

Things change when you retire. Some ease into a slower pace of life. Others can't imagine how they ever found time to work—let alone teach school. Working or retired, you're part of the family with Johnson Insurance and that means you have access to a variety of industry-leading insurance products and services.

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At Johnson, we're proud of our relationship with the Nova Scotia Teachers Union and the Retired Teachers Organization, and the part we play in helping to serve the needs of educators in this province.

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### RTO Members Contact Update

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

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

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

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

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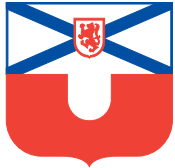
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NSTU  
INSURANCE TRUSTEES

update

## Travelling Soon? Don't Leave the Country/Province without Travel Insurance

For many years now, the NSTU Group Insurance Trustees have made available to both active and retired members, a competitively priced Out-of-Province/Canada Emergency Medical Insurance Program. The MEDOC® Travel Insurance Plan offers NSTU members complete coverage for your travel insurance needs.

The Provincial Health Insurance Plan provides limited basic coverage while members travel outside of the Province. However, this coverage is not enough. If you have a medical emergency while travelling out of Province or outside of Canada, costs can easily escalate and cost thousands of dollars.

Some covered expenses under the NSTU MEDOC® Group Travel Plan include prescription drugs, x-rays, nursing services, air emergency transportation or evacuation, emergency dental services, bedside transportation, repatriation, return of vehicle, and board and lodging. The MEDOC® Group Travel Plan provides year-round coverage from September to August. With a 35-day annual Base Plan, you are covered for an unlimited number of trips up to 35 consecutive days per trip during the policy year. For longer periods of travel, you can purchase a Supplemental Plan for additional protection to cover the period of time that you will be away. The Supplemental Plan provides coverage for one single trip longer than 35 days and includes the annual Base Plan coverage. Premium payments are made through monthly payroll or pension deduction to the policy renewal, which is September 1.

### NSTU Trip Cancellation/Trip Interruption Plan

The NSTU Trip Cancellation/Trip Interruption Plan is also available to active and retired NSTU members. This plan helps protect travellers against unforeseen circumstances that may prevent or discontinue a trip. Coverage highlights of this plan are:

**Annual Plan** - once enrolled coverage is in place from September to August.

**Trip Cancellation** - up to a maximum of \$5,000 per insured person per annual coverage period.

**Trip Interruption** - up to a maximum of \$5,000 per insured person for each covered trip.

Up to a maximum of \$3,500 for lodging, meals, car rental, telephone calls and taxi costs (\$350 per day).

Up to a maximum of \$1,000 for loss of, or damage to, baggage and personal effects during a covered trip.

**Personal effects** – actual cash value or \$500, whichever is less.

**Document replacement** – up to a maximum of \$200.

**Baggage Delay** – up to \$400.

You must be enrolled in the MEDOC® Group Travel Plan to apply for Trip Cancellation/Trip Interruption coverage. You will be enrolled with the same level of coverage as the MEDOC® Group Travel Plan.

It is easy to enroll!!! Just contact Johnson Inc. at the numbers below for the application form(s). *If you have any questions, please call Johnson Inc. at 453-9543 (local) or 1-800-453-9543 (toll-free).*

*(Reprinted from The Teacher, January/February 2015)*

**For more information on  
RTO News & Events visit the RTO website at:  
<http://rto.nstu.ca>**



## Imperial China—

*A Land of Beauty & Mystery*

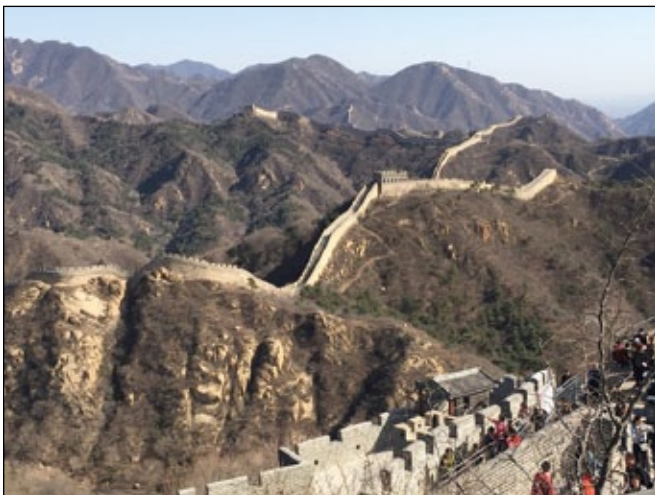
**Beijing - Xi'an – Chongqing - Yangtze River – Jingzhou**

**– Wuhan – Suzhou – Shanghai**

China had not even made my top-ten list of places to visit, but with a little research and the opportunity to travel half way around the world with great friends at a ridiculously low cost, I was in! Little did I know that this fifteen-day tour would become one of my most treasured experiences.

Flying into Beijing (direct from Toronto) on that early March 22nd afternoon was unforgettable. There it was! The Great Wall meandering across miles of mountainous terrain. Soon we would experience it firsthand, but before revealing the trip highlights, one of the most fascinating phenomena was the traffic in this city whose population tops twenty-one million! Six lanes of vehicles crawled along the highways as our tour bus drivers expertly managed to maneuver our buses to our many destinations. In the city of Beijing, because there are so many cars on the road, the government limits the number of drivers. License plates ending in a specific number are banned from driving on certain days. The tour guides marveled at our group's fixation on the traffic situations throughout the trip. What entertainment for both parties!

After meeting our fellow travellers and main tour guide, Yu (pronounced You), we indulged in a wonderful Chinese meal that I am sure was tempered to suit our Western tastes. We were in competent hands. By the trip's end, the thirty-five of us on the tour and Yu had become great companions. Yu was extremely attentive and protective of all of us, and because of his care and concern, we felt very safe on the streets of China's cities.



**Views from the top reveal the grand expanse of The Great Wall.**

**16 October 2015, The Retired Teacher**

The excursion to the Great Wall was fascinating. The incredible facts you can research on your own. The practical facts include wearing a good pair of walking shoes, and at this time of year, a windbreaker jacket and comfortable pants. We entered at Badaling, the most popular section of the Great Wall for visitors. It swarmed with tour groups and tourists who adorned our photographs. It was a vigorous walk to the lookout area that took about an hour's climb. There were areas with stone steps of varying heights and smooth inclines. A good set of lungs is a great asset. As you absorb this amazing wonder, you are overcome with awe at the sheer magnitude of this human undertaking.



**Excavation site of Terra Cotta Soldiers.**

Our three-day stay in Beijing included a visit to the Ming Tombs. Thirteen emperors of the Ming Dynasty (1368-1644) have been buried in the tombs and approximately 23 empresses along with princes and princesses. Then on to Tiananmen Square where over a million visitors gather on National Holidays. The Temple of Heaven and Forbidden City provided fascinating stories of China's ancient history. Beauty abounds at the Summer Palace (Imperial Garden in the Qing Dynasty) and a closer look at China's everyday way of life was revealed at the Hutong, a compound with buildings around a courtyard where old Beijing residents lived. The pearl factory provided an overwhelming shopping opportunity. We ended this leg of the journey with a cultural experience at the Peking Opera. The opera, for many in our group, became fodder for ongoing jokes and reenactments.

*(continued on page 17)*

*rto.nstu.ca*



*(continued from page 16)*

A short flight took us from Beijing to Xi'an. I was not aware of the impact this part of the tour would have on me. We first toured a jade factory, which was a great stop to buy jade jewelry and other wares. We went on to spend a thrilling day exploring the excavation site of the resident army of eight thousand terra cotta soldiers. The Terra Cotta Army is one of the most amazing sights I have ever witnessed in my life. This massive excavation of life-like soldiers equipped with weapons, chariots, and horses is impossible to paint in words. Once again, I was overcome with awe at the sheer magnitude of this human undertaking.

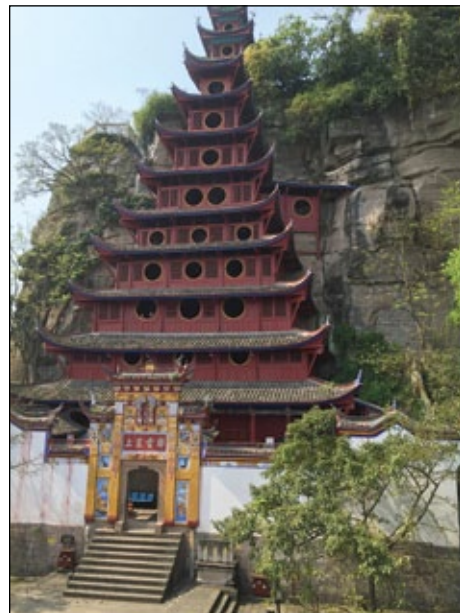


***Night life on the Yangtze River.***

Before flying to Chongqing and embarking on our five-day Yangtze River cruise, we enjoyed the pandas at the local zoo on our only day of light rain. The Century Diamond riverboat provided spacious accommodations and balconies in every cabin. The resident traditional Chinese doctor on board treated our varying ailments and I will attest that my back continues to feel better than it ever has. The staff was very accommodating and provided friendly service.

Life on the Yangtze River is ever-changing. From cities bordering the shores, to the ancient sites of Shibaozhai (Red Pagoda) and Fengjie (White Emperor City) and the majestic Three Gorges, the views were in constant transition. The river provides a highway for barges carrying coal and various materials as well as for brightly lit party boats after dark. This part of the tour provided a slightly slower and welcomed pace.

After a glorious five days of smooth sailing under sunny skies and warm temperatures, we disembarked at Jingzhou and flew to Shanghai. On our way to the city we visited the beautiful Liu Garden, then on to the Shanghai Museum.



***The Red Pagoda, a Buddhist Temple along the Yangtze.***



***Soaking up the sights in Shanghai on Nanjing Road.***

Viewing a well-preserved corpse that was buried for two thousand years was somewhat surprising.

Shanghai provided a more modern flair, with great shopping including high-end fashion stores along the busy Nanjing Road. Our visit to the silk factory was certainly the highlight for many shoppers on our tour. Beautiful silk duvets and comforters could be well packaged in order to make the trip home. A visit to The Bund at night provided a spectacular light show emanating from the high-rise buildings across the water.

A few final bits of information I must share include the beautiful five-star hotels in every city; all meals, flights, and river cruise included in the tour package; well-organized and knowledgeable tour guides; and street vendors that provided Wayne and our group with hours of entertainment.

Thank you to my great friends, Jan Fraser and Wayne Burke, for convincing me to accompany you on this trip and being such great travel companions. Thanks to Gerry Elliott and Joan Langille for your friendship and entertainment.

Check out Sinorama Holidays at 1-888-577-9918 or [www.sinoramaholidays.com](http://www.sinoramaholidays.com) for more information.

—Submitted by Rhonda Fry  
West Hants Branch RTO

# RTO Annual General Meeting & Dinner 2015



Retired Teachers held a successful Annual Meeting on May 21-22, 2015. The RTO Table Officers, under the leadership of Dorothy Smith, RTO Secretary and Member-at-Large Halifax Metro, acted as the Planning Committee for this year's event.

Because of the overwhelming success of the past two years' dinners the night before the Annual General Meeting, the Planning Committee decided to continue the tradition. Over 90 members attended the dinner at Brightwood Golf Club in Dartmouth on the evening of May 21, 2015. Presentations were made to outgoing Members-at-Large George Landry (Strait), Peter Lewis (Chignecto-Central), and Dorothy Smith (Halifax Metro). A reception followed dinner at the MacDonald-MacNabb Suite at the Delta Halifax.

The Annual General Meeting took place at the NSTU Building on May 22, 2015 with 72 delegates in attendance. The President of the RTO, the RTO Pension Representative on the NSTU Pension Committee, the Seniors Advisory Council of Nova Scotia (Group of IX), the Canadian Association of Retired Teachers (ACER-CART), NSTU-RTO Liaison Committee, and all RTO Standing Committees submitted reports and replied to any questions. An election for the position of RTO Treasurer was held and the incumbent, Fred Jeffrey, was the successful candidate. The second election was unnecessary as Gary Archibald was acclaimed as the RTO Pension Representative on the NSTU Pension Committee.

Delegates debated eleven resolutions of which seven were carried, two were defeated, and one was withdrawn. Three resolutions involved changes in the RTO Constitution and two resolutions dealt with changes in the RTO Operating Procedures. One of the resolutions carried requests the RTO to produce and make available to active and retired teachers in an appropriate brochure or newspaper the lack of RTO representation on the NSTU Insurance Trustees. Another resolution carried was to request of the NSTU that it rescind the motion that was passed at the December 18, 2014 NSTU Provincial Executive meeting on the three-year appointment of the Retired Teacher representative on the Teachers Pension Plan Trustee Board, and a call for applications through The Teacher and the NSTU website to take place in the Fall of 2015.

*Respectfully submitted,*  
*Bill Berryman, Chair, RTO Resolutions Committee*





# Branch

# Updates

**AER BAIE SAINTE-MARIE BRANCH** - Our Branch decided to honour retirees who have reached the milestone of 100 years. On December 20, 2014, three retired teachers interviewed the following centenarians regarding their careers: Edith Thibodeau, 100 years old; Elizabeth Comeau, 105 years old; Eugenie Thibault, 100 years old.

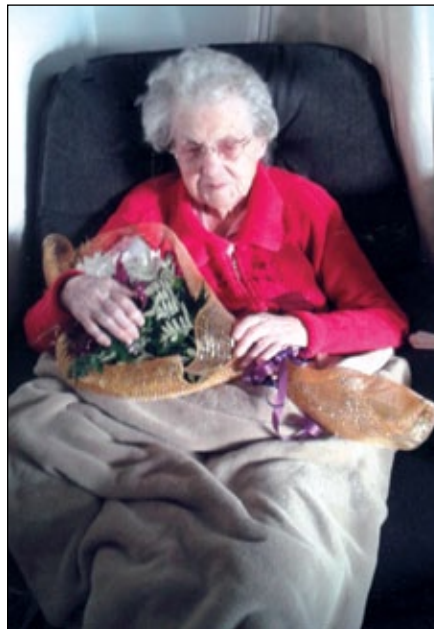
## *Edith Thibodeau*

was born on December 20, 1914. She still lives in her own home most of the year, but spends winters at a boarding house in Yarmouth. Her first teaching job was in Larry's River, a small community not



far from Guysborough. She taught primary there for one year. Her salary was approximately \$300 a year and she paid \$2.50 per week for room and board. At that time a pair of shoes cost \$1.98. She taught early elementary for most of her career in locations that include Wedgeport, Meteghan River, and Church Point. In total she taught 36 years. One of her favourite pastimes is playing bridge with friends.

*Elizabeth Comeau* was born in December of 1909. Although she is now blind and has hearing problems, she told us lots of stories about her teaching career. Her first teaching job was in Saint Martin in a one-room school with all grades from primary to ten. Thirty students attended that school. It was the first time that Grade 10 had been taught there. During the Depression, wages were lowered. She earned \$150



a year and paid \$3.00 a week for room and board. One year she had three pairs of twins in her class. Camillette Doucet, a member of our RTO Branch, was one of her students. Elizabeth is so pleased that she taught at the new school in

St. Alphonse. Her last teaching job was in Meteghan.

## *Eugenie Thibault*

was born May 2, 1914. She was from Comeauville. Her first teaching job was at Briar Lake in a one-room schoolhouse. At that time she earned \$250 a year and paid \$2.50 per week



for room and board. She taught in Salmon River, Lake Doucette, and St. Alphonse. She taught mostly primary, and Grades 1 and 2 in a career that spanned thirty-seven years. At the time of our visit, she had recently moved to La Villa Acadienne from Cottage Celeste, where she had resided for ten years. On March 1, 2015, Eugenie passed away.

# Branch

# Updates

**ANNAPOLIS BRANCH** - Since the last RTO newsletter, members of the Annapolis Branch of the RTO attended the NSTU Retirement Banquet at the lovely Annapolis Basin Conference Centre on June 7. President Neil MacNeil welcomed the “soon-to-be-retired” teachers and presented them with packages, as well as an invitation to attend our “Not Back to School” breakfast in September.

Our AGM was held at the End of the Line Pub in Bridgetown on June 17.



*Bonnie Hatt, new retiree being welcomed by RTO member, John Wakeling who retired 25 years ago.*

The guest speaker was Theresa MacLean, who spoke on the benefits of Naturopathy. At this meeting, our new and returning Executive members for 2015-2016 were introduced, and included our new president, Vicky Parker. The meeting and presentation were followed by a delicious lunch and an opportunity to chat with fellow members. While teachers were busy welcoming their new students to their classrooms on September 3, our RTO Branch members were enjoying a leisurely

breakfast, fellowship, and lots of laughs and shared memories. It was also an opportunity to welcome two of our new retirees, Bonnie Hatt and Richard Bennett. The “Not Back to School Breakfast” is held annually at the Eden Golf and Country Club in Paradise and is a great way to begin another busy year at the Annapolis Branch of the RTO.



*New retiree Richard Bennett (left) with Glen Pulley (centre) and Bryan Willett.*

**DARTMOUTH BRANCH** - The Dartmouth Branch held its AGM in May at the Brightwood Golf Club. A delicious lunch including lasagna, garden salad, and garlic bread followed by lemon pie with tea or coffee was enjoyed by 52 members. The lucky 50/50 winner was Wayne Coveyduc. Many members took home door prizes which were graciously donated by members and supplied by the Branch.

The Branch honoured Feature Teacher, Carole Spicer. Carole has had many experiences teaching young people throughout Nova Scotia. She spoke freely after the presentation about her adventures while teaching and certainly has many fond memories of former students and colleagues. Some of you will recognize Carole as a poster person, as she has been featured in advertising for the CNIB, holding a pan of freshly baked cookies. The AGM also brought changes to the Executive. Outgoing members, E. Margaret MacDonald (President), Jo-Ann Cuvelier (Vice-President), Pat Teasdale (Secretary), Jane Leslie (Treasurer) and

# Branch Updates

Dorothy Smith (M-A-L Metro) were recognized for their service and dedication to the Branch. The new Executive will certainly draw on their expertise and wisdom as they move forward to a new year. The new Executive includes Judy Knowlton (President), Audrey Matheson (Vice-President), Annette Petrie (Secretary), Carolyn Reid (Treasurer), E. Margaret MacDonald (Past President) and Dorothy Smith (Membership).



*Dorothy Smith with outgoing president E. Margaret MacDonald.*

*Outgoing MAL Dorothy Smith with outgoing treasurer Jane Leslie.*

Some members started the new school year by attending the "Not Back to School" Coffee Party organized by the Halifax County Branch. Many friends had a chance to catch up as they met former acquaintances over treats and coffee.



*Dorothy Smith with incoming president Judy Knowlton and incoming secretary Annette Petrie.*

Dartmouth is looking forward to meeting new retirees and Branch members at its first luncheon at Brightwood Golf Club on October 21. The Branch is hoping members will enjoy the RTO Craft Fair organized by Halifax County in early November when handmade items are offered by numerous vendors. Our Christmas Luncheon will be in early December.

**GLACE BAY DISTRICT BRANCH** - On Thursday, October 8, the Glace Bay District Branch RTO



*Paul Sarty addresses RTO members at the Oct. 8th meeting.*

held its fall dinner-meeting at the Port Morien Legion. As usual, there was a large turnout of members who enjoyed the social exchange as well as a delicious roast beef dinner. Topping the agenda was a presentation by Paul Sarty, Vice-President Consulting/Benefit

Consulting for Johnson Inc., on insurance tips for travelling abroad.

On Sept. 11, two teams representing the Glace Bay District Branch participated in the fourth annual charity golf tournament sponsored by the Glace Bay Credit Union in aid of Glace Bay Townhouse. This non-profit

# Branch

# Updates

organization helps support a “meals on wheels” program, a clothing depot, and a kinder school. Both men and women represented the RTO. Gail Pemberton, Marie Aucoin, Linda MacKay, and Marlane MacNeil



*Sally Sampson (L) and Anita MacDonald.*



*Arlene MacDonald (L) and Paula Nearing.*

comprised the ladies’ team, while Jim Pemberton, George Pyke, Leroy Peach, and Brian Aucoin formed the gentlemen’s team. The men finished third in the tournament. It was a pleasant afternoon of golf, followed by a delicious chicken dinner provided by the organizers. The teams would like to thank the organizing committee for a job well done. Most importantly, the occasion raised \$6000 in support of Town House.

**HALIFAX BRANCH** - The Halifax City RTO held three membership meetings in 2015.

On March 12, 2015, we held a brunch at the Canadiana Restaurant in Bayers Lake Park. More than thirty members were in attendance and there was opportunity to mix and mingle before the meal. There were four spring potted plants offered as door prizes, and won by members *Jan MacDonald, Betty MacLeod, Debbie Gray, and Carol Butt* (see photo on the right).

On April 22, 2015, another membership meeting was held at the Nova Scotia Teachers Union Building. Following a delightful lunch of sandwiches, sweets, fruit, tea and coffee, there was a presentation by Sharon Hawkins and Dawn Perin



*Sharon Hawkins & Dawn Perin with Branch President Ross Thompson.*

– volunteers with the Seniors Home Safety Program through the Halifax Police Department. Their informative presentation focused on scams, fraud, and other pitfalls for seniors. There followed an opportunity for the membership to ask questions of our two guest speakers.



On May 27, 2015, we held another membership meeting, also at the Nova Scotia Teachers Union Building. Once again a delicious hot lunch was followed by a presentation by Valerie Connors from Chebucto Links on social programs available for seniors. There was a 50/50 draw and a book table with second-hand books available for purchase. Halifax Branch experienced a very successful year.

# Branch Updates

**HALIFAX COUNTY BRANCH** - The Branch opened the 2015/16 year with the annual “*Not Back to School Coffee Party*”. Members from the three Metro Branches came together to celebrate with our newest retirees, to connect with former colleagues, and to enjoy some conversation in an informal setting. The current Halifax County Executive shared information regarding upcoming events and encouraged members to share their thoughts for new activities we might include during the coming year. There was a 50/50 draw and a constant buzz as former teachers enjoyed some time together. There were no bells, no one was called to the office, and no one was on duty! It was a warm, friendly gathering to start our year of celebration of retirement! The RTO Book Club started its monthly meetings with a book exchange on September 15th at the NSTU Halifax County Office in Burnside. Members and guests dropped in to exchange books, to talk about titles they had read, and to pick up a copy of the book titles the club will be reading this year. The club meets the last Tuesday of each month at 10:00 a.m. in the Halifax County NSTU Office.

On November 3, a Fine Arts and Craft Market will be held at the East Dartmouth Community Center from 10:00 a.m. to 1:00 p.m. All members are encouraged to keep up-to-date with coming events by checking our website: <http://halifaxcounty.rto.nstu.ca>. Details for activities are posted as soon as they are confirmed.

**LUNENBURG BRANCH** - Lunenburg County Branch RTO keeps active with special guest speakers and projects. Hank Middleton recently spoke at a Breakfast. He entertained us with information on life after retirement and giving back to your community through such projects as Habitat for Humanity. One of our on-going projects is to collect school supplies which are then distributed to local food banks and Harbour House. Retired teachers Yvonne Rafuse, Vicki Trenholm, Olive Joudrey, and Pat Townsend are shown volunteering with this endeavour.



*Hank Middleton speaking at the Lunenburg County Retired Teachers Breakfast about life after retirement and giving back to your community through such projects as Habitat for Humanity.*



*Retired Teachers Yvonne Rafuse, Vicki Trenholm, Olive Joudrey and Pat Townsend packing up boxes of school supplies collected at the retired teachers breakfast to distribute to local food banks and Harbour House.*

**NEW WATERFORD BRANCH** - The New Waterford Branch held its first meeting of the 2015-16 year on September 22 at All Saints Church Hall in New Waterford. President John Donovan was unable to attend, so the meeting was chaired by Treasurer Albert Boudreau. Reports were presented by Judith



# Branch

# Updates

Gillis, Communication Chair; Jean MacDonald, Social Chair; Mary MacMillan, World Vision Chair; Albert Boudreau, Treasurer; and Beth Phiefer, Secretary. The guest speaker was Wilma Menzies, Senior Safety Coordinator for the Cape Breton Regional Police. Her presentation was informative and well-received by the membership. Ambrose White was confirmed as the new Branch Vice-President and he received congratulations from all in attendance. The Branch Christmas meeting will be held on Monday, December 14 at the Knights of Columbus Hall.

**NORTHSIDE-VICTORIA BRANCH** - The Northside-Victoria RTO Branch will launch the 2015-16 season with a full course dinner meeting on Wednesday, October 7. There is no change on the Executive front of Northside-Vic as we slide into the second phase of our two-year term. President Cathy Anderson, Vice-President Betty Farrell, Secretary Norma Marsh, Treasurer Wayne Kenney, and Past President Judy Whalen continue to take care of business. One of our big plans this year is to have representation from our food banks as guest speakers. We have four food banks in our small communities, all in great need, and we're hoping to stir the pot. We look forward to a productive and entertaining year for our members.

**PICTOUBRANCH** - For the first time, we hosted a "Not Back to School Breakfast". On Friday, September 4th, a group of retired teachers from Pictou County sat down to a delicious breakfast of french toast, bacon,



*Pictou Branch "Not Back to School Breakfast".*

sausage, home fries, assorted muffins, biscuits, scones, a fruit cup, and tea or coffee. With a menu like that, is it any wonder that several attendees suggested that we hold similar events throughout the year? We also had draws for several door prizes, which added a little extra zip to the event. Because we welcomed all retired teachers, we were able to pass out some membership forms, so we expect to gain new RTO members.

**QUEENS BRANCH** - On September 3, the first day of the new school year for students, some of the Queens County's retired teachers gathered at a Liverpool restaurant for a group breakfast. This was to celebrate not having to go to school that day! There were a lot of happy faces!



*Front row (l-r): Alean Freeman, Muriel Robart, Lois Sparkes, Beryl Berringer. The back row left to right: Beulah Smith, Janet Dagley, Margaret Fisher, Elizabeth Burns, Jaunita Ball, and Shirley Melanson.*

# Branch Updates

Another event that they were acknowledging was the recent 20th anniversary of the formation of the Queens Branch of the RTO. A picture was taken of some of the original members from those earlier years. Shirley Melanson had served as the Branch's first President.

**RICHMOND BRANCH** - On June 10, 2015 the Richmond Branch held a steak and lobster dinner and



*Leona Campbell (left) and Linda Boulet sell half and half tickets. Proceeds are used for our bursary fund.*



*Outgoing RTO Richmond Branch President Danny Madden receives gift from George Landry for his eight years of service.*

social in St. Peter's. Tickets were sold with proceeds going to a bursary fund. A special event at our dinner was the honouring of Danny Madden, outgoing Branch President. Danny was presented with a gift and the sincere gratitude of the Richmond retirees for his eight years of dedicated service.

Our new year includes plans to publish two or three Branch newsletters. We have a special project in the works and will report on it further in a later issue of this newsletter. We are looking forward to a busy year in Richmond, providing our members with information and entertainment.



*Richmond Branch End of Year—steak and lobster dinner and social in St. Peters on June 10th.*

# Branch

# Updates

## SHELburnE BRANCH -

On September 3, members of the Shelburne County Branch met at Anchors Away Restaurant



in Clyde River for their annual "Back to School (Without Us) Breakfast". A

large group gathered to chat and mingle with fellow colleagues and friends.

The 2015-2016 Branch Executive includes Bonnie Mahaney, President; Phyllis Cunningham, Vice-President; Zita Stoddard, Secretary; and David Langille, Treasurer. We look forward to another great year and welcome all new and returning members!

**SYDNEY AND AREA BRANCH** - Regards and best wishes from RTO Sydney and Area. It is another year and our executive - Margie MacNeil (Vice-President), Diane Davis (Treasurer), Tina MacNeil (Secretary), and Bernadette Hollohan (President) - are excited about planning and preparing events for the year. It is our intention to make sure that



retired teachers gather together with colleagues and friends to share and discuss concerns, events of the day, hobbies, and other interests. With four meetings during the year, it is our mission to keep retired teachers up-to-date on pertinent information about pensions, benefits, health concerns, and over-all well-being.

Youth Peer in Sydney was the recipient of the RTO Foundation Grant 2015. John Donovan (MAL) and Bernadette Hollohan were honoured to present this award, as Youth Peer is a wonderful charitable organization with workers, mostly volunteers, who dedicate themselves relentlessly to the education and well-being of challenged children.

Our first RTO meeting will be on Tuesday, October 6 at Brookshaven Hall, Sydney. We hope to see many retired teachers there, especially the new retirees.

**YARMOUTH BRANCH** - Following an enjoyable "Welcome, Summer!" breakfast at the Shanty Café in downtown Yarmouth, several members of the Yarmouth/Argyle Branch accompanied member David Sollows on an historical walking tour of the waterfront.



With his keen interest in and his extensive knowledge of the rich history and progressive present of his hometown and area, David conducted numerous tours and presentations throughout the summer. His audiences included local groups, tourists, museum visitors, bus tours, and passengers aboard the Nova Star ferry as it sailed between Portland, Maine, and Nova Scotia. David is, indeed, a fine ambassador for our communities and province.

# LIFE ... *after Retirement* ... **IN STYLE!**

by *John Montgomerie, Annapolis Branch*

## *How Does One Get to Carnegie Hall*



*John Montgomerie*

As a veteran tenor with two local choirs (Middleton Choral Society and A Royal Consort), I accepted an invitation in April from Pierre Perron, retired Music Education professor at Dalhousie University, to sing with the Canadian Celtic Chorus which had been invited to perform Celtic Mass for the Sea in Carnegie Hall on May 23 of this year. This choir of 85 singers, recruited from Ontario, Quebec, New Brunswick, Prince Edward Island, and Nova Scotia, would perform this acclaimed work by Nova Scotians Scott Macmillan and Jennyfer Brickenden.

The text of the Mass, based on writings of Celtic origin, blends pre-Christian influence with Christian and secular sources. The musical themes embody much that is traditionally Celtic. The Mass expresses the reverence throughout history of peoples for the sea: in our present time of oceans being depleted,

perhaps the Mass encourages us to be more respectful of the riches the sea has brought us. The recent encyclical from Pope Francis surely reflects this concern.

The Maritime contingent of 19 singers met twice in Halifax for all-day sessions with Pierre. In New York, we had an all-day piano rehearsal in the ballroom of a magnificent Greek Orthodox Cathedral on 74th Street, with Pierre and his assistant conductor Jenny Crober of Toronto. The great discovery, having met finally for a combined rehearsal, was the terrific blend of the 85 choristers. The trick was to conquer the acoustics of Carnegie Hall on the stage where Tchaikovsky had conducted on the opening night of the Hall in 1891.

Our appearance occurred as a result of an invitation from Mid-America Productions, which, on weekends from November to May, sponsors an eclectic mix of concerts in Carnegie Hall by amateur groups throughout North America, all in the spirit of philanthropist steel-maker Andrew Carnegie who built the hall partly to encourage a sense of community in such a large urban area. We would be accompanied by the New England Symphonic Ensemble, a talented group of musicians who perform often at these concerts.





Two other choral presentations bookmarked our performance: *Magnificat*, by Kevin A. Memley, and the *Te Deum* of Antonin Dvorak. Following a dress rehearsal which was far too brief, our performance itself was met with great acclaim by the audience, which interrupted with applause at various points. We were then entertained on an exclusive post-concert reception



cruise aboard the Spirit Cruise Ship, featuring a spectacular nighttime view of the Manhattan skyline, as well as a buffet dinner.

I was happy to work again with Pierre, who had taken us to Carnegie Hall twice before, in 2001 and 2002. We did the New York City premiere of the Mass in 2002 with Scott Macmillan himself as lead guitarist following performances in Halifax, Annapolis Royal, and Moncton. In 2003 we took the Mass to Toronto,



*Eileen Coady and Ann Baldwin, fellow performers.*

Ottawa, and Montreal; in 2004, we had the audacity to take it on tour in Scotland and Ireland. The 2015 trip enabled me to return to one of my favourite cities: a highlight was a tour of the newly-opened 9-11 Memorial Museum, a poignant but impressive achievement. Yes, New York is still a fabulous town, a place where Canadian musicians are made to feel quite welcome.



# Nova Scotia Teachers Annual Bowling Tournament

The 41<sup>st</sup> Annual Tournament was held April 18-19 at Woodside Bowlarama, hosted by the Halifax County Irregulars and chaired by Peter Balcom.

Seventeen teams with 110 bowlers, 75 women and 35 men, participated on Saturday and Sunday. Participants bowled 13 strings followed by one string to decide both first and second place for both championship and handicap divisions. The championship division was captured by the Halifax County Irregulars. The second place team was Memorial High and third was the Kings County Keglers.

In the handicap division, Truro Alpines finished in first place. The Halifax Highlanders took second place, and the Halifax County CPs were third.

**High averages for the tournament for men** - 1st Stephen MacNeil, 2nd Jamie MacLellan; for women - 1st Erin Ridgley, 2nd Elizabeth Leedham.

**High singles for the tournament for men** - 1st Harold Bradbury and tied for 2nd Norvall Mitchell and Geoff Flecknell; for women a tie for 1st between Carolyn Doyle and Joan MacLean.

Major sponsor for the tournament was the NSTU Provincial RTO. The Nova Scotia Teachers *Plus* Credit Union, Halifax Water, Evelyn MacMullin, and Kathy Boutilier also contributed prizes.



**Championship winners: Halifax County Irregulars.**  
*L-R: Dave Mead, Joe Hines, Peter Balcom, Jamie MacLellan, and Mike Burke. Front Peter Balcom*



**Championship second place: Memorial High.**  
*L-R: Harold Bradbury, Gerald Cyr, Norm Connors, Chris MacInnis, and Jim MacLellan.*



**Handicap winners: Truro Alpines.**  
*L-R: Sandra Trites, Caroline Doyle, Norval Mitchell, Chester Sabeau, and Sue Giles. Absent Marilyn Rodgers*



**Handicap second place: Halifax Highlanders.**  
*L-R: Annette Melanson, Diane MacDougall, Carmie MacLean, Bobby McLean, and Betty Hobin.*

*(continued on page 31)*

## A Note from the Editor...

*Another fall, another new year for RTO members to come together to promote our cause. And, another round of newsletters. As September fades into October, our lives change as they did when once we returned to the classroom. However, the classroom is no longer our autumn destination. Many retirees will soon depart in a southerly direction—either to their sunshine homes, or to a favourite beach vacation spot. Both have the same purpose—avoid the cold and snow! For those of us who remain behind in beautiful Nova Scotia, our hope is that winter will be more gentle than it was last year. But to be prepared we will stock up on favourite books, knitting and craft materials, food and drink, candles, and batteries.*



*You truly have to love this province, not only to endure its winters, but to look forward to them. There is something so comforting in hearing a nasty winter forecast and not have to entertain the word cancellation. Pure bliss! And with no feeling of guilt because you are home on a snow day. Teachers are a guilty lot. To accept guilt because they enjoy summer vacations and storm days seems to be instilled in them from day one. They fail to remember that their salary extends for only ten months though it spreads itself over twelve. Summer vacations are not paid time. And can you name another profession in which individual employees feel guilty because they are told to stay home from work? I think not. And be ever mindful that teachers do an inordinate amount of work at home.*

*So why do my words turn to teachers? Because it is fall, and our thoughts always return to teaching. And the guilt remains. Too many retired teachers fret about staying home and getting paid, often coupled with the guilt of yet being young enough to enjoy life. Drop the guilt! You are paid from a pension fund to which you contributed for your entire career. And yes, you are young enough, because you gave your all, and when retirement age found you, you accepted it. So wherever you spend this winter, be it under a southern sun or snowbound in your own cozy home, rejoice for you belong to one of the greatest professions in this world. For five decades or more you gathered an education for yourself and then shared it with the children of Nova Scotia. Whether you swim the Caribbean, golf in Florida, sight-see in Europe, or shovel snow in Nova Scotia, be proud. You have earned it all.*

*Thank you to all who have brought this newsletter to completion: Branch Presidents, Executives, retirees, the Communications Committee (Wendy, Colin, Margie, Glynda, and Vicky) and Bill. And to Sonia... where would I be without your skill, your patience, and your dedication?*

*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 McSinnis*

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*(continued from page 30)*

The 42<sup>nd</sup> Annual Teachers Tournament will be held in New Minas, April 23-24, 2016, and will be hosted by Stephen MacNeil. This tournament is open to all teachers (active, retired, reserve) with any combination of women and men. Our tournament has run non-stop since it was first held in 1975. This tournament is for skilled or unskilled, with two divisions for scoring: championship and handicap.

We encourage additional entries for next year. Bowlers seeking more information, or who wish to indicate interest, please contact host Steve MacNeil at 902-670-8741, [smcn@accesswave.ca](mailto:smcn@accesswave.ca) or Ken Williams, tournament secretary, at 902-443-7168, [kbwilliams@ns.sympatico.ca](mailto:kbwilliams@ns.sympatico.ca).

# Wellness

## IN RETIREMENT

### 7 WAYS TO KEEP YOUR BRAIN YOUNG & FIT



*Heather McNally is a MD with nearly 25 years in a variety of medical practices. Mostly recently, she has transitioned to Wellness Coaching. Her passion is brain fitness to help people live. She teaches about this subject through the Acadia Lifelong Learning program.*

Over the past decade, our scientific understanding of the brain and learning has undergone a quantum leap. As a teacher, you know that young brains are malleable and capable of tremendous learning. The most current evidence reveals that this malleability can occur **throughout** life. We are NOT hard-wired. To the contrary, brain-cell connections (synapses) can change by how we think, behave, use our brains, and live our lives. This new science of brain plasticity shows that we can transform our lives to enhance and maintain brain fitness at any age. This is revolutionary news.

Let's review seven key procedures to keep the brain sharp and fit throughout life:

- 1 Understand the key principles of learning and neuroplasticity.** A good teacher knows these principles already, but let me remind you. Brain change happens when learning is new, varied, and challenging. This balance is necessary to prevent boredom. However, too much difficulty may cause frustration and failure. Finally, repetition is required for lasting brain change. Neurons that “fire” together, wire together.
- 2 Adopt a positive brain fitness attitude and learning style.** Believe that lifelong brain change is possible. Measure your progress, so you can celebrate every forward step. Reward yourself for every success no matter how small. As we age, we should avoid taking our brains “off-line”. We should engage in new challenges instead of being afraid of failure. It is easy to grasp the security of predictability, so sit in the same pew at church, drive the same way home from the grocery store, cook the same recipes, listen to the same music, have friends our own age with similar interests. It is critical to apply the principles of neuroplasticity to keep our brains young and growing.

Let's consider some evidence-based, lifestyle-based measures to maintain brain function:

- 3 Remain physically active:** Research shows that at least 30 minutes of daily exercise has significant neurological benefits. It increases blood flow to the brain, and stimulates release of chemicals to cause brain cell growth. It is best if this exercise is varied, challenging, and involves skill acquisition. Consider dancing, Zumba classes, bicycling, or a new sport.
- 4 What you eat matters:** There is so much unsubstantiated marketing about diet and cognitive ability. However, studies show a strong link between obesity and dementia.



Knowing the “best diet” can be very confusing due to seemingly contradictory information. Recent evidence confirms that the Mediterranean diet slows cognitive decline and reduces the risk of developing Alzheimer’s disease. It also protects against cardiovascular diseases, cancer, and mortality from all causes.

The components of a Mediterranean diet include extra-virgin olive oil as the main source of dietary fat, lots of fruits, nuts, leafy green vegetables and beans, fish and seafood, some dairy products and (non-processed) red meat, and a moderate intake of red wine (hooray!)

- 5 Start Brain training.** Realize that it is “never too late”. Options for cognitive exercise include learning a new language or new motor skill such as knitting, painting or sport, traveling to new places, and learning to play a musical instrument or taking a course. Again, ensure your learning is new, challenging, and varied.

On-line brain training programs are another possibility. This is the structured and efficient use of mental exercises designed to build targeted brain-based networks and capacities. Before investing in on-line brain training, make sure that the exercises are relevant to real-life outcomes and applicable to your unique issues. Most importantly there must be scientific evidence for their claims. Despite the extensive marketing of Lumosity, it does not meet these criteria. BrainHQ is the best program available.

- 6 Be social.** A person living alone without social contacts has 2-3 times the increased risk of dementia. A large social network protects us, but the same principles apply. We must seek new friends and expose ourselves to new ideas that challenge us to maintain cognitive fitness. Consider volunteering, or joining a social club, a book club, a knitting group, or a dancing club to increase the size of your social network. Learn a new skill while having fun among friends.

- 7 Practice Stress Reduction.** The body is wonderfully constructed to handle stress or acute danger. A stressful event triggers an alarm that activates the fight-or-flight response. All body



systems are heightened. When the stressful situation is over, the body functions will eventually reset to normal. However, under chronic stress the body is unable to reset. When they remain “turned on” persistent harm can occur. In the brain, these events can block the formation of new neural connections in the hippocampus, the part of the brain responsible for encoding new memories. This can cause the hippocampus to shrink in size which hinders memory and leads to a higher risk of depression, cognitive decline, and Alzheimer’s disease symptoms.

We need to learn to be stress resilient by developing better body awareness, so we can become more present, conscious, available, and mindful. Methods of increased body awareness include obtaining adequate sleep, deep and controlled breathing, and meditation. By reframing and positive thinking, or by practicing yoga and Tai Chi, we learn to change our view point. Laughter can also lower levels of stress hormones.

This is important information, but knowledge is only the first step. The first challenge is to thoughtfully assess our lives to discover methods by which we can implement these principles. Then we must consider how and when to make these lifestyle changes. The future may depend on our choices!

## Did You Know???

Welcome to our first column providing information that might not be familiar to you, but could be useful and cost-saving. Please send us your own helpful facts for this column.

### Cell Phones

Canada has one of the highest rates for the use of cell phones, but here are a couple of ideas that may save you money.

1. Roaming fees are not charged for use in Canada, but they are if you wander into the US. Plans may be bought, but you can avoid charges by simply putting your phone on "Airplane Mode" and leaving it there until you really need to use it. This also causes less of a drain on your battery.
2. Deciding on which cell phone company to use once depended on coverage. This factor is no longer important. Since March, all companies may piggy-back on each other's towers if they don't have one in a specific area.
3. Are you under contract and about to have it expire? When your contract expires, immediately contact your cell phone company. Your monthly charge most likely included a rental fee for the smart phone you are using. At the end of a contract, that phone is yours. If you continue to use it, there should be a deduction from your monthly bill. Ask for it! This is something the phone company doesn't do automatically.

### Speed Laws

In 2010, the law mandating drivers to slow down came into effect to protect emergency personnel while they were stopped on the roadside. Specifically, the law states that if there are police, firefighters, paramedics, or other responders who have pulled over to the side of the road with their lights flashing, you must follow these procedures:

- On a road with two or more lanes in your direction, slow down to 60 km/h or follow the speed limit if it's less, and move over into a lane farther away from the stopped vehicle if you can do so safely.
- On a road with one lane of travel in your direction, slow down to 60 km/h or follow the speed limit if it's less, and pass the emergency vehicle with caution.

\*These rules do not apply if the emergency vehicle is on the other side of a divided highway.

Obeying the law not only saves lives, but also a lot of money. If you break this law, fines from \$400 to \$700 can be levied.

**Did you know** you can access the RTO website by typing in *rto.nstu.ca*? Do not use "www".

**Did you know** that most hospitals, including the QEII Health Sciences Centre, have special parking rates for long-term visitors and special-care patients? Check with the hospital if you find yourself in this situation. Different rules apply in different locations.

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## AGM Resolutions Submission Form

Resolutions for the Annual General Meeting of the Retired Teachers Organization may be submitted by Branches, the Executive, or individual RTO members prior to December 15<sup>th</sup> in any given year. Provide information where necessary.

**Branch (name)** \_\_\_\_\_

**Executive** \_\_\_\_\_

**Individual member (name)** \_\_\_\_\_

**Date of submission:** \_\_\_\_\_

### Resolution

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

### Forward to:

RTO Resolutions Committee  
NSTU, 3106 Joseph Howe Drive  
Halifax, N.S. B3L 4L7

## RTO Resolutions Committee

The RTO Resolutions Committee is seeking your input on resolutions to be debated at the RTO Annual General Meeting to be held at the NSTU Building on May 20, 2016. The Committee is seeking resolutions from the RTO Executive, RTO Branches or RTO individual members. Please submit the AGM Resolutions Submission Form no later than December 15, 2015. The Resolutions Submission Form may also be accessed on the RTO Website.

Resolutions submitted to the RTO Resolutions Committee for consideration at the Annual General Meeting must be accompanied by supporting briefs. Only those submissions supported by briefs will be forwarded to the AGM for consideration. All briefs must be clear and concise. The full intent and rationale for the resolution must be explained in the brief.

RTO Branches or RTO individual members wishing to receive an opinion regarding the appropriateness or accuracy of a resolution submission may contact the Chair of the RTO Resolutions Committee to provide an analysis. The Chair of the 2016 Annual General Meeting Resolutions Committee is Vice-President Bill Berryman. Please contact Bill at [bberryman@nstu.ca](mailto:bberryman@nstu.ca) or telephone number 902-633-2211. Thank you in advance for your interest in providing resolutions to be debated at the RTO Annual General Meeting on May 20, 2016.

—Submitted by Bill Berryman, Chair Resolutions Committee



# Retired Teachers Legacy Foundation Awards *Presentations*



*On behalf of the Retired Teachers Legacy Foundation, John Donovan, Member-at-Large for the Cape Breton-Victoria Region of the Nova Scotia Retired Teachers Organization, presents a cheque in the amount of \$800 to Sylvia Dearing who is Co-Director of the Epic Youth Peer Program of Sydney. Left to right are Volunteer Coordinator Shannon Fuller, Sylvia Dearing, John Donovan, and President of the Sydney Branch RTO Bernadette Hollohan.*

## SCAVENGER HUNT



Find the answers to the following questions and submit your entry to the editor by email [bettyanne@eastlink.ca](mailto: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 **November 20, 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 April contest was **Marie Oake, Sydney and Area Branch**. Congratulations!

1. **What is the deadline to submit resolutions for the AGM?**
2. **The AER Baie Sainte-Marie Branch recently honoured three retirees for what reason?**
3. **The Dartmouth Branch submitted the article for this month's Feature Teacher. Who is this woman?**
4. **Name one of the two overall low gross winners of the 2015 Golf Tournament.**
5. **What is the name of the Yarmouth Branch member who led the historical walking tour?**
6. **Sylvia Dearing accepted a Legacy Foundation award on behalf of what program in Sydney?**
7. **What is the RTO website address?**
8. **In the ACER/CART report, you read about a national campaign to promote the honouring of all existing pension commitments. What is the name given to this campaign?**
9. **Who was the Richmond Branch member honoured at their June dinner meeting?**
10. **Where will the 2016 NS Teachers Bowling Tournament be held?**



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