

The Retired Teacher

Nova Scotia Teachers Union

Volume 46, Number 2, February 2015

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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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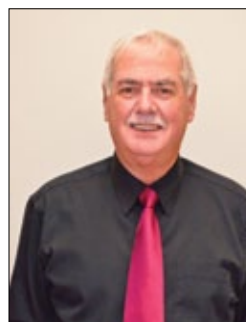
A newsletter for the retired teachers of Nova Scotia



A MEMBER OF ACER/CART

rto.nstu.ca

On behalf of the RTO Executive I would like to extend best wishes to all RTO members for a happy, healthy, and prosperous 2015. With your continuing support and that of the twenty-three Branch Executives, your RTO Executive is committed to fulfilling the RTO Mission which states "The RTO is the official body representing the retired teachers of Nova Scotia and will advance, promote, and protect the welfare of its members".



Group of IX

The RTO is very pleased to be one of the nine Senior Organizations in Nova Scotia that have membership on the Group of IX that has a mandate to advise and provide feedback to the Nova Scotia Provincial Government on seniors' issues through the Provincial Department of Seniors. Some time ago, the Group of IX reviewed the Report of the Nova Scotia Commission on building Our New Economy, better known as the "Ivany Report". Although we saw a great deal of value in the report, we took exception to comments in the report that characterized the large senior population in Nova Scotia in terms of a huge liability rather than a tremendous source of knowledge, experience, skill, and expertise. I was asked to draft a letter for the Group of IX that was sent to the Premier and other government officials. In addition to pointing out the sentiments above, I indicated that seniors in Nova Scotia are more than willing to participate in turning our economy around. We were very pleased to receive a prompt response from the Premier's Deputy

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(President's Message — continued from cover)

Minister, Bernie Miller, stating “Perhaps the Group of IX might take the lead in bringing together seniors’ groups for discussions on how seniors can contribute to the goals and game changers in the Report”. The Group of IX is more than willing to take on this role, and we shall discuss this matter further with Deputy Minister Miller at our next meeting.

Insurance Trustees

Once each year, the RTO has the opportunity to meet with representatives of the NSTU Insurance Trustees to review and discuss the various insurance plans provided for and offered to teacher retirees. Because of favourable timing, the full RTO Executive was able to attend and participate in this meeting in early January. A top priority of the RTO is a request that the Insurance Trustees increase the amount of the Retiree Life Insurance from the present \$10,000 amount. We were encouraged by the response,

but we realize the achievement of this also requires the agreement of government officials. We discussed many other insurance-related topics, and we were satisfied with the responses given at this meeting. Also, a presentation on the latest Trustee-sponsored program, CAREpath, will be made to Branch Presidents when they attend their next meeting on March 10 and 11.

AGM 2015

Evaluation feedback from last year’s AGM clearly indicated the desire to continue having the AGM in Halifax with the same arrangements. Therefore, the 2015 RTO Annual General Meeting is scheduled to take place at the NSTU on Friday, May 22. A dinner for delegates and guests will be held the evening before at the Brightwood Golf & Country Club in Dartmouth. Further details will be contained in the April issue of this newsletter.

Farewell & **Thank You** **BRUCE!**



Former NSTU Staff Liaison for the RTO, Bruce Kelloway is presented with a gift from the RTO. Standing with Bruce is RTO Vice-President Bill Berryman (left), Bruce Kelloway and RTO President Jim Kavanaugh.



Pictured on the right (l-r) is Randy Holmesdale, Bruce Kelloway, and Jim Kavanaugh.

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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

The RTO Communications Committee met on January 12 with all members present. The various updates to the RTO website were discussed by webmaster Colin Campbell. RTO members are encouraged to visit the website and review the many links and documents contained there.

There was a great deal of discussion on the content for this issue of *The Retired Teacher*. Committee members have been busy contacting the Branch



Seated (l-r): Gary Archibald (Chair); Betty Anne McGinnis (Newsletter Editor) and Margie Morrison. **Standing (l-r):** Colin J. Campbell (Webmaster); Marilyn Rodgers and Glynda Wimmer.

certainly appreciate the work of the Branch Presidents and the committee chairs who provide much of the content to each edition of the newsletter.

There has been some discussion on how best to achieve publication in the newsletter. Submissions of articles and photographs are welcome from all RTO members. All submissions should be forwarded to the editor for it is she who determines the content of the newsletter. It must be understood that, because of either space restrictions or duplication, submissions cannot always be placed in a current edition, but may appear in a future edition.

It was reported that many RTO households receive two copies of *The Retired Teacher* and would prefer only one. If you are in that situation and only need one copy, please let your Branch President know, or email archibaldg@eastlink.ca. Also a reminder – if you so wish, you can receive the newsletter via email rather than one delivered by post. Let us know.

We certainly appreciate all of the kind words we have heard about the quality of both the newsletter and the webpage. Should you have any comments, whether they offer compliments or provide suggestions for improvement, we encourage you to contact the webmaster, the editor, or the Communications Committee Chair.

—Submitted by Gary Archibald, Chair, Communications Committee

Nominating Committee Report

Members-at-Large Positions:

- 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

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, Nominating Committee

Committee Reports (cont'd)

Membership Committee

A major concern of the committee is the time involved in correlating the RTO Database with the Johnson Database. One of the major responsibilities of the committee is to ensure that the RTO has an accurate and current database. This situation negatively affects the ability of Branches to update their membership lists. We cannot stress enough that Branch funding is based on membership, and that accuracy is of paramount importance.

The Wall has been updated with current pictures. We encourage Branches to submit activity pictures when possible.

We remind members that the RTO does not issue receipts for tax purposes.

In February, the Committee Chair will contact the Pension Services Corp. to ascertain the anticipated number of 2015 retirees. We will send an RTO package to the Pension Services Corp. for inclusion in the materials that are sent to retirees when they apply for their pensions.

The committee reviewed its mandate and recommended that no changes be made at this time.

The committee suggested the following items to promote the RTO: tote bags, Medi-cards, and RFID protected cases.

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



Seated (l-r): Sharon Taylor, Vicky Parker, and Eileen Coady. **Standing (l-r):** George Landry and Reg Johnston.

Finance Committee

The 2014 Budget year has ended and I wish to thank all RTO members for their input and discussions throughout the year. At the AGM in May of 2015, we shall present a detailed report of income and expenditures for every budget item, line by line.

Finances are addressed on a monthly basis at every Executive meeting. The Finance Team consists of Member-at-Large John Donovan, Vice-President Bill Berryman, President Jim Kavanaugh, Past President Randy Holmesdale and your Treasurer, Fred Jeffery. I look forward to our AGM to address any questions you may have arising from our finances.

—Submitted by Fred Jeffery, Treasurer
Chair, Finance Committee



Seated (l-r): Bill Berryman (Vice-President); Fred Jeffery (Treasurer) and Randy Holmesdale (Past President). **Standing (l-r):** John Donovan (Member-at-Large for Cape Breton-Victoria) and Jim Kavanaugh (President).

Committee Reports (cont'd)

Program Committee Report — Conscious Aging a Hit in METRO!

On October 9, 2014, a dozen RTO members from the Metro area gathered at the NSTU building for an all-day workshop on Conscious Aging. The facilitator was Cathy Carmody. The title of this workshop was *Creating a New Story For life Beyond 55*. There was very positive feedback from the participants who attended the workshop.



Cathy Carmody and Peter Lewis.

Facilitator Cathy Carmody is a long-time public service executive/manager and an adult educator/workshop facilitator in the field of leadership and consciousness. She is currently one of the leaders in the emerging field of conscious aging. In her workshop, Ms. Carmody points out that in the earlier part of our lives, teaching was the primary component, and it was how we often described ourselves. Now that we are 'retired' from teaching, creating a new life story that holds meaning and purpose can be a challenge for many. Today, people who retire at or about 55 can expect to live another 30 years; thus it is important, Ms. Carmody strongly believes, to not just age, but to "consciously age".

The workshop asks each participant to reflect about several questions, beginning with the participant's accomplishments to date and leading to "ways ... I want to continue to grow and develop as I age". The Workshop was held in the Metro area as a pilot.

During the Branch Presidents' meeting held in October, Ms. Carmody gave a short presentation to the Presidents. Chair of Programs, Peter Lewis, explained the procedure for setting up a workshop in one of the other six regions of the Province. The workshop is limited to 10 to 12 members as there is much input from the participants themselves. Each participant pays \$25.00. The RTO pays all other costs for the day-long workshop. The Program Chair, Peter Lewis, makes all arrangements and contacts, and organizes any other applicable activities. It is helpful if the Member-at-Large for the Region where the workshop is being held assists.

The RTO is interested in setting up workshops on Conscious Aging in other areas of the Province. We are also interested in hearing ideas from members as to other programs that the RTO could host in the Province. Let your Branch President know, or contact your Member-at-Large.

—Submitted by Peter Lewis, Chair, Program Committee

Research & Review Committee

The third meeting of the Research and Review Committee was held in the NSTU Building on Monday, January 12, with all members present.

The principal topic was the collation of data collected in the recent survey of RTO Branch relationships with the various NSTU Locals. Every Branch responded to the questions posed and many additional observations were forthcoming from the Branches.

The committee focused on the extraction from the data of general observations pertaining to the Branches regarding both formal and informal relations. When it was felt that further explanation would help, committee members contacted the relevant Branch for clarification, and then summarized all information in a first draft report to be forwarded to the chair. The committee will examine the draft at the February meeting. The Executive will then receive the final report.

The committee received material on the Schools Plus programme that is evolving around the province. Vic Fleury, the former President of NSSBA, presented it. The committee will consider whether the RTO could usefully involve our members in these various activities.

Documents from the Eastern Canadian Retired Teachers Organization were presented to the Committee for future study.

We would like to thank all the RTO Branches for their work and co-operation in the survey project.

—Bill Wagstaff

Chair, Research & Review Committee



update

RE-DESIGNED NSTU Age-Banded Optional/Spousal Life Insurance Program

As you may be aware, the NSTU Group Insurance Trustees recently re-designed the NSTU Optional/Spousal Life Insurance Program to provide more competitive rates in all eligible age categories, to introduce male/female, smoker/non-smoker rates, and to extend the age of eligibility.

Optional life insurance premiums are paid by you, the plan member. Your spouse may apply for spousal life insurance equal to or less than your optional life coverage in units of \$5,000.

A beneficiary must be chosen for any optional life insurance coverage you elect. Either way, it is important to appoint a beneficiary and a contingent beneficiary for your life insurance. You, as plan member, are the beneficiary for any spousal or dependent insurance.

The NSTU Group Insurance Trustees are pleased to announce that a number of eligibility changes have been made as part of the redesign.

All active and retired NSTU members, as well as spouses under the age of 65, are now eligible to apply for this benefit. Optional life insurance can now be continued to your 85th birthday and coverage for your spouse ceases at 85 or when your insurance terminates.

Retired members and spouses who did not enroll in optional life prior to retirement can now apply for optional life after retirement up to age 65 by submitting medical evidence of insurability. Retirees beyond age 65 will not be able to apply for or increase coverage.

Finally, when members reach age 70, their optional life insurance benefits will decrease to a maximum of \$50,000, and any member with less than \$50,000 coverage will continue with the lesser amount. The NSTU Group Insurance Trustees are very pleased to announce these exciting changes.

If you have any questions regarding the above, please do not hesitate to contact the Administrator, Johnson Inc., at (902) 453-9543 (local) or 1-800-453-9543 (toll-free).

Revised article from *The Teacher*, October 2014, Volume 53 Number 2, Page 18.

2014-15 RTO Research & Review Committee



Seated (l-r): Anne Jessome, Bill Wagstaff and Norbert LeBlanc. **Standing (l-r):** Vic Fleury and Jack Boyd.

2014-15 RTO Pension & Benefits Committee



Seated (l-r): Cathy Anderson, Derek Hayne, and Linda MacNeil. **Standing (l-r):** Al MacKinnon, Chair and Margaret (Peggy) Ludlow.

FEATURE TEACHER

AMY VINCENT



Amy and Masako Yokoyama, intern from Osaka, Japan with the International Internship Program at Penhorn School.

Born in South Brookfield to Oliver and May Smith, Amy graduated from Normal College in 1951, and began her career in Upper Port LeTour, a career that would span thirty-nine years of guiding students and staff. One vivid memory from Amy's rural school life involved dodging an irate father who employed his shotgun to appeal the strap as punishment for his misbehaving son. Amy moved on to Digby Elementary School where she boarded with Ethel Embry at Mrs. Christie's. Amy also befriended Joyce Simard, her future bridesmaid. The two shared many happy times and road trips. On a fruitful weekend trip to Dartmouth,

8 February 2015, *The Retired Teacher*

Amy met a special navy man, Peter Vincent, whom she married in 1960.



Amy with the staff of Mary Lawson School.

It was Amy's pleasure to serve as Principal of the newly opened Mary Lawson School, and later to become Principal of Penhorn School, from where she retired in 1990, a respected educator for four decades. During her tenure at Penhorn School, Amy became interested in the International Internship Program. One of the first interns was Masako Yokoyama from Osaka, Japan. Not only was Amy her principal, but she and Peter became Masako's host family as well. Masako enriched Penhorn students and staff with Japanese culture. Masako's letter of gratitude pays tribute to the warmth and support Amy and Peter provided.



Amy with the Penhorn School Staff.

“So Amy had me as a teacher during daytime and as a family member the rest of the day. I still remember my first morning in Nova Scotia. When I opened the curtain of my room, the outside of the window was filled with the red color of maple leaves. The overwhelming scene knocked me over! We shared enjoyable day trips around the Maritimes. Not only the nature of Canada, but the people were wonderful....



Amy with her bell from Mary Lawson School.

Having me in their family, Amy and her husband felt they could get to know and share lives well, even with those from faraway countries. They took in several Chinese students after me. At the time of Tiananmen Square, some Chinese students were involved in the movement. The Chinese government searched them out to stop financial support and not allow them to reach their homes. Peter and Amy learned these facts in the news and decided to help those students in one way or another. So, this is how Amy and Peter started

to take care of Chinese students. The first one was Yen Chen, followed by several others. I got to know some of them. They are sweet, honest, smart people. I am pretty sure they appreciated Peter and Amy’s generosity. On some occasions, when a student had a problem too difficult to handle themselves, Peter and Amy tried to help as much as possible. Most of them achieved great success after graduation; so, the Vincent’s was called “Fortune House” among Chinese students in Halifax.”

In her church and her community of Dartmouth, Amy was revered as a Good Samaritan and loyal supporter. She was active in her church choir and served on the worship committee. At annual Iona Church auctions, she donated her knitted sweaters and handiwork. Many have tasted her potluck meals and baked treats. Amy and Peter could always be counted on to lend a helping hand wherever needed. Sadly, in the fall of 2012, Peter passed away from heart complications. Together, Amy and Peter raised a son, Carl, and a daughter, Lesleanne. During their more than fifty shared years, they were proud grandparents to Carl and Anne’s three sons, Luke, Ethan and Jacob. Lesleanne’s daughters, Alysha and Chelsea, have added Amy’s adorable great-grandchildren, Emalee, Elijah, and Taylor. Despite recent health challenges resulting in a move to Northwood, Amy’s strength of character, wit, faith, and determination continue to shine through. Amy, we thank you for your kind heart, your compassionate spirit, and all the life lessons, both in and out of the classroom.

—Submitted by E. Margaret MacDonald

NOTICE

Notice of RTO Membership dues paid.
(Formal receipts are not issued as the deduction is not accepted by Revenue Canada.)

The professional dues for a member of the Retired Teachers Organization (RTO) of Nova Scotia for the year 2014-2015 were \$36.

LIFELONG LEARNING

Retirees interested in non-credit academic courses can check out the website for Seniors’ College Association of Nova Scotia.

www.theScans.ca

Department of Seniors Meeting with the Group of IX

Seniors Advisory Council of Nova Scotia

The October meeting agenda addressed topics including Advanced Care Planning, Dementia Strategy Update, and Blood Collection Services. The committee met with Leo Glavine, Minister of Health and Wellness, and Dr. Peter Vaughan, Deputy Minister of Health and Wellness. The conversation focused on the demise of Canada Health Accord, the need to have the Federal government implement a national dementia strategy, the need to have a strong palliative care program province-wide, acknowledgement of the RTO letter re shingles vaccine, and agreement to RTO President Jim Kavanaugh's point about the Ivany Report missing how seniors can help the economy of NS.

November 27 meeting:

1. Group of IX have received an answer from the Minister of Health and Wellness re shingles vaccine, but we have not received a response to the Ivany letter.
2. Department of Seniors under the Minister of Health and Wellness
 - Budget of \$1.8 million with 9 employees (\$1.3 million goes to human resources and the remainder to community development)
 - Toll free line, general information line, and senior abuse and referral line will now be covered by 211
 - Community Development programs include Age Friendly Communities (website, tools/resources, grant programs) and Senior Safety and Security Program (elder abuse awareness, restorative justice, senior safety grants)
 - Looking ahead to providing leadership on issues related to aging
3. Steady as You Go II, Provincial Falls-Prevention Symposium 2014 held on November 21 was well attended, and a planning committee is working on next year's symposium.
4. At a future meeting we will have representatives from Canada Post to discuss changes in mail delivery and how they negatively impact seniors in certain parts of the province.
5. Dementia Strategy – Dr. Merv Shaw. The Strategy has received input from 121 participants and hopes to have final document approved for April 1, 2015. Items addressed are early diagnosis, interdisciplinary approach by the medical community, increased education and training opportunities for health care providers, more geriatricians in the province, and public access to information in rural areas.
6. Jennifer Fitzgerald, Atlantic Regional Outreach Partnership Officer, Canada Revenue Agency, discussed the need for meetings with senior groups in Atlantic Canada to do a needs assessment and make recommendations to CRA. User friendly tax forms, completing tax information online, and the availability of CRA representatives to meet personally with individuals were topics addressed.
7. Marina Keeping, Manager Pharmacare Administration, Department of Health and Wellness, discussed various topics. A proposal on the cost of premium and co-payment has been made but will not get a response from the Department of Health and Wellness until January 2015. Generic drugs are continuing to keep costs down and enabling Pharmacare to provide new drugs to the Provincial Formulary.



Congratulations to Bill Berryman, RTO Vice-President, who has been elected Chair, Group of IX Seniors Advisory Council of Nova Scotia. Stan Surette, who represents Regroupement des Aînées et Aînées de la Nouvelle-Écosse (RANE), has been elected Vice-Chair.

Respectfully submitted,
Bill Berryman

Don't Worry, Be Happy

Welcome to the new era of hassle-free motorcoach holidays!

Sip delicious—and delightfully cheap—wine at an outdoor, street-side café in Rome. Marvel at the Eiffel tower lit up at night, or take in a real pizza-making cooking class from a real Italian “Mama.” All this can be part of a coach tour.

“Escorted vacations are a wonderful alternative to a self-drive holiday, especially if time is precious,” says Debbie McGray, Manager Maritime Travel, Yarmouth, NS. “With hand-picked itineraries, VIP access to major attractions, and absolutely no line-ups, you can get on with the task of enjoying that dream vacation without any of the hassles sometimes associated with other forms of travel.”

In the bid to make your vacation as seamless as possible, some escorted tours offer deeply customized experiences such as personal limo service from your home to the airport, or “insider” dining experiences in-destination. “The trend in escorted vacations

is very much towards capturing the true essence of a destination, so that guests can experience it through the eyes of a local, rather than as a tourist,” says Debbie. “Your vacation can include invitations into private homes, wineries, working farms and family-run restaurants in picturesque settings. It adds a lot of value to the experience.”



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EXCLUSIVE RTO BONUS: For Trafalgar tours of Britain & Europe, seven days or longer, booked January 1 to March 31, 2015, RTO Travel Club members receive \$200 OFF per couple, plus a FREE Maritime Travel Field Bag and TWO FREE Maritime Travel Luggage Straps!

PROFESSIONAL DEVELOPMENT *after Retirement*

by Yvonne Rafuse, Lunenburg Branch

An earlier issue of the newsletter featured an article by Kym Hume, telling her story of professional development after retirement. This article was written by Kym's partner, Yvonne Rafuse, and gives a second perspective of their work in Anguilla.

When I was a busy young teacher, retirement, for me, as for most of my colleagues, seemed a long way off. But as my own children grew up and moved on to their own careers, grandchildren were born, and my name moved closer to the top of the retirement list, something special happened that has greatly impacted the course of my life beyond public education. I met up with an old junior high school friend from the Annapolis Valley, whose career path as an educator had been remarkably similar to mine. We discovered that we had both been teachers and administrators at the school and school board levels, and that in those roles we had been the fortunate beneficiaries of a great deal of professional development, particularly in special education. We discovered that we shared a common interest in one particular aspect of our careers, and that was a passion for Autism Spectrum Disorder.

In 2010, as Kym Hume and I finally reached our retirement date and as we closed the door on our careers in public education, we joined together to form Autism Atlantic Consulting Services. Each year in our summer institutes, we offer professional development to teachers from across the province, as well as other professional services to families and agencies. We are the writers and facilitators of NSEL's Module I4 and are now writing a workshop series for Teacher Assistants. We have presented

workshop sessions both provincially and internationally, which has allowed us to continue to grow as educators and maintain a network of colleagues in the field we love.

But it's not all about work. Kym and I both volunteer with our local chapters of Autism Nova Scotia, and our "shining star" is our volunteer work with teachers in the small Caribbean island of Anguilla, just north of St. Maarten in the British West Indies. There are approximately 2500 students in six elementary schools and one high school. Four of the elementary schools and the high school have special education classrooms, where students with special needs are mostly segregated for their education. It was while my husband and I were in Anguilla on vacation during the first winter of my "retirement" that I decided that it was a place where I could "pay it forward", and asked Kym if she would like to help.

Our volunteer experience on Anguilla started the next fall with a two-week intensive professional development, and mentoring workshop for the staff

of the elementary special education classrooms. In the following year, we returned to continue our work with the elementary schools and begin work with the middle level high school special education teacher. The Anguillian teachers welcomed us into their classrooms with warmth and appreciation. It was like seeing old friends again when we reunited on our second visit, and their eagerness to adopt new ideas was clearly evident. They were open to anything that we suggested and were extremely grateful for the many resources we had brought and donated to their schools. They understood that we were working side by side with the focus on improving learning and behaviour for their students. There were challenges to our work in schools with few resources and little access to photocopiers and technology. However, it has been an extremely rewarding feeling to share our years of experience and knowledge in such a welcoming environment and to feel as though we have really made a difference in Anguilla.



SCAVENGER HUNT



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

1. Which country is the destination for the tour recommended by Maritime Travel?
2. At the Department of Seniors meeting with the Group of IX, a presentation on dementia was given by whom?
3. The Glace Bay Branch recently paid tribute to a member who was a treasurer and who was also inducted into the StFX Hall of Fame. Who is this man?
4. With the new Optional Life Insurance rules, at what age does a member's benefit decrease to a maximum of \$50,000?
5. What is the deadline for application for the 2015 RTO Golf Tournament?
6. Who is the teacher featured by the Dartmouth Branch?
7. What craft does Holly Gunn write about in this issue?
8. If you would like to be a member of the NSTC Alumni Association, you can make contact by postal service, Twitter, Facebook, webpage or what other method?
9. What is the location of the 2015 NSTU Bowling Tournament?
10. A priority of the RTO is to have the Insurance Trustees work towards increasing the Retiree Life Insurance from its current amount which is what?

2014-15 RTO Executive



Seated (l-r): Randy Holmesdale (Past President); Bill Berryman (Vice-President); Jim Kavanaugh (President); Dorothy Smith (Secretary and Member-at-Large for Halifax Metro); and Fred Jeffery (Treasurer).

Standing (l-r): Peter Lewis (Member-at-Large for Chignecto-Central); Al MacKinnon (Pension Committee Rep); Herbert Seymour (Member-at-Large for South Shore); John Donovan (Member-at-Large for Cape Breton-Victoria); Bill Wagstaff (Member-at-Large for Valley); George Landry (Member-at-Large for Strait); and Gary Archibald (Member-at-Large for South West Shore).

Time Capsule of 1995



The NSTU celebrated its 100th anniversary in 1995. In honour of this event, the Executive of the day buried a Time Capsule at the base of the flagpole, with plans to unearthing it in twenty-five years. This year marks twenty. Five more to go!

Back row (l-r): Anne Rodrigue, Randy Holmesdale, Patty Maher, Kathy Davies, John Sperdakes, Derek Hayne, Maurice Gouthro, Norbert LeBlanc, Cliff MacKay, Peter Lewis, Russell MacDonald, Bill Redden, Mary-Evelyn Ternan and Bill Bruhm.

Front Row (l-r): Kate Ingram, Marcia Hirtle, Linda Kline, Donnie MacIntyre, John MacDonald, Jim MacKay, Joan Ling, Dick Rector, and Betty Anne McGinnis.

Alumni Association of Nova Scotia Teachers College

Are you a NSTC grad?

Are you an Alumni Association member?

Do you attend Annual Reunions?

Get (re)connected with your TC classmates and other grads. Come to Truro for a fun weekend.

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~ **For more information** ~

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Web — <http://nsteacherscollege.ca>

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

RTO 2015

Annual General Meeting

The RTO Annual General Meeting will be held in Halifax at the Nova Scotia Teachers Union Building on Friday, May 22, 2015 starting at 9:30 a.m.

The AGM Dinner will be held at Brightwood Golf and Country Club in Dartmouth on Thursday, May 21, at 7 p.m.

We encourage all RTO members to come to the AGM which provides excellent opportunities to see your RTO in action and to share time with friends and colleagues.

Registration forms will be available in the next issue of the *The Retired Teacher*.

17th Annual Retired Teachers Golfing Tournament

Truro Golf Club
Wednesday, September 9, 2015.
Shotgun start 1:00 p.m.
Fee \$70

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

Prizes:

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



Deadline:

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

Please enclose fee & index with application

- Meal provided
- Putting Contest with Prizes a Fund Raiser
- Host Motel Super 8 Motel (902-895-8881)
Special price \$99 per room including a free breakfast buffet.



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



Inquiries & Registration:

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

OR:

Bob Jordan -
RTO-CEH@uniserve.com

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

RTO Branch Presidents' Meeting

October 21-22, 2014



Presidents' Meeting at the NSTU Building, Halifax.

The first meeting of the RTO Branch Presidents and the RTO Executive was held at the NSTU Building on October 21-22, 2014. All 23 Branches were represented by their Branch President or alternate.

RTO President Jim Kavanaugh provided an in-depth report on recent changes in the pension plan and Optional Life Insurance. RTO Secretary Dorothy Smith provided a report on the very successful RTO AGM held on May 28-29, 2014. Chairs on various RTO Committees provided written reports and answered questions on their reports.

Shelburne Branch President Bonnie Mahaney provided a report on the RTO Curling Tournament to be held in Barrington on February 20-21, 2015. Branch Presidents

were also informed that the RTO Golf Tournament will be held in Truro on September 9, 2015.

Branch Presidents received a very interesting presentation on Conscious Aging by Cathy Carmody. The RTO will be providing workshops around the province on this very important topic. The first workshop was held in Halifax on October 9, 2014 and Halifax County Branch President Beth Raymond provided details on how this event was a very positive experience for her as a recent retiree. Possible future workshops could be held in Truro and Bridgewater this year.

Evaluations from Branch Presidents indicated that the Committee reports, updates on pension and health benefits, and information on affiliations with other retiree groups were most helpful in preparing their own Branch meetings.

—Submitted by Bill Berryman



Above standing (l-r): Reg Johnston, Bernadette Holloban and Alex Doggett. Seated (l-r): Cathy Anderson and Shirley Jeffery.



Above (l-r): Neil MacNeil, Peter Mattatall, and Derek Hayne.

RTO Branch Presidents' Meeting

October 21-22, 2014



Above (l-r): Reg Johnston, Bernadette Hollohan, John Donovan, Sandra MacNeil, and Cathy Anderson.



Above (l-r): Barbara Burke, E. Margaret MacDonald, Ross Thompson, Dorothy Smith, and Beth Raymond.



Above (l-r): Barbara Burke, Bonnie Mahaney and Gail Walsh.



Above (l-r): E. Margaret MacDonald, Beth Raymond, Debby Trask-Cushing, Blair Boudreau, and Ross Thompson.



Above (l-r): Peter Lewis, Shirley Jeffery, Peter Mattatall, and Gail Walsh.



Standing (l-r): Lynn Hebb and Sandra MacNeil. Seated (l-r): Frances MacEachern, Dave Jones, and Glenn Demone.

Branch

Updates

COLCHESTER-EAST HANTS BRANCH -



The Colchester-East Hants RTO held one of its regular four yearly meetings on November 4, 2014 at the Truro Fire Hall in Truro. The program at this meeting provided members with a venue to highlight their talents. Members explained or demonstrated the process required to achieve a finished product. Some had finished products for sale. The half hour before the 10:30 a.m. business meeting allowed the one hundred and ten members to visit the nine presenters.

At the end of the business meeting, Nancy Sulis read a poem from a collection of poetry from World War 1 and World War 2, written in memory of all who served our country. Following the reading an hour was set aside to visit displays.

At the half hour mark, a light lunch was set out for all to share at their leisure. It was an excellent opportunity to find that special Christmas gift and to discover the amount of talent we have in our local organization. An RTO Christmas Social at the Truro Fire Hall and a Valentine Social at the Best Western are planned.



DARTMOUTH BRANCH - Our Yuletide luncheon on December 11 gathered over 100 members from our Branch, along with our fellow retired teachers from Halifax County. Craft items were sold

by Cecilia Morgan and Diane Morgan. Generous food donations for F.O.O.D. and FEED N.S. were collected with Ruth Durrant's continued help.

The musical talents of "Coles' Notes" (photo on pg. 19), added a festive touch to our turkey dinner and shared fellowship.

In January, Ian MacDonald and Carmel Shea of the Dignity Group presented a funeral pre-planning workshop. On March 24 at Brightwood, we look forward to a combined spring luncheon with the Metro Branches.



Shown above (l-r): Beth Raymond, Dorothy Smith, E. Margaret MacDonald, and Ross Thompson.

Branch

Updates

DARTMOUTH BRANCH PHOTO



“Coles’ Notes” performs.



GLACE BAY DISTRICT BRANCH - On June 5, the Glace Bay District Branch RTO held its annual lobster dinner meeting at the Port Morien Legion. The largest gathering of members (123) in the history of the Branch took this opportunity to meet with friends and former colleagues to enjoy a delicious meal and to acquire information related to RTO matters. Topping the agenda was a report on the Provincial RTO AGM which had taken place the week before in Halifax.

Previously, at our April dinner meeting, President Reg Johnston paid tribute to long-time Treasurer, Steve Hogan. He was recognized for his many years of dedicated service to the Branch as well as to the Provincial RTO. Steve was presented with a card and a gift.

On Sept. 5, two teams representing the Glace Bay District Branch participated in a charity golf tournament at Lingan Country Club, an event sponsored by the Glace Bay Credit Union. The proceeds helped to support Glace Bay Townhouse, a non-profit organization which helps support a

“meals on wheels” program, a clothing depot, a kinder-school, and other community activities. The tournament raised over \$7800.00. Prizes were awarded and everyone enjoyed a good day.

The ladies’ team consisted of Gail Pemberton, Marie Aucoin, Linda MacKay, and Marlane MacNeil. Jim Pemberton, George Pyke, Steve Hogan, and Brian Aucoin comprised the men’s team. Both teams thank the organizing committee for a job well done.



Ladies’ Golf – (l-r): Marlane MacNeil, Gail Pemberton, Marie Aucoin and Linda MacKay.

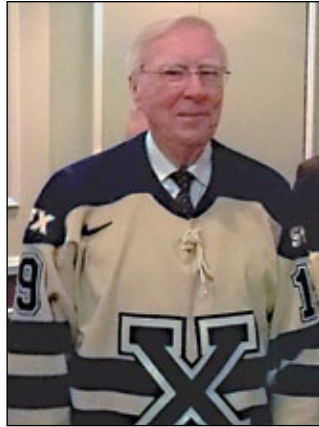


Executive Photo – Seated (l-r): Arlene MacDonald (Social), Shirley Boutilier (Telephone), Linda McKay (Press Secretary). Standing (l-r): Wayne Hurley (Treasurer), Jack MacNeil (Vice-President), Reg Johnston (President). Missing at time of photo: Patricia Clyburn (Secretary).

Branch

Updates

The Branch is pleased to recognize the induction of Steve Hogan into the StFX Sports Hall of Fame as a member of the 1950-51 hockey team. The ceremony took place on October 9, 2014 in the Keating Centre on the university campus. The team of 19 players included 16 from Cape Breton. They won the APC Championship, the Maritime Senior Championship, as well as the Nova Scotia and Maritime Intercollegiate Crown. After dominating Maritime hockey, they advanced to the Allan Cup semi-finals.



Steve Hogan



Group – Surviving members of the team inducted into the Hall of Fame included four retired teachers. In the front row on the left is Eddie Murrin and next to him is Geno Scattolone. In the back row (centre) is Steve Hogan and on his left is Eugene Swartzack.

HALIFAX COUNTY BRANCH – The Halifax County Branch of the RTO sponsored its second Craft & Fine Art Market on November 4, 2014 at the East Dartmouth Community Center, Caledonia Road, Dartmouth. Fourteen vendors, all retired teachers, participated in this sale. The sale lasted only 3 1/2 hours; however, in that short time, approximately 175 buyers, mostly retired teachers, came to the sale. Buyers were impressed with the quality of the merchandise, and



many took advantage of the craft fair to do some early Christmas shopping. Those who visited the Craft Market also enjoyed the Café, a new feature this year. The Café provided an environment in which to socialize with old friends and colleagues.

Regis Hill, Vice-President of the Halifax County Branch, was the main organizer of the Craft Fair. She was assisted by other members of the executive: Edith Arbour, Bea Fournaud, Peggy Ludlow, Colleen Putt, Beth Raymond, Maureen Rossong, and Sharon Taylor.

Although the Craft Market was sponsored by the Halifax County Branch of the RTO, crafters from the other Metro Halifax Branches were invited to participate, and several accepted the offer. The crafters who participated in this year's craft fair were Connie Backman, Terry Broadbent, Liz Corkery, Debra Gray, Holly Gunn, Marilyn Hourihan, Judy Knowlton, Elaine MacRae, Lorna MacDonald, Cecelia Morgan, Barb Robson, and Jean Smith. Most of these vendors participated in last year's sale, and each donated a handcrafted item as a door prize.



Beth Raymond, Colleen Putt and Bea Fournaud.

Branch Updates

There was a wide variety of items for sale at the Craft Fair: hand-woven goods; paintings and fine art work; jewellery; pottery; sewing; quilted and crocheted items; Christmas ornaments; homemade cards; knitted items, including thrummed mittens; photography and photo art; and metal and wood crafts.

Judging from the enthusiasm of both buyers and vendors at the sale, the craft fair was a huge success.

INVERNESS BRANCH - Our organization is alive and well! We meet twice a year at different locations to accommodate the significant distance our area covers. Our current president is Frances MacEachern. Our mandate is to keep our members abreast of what is pertinent to them, such as benefits and pension issues. In that respect, we usually have reports from our member-at-large, George Landry, to tell us what is happening at the provincial level. We are also fortunate to have one of our members, Al MacKinnon, as Chairman of the Pensions and Benefits Committee.

We always have a guest speaker, some of a more serious nature, some of a more entertaining nature. Our last two speakers were of our own membership, one a seasoned traveler who spoke of her own experiences travelling, and the other a volunteer working to improve a school in Africa.

Over a catered meal, we catch up on our fellow retirees' adventures and hear of their many volunteer efforts.

KINGS BRANCH - More than 30 souls braved the winter weather to attend the information session sponsored by the Kings Branch RTO on Nov. 25. The presentation was made by Paul Sarty from Johnson Insurance. Paul gave an overview of insurance coverage provided to RTO members, and pointed out that we are the only group in Canada that has our medical insurance paid 100% by government.

He touched on optional life insurance plans and commented that there was good value for members in enrolling in these plans. The rates are competitive when compared to private coverage.

After he had presented health, life, and dental insurance coverage, Mr. Sarty turned to travel insurance, as well as trip-cancellation insurance. Rates for MEDOC® have decreased since the policy is now managed by Medavie Blue Cross. Questions arose concerning various scenarios while on a trip. Paul fielded these questions well and noted that MEDOC® handles claims much better than their competition. Part of the reason for that is that over 22,000 NSTU and RTO members combined are members of the plan. Paul reiterated that keeping the card (or a photocopy) with you at all times on a trip is



Dave Jones, Kings Branch President.

good advice. He indicated the importance of knowing both the date of leaving the country and the date of return, because trips longer than 35 days need supplementary coverage. He suggested that in case of an accident, the first call to make was to MEDOC®. These professionals would provide guidance through proper procedures to acquire needed medical aid.

After the presentation, a number of lucky people won door prizes including 'Pub Nite' passes, a Frenchy's shopping gift card, or a 'Books Galore' gift card. Coffee, treats, and chatter ensued as RTO members mingled to catch up on news from colleagues.



Andrea Sweeney and Ellen Boyd.

Branch

Updates

The air was filled with Christmas music, chatter and lots of laughter at the RTO Christmas dinner on December 2. The Lions Club in Berwick catered to the event in their new facility in the Apple Dome. Sixty RTO members and guests enjoyed a full course turkey dinner. Retired member Cleo D'Eon performed the blessing before the meal. President Dave welcomed all in attendance and took the opportunity to promote the Legacy Foundation. Several attendees took the donation kits with them after the dinner.

RTO member Bernice MacLean read a list of names of retirees who had passed away in the last year. This was followed with a minute of silence from the assembly.

Following the meal, new retiree Shelley Cullen assisted in drawing names for a number of door prizes including house plants, hand-knitted mittens, Pub Nite passes, and 'things made from chocolate'.

This year event tickets were sold in advance which helped the planning committee greatly. A number of attendees voiced their approval of this method as a good way to promote the event.

NEW WATERFORD BRANCH - The New Waterford Branch is a medium-sized RTO Branch and holds four or five lunch/business meetings a year. With the possible exception of our Christmas meeting, we attempt to have informative guest speakers at each of our meetings. Attendance at meetings ranges from fifty to ninety members.

Our Christmas meeting consists of traditional turkey dinner, and our AGM June meeting is usually a barbecue. We attempt to hold our meetings at different venues during the year.

The business portion of our meetings includes specific Branch issues as well as committee reports and a report from the provincial level. We have a social/benevolence committee, a transportation committee, and the all-important telephone committee. When necessary, ad hoc committees are appointed.



Above (l-r) are Beth Pheifer, Sandra MacNeil, Albert Boudreau, Jean MacDonald and Mary MacMillan. Executive and Committee members examine cheques that will be donated to VisionCanada to supply classrooms in the developing world.

Our current Branch executive consists of President John Donovan, Vice-President Sandra MacNeil, Treasurer Albert Boudreau, Secretary Beth Pheifer and Chairperson of the Telephone committee Judith Gillis. We are also fortunate to have Provincial President of the RTO Jim Kavanaugh and RTO Webmaster Colin Campbell as Branch members. Members of the social/benevolence committee include Jean MacDonald and Mary MacMillan. The transportation committee is chaired by Beth Forsyth.

Recent accomplishments include hosting a Provincial AGM and hosting the first RTO Curling Tournament. We also had two of our Branch members, Christina (Tiny) MacDonald and Martin Schwartz, featured in the RTO newsletter.



Branch

Updates

Perhaps our most satisfying activity is supplying over fifty classrooms in the developing world through World Vision. Under this program, partner companies multiply our donation by a factor of seven. For example, each time we make a donation of \$50, it leads to a class receiving \$350 for supplies. We urge other Branches to become involved in this program. Branch member Mary MacMillan has devoted her time and love to this program.

PICTOU BRANCH - The Pictou Branch of the Retired Teachers Organization held its annual Christmas dinner on November 26th at St. Andrew's Presbyterian Church in Westville. Everyone enjoyed a delicious meal, socializing, and a presentation by Buhle Diamini, son-in-law of Shirley and Fred Jeffery. Buhle spoke on the true meaning of Christmas and how we could help make the season brighter for the less fortunate. He then performed solos which were greatly appreciated, and members joined him in the singing of carols.



Shown (l-r) are Diamini, Branch President Shirley Jeffery, Past-President Fred Jeffery, Mary MacLean and Catherine Kohlsmith.

SHELBURNE COUNTY BRANCH - Happy New Year fellow RTO members! As we enter the New Year, it is time to look back at the positive happenings in 2014, and to look forward to the opportunities and adventures 2015 will bring. Over 45 members of Shelburne Branch gathered on December 12 for the holiday meeting and social at the Sandy Point Lighthouse Community Hall overlooking beautiful Shelburne harbour. There they enjoyed a full-course turkey dinner with all the delicious trimmings. Branch members "chatted and mingled" with fellow Branch members, as well as MAL Herb Seymour, Queen's President Alex Doggett, and members from the Queen's Branch. It was a lovely way to wrap up 2014.

Looking ahead to 2015, we are pleased to be the host of the RTO Curling Bonspiel on February 20 and 21. Wayne Mullins and committee members Valerie Mullins, David Langille, Arthur O'Connell, Eliza Powell, Jeff Gregory, Sue Daley, and Ruth Thomas have been busy planning the event to ensure that everything is in place for the fun-filled weekend. The bonspiel is open to retired, active, and substitute teachers across the province. Teams consist of 4 or 5 players. Individual players are welcome and will complete the roster of teams needing curlers. Teams are guaranteed 3 six-end games. A reception follows on Friday evening. The organizing committee has forwarded Information sheets to all Branch presidents for circulation to their members. Interested members should contact Wayne Mullins at 902-637-3262, or email him at wayne1950@gmail.ca. Mark February 20-21 on your calendar and plan to travel to the Barrington Regional Curling Club for a weekend of fellowship, fun, and South Shore hospitality!

SYDNEY AND AREA BRANCH - Winter is upon us with cold winds, icy roads, and lots of snow. The RTO Sydney and Area extends a wish that you enjoy whatever the winter months have to offer. Many of our members have 'flown the coop' and travelled south to warmer climates, but for those brave people who have remained, our best to you.

Branch Updates

On December 2, members and their guests gathered at Brookshaven Hall for a lovely luncheon, served by the ladies of the hall and students who were involved in the hospitality program at Riverview High. Besides meeting and conversing with old and new friends, the retired teachers and their guests were treated to many door prizes. Tickets were sold for an even-split and a Christmas basket, so many members left the hall with something. The members voted to donate money to the Salvation Army, as so many people are in need.

Guest speaker, John Donovan, spoke about pensions and the changes that are taking place. John answered questions that were pertinent to the health and welfare of our members.

Three representatives from Canadian Home Living Heat Pumps gave an excellent presentation on the advantages of having a heat pump installed in one's home. Many members signed up for an estimate.

The Branch encourages members to become active in RTO, as there will be elections for the positions of President, Vice-President, and Treasurer (Sydney and Area). For information, please call Brian Dwyer at 902-539-2680. The Executive is still seeking volunteers to help set up a webpage for the Branch. I know there are many talented techies out there who would be willing to share their expertise.

Information from members for the Retired Teacher Newsletter - trips, travel challenges and advantages, notes on deceased members, and notable opportunities - would be greatly appreciated by the Executive.

The Branch is planning to host a brunch in April. We appreciate and welcome any suggestions for further events.

YARMOUTH/ARGYLE BRANCH - The Yarmouth/Argyle Branch supports a wide variety of activities. The executive enjoys organizing events for the membership; it meets each month from August to June, sometimes for lunch.

Our luncheons, mostly buffet style, take place three times a year, with attendance between 70 and 100. Breakfasts are held twice a year, at the beginning of the lobster fishing season at the end of November, and on the first day of summer. To support Yarmouth County restaurants, we try to organize these events in different locations. It seems our membership appreciates dining out.

Last year we initiated a participation draw. For each event or activity, we placed each member's name in a jar. At our November breakfast, we had three draws for prizes. Four times a year, with local business support, we print a newsletter, *Beyond the Classroom*.

Other events have included a walk in a Provincial Park in February, a photography session, a billiard party, and bowling. Invited guests have spoken on legal matters, traveling tips, culinary experiences, genealogy, and on the use of tablets.

We have made a donation to the Yarmouth Area community fund as well to the Legacy Foundation. Recently Gary Archibald, our MAL, collected pictures of our activities which we will feature on placemats for our luncheons.



Blair Boudreau presenting a cheque to Mary Eldridge of the Yarmouth Area Community Fund.

From the Editor...



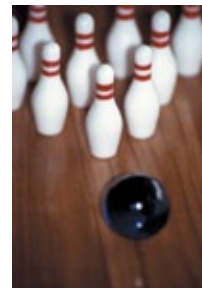
Many times in my life I have either had to make a choice, or a choice was made for me. Two stand out in my memory. When I was an 18-year-old student at Dal, I switched my program to education from pre-med because I couldn't face the trauma of dealing with ill children. That new path led me to a fulfilling career that has spanned four decades. The second choice was not mine to make. My father was a dreamer, a city boy who wanted to live in the country. When I was 19, my dad chose his road, which happened to be Highway #1 in Hants County. That parental decision impacted my life more than I could have imagined. It led me to a job in rural Nova Scotia, beginning with elementary and leading to high school. It introduced me to new friends who have remained with me throughout my career. And most significantly, it led me to become involved with the NSTU, beginning as a school rep who filled in for my friend, Mary, who was on sabbatical, to meeting up with The Hants West boys—Berryman, Brunton, and McNabb—who mentored me through positions which included Local President, Provincial Executive, and Insurance Trustee Chair. Each time I travelled a new path, my life was altered. Home, education, career, friends....all because of a choice. Every person who has been a part of my life or who is presently a part of my life is the result of a choice. I often wonder where I would be today had I followed another road. You have, of course, discerned that Robert Frost is one of my favourite poets. His tales of nature and its people never fail to impress me. Like Frost, I recall thinking that I would begin my career in the country, but would one day return to follow that city road. I never did. Unlike Frost, I cannot say "I took the one less travelled by", but I am very much in accord with his poem's final line. Each of my roads has "made all the difference". And as I complete this second issue in the fourth year of my editorship, I am grateful for having chosen my latest path. It has led me to a new interest, to new friends, and to new challenges.

Thank you for making this a road well worth travelling – Gary, Sonia, Bill, Margie, Marilyn, Colin and Glynda.

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. We trust that they chose roads that brought them happiness in life.

—Betty Anne McGinnis

41ST NSTU ANNUAL BOWLING TOURNAMENT 2015



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

DATES: APRIL 18th & 19th, 2015

**LOCATION: WOODSIDE
BOWLARAMA (DARTMOUTH)**

**HOSTED THIS YEAR BY:
HALIFAX COUNTY TEACHERS**

**REGISTRATION DEADLINE:
MARCH 22, 2015**

**FOR INFORMATION CONTACT:
TOURNAMENT CHAIR**

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

Tournament Chair:

PETER BALCOM

Phone: **(902) 462-5952**

Cell: **(902) 471-0528**

Email:

pjbalcom@gmail.com



NORTH TO ALASKA — *A Holiday Journal*

Mid-September 2014, Jill and I set off on a trip to Alaska, the first stage of which was a WestJet flight to Vancouver. We stayed at the luxurious Pan Pacific Hotel, expensive, but with the benefit that we could walk from the hotel to the cruise terminal to embark on the luxurious Norwegian Cruise Lines Sun. We departed at 4:30 p.m., and stood on deck watching the vanishing Vancouver skyline as we sailed under the Lion's Gate Bridge.

After an evening sail between the British Columbia coastline and the Haida Gwaii, we retired to our cabin. We awoke to look out on the quaint Alaskan town of Ketchikan where we took a morning whale-and-seal-watching trip before returning for an afternoon in the town. We looked for a pub called O'Brien's which had free Wi-Fi so we could catch up with our email and get something to eat. We found the pub, though it had changed its name. We took care of our email and our stomachs, discovering Alaskan White Ale, brewed in the State, and a welcome discovery it was.



Ketchikan is an interesting town and well worth a visit. We had two stops here, the second occurring on the way back to Vancouver. We enjoyed sunny weather on both days, which is amazing as the town has only about 10 non-rainy days a year! We walked along the creek through the town observing swarms of salmon, many dead or dying, as they attempted to swim up the creek to spawn. We visited a few of the tourist shops selling Alaskan mementos. We spent some time in the Tongass Historical Museum. We stopped at the Totem Heritage Centre which preserves many of the magnificent native totem poles. As time ran out for us, we dashed to the Tongass Natural Forest Centre for a flying visit before dashing back to our ship.

Our next stop was the State Capital, Juneau, once home of Sarah Palin. Our tour bus drove us into the town while our guide related an interesting history and pointed out one of the highlights, the Foodland Grocery store which receives supplies by ship every Friday. Everything that arrives in Juneau comes by sea. Students at the two high schools must travel by bus or plane to compete with other area schools. There are two fine hospitals and a Russian Orthodox Church, a reminder of Alaska's past. Our main objective in Juneau was to visit the famous Medenham Glacier.

A 30-minute coach ride brought us to our destination. After a brief stop in the Visitor Centre, we descended to the glacier in pleasant sunny weather. Like most glaciers, the Medenham is diminishing each year with the sad advance of global warming, but it is a breathtaking sight nevertheless. Jill and I spent three hours wandering around the area. Both of us were overcome by the colourful beauty of the Medenham itself, and we wandered



around the glacier taking dozens of photos from all perspectives and angles. We walked along the boardwalk where we discovered dozens of salmon, ducks, and a heron which flew away before I could capture a decent shot of it.

No visit to Alaska's capital is complete without a stop at the famous Red Dog Saloon, a relic of the old days, with sawdust on the floor and walls decorated with trophies from the Wild Frontier days. The highlight of these was Wyatt Earp's famous Colt 45 which he had to check at the bar. I guess he never came back to the old Red Dog. We found a table and settled in for a short while, to enjoy the old-fashioned piano player music, and an Alaskan White, of course.

The next day we sailed up the coast to Skagway, the town made famous by the Klondike gold rush. It was the main jumping off point for the journey to the goldfields over the Chilkot Pass. The town is a well-preserved museum of its brief heyday, but an interesting 'must see' for the out-of-state visitor. It is said that more money was made in Skagway bilking the miners of their hard-earned gold dust than the miners actually carried back home. There was even a "telegraph" office in the town for the miners, although Skagway had no cable connecting the town to the outside world. We visited the main museum and took a guided tour led by a US National Park Ranger who was one of the best tour guides we have ever experienced.



We walked around the town, looking in at the preserved yet active stores and bought entry tickets for a theatrical history of Skagway in the preserved theatre. Even at \$20 entry fee, it was well worth the fun. We discovered it was best not to sit in the front row as one man is selected to take part in the show and the setting is Jeff Smith's Wild West Saloon.

Another highlight for us was a visit to Icy Strait. We took a 3-hour sight-seeing trip on the American Eagle. It was an excellent tour run by a knowledgeable crew who kept us informed. We saw a number of humpbacks, sea otters, a few orcas, and various birds including loons.

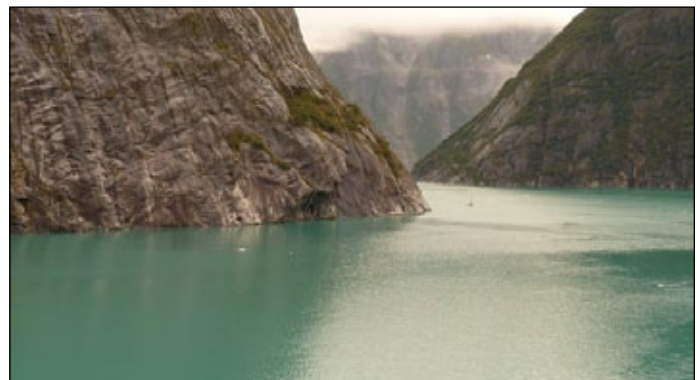


After our trip we did not find ourselves on some desert island, but rather at Icy Strait Point, Huna, the only privately owned cruise destination in Alaska. It is run by the Tlingit who have a fine store, a small restaurant, and the longest and highest zipline in the world. Luckily, it was fully booked that afternoon. There was also a small burial ground with a magnificent old tree at the end of it. We came away impressed by the restorative work for Tlingit culture, despite the rather sad exhibition of the old Tlingit school. In my mind's eye I can

still see poor, wide-eyed and frightened Lucy Brown and her classmates wearing tags around their necks with their imposed English names. However, there is an attempt to recover lost artifacts of the Tlingit, and their language is being taught and used once more.

The final destination on our journey north was to the Hubbards glacier, one of the few glaciers in the world that is actually growing despite global warming. One of its points of origin is at Mount Logan in Canada. The cruise ship approached slowly, allowing the passengers to observe the immense spectacle. The weather was clear and we were able to stand on our cabin balcony to view the sight. Passengers were uncharacteristically quiet, in awe of the sight.

We had reached our farthest point North and so we turned south and sailed for Vancouver, revisiting some of the locations we had stopped at on our way up the coast. We spent a few days in Vancouver, where we enjoyed the most memorable part of our September experience - a few hours in the Chinese Garden of Dr. Sun Yat Sen, a gift of great tranquility to Canada.



—Submitted by Jill and Bill Wagstaff

DEALS & DISCOUNTS

FOR NSTU & RTO MEMBERS ONLY!

Subject to change without notice.
Latest update: January 29, 2015.

ACCOMMODATIONS

- ▶ **Delta Halifax & Delta Barrington**
(NSTU Contract Hotel)
- ▶ Belgravia Bed & Breakfast
- ▶ Best Western Plus Chocolate Lake Hotel
- ▶ Cambridge Suites, HALIFAX
- ▶ Cambridge Suites, SYDNEY
- ▶ CAPE BRETON RESORTS:
 - ▶ Inverary Resort ▶ Dundee Resort & Golf Club
- ▶ Digby Pines Golf Resort & Spa
- ▶ Future Inns Halifax Hotel & Conference Centre
- ▶ Hampton Inn by Hilton Sydney
- ▶ Keltic Lodge Resort & Spa
- ▶ Liscombe Lodge Resort & Conference Centre
- ▶ Lord Nelson Hotel & Suites
- ▶ Park Place Hotel & Conference Centre - Ramada Plaza
- ▶ The Farmhouse Inn
- ▶ The Prince George Hotel
- ▶ The Waverley Inn
- ▶ The Westin Nova Scotian

PERSONAL CARE

- ▶ At Home Rehab
- ▶ Comfort Orthotics & Podiatry Clinic
- ▶ Cresthaven Laser & Skincare Clinic
- ▶ Daniel Daniel Dentistry
- ▶ Enlighten Laser & Skin Care Clinic
- ▶ Eterno Laser & Medispa
- ▶ Health Coach, Pat Wallace
- ▶ Maritime Massage Health Clinic
- ▶ Medicine in Motion
- ▶ Natasha Gillam, RMT
- ▶ Natural Path Massage Therapy
- ▶ Naturopathic Doctor, Erin Balodis
- ▶ Remedy Facial Bar & Spa
- ▶ Soles in Motion
- ▶ Sound Chiropractic and Health Sciences Centre
- ▶ Spring Garden Cosmetic
- ▶ Stress Busters Massage Therapy & Wellness
- ▶ SunME Swimsuit Spa



-
- ▶ Touch Therapies, Dustin Ellsworth, RMT

BOOKSTORES

- ▶ Blue Griffin Books
- ▶ Tattletales
- ▶ Woozles

MISCELLANEOUS

- ▶ Banana Republic
- ▶ Benjamin Moore Bayers Lake
- ▶ Big Apple Fashions
- ▶ BOSE Corporation
- ▶ Budget Rent-A-Car Maritimes
- ▶ Chris Scott Automotive
- ▶ Discount Car and Truck Rentals
- ▶ Discovery Centre
- ▶ Dulux Paints
- ▶ Erinn G. Moore - Family Law Practice
- ▶ Espirit Dartmouth Crossing Outlet
- ▶ Elephoto
- ▶ EOA Scientific
- ▶ Esprit Dartmouth Crossing Outlet
- ▶ Event System Rentals
- ▶ Frame Express
- ▶ Gardenview Restaurant, Dartmouth
- ▶ GCR Tire Centres
- ▶ Grand & Toy
- ▶ Homelife Real Estate Centre Inc.
- ▶ Hotel Discount Program
- ▶ Intrepid Travel
- ▶ Lung Association of Nova Scotia
- ▶ Michaels
- ▶ Midas
- ▶ Natural Light Sunspace - Sunspace Sunrooms & Awnings
- ▶ Neptune Theatre
- ▶ OG Event Filming
- ▶ Oh My Sole!
- ▶ Papa Mario's Pizza
- ▶ Park 'n Fly
- ▶ Quality Footwear & Mahone Bay Trading Company
- ▶ Reliable Complete Auto Service
- ▶ Rogers Wireless (AML)
- ▶ Scotia Auto Glass
- ▶ Softmoc
- ▶ Tall Ship Silva (Halifax)
- ▶ The Sackville Sports Stadium
- ▶ Ultramar Refinery
- ▶ Wong's Tae Kwon Do



*For detailed information on
each business - go to the
RTO website: rto.nstu.ca*

INVITATION
to a
WEBINAR for SENIORS

**Seniors &
Income Tax**

Hosted by the Canada Revenue Agency

English session

Wednesday, February 25, 2015,
at 1:00 p.m., Eastern time

French session

Wednesday, February 25, 2015,
at 3:00 p.m., Eastern time

Duration

About 45 minutes

Topics

This webinar is a live and interactive presentation intended to provide an introduction to key tax topics for seniors, such as:

- pensions, benefits, and tax credits for seniors
- pension income splitting
- installment payments

**To register for this webinar,
go to:**

<http://www1.webcastcanada.ca/cra-arc/registration/feb25eng15.php>

**Sign up early.
Space is limited!**



Colleen Cash, Executive Director of Nova Scotia Hospice Palliative Care Association with Jim Kavanaugh.

RTO Members Contact Update

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

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


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

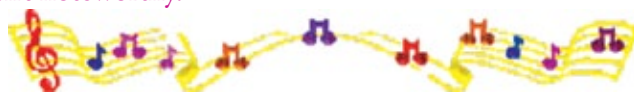
~ My Job Search ~



1. My first job was working at an Orange Juice factory, but I got canned. Couldn't concentrate.
2. Then I worked in the woods as a Lumberjack, but just couldn't hack it, so they gave me the axe.
3. After that, I tried being a Tailor, but wasn't suited for it — mainly because it was a sew-sew job.
4. Next, I tried working in a Muffler Factory, but that was too exhausting.
5. Then, tried being a Chef - figured it would add a little spice to my life, but just didn't have the thyme.
6. Next, I attempted being a Deli Worker, but any way I sliced it... couldn't cut the mustard.

7. My best job was a Musician, but eventually found I wasn't noteworthy.


8.  I studied a long time to become a Doctor,
but didn't have any patience.



9. Next, was a job in a  Shoe Factory, tried hard but just didn't fit in.

10. I became a Professional Fisherman, but discovered I couldn't live on my net income.



11.  Managed to get a good job working for a Pool Maintenance Company,
but the work was just too draining.



12. So then I got a job in a Workout Centre, but they said I wasn't fit for the job.

13. After many years of trying to find steady work, I finally got a job as a Historian - until I realized there was no future in it.

14. My last job was working in Starbucks, but had to quit because it was the same old grind.



15. **SO, I TRIED RETIREMENT AND**

**I FOUND I'M PERFECT
FOR THE JOB!**



NOVA SCOTIA Crafters

While teaching, many of us found little time to devote to personal areas of interest. Retirement has provided us with the opportunity to pursue those passions that were once mere dreams. You will find many retirees now active in all areas of art and crafts. Holly Gunn is one of these talented individuals. Holly now works as a potter. Examples of her work are available at the Dart Gallery in Dartmouth. She has displayed her work at Swoon and Dragonfire Pottery Studio Sales in Dartmouth.

My love affair with pottery started with the pottery pieces that I bought more than forty years ago. The more I looked at these pieces, the more I wanted to make pieces like them. Because of this creative desire, I enrolled in my first pottery class and discovered that I loved working with clay. My first wheel-thrown pieces look a lot different from the pottery that I make today; however, even with those first attempts, I loved the feeling of the clay taking shape in my hands. What satisfaction to feel a bowl, mug, or plate take shape out of a lump of clay! Many years and many classes later, I now sell the pottery that I make.

Some potters work at hand-building objects; others prefer sculpting. I love throwing on the wheel. I also enjoy



finishing the leather-hard pieces that I have thrown. I look at the pieces as a canvas on which I can draw, carve, or paint with under glazes or wax. Pottery pieces of the same size and shape can look so different depending on the way you decorate them.

I tend to throw many of the same forms at a time. For several days, I will make butter dishes. On other days, I may throw mugs - dozens of mugs. Working on the same form for a period of time is good practice. Practice does not make perfect, but practice does bring better results.



One of my instructors once said, "A mug is the most intimate piece you will ever make. People hold mugs in their hands, and they put mugs to their lips." Consider this when you purchase a coffee mug. Hold the mug. Do you like the way it feels in your hand? Do you like the handle? Is it big enough for your fingers? Feel the rim of the coffee mug. Is it smooth? Is it too thick? How will it feel in your mouth? If you plan to wash your mug in a dishwasher, ask if it is earthenware or stoneware. Earthenware is not fired at as high a temperature as stoneware, and is, therefore, more vulnerable to damage from the harsh dishwasher detergents.



For many years, I had to give up pottery altogether. With a busy teaching career there was just no time for it. After I retired from teaching, I returned to pottery. I now spend several days a week in the pottery studio, and I have participated in several pottery shows.

If you love pottery, and you want to try your hand at creating in clay, there are several places in the HRM where pottery classes for beginners are offered.

1. Findlay Community Centre in Dartmouth <http://www.halifax.ca/rec/CentresFindlay.php>;
2. Dragonfire Pottery Studio, Burnside, Dartmouth <http://dragonfirepottery.ca/>;
3. Nova Scotia Centre for Craft and Design, Marginal Road, Halifax, <http://www.craft-design.ns.ca/courses/course-list>;
4. SeaStar Pottery, Seaforth, <http://seastarpottery.com/pottery/Classes>.

Outside of the Halifax area:

WestcoteBell Pottery in LaHave also offers pottery classes.

Websites are <http://www.westcotebellpottery.com/index.html>, and <http://www.westcotebellpottery.com/images/weeklyclassesweb.jpg>

—Submitted by Holly Gunn

**Retired Teachers Organization
FOUNDATION GRANT
Application Form**



Name of Applicant _____

Address _____

_____ Postal Code _____

Phone No. _____ Fax No. _____

Federal Charitable Status Number _____

Program Coordinator _____

Brief Description of Program _____

Number of children involved in this program _____

Percentage of total number of children in the program who are sick and/or challenged _____

How will this grant make a difference? _____

Regular source(s) of funding for your organization _____

- Note:
1. By signing this application, you will also be authorizing the Retired Teachers Foundation to verify your business number and check any other relevant facts about your organization.
 2. Please attach a one-page letter to elaborate on information requested in this form.

Signature _____ Date _____

Please submit form with additional information

no later than March 31, 2015 to:

RTO Legacy Foundation

c/o President, RTO, 3106 Joseph Howe Drive, Halifax, NS B3L 4L7

The recipient of the grant will be chosen by the Board of Directors at the April 16, 2015 meeting to be held at 4:00 p.m. at the NSTU Building. All RTO members are welcome to attend.

The Objectives of the Retired Teachers Foundation are:

- A. To operate a fund exclusively for the benefit of sick and/or challenged children in the province of Nova Scotia.
- B. To solicit; accept; receive; acquire by grant, donation, legacy gift, bequest; or otherwise; any kind of real or personal property and to enter and carry out agreements, undertakings and conditions in connection therewith.
- C. To disburse annually the interest on deposits.

Guidelines:

1. This annual disbursement is to honour the life and work of former teachers in Nova Scotia.
2. This annual disbursement is to benefit sick and/or challenged children younger than the age of 21 years.
3. This annual disbursement may benefit institutes which are defined as a society or organization founded for an educational, medical, social or similar purpose.
4. This annual disbursement may benefit charitable organizations that work for the benefit of sick and/or challenged children.



Return undeliverable Canadian addresses to:
3106 Joseph Howe Drive, Halifax, NS B3L 4L7

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

