

# The Retired Teacher

Nova Scotia Teachers Union

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*The Retired Teacher* is available online at [rto.nstu.ca](http://rto.nstu.ca). To download Adobe Reader, go to [www.adobe.com](http://www.adobe.com)

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

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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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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". I am very pleased to have the privilege and opportunity to serve as RTO President for a second two-year term, and I look forward to continued work with the RTO Executive and our 23 Branches.



## 2014 Pension Agreement

The 2014 Pension Agreement was signed by the NSTU and the Provincial Government on July 2, 2014. The Agreement saw the removal of Disability Pensions from the Pension Plan and a 1% increase in contributions in each of the next three years. However, the disturbing issue of two separate indexing groups, pre-2006 retirees and post-2006 retirees, remains. The pre-2006 retirees are under the CPI-1% indexing formula and the indexing of pensions for post-2006 retirees is contingent on a minimum funding level of 90%. The funding level of the plan at the end of 2013 was 75%, a long way from 90%. The present projection is that indexing for the post-2006 group will not occur until 2025.

*(continued on page 2)*



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

**A MEMBER OF ACER/CART**

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

## Insurance

**A. Optional Life Insurance** - By the time you receive this newsletter, active and retired teachers under the age of 65 who carry Optional Life Insurance would have received correspondence indicating some very positive changes in this program. These teachers will be able to continue Optional Life coverage to age 85 at very attractive rates. The RTO, on behalf of affected retired teachers, would like to extend to the NSTU Insurance Trustees our sincere thanks for this insurance extension.

**B. Medoc®** - The NSTU Insurance Trustees have recently changed the provider for MEDOC® Travel and Trip Cancellation/Interruption programs. The new provider is Medavie Blue Cross and the change resulted in a reduction of premiums by approximately 15%.

**C. Retiree Life Insurance** - Presently, retired teachers turning 65 have the option of converting their Provincial Master Life Policy to a \$10,000 Retiree Life Policy. The RTO is encouraged by efforts to increase this amount and we are hopeful that we will see an increase offered within a few months.

## ECRTO Regional Conference

Every two years, representatives of Retired Teachers Organizations in the Atlantic Provinces and Quebec meet to hear relevant presentations and to compare operations and related activities. This year is Nova Scotia's turn and we look forward to hosting our guests at the Delta Halifax on October 16 and 17. These biennial sessions have proven invaluable in sharing successful practices within the various organizations.

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

*Kings Local Presidents—Past and Present (l-r): NSTU President and former Kings Local President Shelley Morse (1999-2002); Bill Wagstaff (1985, '86-'87, '90-'91, '91-'92, '92-'93); Randy Holmesdale (1984-85); Dave Jones (2003-2007); and the present day Local President Natalie MacIsaac who has been serving since 2012.*

**2 October 2014, The Retired Teacher**

## Branch Presidents Meetings

The first of three Branch Presidents meetings will be held at the NSTU in Halifax on October 21 and 22. These meetings are a great opportunity for the 23 Branch Presidents to share their operations and practices and to communicate face to face with the RTO Executive.

## RTO Golf Tournament

A very successful and enjoyable 16th Annual RTO Golf Tournament was held at the Clare Golf Course on Wednesday, September 17, 2014. Randy Holmesdale and I were most pleased to represent the RTO Executive at this event. The weather was terrific and every aspect of the tournament was extremely well organized. The host Branch, AER – Baie Sainte-Marie, their President, Andre Turbide, and the organizing committee are to be thanked for a superior job. We thank the major sponsors - Teachers Plus Credit Union, Johnson Inc. and Maritime Travel, for their continuing generosity and commitment to this event. Additional contributions were made by the RTO, the Yarmouth/Argyle Branch and the Clare Golf and Country Club.

## RTO Curling Bonspiel

The Shelburne RTO Branch has graciously offered to host an RTO Curling Bonspiel on February 20-22, 2015. Two years ago a small but successful tournament was held in Sydney. We are hoping this event will catch on and continue to be offered on an annual basis like the RTO Golf Tournament.



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## RTO Executive 2014-2015

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Service Canada, Canada Pension Plan & Old Age Security: 1.800.277.9914 English / 1.800.277.9915 French / 1.800.255.4786 TTY device		

# Committee Reports

## Communications Committee

This year the RTO Communications Committee's mandate is to produce three issues of *The Retired Teacher* and to maintain and to update the RTO website. The Committee feels fortunate to have the returning services of Betty Anne McGinnis as editor and Colin J. Campbell as webmaster. Other Committee members include Margie Hall Morrison, Marilyn Rodgers and Glynda Wimmer.

This summer the RTO website underwent a major design change to improve its appearance, to make it more user friendly, and to allow for easier updates. If there are suggestions for content, send them along to the editor or chair of the committee.

The committee members see these two vehicles as the major methods of informing our RTO members throughout the year. The Committee wants information and ideas not only from Branches, but also from RTO members. If there are stories or ideas out there, members are encouraged to contact the committee members with them. We want our website and newsletter to be informative and meaningful, so let's make this a group effort.

—Submitted by  
Gary Archibald, Chair

## Nominating Committee

*September 2014*

1. The following Executive positions are open for the term 2015-2017. These positions will be filled at the RTO/AGM in Halifax on May 21, 2015. 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 no later than February 28, 2015.

*Treasurer – 2-year position*

*Pension and Benefits Representative – 2-year position*

2. Members-at-Large:
  - a) Strait: Antigonish-Guysborough/ Inverness/ Richmond – 2-year position
  - b) Chignecto: Colchester-East Hants/ Cumberland /Pictou - 2-year position
  - c) Halifax Metro: Dartmouth/Halifax CPX/Halifax City/ Halifax County – 2-year position
  - d) South West Shore: AER- Baie Ste. Marie (Clare)/Digby/ Yarmouth-Argyle – 2-year position

*Deadline for nominations: April 30/2015*

Branch Presidents must receive applications by April 15, 2015. 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, 2015. Only one name goes forward. A Returning Officer (appointed at the February Presidents Meeting) conducts the election for Member-at-Large in the region, after April 30/2015. 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 Nominating Committee Chair by May 15, 2015. Names of winning candidates will be announced at AGM 2015 at the NSTU building in Halifax.

—Submitted by Randy Holmesdale, Chair

**For detailed information on the NSTU/RTO  
Deals & Discounts, visit the RTO website at:  
<http://rto.nstu.ca>**



# Committee Reports

## Membership Committee

The committee met on September 10 from 9:30 a.m. to 12:30 p.m. with all members present.

### Items Reviewed:

- ▶ Article 3: Membership—RTO Constitution: Five membership categories - Active, Affiliate, Associate, Life and Honourary.
- ▶ Application forms for Active, Affiliate, and Associate members
- ▶ Life Membership Lists
- ▶ Membership Committee Mandate
- ▶ Winter Travel Procedure
- ▶ The Chair and the President met earlier with Paul Sarty, of Johnson, Inc. to discuss a method of attaining accurate membership lists. Members should contact both Johnson and Kate Ingram ([rto@nstu.ca](mailto:rto@nstu.ca)) with any changes in contact information including phone, address, and email. Branch Presidents are asked to diligently check their lists for errors.

### RTO Membership Committee Priority Goals for 2014-2015:

- ▶ Continue to update database
- ▶ Continue to update *The Wall* as necessary
- ▶ Prepare retiree packages in the numbers needed by Branches

- ▶ Send a sufficient number of materials to the Pension Services Corporation
- ▶ Prepare materials for Branch Presidents' Meetings
- ▶ Encourage and promote membership in the RTO among both current and newly retired teachers
- ▶ Prepare reports for the Retired Teacher Newsletter on membership issues and concerns
- ▶ Review the RTO Membership Application Forms and recommend changes to the Executive
- ▶ Promote usage of RTO Banners
- ▶ Perform tasks as directed by the Executive

### Recommendation re: RTO Banners:

Because each banner involves spring-loaded metal arms, safety glasses and written instructions on how to assemble the banners should be included in the kit. Although only one person is needed to assemble the banner, it's easier with two, so two pairs of safety glasses should be placed in the kit. A demonstration on how to erect the banners would be advisable. Anyone requesting the RTO Banner is asked to contact me at [geojland@gmail.com](mailto:geojland@gmail.com) or 902-535-3248

### Little reminders:

- \*\* Membership pins are available at \$5.00 per pin
- \*\* RTO key chains with LED Light are available for \$2.00

—Submitted by George J. Landry, Chair



*The Dr. Tom Parker Building (NSTU) was the site of the RTO workshop given by Cathy Carmody on October 9 entitled "Positive Aging".*

*RTO Branch Presidents involved in the planning of the workshop are (l-r): E. Margaret MacDonald (Dartmouth Branch President), Cathy Carmody, Beth Raymond (Halifax County Branch President); and Mary Hammond (CPX Branch President).*

# Giving Back to Your *Community*

## Virginia Smith — Argyle

As a volunteer, Virginia Smith dives in to help out. Ginny, as she is known in the community, has been a volunteer coach with the Yarmouth Y Whitecaps for over 42 years. In fact, she is one of only a few volunteer head swim coaches in the province. Ginny works tirelessly for her swimmers, coaching seven sessions each week, along with helping the "I Can Swim" program, a junior feeder program for the Whitecaps. As a volunteer coach, Ginny is away for swim meets at least two dozen times a year traveling the length of Nova Scotia and as far away as Newfoundland, PEI, New Brunswick, and even internationally. Ginny loves the sport of swimming and she is one of its greatest ambassadors. Her satisfaction, however, comes in seeing what her swimmers at all levels go on to do with their lives. Ginny not only coaches, but also organizes the team's annual ditch clean in Argyle. She also volunteers with other organizations such as the Tusket River Environmental Protection Association, the Southwest Paddlers Association, the Yarmouth County Learning Network, and the Yarmouth County Literacy Board. Ginny's contributions to her community have benefitted many.

## Peter Oickle — Lunenburg

When asked to write about my involvement in local history projects and my life after school, I wasn't sure how to proceed. Each journey from public education into retirement is different, and we find ways that reward and enrich us. I have come to realize that retirement gives one the right to say "yes" to things one is interested in, and to say "no" to those things one doesn't want to do. Sounds easy enough! But how do you know what you want to do? It was among my choices to extend my involvement with local history.

Responding to a call in the local paper for members, I applied for and was appointed to the Bridgewater Heritage Advisory Committee. This committee reports to town council on heritage issues, and takes a promotional role in preserving the built heritage through research of appropriate properties, and working with home owners who are interested in seeking municipal heritage status. We have registered two new properties in the past two years, and a third property is on the way.



As vice-chair, I became particularly interested in the heritage value of Brookside Cemetery which opened in the 1870's as a non-denominational cemetery (St. Joseph's serves the RC population). This interest developed into providing guided cemetery walks as a fundraiser for the Desbrisay Museum. It seemed a natural fit for the work I did as an educator. In the 1970s I had developed a cemetery study program for elementary students. In the 1980s that study guide circulated through Lunenburg County, thanks to Peggy Langille who held onto a copy for many years and passed it along to me when she retired.

Since the first walk in the fall of 2012, I have added guided tours—for the public, for schools, and for groups that want exclusive tours. Highlights include carvings and monuments, the women of Bridgewater, the pre-1899 Great Commercial (King) Street Fire, prominent citizens, early settlers of the area, military persons, and a candlelight tour. My bank of about 140 people, with personal histories and how they contributed to the community continues to grow. This interest has also evolved into guided bus tours of the county, providing historical data, and the conducting of town tours. I was also fortunate to serve the town on the land use by-laws review committee, and I currently serve as vice-chair of the downtown revitalization committee.

In addition, I was asked to serve on the Desbrisay Museum Commission (which also oversees Wiles Carding Mill), and since then I have taken on the role of Chair. The museum is an active place, one that is evolving in its service to the community. From Ada's Tea (in memory of Ada Desbrisay) to new exhibits, from static displays to workshops, from removing items from the collection to new accessions, the museum continues to make itself relevant in the town and county.

When I retired, I never intended to be idle; instead, I hoped to give back to the community. The experiences have been interesting, and while there are days that I wish I had 'nothing to do', I enjoy the opportunity to continue my

life as an educator. The heritage, the history and the museum have proven to be ideal outlets for things I wanted to do. I have started work on a written history of the cemetery, and I have been asked to research and write a history of the Bridgewater Fire Department Band...both tasks which I will find rewarding.

## David Gabriel — Sydney and Area

Sydney and Area congratulates David Gabriel on being presented with the Dr. Robert Baillie Award in recognition of outstanding achievement and dedication to promoting healthy living within the Cape Breton Community. David has been involved with the Fiddler's Run for ten years and received the prestigious title of "Chairman of the Cape Breton Fiddler's Run Committee". David is also race director and organizes the sport so that Cape Bretoners have a chance to be active, healthy, and happy. Great credit and merit is given to David's title of President of Baille Ard Association. In this capacity, David makes sure the Baille Ard Trails in Sydney are properly taken care of, promotes an active life style with walking or running, attends many meetings to safeguard the trails, and protects environmental and ecological systems of the area. Cape Bretoners are appreciative of David's contribution to their island.

## Al Moble — Yarmouth

When his community calls, Al Moble answers. He is the moderator and Benevolent Fund administrator for his church, and vice-moderator for the Yarmouth County Baptist Association. Al is also serving in his sixth year as treasurer of the Yarmouth Lions Club, where he has been a member for forty years. He is also chair of Safe Grad initiative and is a TV bingo caller. As a member of the Yarmouth Food Bank Society Board of Directors, Al has volunteered at the Food Bank for six years and assists in coordinating food drives. As well, he has been junior curling coordinator at the Yarmouth Curling Club for several years, acts as instructor for the Learn to Craft program, and coaches for the Special Olympics. Al initiated a program in local elementary schools that allows Grade five and six students

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# Nova Scotia Teachers Annual Bowling Tournament

The 40th Annual Tournament was held April 25-27, 2014 at the Bible Hill Bowlcade, hosted by a joint committee chaired by Diane Roper Sutherland from the Colchester/East Hants/Truro teams.

Fifteen teams, with 91 bowlers, 35 men and 56 women, participated Saturday and Sunday, bowling 13 strings, followed by one string to decide 1st and 2nd place for both championship and handicapped divisions. The championship division was captured by the Kings County Keglers. The two anchor bowlers ended with marks in the 10th frame and the scores were tied. Kings County Keglers' anchor, Stephen McNeil, threw the first extra ball and made a strike (10). His opponent was not as fortunate, and 1st place was decided. The 2nd place championship team was the Halifax Vandals and the Glace Bay Highlanders captured 3rd place.

In the Handicap Division the Tantallon Cruisers captured 1st place. Second place was won by the Halifax County T-Birds, and the 3rd place team was the Halifax County Irregulars.

High averages for the tournament were: Ladies - 1st Gillion Prole, 2nd Joan MacLean; Men - 1st Stephen McNeil, 2nd Peter Balcom. High singles for the tournament: Ladies - 1st Susan Forbrigger, 2nd Mona-Lee Power and Cathy McCarthy (tied); Men - 1st Jamie MacLellan, 2nd Albert Slaunwhite.

Cash prizes were also awarded for the high single each round. Cash prizes totaled over \$1,800, all coming from bowler registrations. A reception with a good turnout of bowlers and guests was held on Friday evening at the Super 8 Motel. Major sponsors for the Tournament were Colchester-East Hants Local NSTU, Provincial RTO, Colchester-East Hants RTO and Medavie Blue Cross. In addition, 25 businesses and organizations provided items for prize distribution to all 91 bowlers.



*Left to Right : Stephen McNeil, Vicki Fraser-Slipp (R), Linda Eagles (R), Katie Ormon, Maggie Kenny, Bruce Smith (R). (R) = retired*

The 41st Annual Nova Scotia Teachers Bowling Tournament will be held in Halifax, April 19-20, 2015, and will be hosted by Peter Balcom and the Halifax County Irregulars. This tournament is open to all teachers (active, retired and reserve). Teams can be all women, all men or mixed and similarly can be all active, all retired, all reserved or any mix you wish.

In 1975, the first year, there were 10 teams; in 1976, 14 teams. This quickly grew to the maximum 24 teams. In 2010 we had 20 teams and in 2014, 15 teams. We hope to reach our maximum once again. This tournament is for skilled bowlers and unskilled bowlers, with two divisions for scoring: championship and handicapped.

We encourage additional entries for next year. Bowlers seeking more information or who wish to indicate interest in entering new teams may contact Peter Balcom, Host, 902-462-5952, [pbalcom@hrsb.ns.ca](mailto:pbalcom@hrsb.ns.ca) or and/or Ken Williams, Secretary, 902-443-7168, [kb.williams@ns.sympatico.ca](mailto:kb.williams@ns.sympatico.ca)

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to experience curling under his direction as part of their physical education program. Al is also a canvasser for the Heart and Stroke Foundation, the Arthritis Society, and Yarmouth Hospital ladies Auxiliary Hullabaloo. On Christmas Day he and his family help out with the annual Community Christmas dinner. Al Moble's retirement has brought much benefit to his community.

## *Joseph George Bishara – Yarmouth*

Joseph Bishara has done a lot for his community. Joe was a founder of and remains a continuing advisor with the Maple Grove Memorial and Yarmouth High Memorial Clubs. He has

been a volunteer with the Yarmouth Fire Department, a member of the Tuskent River Environmental Protection Association, a Board member of Family and Children's Services, a Sunday School teacher, and an Executive member of the Nova Scotia Teachers Union. Joe has been recognized for his many efforts by many organizations. He was awarded the Royal Canadian Legion Certificate of Merit and the Jubilee Medal, he was the Yarmouth Lions Club Citizen of the Year, and he was honored with the Governor General's Medal. Joe's contribution to his community began long before retirement and has continued since.

# FEATURE TEACHER

## Bill Hirtle



How many teachers have a day declared in their honour? Bill Hirtle did.

On June 8, 1985, the town of Bridgetown celebrated “Bill Hirtle Day” in recognition of “his devotion and valuable contribution to the teaching profession for over thirty years.”

No one could have forecasted this event, especially Bill, who never considered himself a scholar. As a teenage boy during the war, with few men around, work was easily found in Mahone Bay. Shingling a barn roof, weeding gardens, chauffeuring, and winter smelt-fishing, kept Bill busy and with enough money to buy war bonds. In 1943 he joined the navy and left home for the first time.

Trained as a shipwright, he helped build corvettes in the Kingston shipyard until posted to the Halifax dockyard.

Following the war, with his mother’s encouragement, he reluctantly enrolled at Acadia University completing both his BA - majoring in Economics and History - and his BEd. He was immediately hired as Head of Business Education in the newly opened Bridgetown and District High School. Four years later he was accepted by the Halifax Vocational High School to teach Accounting, but after a year, his brother convinced him to sell life insurance.

Bill was very good at it, so good, that he was chosen to attend a conference in Jasper which led to the end of his sales career and the beginning of a new life as a married man. While visiting friends in Edmonton, he reconnected with a former student from Bridgetown who was studying nursing. Shortly after, he and ex-student, Marguerite, married and returned to Nova Scotia where he was coaxed back to Bridgetown to resume his teaching career, eventually becoming vice-principal and then principal of the high school.

Like most teachers, Bill had responsibilities supervising extra-curricular activities. He used the school canteen as a practical learning experience for his business students and it became a financially successful enterprise. Advisor for the yearbook and the student council, volleyball referee, and cadet instructor were other roles he filled during his time at the high school. But the discipline in which he found great satisfaction was the one for which he had the least training. He became the track and field coach. This experience led to coaching and participation in the sport at both provincial and national levels for over twenty years. His athletes collected numerous medals and set records in their respective events. He was honoured for his coaching achievements, becoming one of the first inductees into Bridgetown’s Sports Hall of Fame.

He was the first president of the Business Education Teachers Association and his expertise was also welcomed while he served on the Pension and Finance committees of the NSTU. Special note should be made of Bill’s work to bring group insurance to teachers. He was one of the inaugural members of the Insurance Trustees Group Insurance Plan, given the task to enroll a minimum

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# Retired Teachers Legacy Foundation Awards

## *Presentations*



RTO Treasurer Fred Jeffery presents **Brenda MacInnis, Executive Director of the Antigonish-Guysborough Early Childhood Intervention program**, with the cheque of \$400.00 from the Retired Teachers Legacy Foundation. The presentation was made on a visit to the Paqtnkek First Nations at Afton, Nova Scotia in late April.



RTO Treasurer Fred Jeffery presents **Lisa Smith, Executive Director of the Pictou County Early Intervention Association**, with the cheque of \$400.00 from the Retired Teachers Legacy Foundation. The presentation was made on a visit to the Association Office in New Glasgow, Nova Scotia in late April.

### **Bill Hirtle (cont'd)**

number of teachers in each insurance category - life, medical, home, auto - not an easy task in 1965. Teachers, covered by their own individual plans, weren't interested nor did they feel it necessary. However, within a year, the Trustees had filled their quotas, and now Johnson Insurance plays a very important role as administrators to the NSTU insurance plans and as support to both active and retired teachers.

Bill has always been deeply committed to his community as a member of the Lion's Club, the Royal Canadian Legion, his church, Bridgetown's Recreation Association, the Health Centre Society, and the PC Association. In every one of these organizations he has served in an executive capacity and has contributed to many worthwhile projects such as eliminating the rink's staggering debt. His efforts have been recognized with several awards including being chosen as Volunteer of

the Year - twice! He continues to be active in most of these organizations. As a friend commented, "Bill serves as the house of sober thought, not unlike our Senate was intended to be. He is not reluctant to state his opinion. His wise counsel strengthens and provides guidance in the decision making process." Retirement has given Bill more time to spend in his spectacular garden that stretches from the house down to the banks of the Annapolis River. His active life-style, healthy diet, volunteer endeavours, and his wonderful supportive wife of 57 years may explain why he will celebrate his ninetieth birthday this November, in excellent health - physically and mentally.

Considering all that he has accomplished in his thirty years of retirement, perhaps it's time for another "Bill Hirtle Day".

—Submitted by Vicky Parker

# 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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## 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  
**Kate Ingram at [rto@nstu.ca](mailto:rto@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—  
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# CAREpath - The Cancer Assistance Program

All active and retired NSTU members received information with respect to a new program provided by the NSTU Group Insurance Trustees, CAREpath. If you, your spouse or dependent children suspect having cancer, are diagnosed with cancer, or living with cancer, CAREpath is a service that is ready and able to provide you with support.

CAREpath's goal is to support, not replace, health services provided by your doctors. The CAREpath navigation system provides your own personal CAREpath cancer nurse backed by an oncologist specializing in your specific cancer, who is there to support you and your immediate family through scheduled telephone discussions, every step of your cancer journey. Your CAREpath team follows the most up-to-date guidance for cancer treatment and care to ensure that you receive the very best treatment.

Your personal CAREpath oncology team will be your own cancer experts at your side from the first time you call, through your treatment and into survivorship. You can expect CAREpath and your personal CAREpath oncology nurse to provide:

- ◆ Emotional support for cancer patient and your immediate family
- ◆ Assessment of cancer treatment plan and options
- ◆ Explanation of tests and treatments
- ◆ Questions to ask on first and subsequent visits to the oncologist
- ◆ Expert advice and support through all treatment phases
- ◆ Information on how to access other support services, if necessary
- ◆ Guidance to alternate treatment locations, if required or requested
- ◆ Specialized advice and support on how to reduce risk of a recurrence or new cancer
- ◆ Advice on issues survivors may face including delayed effects of treatment

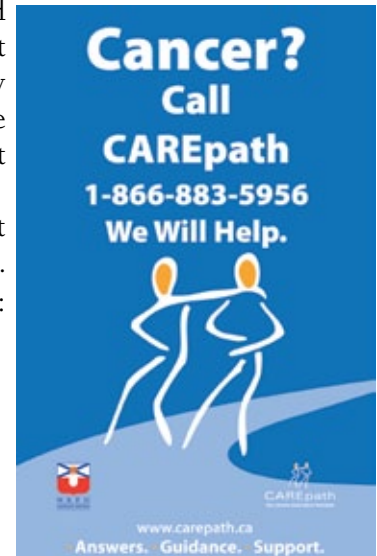
CAREpath understands that you may already have a good doctor guiding your treatment. CAREpath's goal is to enhance the care you are currently getting, not challenge it. CAREpath does not replace the doctor/patient relationship you have with your family doctor or treating oncologist. They are there to help you prepare for your oncology visits, which insure you fully understand the purpose of your appointment, making it easier to discuss treatment issues and communicate with your specialist.

It is important to note that there are no costs to you if you utilize these services. The CAREpath navigation system is a service provided by the NSTU Group Insurance Trustees.

## Contacting CAREpath

There are three ways to contact CAREpath and learn more about their services. They can be contacted by telephone at 1-866-883-5956, on line at [www.carepath.ca](http://www.carepath.ca) and through email at [info@carepath.ca](mailto:info@carepath.ca). The NSTU Group Insurance Trustees are very pleased to be able to provide this very important service to both active and retired members of the Nova Scotia Teachers Union.

If you have any questions please contact: Joan Ling at [jling@staff.nstu.ca](mailto:jling@staff.nstu.ca) or Allan MacLean at [amaclean@staff.nstu.ca](mailto:amaclean@staff.nstu.ca) at 902-477-5621 (local), 1-800-565-6788 (toll-free).



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



# RTO Annual General Meeting 2014

Retired Teachers held a successful Annual General Meeting on May 28-29, 2014. 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 previous year's dinner the night before the Annual General Meeting, the Planning Committee decided to replicate the event. Over 90 members attended the dinner at the Brightwood Golf Club in Dartmouth on the evening of May 28, 2014. Joan Ling, Executive Director of the Nova Scotia Teachers Union, provided greetings. A reception followed the dinner at the Harbourview Deck Suite at the Halifax Delta.

The Annual General Meeting took place at the NSTU Building on May 29, 2014, with over 65 delegates attending. The President of the RTO, RTO Pension Representative, Group of IX, ACER/ CART, NSTU-RTO Liaison Committee, and all RTO Standing Committees submitted reports. There were no elections as Jim Kavanaugh and Bill Berryman were acclaimed as President and Vice-President after nominations closed on February 28, 2014.

Delegates debated and passed five resolutions. One resolution dealt with a change in the RTO Constitution, three resolutions dealt with changes in the RTO Operating Procedures, and one resolution provided for an increase of \$100.00 in a Branch Grant for each 100 member increase in registered members in a Branch.

Respectfully submitted,

Bill Berryman, Chair, Resolutions Committee

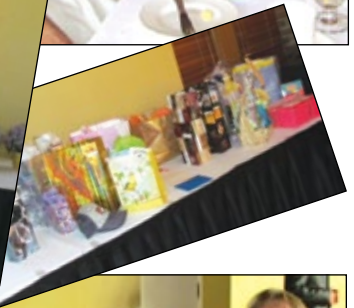




AGM



# DINNER 2014





# Branch Updates

**ANNAPOLIS BRANCH** - RTO members, their husbands, and wives welcomed Johnson Insurance representative, Paul Sarty, earlier this year. His excellent presentation on travel insurance and the pitfalls to watch for was much appreciated. The one piece of advice that we will remember is that if we require medical treatment out of the country, we shall keep our credit cards in our wallet. Instead, we shall use the emergency telephone number of our insurance company.

At our AGM in June, all Executive members retained their positions. Special guest was Bill Hirtle, describing how his beautiful gardens came to be. His invitation to visit them following our meal was an invitation many of us accepted.

We always begin the fall season with our "Not-Back-to-School" Breakfast at the lovely Eden Golf and Country Club. Not only does it give us an opportunity to say hello to friends and catch up on news over a substantial breakfast, but it also gives us a chance to personally welcome our new retirees. All three were able to attend, as well as two who couldn't make it last year.

Ideas were solicited for possible Branch activities. Most popular were travel suggestions. Besides meetings, our own email newsletter continues to inform members and recognize their accomplishments. Recently we honoured five successful authors - David Whitman and his wife Paulette, Jane Baskwill, Susan Saunders, and Dave Aker.



Above (l-r) Eileen Kelleher, Fran Rafuse, Mary Oldford and Jane De Wolfe.

**DARTMOUTH BRANCH** - Sincere thanks to our sponsors who supported our members on the June 13

14 October 2014, *The Retired Teacher*

Relay For Life, at Shearwater. Sharon Spierenburg, Jo-Ann Cuvelier, and Margaret MacDonald joined Dawn Hemsworth on the Astral Stars team, helping their captain, Gail Stevens, raise over \$4100.

On September 3, some of our RTO members enjoyed breakfast at the Brass Rail to celebrate *To H--- with the Bell Day*. We also shared coffee hour with fellow retirees from the Metro Branches, at the Port Wallis Church, organized by Halifax County RTO.

Our first luncheon at Brightwood will be held on October 23. Ian MacDonald, our guest speaker, will present info on the *ABC's of Fraud*. Feature Teacher, Mrs. Amy Vincent, will be honored for her past contribution to school, church, and community, as well as for her mentoring of international students.



Dartmouth RTO members enjoyed breakfast at the Brass Rail to celebrate 'To H--- with the Bell Day'.



Coffee Hour was held at the Port Wallis Church and shared with fellow retirees from the Metro Branches. The Halifax County RTO hosted.

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

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# Branch

# Updates

On October 9, valuable insights will be shared at the *Positive Aging* Workshop under the capable leadership of Cathy Carmody. Some of our talented, crafty colleagues will once again sell their wares on November 4 at the combined RTO/HRSB Craft Fair, EDCC, Caledonia Road. December 11, we look forward to a festive turkey dinner at Brightwood. Donations are collected for F.O.O.D. and FEED Nova Scotia.

**KINGS BRANCH** - The coffee and muffins were ready by 8:00 a.m. The tables were arranged and the Branch Executive were in place. By 8:15 a.m. the early birds streamed in and by 8:40 a.m. there were more than 50 retirees chatting, laughing, and reconnecting over a hot breakfast. This was the scene at the annual “*NOT-Back-to-School*” breakfast at the Berwick Heights Golf Club on September 2<sup>nd</sup>, the official first day back to school in Kings County.



*Two new retirees join Local Branch President Dave Jones. Lois Boudreau (left) and Claudette MacDonald.*



*Peter Sheppard (left) and Dave Jones hold a new calendar for retirees to show that everyday can be a Saturday.*

Local Branch President, Dave Jones, welcomed both recent and seasoned retirees, and pointed out the new calendar for retirees—every day is Saturday. He reminded them to savour their first year of retirement as they will be called upon to volunteer once organizations know they are available. He reminded the group to keep in touch with Kings Branch RTO through Facebook to connect to events that are planned in the upcoming months. October will see a Pub Night in Kentville with live music and lots of laughter and clinking glasses.

Guest speaker, Sherry Swanburg, Exercise Physiologist/Kinesiologist, addressed the group and reminded them to keep active during retirement. She also led them on a brief exercise program complete with a handout—every teacher’s basic resource.

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

Susan Serieys, social coordinator for the Branch, drew names for door prizes. Several guests won beautiful potted flowers, while others won green fees.

By 10:30, only a few retirees were left and it appeared they were headed out on the links for an enjoyable nine holes of golf.

**SHELburne BRANCH** - Members of the Shelburne Branch gathered at Anchor’s Away Restaurant in Clyde River on Thursday, September 4 for “*Back To School (Without Us) Breakfast*”. It was a time to catch up, chat, and to enjoy fellowship with our colleagues and friends. The 2014-2015 Branch Executive members - Bonnie Mahaney, President; Phylis Cunningham, Vice -President; Zita Stoddard, Secretary; and David Langille, Treasurer - extend a warm welcome to Branch members and look forward to another great year!





## Message from the President ACER/CART

It was when I first began teaching that I became involved in teacher advocacy. At age 23 I worked alongside Principal Lars Olson, who was then a former president of the Alberta Teachers' Association. Mr. Olson's message to us new teachers in the District was that we had a moral duty always to be active in guarding the welfare of our colleagues, that the ATA was formed as a support association for teachers at a time when their work was not regarded as a profession, when their wages were not guaranteed but were determined by the whim of school boards, when their salaries kept them in threadbare jackets. Activists had personally travelled the province to sign up their colleagues to establish a united body; it was our responsibility to protect this association as a force to safeguard and advance the rights of our peers. Mr. Olson's message resonated with me. It stayed with me throughout my teaching career, through a decade and more of volunteer work for the BC Retired Teachers' Association and for ACER-CART. It stays with me to this day. And so it is with enthusiasm, and in the spirit of support and advocacy, that I offer my service to retired teachers and to seniors across the land. As your newly elected president, I promise to make every effort to serve with the commitment and dedication of previous executives. I am grateful for the opportunity and for the confidence accorded to me by my ACER-CART colleagues. As the year unfolds and the next federal election approaches, ACER-CART and its member associations will be placing before federal candidates the issues that concern our members, issues inherent in our policies and those that have been suggested as action drivers for the coming year. Among these is a call for the renewal and strengthening of the health accord to include national strategies for pharmaceutical and seniors care. As ACER-CART lobbies government on our issues, its voice is considerably strengthened by the supporting action of the provincial and territorial member associations. ACER-CART's Executive consists of only seven individuals: the Executive Director, the President, Past President, Vice-President and three Regional Representatives. Our strength lies in our members. Therefore, advocacy action on your part is crucial to our success. Your individual and organizational efforts to contact MPs and MLAs are powerful advocacy initiatives. Clearly, it is the issues that our elected representatives find in their mailboxes, their e-mail messages, and most powerfully, in their conversations with you that become their legislative business and part of their political platforms for coming elections. I look forward to your support and involvement as ACER-CART strives to make life better for retired teachers and for all seniors across the country. Let us move forward together to make a difference.



**JOANN LAUBER**

## ACER/CART — AGM Report June 5-7, 2014

The Annual General Meeting of the Canadian Association of Retired Teachers took place in Ottawa from June 5-7, 2014. A pre-AGM meeting occurred on the afternoon of June 5 at the Marriott Hotel, and the AGM followed at the Canadian Teachers' Federation Building, June 6-7.

ACER/CART represents 13 Retired Teacher Organizations from all provinces and the Yukon, with a total membership of 125,344, an increase of 3,549 over the previous year. There is only one meeting of ACER/CART each year, and it also

fulfils the role of an AGM. The meeting provides a unique opportunity for the Executive, Directors, and Observers from the member associations 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 associations.

- ▶ To cooperate with other organizations on the matters of common concern.
- ▶ To promote and support public education.

On June 5 delegates received a presentation on political lobbying from Lawrence MacAuley, Member of Parliament for Cardigan. Unfortunately, most of the discussion was on the Liberal Party of Canada's priorities on

*(continued on page 18)*



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changes to the Canada Pension Plan, a renewed National Health Accord, a national Pharmacare strategy and support for defined benefit pension plans. The next presenter was Dianne Woloschuk, President of the Canadian Teachers' Federation (CTF) who spoke on the Phase III of the CTF *Hear My Voice Campaign*. The purposes of phase III:

- ▶ To lobby for a Federal Government whose policies and values most align with the beliefs of the teaching profession.
- ▶ To promote a national advocacy movement mobilizing CTF Member organizations and their respective memberships.
- ▶ To dialogue with Federal political parties on issues that are significant to teachers including labour fights, professional issues, social and economic concerns, and democracy.

The Canadian Teachers' Federation is extremely pleased that the Phase II Campaign emphasis on making changes to Bill C-377 has been successful as the bill currently sits idle thanks to a group of Progressive Conservative Senators who argued that the bill intruded on provincial jurisdiction, violated privacy laws and would upset the balance in collective bargaining in Canada.

The CTF will be holding a National Training Conference in Ottawa on October 3-5, 2014 as a run-up to the 2015 Federal Election and beyond. All member organizations sending delegates will receive communication and advocacy tools, and information on partners and alliances. They will use information from the recent national survey to craft messages and, most important of all, will involve themselves in activities at the grassroots level.

The third presentation was provided by Francine Filion, CTF Director of Communications on the use of Twitter as another communication tool to reach our members.

The AGM commenced on June 6, with welcome remarks from Dr. Calvin

Fraser, out-going General Secretary of the Canadian Teachers' Federation.

This was followed by Diane Woloschuk, President of the Canadian Teachers' Federation who spoke on the need to continue fighting for publicly funded education, the deprofessionalizing of teachers in certain provinces, and the concern regarding the over-emphasis on standardized testing.

ACER/CART President Dr. Tom Gaskell followed by reporting that last year's attempt to lobby the Federal Government regarding ACER/CART priorities was unsuccessful due to a lack of response on the part of government. Offers to collaborate, to be a sounding board, or to offer input have gone unanswered. President Tom offered the following comments on a number of concerns and issues:

- ▶ We must rethink our entire lobbying approach.
- ▶ Our continued caring and concern for retirees is demanded.
- ▶ Who will be our allies in forging new relationships?
- ▶ We have an obligation and a duty to exert as much pressure on the federal government as we can.
- ▶ With the expiration of the National Health Accord what changes are forthcoming?

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

All member associations were required to submit an annual written report on their activities, and received an opportunity to supplement this with additional comments and to respond to questions. These presentations were very worthwhile, and they gave participants an opportunity to examine the workings and activities of the 13 member organizations. It was interesting to note two common threads from all associations – increase in costs of health

plans, and defined benefit pension plans under attack.

The following resolutions were approved by delegates:

1. That the Political Advocacy Committee be a standing ACER/CART Committee.
2. 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.
3. That ACER/CART endorse, and urge its member associations to endorse, the six beliefs of the Declaration of Council of Seniors Citizens Organizations of British Columbia, regarding health care in Canada and that ACER/CART be committed to use all democratic means to ensure that the proposals of the Declaration are implemented in a new Canadian Health Accord.
4. That ACER/CART urge the federal government, in concert with the provincial/territorial governments, to negotiate a new comprehensive health accord that protects, transforms, and strengthens the Canadian health care system by ensuring appropriate human and financial resources, a national seniors' health care plan, and a national pharmaceutical strategy.
5. That ACER/CART work with its member associations to initiate, during 2015 Federal Election, "all candidate forums" to make all members and the general public aware of the principal issues facing the voters and, in particular, the issues facing seniors.
6. That ACER/CART encourage its member associations to work together to initiate appropriate advocacy to address the shortage of geriatricians and gerontologists in Canada.

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On June 7 there was a presentation from Richard Harrison, Vice-President Plan Benefits Central Region, Johnson Inc., on the funding crisis for health care in Canada. Projections indicate health care costs will grow by 4.9% annually until 2050 and the concern is that the federal government will now fund costs based on the economic growth of the provinces. A major concern is that by 2031 one in four people will be over the age of 65 and with 85% of that age group having at least one chronic condition. At the present time 70% of health care costs are publicly funded and 30% through private funding with these ratios now changing to more private care clinics based on the ability to pay.

On June 7 delegates received a presentation on *Choosing Wisely Canada* by Kristin Smith, Senior Advisor – Communications and François Lessard, Senior Advisor – Public Engagement and Alliance Development of the Canadian Medical Association. This national campaign is to help physicians and patients engage in conversations about unnecessary tests, treatments and procedures, and to help physicians

and patients make smart and effective choices to ensure high quality care. The campaign aims to encourage and empower physicians to assimilate, evaluate and implement the ever-increasing amount of evidence on current best practice. The campaign also supports the equally important role of patient education, and the need to dispute the false notion that “more is better care”. The Canadian Medical Association has initiated a public services campaign with print and online resources available at [choosingwiselycanada.org](http://choosingwiselycanada.org)

The financial report informed delegates that the organization has a surplus of \$10,546.00 over the past year. A budget of \$57,575 was approved with no fee increase for the 2014-15 year.

Elections for officer positions on the ACER/CART Executive were conducted and the following were elected for the 2014-2015 year: President Jo Ann Lauber (BCRTA), Vice-President Brian Kenney (RTO/ERO), Regional Representative East James MacAulay (PEIRTA) and Regional Representative West George Georget (STS). The Regional Representative for Ontario will be elected in September.

In closing, the incoming Executive presented the following priorities to guide them through the 2014-15 year:

1. Enhance ACER/CART political advocacy through its member associations and through collaboration with like-minded organizations on issues of common concern.
2. Urge the federal government and provincial and territorial governments to negotiate a new strengthened health accord.
3. Articulate, in a comprehensive document, ACER/CART’s policies and priorities concerning health issues.
4. Articulate health, pension, and relevant seniors’ issues for member associations to use in their political advocacy work for the next federal election.
5. Develop a long-term strategic plan (up to 5 years) for ACER/CART.

—Respectfully submitted,  
Bill Berryman



## RTO CURLING BONSPIEL

**Where:** Barrington Recreation Curling Club, Sherose Island, Barrington, NS

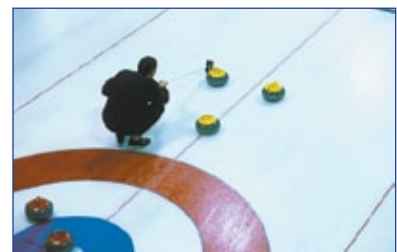
**Host:** Shelburne County Branch RTO

The Bonspiel is open to all teachers - retired, active, or substitute - in any combination. Teams may be all men, all women or mixed. Accommodations are available in the Shelburne, Barrington, and Pubnico areas.

**When:** February 20 to 21, 2015

Members who seek more information or who wish to indicate an interest in entering a team, should contact Wayne Mullins at 1-902-637-3262, or email: [Wayne1950@hotmail.ca](mailto:Wayne1950@hotmail.ca)

Check the RTO Website ([rto.nstu.ca](http://rto.nstu.ca)) in January for further information.



# 1964 NSTC Grad Reunion

What a terrific weekend reunion!



The 50-year gap quickly faded as we renewed old friendships and met new and special friends. Walter Borden's presence was magical. He did what we expected he would do. He instilled in us the fact that once a teacher, always a teacher – just a different classroom. He helped us connect with those youthful college days which we all cherish. Thank you, Walter.

The tour of the former NSTC building was a blast. We all stood in awe as we entered the lecture theatre – the first gathering for all of us in the very early days of our first year. JP and the rules of conduct were on our minds as well. We searched for our classrooms, the lockers we used, the library, the gym and Dr. McCarthy's office. A lot of chatter, laughter, and stories were heard in our attempts to capture those cherished moments and events.

The business meeting on Saturday focused on the future of the Alumni Association. We made it clear we wanted the Alumni to continue with some changes in structure and to maintain a strong financial footing. We await a report from the Executive.

Saturday was a time of reflection and coming together. Our memorial event was meaningful and comforting. We wanted to do something to honour our deceased grads and staff and to celebrate the lives of those attending. We were happy to have Mr. Pierce, Mr. Tompkins, and Mr. Clattenburg in attendance. We were fortunate to have a team of grads who spent many hours organizing the event which touched all who attended. Our gratitude goes out to Noreen McNutt, Barb Currie, Joy Barteaux, and Jim McQuarrie for making it all happen.

Following the ceremony we spent a lot of time talking about the grads we miss, reading the information about our deceased grads, browsing through letters from grads who could not attend, enjoying photos of grads during the 1962-1964 years, and watching a power point of pictures from our yearbook and other sources, thanks to Stephanie Bird and Shawn Sheehan.

The Bios proved to be a big hit. Thank you Merle MacDonald and Barb Andringa for a great job coordinating the project. They triggered lots of discussion and laughs. Our banquet Saturday evening was well received and provided a great opportunity to mingle. The dance band was great; the grads were ready to dance and, of course, Jim McQuarrie took it up a notch with his great voice.

We really appreciated the working relationship we had with some of the 1963 grads including Bill and Bev Kempt, Harry and Lois Goodwin, and Jim Cleveland. Thank you for the get-togethers and the support you provided. Special thanks to Sandy MacDougall, Bob Jordan, the Alumni Executive, and The Glengarry for their support.

Sunday morning was good-bye time either at the Glengarry or following the church service. Memories of our reunion will stay with us for years to come and will even warm us up during those frosty days of winter. In closing, "the best things in life are the people we love, the places we've seen, and the memories we made along the way".

—Submitted by Tom Bird





# Living Well IN RETIREMENT

## **In-Between**

*Shawna Shiers is an integrative psychotherapist who specializes in mind-body therapies for adult clients. She is a certified yoga instructor and a Phoenix Rising yoga therapist. Shawna has been a teacher for the past 20 years. She is presently working part-time as a high school counselor in Parrsboro and also works in private practice with adults. In her free time she enjoys studying natural nutrition, exploring, biking and kayaking with her partner Sue and experimenting with “food as medicine” in her favorite place in the world—home.*



## **Embracing Change and Uncertainty through Yoga**

There was something about those first few weeks of classes that “hooked” me. I’m not sure of the exact moment that I found MY yoga, but I knew that it provided something, and that my growing curiosity led me to experience it again and again. Little did I know at the time that this practice would transform the relationship I had with myself and how that is now reflected in my intentions to genuinely connect with others and all the beauty that surrounds me.

*“Yoga is not about touching your toes, it’s about what you learn on the way down.”*

—Unknown

This ancient practice of yoga has now become a successful part of our high school curriculum in Nova Scotia. You will see yoga and other mindfulness practices not only in a studio near you, but also in classrooms, corporate boardrooms, hotels and in group therapy sessions. It

is a research-based treatment option for post-traumatic stress disorder, depression, anxiety, AD/HD, anger management, high blood pressure, headaches, osteoporosis, auto-immune disorders, insomnia, chronic fatigue, and many more. Yoga is derived from a Sanskrit term that means to unite, or to concentrate. In our western world, there are many ideas projected to describe this varied and personal practice. I am not an athlete. I have been challenged by food addictions, self-criticism, and anxiety. I grew up disliking “exercise”, I am not a vegetarian, I cannot do the splits, and I am not a big fan of Lululemon. There is a yoga practice for every individual from every walk of life. Imagine that: differentiated yoga! For me, yoga has become my contemplative refuge; an internal place of thought and being; my “in-between”.

*“If you change the way you look at things, the things you look at change.”*

—Wayne Dyer

We are very aware that shift happens! Yoga provides the space for us to embrace and embody uncertainty. When unpredictability arises, we learn to default to our calm versus our chaos. The mind maintains the illusion that we can avoid mortality and create permanence despite the “happenstance” of events and powers that exist in this vast universe. This can create pain and suffering. In this process of taming the mind and body, there is usually an opportunity to learn a little more about ourselves through our vulnerabilities and our resiliency. When you experience your space in-between, it will not be affected by praise, nor diminished by criticism. The mindfulness practice of yoga teaches us to listen deeply to how we are responding to the shifts of life.

*“Wherever you go, there you are”*

—John Kabat Zinn



We cannot focus on breathing and anxiety or thought at the same time. Yoga and meditation can be as simple (or maybe not so simple) as returning to prana or breath to soothe ourselves. It is not so much about “clearing” the mind as it is about gently observing what is passing through it without criticism; without trying to change or fix anything. The breath is a skillful means of befriending this deep capacity of the heart and mind. It is used in meditation to cultivate gentle awareness of when thought takes over your focus. Okay, breathe!

Most of us spend so much time fulfilling our desire for knowledge from things “out there” that we forget to return to the wisdom that already exists “in there”. When is the last time you took yourself on a date where the time was filled only with the senses and reflective nature that accompanied you into this world? What would it be like now to sit with yourself with eyes closed in “silence” for five to ten minutes (awake, that is) and connect with your breath? Maybe it wouldn’t be so silent “in here”. Yoga is not always a comfortable place to explore your being, but sometimes our greatest insights come from walking into our discomfort zone. We cannot change what we don’t acknowledge. Step by step, the physical and mental practice of yoga helps us to trust ourselves and treat ourselves with compassion and an open heart so we are able to return to our natural state of being. At ease.

*Yoga is the uniting of consciousness in the heart so we are able to return to our true nature: joy.*

—Nischala Joy-Devi

“In-between” the thoughts, judgment, criticism, the “shoulds” and the impatience, there is a breath of fresh air which offers messages on how to live joyously. For example, if you find yourself repeatedly annoyed or angered by similar events, try to detect a pattern. What expectations were you “holding”? Would you still react that way if you had no expectations?

*(continued on page 23)*



# 2014 RTO Golf Tournament Winners

## Clare Golf & Country Club

### September 17, 2014

#### MIXED DIVISION:

**1st Net:** Chester Sabean & Ellen Sabean

**1st Gross:** Rebecca Betts & David Betts

#### NON-HANDICAP DIVISION:

**2nd Net:** Victor Snarr & Michael Nee

**2nd Gross:** Leo Sears & Don Morrison

**1st Net:** Gary Archibald & David McDougall  
Malcolm MacKinnon & Gordon Marshall

#### HANDICAP DIVISION:

**1st Net:** Camille Maillet & Camille Aucoin

**1st Gross:** Donald Doucet & Roland Comeau

#### TROPHY WINNERS:

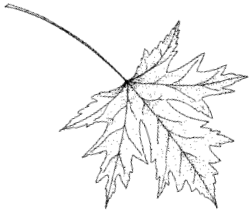
**Overall Net:** Desiree LeBlanc & Bryan Empson

**Overall Gross:** Ray Tufts & Marcel Cottreau





## From the Editor...



*As a long-time pessimist, I struggle to become an optimist. I have decided that that is the best way to face the aging process. Now when I hear references to "the autumn of my life", I react from a positive perspective. Autumn conjures up the most beautiful images. Scarlet, gold, amber...the richness of the words themselves insist that I appreciate the glory of the season. Those cool nights, when I can rest as nature provides the air-conditioning. The harvests. I visit the farmers' markets and come away with a bounty of fruits and vegetables to satisfy both my stomach and my freezer - what a gift. To sleep in while the school buses drive by, to enjoy the last blooms of my cherished hydrangeas, to sit on my swing in the warmth of the sun and read my latest novel, to make plans for the winter getaway. To do what I choose to do. Through the magic of retirement one can make the autumn the best part of one's life.*

*And autumn, of course, brings the first issue of a new volume of *The Retired Teacher*. Contributions to the newsletter by both Branches and individuals are vital to its success. Please do not feel the need to write a long report. News from your Branch may be only a few lines, to inform us of meetings, dinners, or other activities. All news is appreciated by retirees. If you are not comfortable writing, that is not a problem. That is what an editor is for. Please share your Branch's ideas with us.*

*Thank you to all who have contributed to this issue. A special note of gratitude is extended to the Communications Committee – Margie Morrison, Marilyn Rodgers, Colin Campbell, Glynda Wimmer, and Chair Gary Archibald. Also thank you to my friend and supporting editor, Bill McLaughlin, and to Sonia Matheson, the NSTU Desktop Publisher, who pulls it all together.*

*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 never had the opportunity to experience the joy of retirement. They are missed.*

—Betty Anne McGinnis



Normal College, Truro

*(continued from page 21)*

Spending time in this space leads to a "letting go" of patterns and habits which do not serve us. The practice and discipline of mindfulness helps us to see when we're getting attached to any one thought or belief. It's like doing "spiritual push-ups". These push-ups help us adopt a healthy way to let each present moment unfold with more acceptance of "what is" versus what "should be".

If you give a little bit of yourself to yoga, it will give you much in return. The only thing that it will ask you to do is to commit to staying in the process of seeing yourself, of loving yourself and of opening your heart. If we learn to appreciate our divine nature, then we will learn to appreciate the gift of life as well as the curious and wonderful experience of being human.

Find your yoga! And if all else fails....just breathe.

Namaste, Shawna

### LINKS

**No yoga classes near you? Try one online here:**

<http://www.gaiamtv.com/article/what-meaning-yoga#sthash.WyyJ8DAV.dpuf>

**Mindfulness in the Schools. Practices for teachers.**

<http://www.mindfulteacher.com/>

**Easy mindfulness practices for beginners**

<http://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/>

**Mindfulness with the Master: John Kabat Zinn**

<http://www.mindfulnet.org/page22.htm>

**Begin your meditation practice - just a few minutes per day**

<http://life.gaiam.com/article/meditation-101-techniques-benefits-beginner-s-how>

**Hard on yourself? Change what you tell yourself. Look here**

<http://www.prolificliving.com/100-positive-affirmations/>

For assistance, resources or more information on where to find "your yoga" email Shawna at [goodheartyyoga@gmail.com](mailto:goodheartyyoga@gmail.com)



## Remembering Our Colleagues...

### **Sr. Claire Murphy (1918-2013)**

Sister Claire, one of our oldest, active members, was a valued, faithful attendee at Colchester-East Hants RTO Branch Meetings.

She began her teaching career in 1941 in Dartmouth, spent time in British Columbia, and taught many years at Enfield District and Hants East Rural High. At Hants East the children had never seen a nun (by then nuns did not have to wear habits) so they called her Mrs. Claire, then Mrs. Sister, and finally just Sister.

Following her retirement in 1982, she returned to the Canadian North. It was the norm for her to remove several feet of snow from the roof. She says this is how she kept fit and developed muscles. Upon her return, she lived on the Indian Brook Reserve, and then in Shubenacadie. One of her pastimes was an evening of crib with friends.

At her Golden Jubilee, in recognition of her work with first Nations people, Sister was made an honorary Mi'kmaq, complete with ceremonial headdress. She was very proud and somewhat embarrassed to be named the Elizabeth Ann Seton Award winner in 2005.

Sister was one of those rare individuals who could relate with people of all ages. Her sense of humour, her quick wit and her contagious good spirit were her hallmarks. She had many best friends, people whom she sought out to offer special words of encouragement and thanks. You knew she was there by a gentle pat on the back or a soft touch on the arm.

Thanks to "BF" Shirley, she attended many more meetings after she was not comfortable driving to Truro.

She died on October 22, 2013. A quotation from Albert Einstein very aptly describes Sister Claire. "*Strive not to be a success, but rather to be of value.*"

She was a unique individual and a special friend.

—Submitted by,

Walter Farmer, Colchester-East Hants Branch

## 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, 2014.** 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 Branch. Congratulations!

1. Who accepted the Legacy grant on behalf of the Antigonish-Guysborough Early Childhood Intervention Program?
2. What is the deadline for Branch Presidents to receive applications for Members-at-Large?
3. Which team and Branch will host the 2015 Bowling Tournament?
4. What is the deadline for resolutions to be submitted to the RTO Executive?
5. Where was the AGM for the Canadian Association for Retired Teachers (ACER/CART) held in 2014?
6. Which town celebrated Bill Hirtle Day?
7. Which Branch hosted the 2014 Golf Tournament?
8. Changes in the Optional Life Insurance Plan will allow teachers under 65 to now carry their policy to what age?
9. What is the name of the Sister in the memorial tribute?
10. Who is the contact person for the Curling Bonspiel to be held in February?



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