

The Retired Teacher

Nova Scotia Teachers Union

Volume 45, Number 3, April 2014

The Retired Teacher is available online at rto.nstu.ca. To download Adobe Reader, go to www.adobe.com

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

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Submissions should be directed to the editorial staff c/o RTO Newsletter, 3106 Joseph Howe Drive, Halifax, NS B3L 4L7.

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A newsletter for the retired teachers of Nova Scotia
A MEMBER OF ACER/CART

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From the Desk of the President... Jim Kavanaugh

On May 29, the AGM will mark the end of my first two-year term as President, and I look forward to serving in this capacity again for a second and final two-year term. I want to extend my sincere thank-you to my fellow Executive members, Branch Presidents, and Committee members for the generous time and effort



put forward by all to advance, promote, and protect the welfare of retired teachers in Nova Scotia. I extend congratulations to Bill Berryman who, by acclamation, will serve in the office of Vice-President for a second two-year term. I look forward over the next two years to working again with Bill and all others. Elections in three Member-at-Large ridings - Annapolis Valley, Cape Breton and South Shore - will take place in May.

Minister of Health and Wellness Responds

In the last issue of this newsletter I indicated that I had written a letter to the Minister of Health and Wellness, the Honourable Leo Glavine, expressing the RTO's deep concern when he made a statement in the House, announcing "We're moving the Department of Seniors in with Health and Wellness". I indicated in my article that "to date, I have not received a response". Shortly after publication, I did receive a response from the Minister in which he stated "I want to reassure you and members of the Nova Scotia Retired Teachers Organization that the Department

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(President's Message—continued from page 1)

of Seniors will continue to be a strong voice for our seniors. Both the Department and the Group of IX will continue to play important roles in shaping public policy that meets the needs of older Nova Scotians.” This response was somewhat encouraging. However, we are still concerned that under the new alignment the many non-health issues facing seniors in Nova Scotia will not be addressed in an appropriate manner. We, the RTO and Group of IX, will continue to monitor this situation.

Pensions

Despite very positive investment returns for pension plans in Canada in 2013, we remain seriously concerned about the problems facing our Teachers Pension Plan. As indicated in previous articles, for some time now the Provincial Government and the NSTU have told us that they will address these issues. We understand that the election of a new government and the appointment of some new senior civil servants have delayed the matter. As NSTU members, we, the RTO, have reiterated our right to consultation regarding any proposals that affect us. We will keep you informed as developments arise.

CAREpath

By the time you receive this Newsletter, you should have received mail correspondence from the NSTU Insurance Trustees describing the new Cancer Assistance Program that is now available to all active and retired teachers and their families. The CAREpath Navigation system is a service provided by the NSTU Group Insurance Trustees. If you, your spouse, or your dependent children suspect cancer, are diagnosed with cancer, or are living with cancer, CAREpath is ready and able to provide you with support. CAREpath's goal is to support, not replace, health services provided by your doctors. Call 1-866-883-5956, or visit the CAREpath website at www.carepath.ca.

Shingles Vaccine

At last year's RTO AGM, the RTO Executive was asked to pursue avenues to have the costs of the shingles vaccine covered. The RTO has made a presentation to the NSTU Insurance Trustees and has presented a report and recommendations to the Group of IX. The recommendations to the Group of IX received unanimous

support from all of the nine Seniors' Organizations who have forwarded them to the Minister of Health and Wellness. Check elsewhere in this newsletter for additional information on this issue.

AGM 2014

In response to the evaluation following last year's AGM, Halifax will host the 2014 AGM, scheduled for 9:30 a.m. at the NSTU on Thursday, May 29. On the evening before, the Brightwood Golf Course in Dartmouth will again provide the RTO Dinner. More details elsewhere in this newsletter.

—Submitted by Jim Kavanaugh

Lieutenant Governor's Teaching Award

His Honour Lieutenant Governor J.J. Grant has re-established the Lieutenant Governor's Teaching Award to represent the teaching profession in Nova Scotia. All candidates were nominated by active teachers or administrators. The Selection Committee consisted of Dr. Christopher McCreery, Private Secretary from the Office of the Lieutenant Governor, seen in the centre of the photo; RTO members, Jim Kavanaugh to his right, Dorothy Smith to his left and Gary Archibald and Bill Berryman standing.



There were 24 nominations reviewed by the Committee describing their outstanding leadership, dedication, commitment, and achievements for the youth of Nova Scotia. The Lieutenant Governor, as patron of the Award, will host an Awards Recognition Ceremony in cooperation with the NSTU President, later this year.

Giving Back to Your *Community*

Retired teachers possess a wealth of knowledge in many areas—not just curriculum related. They are good at relating to people, they are talented in areas that they might never have touched in their teaching careers, and they know how to put their skills to good use. Volunteering in their communities is one way to share this knowledge with others, and many retirees have chosen to do so.



On Halifax's Morris Street, there's a community centre for older adults which probably couldn't continue if it were not for the

contributions of volunteers such as the three retired teachers who add to the life of this "home away from home" for some of the city's many seniors.

Each Wednesday, Ron Fitzgerald seats himself at the Spencer House piano, and while the Centre's members enjoy a well-prepared and inexpensive lunch, he plays a repertoire of musical numbers that have proved popular over the three years that he's been volunteering. Fitzgerald, once a teacher, later a Vice-Principal at Halifax West High School, and also a former member of the NSTU's Provincial Executive, read an ad on Channel 10 that Spencer House sought a lunchtime entertainer and he hasn't looked back.

Both the music and his conversations with the Centre's regular members enliven his day. Quoting the well-known Canadian musician, Moe Koffman, he says, "Music is happiness." When he's not playing piano favourites at Spencer House, Ron plays keyboards in the local classic rock band *Comeback*.



Ron plays while another Spencer Volunteer, Robert Fougere sings for the lunchtime diners.

It was Fitzgerald who introduced another RTO member to the Centre. Mark DeWolf, *Comeback's* rhythm guitarist, came along one day to add some vocals to the piano numbers. That day, Nancy Radcliffe, then the Centre's Executive Director, remembered DeWolf from his time at J.L. Ilsley High School and saw an opportunity. "You were my Drama teacher!" she cried. "And we're trying to put on a play!" Since then, Mark has directed two dramatic productions at Spencer House, and is currently working on a third with a cast of seniors and students from the University of King's College.

And steering the Centre through the sometimes stormy waters of budget balancing, funding, and overall direction is Michael McCurdy, currently Chair of the Spencer House Board of Directors. McCurdy taught social studies and geography in the local school system, as well as teaching briefly in Australia and Lebanon. He lives not far from Spencer House, and as he passed by one day, he wondered what went on inside. Ever since this first visit prompted by curiosity, he's become a key volunteer at the Centre.

Members often speak about how important Spencer House is in their lives. Were it not for the many services it provides - physio sessions, a book club, group singing, and computer classes among them, as well as the oh-so-important company of other seniors—the so-called "golden years" would shine a lot less brightly. And it is through the contributions of volunteers such as these three former teachers that Spencer House can continue to offer such services and bring Halifax seniors together in a welcoming and stimulating environment.



Ron (Fitzgerald) "tickles the ivories".

—Submitted by Mark DeWolf
Halifax City Branch RTO

COMMITTEE REPORTS

Membership Committee

450 RTO packages were sent to Pension Services Corporation for inclusion in materials sent out to teachers who apply for a pension. Additional packages are being prepared for RTO Branches to provide to 2014 retirees. These copies will be available at the Presidents' meeting held in May just before the RTO Annual General Meeting.

Johnson Inc. has provided an up-to-date membership list of those members who pay dues by automatic deduction on their pension cheque. It does not include members who pay by cheque to RTO, or those who are associate members, affiliate members, or life members. The committee makes every reasonable effort to ensure the accuracy of the list of all RTO members.

Canada Post has recently changed postal codes in some areas of the province. Any members who have experienced such a change should contact their Branch president who will forward the update. Individual members can also forward the change directly by email to gmacmillan@staff.nstu.ca or by mail to Geraldine MacMillan, RTO/NSTU, 3106 Joseph Howe Drive, Halifax NS B3J 4L7.

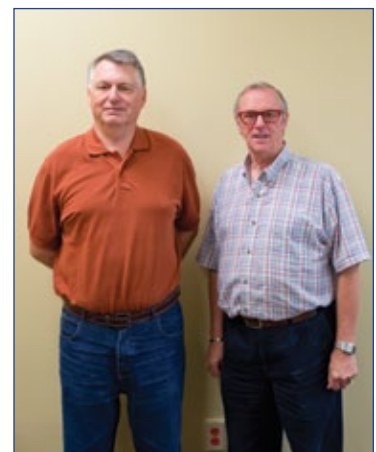
—Submitted by Peter Lewis, Chair



Membership Committee 2013-2014 - Back (l-r): Judy Knowlton, Peter Lewis, and Vicky Parker. Front (l-r): Margie MacNeil and Marie MacLeod.

Legacy Committee 2013-2014

(l-r): John Donovan and Herbert Seymour.



RTO Table Officers 2013-2014

Back (l-r): Fred Jeffery and Randy Holmesdale. Front (l-r): Dorothy Smith, Jim Kavanaugh and Bill Berryman.



COMMITTEE REPORTS (cont'd)

Communications Committee

At the RTO Communications Committee in March, Simon Wilkin, Coordinator of Technology and Communications for the NSTU, offered a presentation on the NSTU website. He showed the possibilities for each Local to adopt the site as their own website. This same process can be applied to the RTO site and each of its Branches. The committee will examine this for the fall Branch Presidents' meeting.

—Submitted by Gary Archibald, Chair



Communications Committee 2013-2014

Back (l-r): Marilyn Rodgers, Margie Hall Morrison, and Linda MacNeil. Front (l-r): Betty Anne McGinnis, Gary Archibald, and Colin J. Campbell.



Pension & Benefits Committee 2013-2014

Back (l-r): Alan K. MacKinnon, Danny Madden, and Norbert LeBlanc. Front (l-r): Jo-Ann Cuvelier and Margaret Ludlow.

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Assessment Committee 2013-2014

Back (l-r): George Landry and Jack Boyd. Front (l-r): Sharon Taylor, Ann Jessome, and Eileen Coady.



Finance Committee 2013-2014

Back (l-r): Bill Wagstaff and Bill Berryman. Front (l-r): Randy Holmesdale, Fred Jeffery, and Jim Kavanaugh.



ACER-CART



Addressing the June 2013 motions, President Gaskell has sent letters to federal ministers and others to advocate on behalf of ACER-CART members. The June AGM will report on responses (or non-responses) from Ministers of Health Aglukkaq and Ambrose, Finance Minister Flaherty, and Dominique LaSalle of Human Resources.

Issues that were raised included, but were not restricted to, the following: the need for a national organ donor registry and a safe drug recycling program; a tax credit for the fitness expenditures of seniors; changes to OAS (budget 2012) and CPP; and Medic Alert/Life-Line programs as an allowable medical tax deduction for income tax purposes.

Reaching out:

Directed to reach out to other like-minded organizations to collaborate on issues of common concern, ACER-CART has worked jointly with CTF in the first two stages of “Hear My Voice”, a CTF initiative urging that Government practice greater transparency and heed the voices of Canadians concerned about the state of democracy in Canada. The first step was to announce ACER-CART’s collaboration with CTF, and the second was to encourage member association engagement. The next action will be related to the third part of the initiative – to urge transparency in Government.

As well, ACER-CART has invited other organizations to work jointly to pursue common interests. These organizations include the National Pensioners’ Federation and former members of the Congress of National Seniors Organizations.

6 April 2014, *The Retired Teacher*

Supporting Defined Benefit Pension Plans:

The Pension and Retirement Income Committee and the Political Advocacy Committee – James MacAuley, Gerry Tiede, George Georget, Ed Zegray, and Cliff Boldt – collaborated to create appropriate documents responding to Pension Plan myths and to write generic letters for use by Association members on this topic. These will be available shortly.

President’s Message from Tom Gaskell:

The Ides of March was a fearful time for the Emperor of Rome. As March 2014 is upon us, let us be mindful of the end of the Canada Health Act as we have known it. While many of us will not see the long term harm that may result, future generations will indeed feel the impact of decisions made now if we are unable to change the direction Parliament appears determined to

pursue. Efforts like those in BC, Ontario, and Saskatchewan are going to be necessary if the “fearful time” is to be changed into a time of reflection, and indeed, an opportunity to improve our health system. As I have repeatedly said, being 20th in terms of service and first in cost definitely calls for an overhaul of our system. That overhaul, as objective studies have shown, could lead to a much better delivery of care, as well as a national drug program to benefit all Canadians.

Hopefully, we will be able to suggest a plan of action for those who may require it, but accolades to those member organizations that have initiated action. The time for action, either as a stand-alone organization or in concert with like organizations, is now. As an Executive we are acutely aware of the situation, and a considerable part of our agenda in March will focus on health care.

—Submitted by Jim Kavanaugh



Jim Kavanaugh (r) and Bill Berryman (l) have been re-elected by acclamation to their positions of RTO President and Vice-President respectively.

From the Editor...



My first thought is to thank the many people who stepped in to produce the previous issue of The Retired Teacher. An excellent job. The Communications Committee of Linda MacNeil, Marilyn Rodgers,

Margie Morrison, Colin Campbell, and chair Gary Archibald; Reg Johnson, who so capably assumed the editorship during my illness; and Sonia Matheson who pulled everything together as she does every issue — your work ethic and your dedication to the RTO are appreciated and commended.

Being away from the RTO, and in fact, from every other aspect of life, for almost three months has given me much to think about. It is amazing how much we take for granted every day of our lives. The simple things we learn as a child — walking, talking, writing, and so much more — all become part of our being. We seldom stop to think about how we learned those things, or how different our world would be if we did not possess the abilities to perform such skills. As teachers, perhaps we are ahead of others. We spend our careers learning how children learn so that we may be more successful in our teaching. But how often do we stop to consider how we learn? For an adult, relearning basic skills which once seemed so simple is a monumental task. It is then that we become more cognizant of how we have moved through the years taking so much for granted.

With this in mind, I read the articles and stories published in this newsletter and I commend every one of those individuals who has decided that life is too precious to let it pass by without taking time to make it meaningful. To those who travel to their favourite destinations; to those who volunteer in their communities doing what they love to do; to those who continue their professional development through teaching opportunities all over the world; to those who enter different fields of work that are both challenging and rewarding; to those who continue to give to their colleagues through their involvement in the RTO; to those who luxuriate in their retirement doing all they once didn't have time for - to all — I salute you. You cherish life and your passions. You take nothing for granted. You make the most of the time you have, and you continue to share all that you have and all that you are, just as you did as teachers.

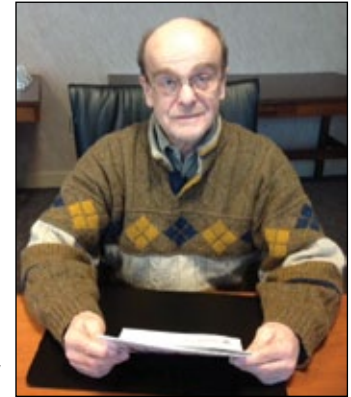
On a final note, I would like to acknowledge those retired and active teachers who passed away since our last issue. They will be missed.

—Submitted by Betty Anne McGinnis

PROFILES OF OUR PEOPLE

Though Peter Lewis was born in New Brunswick and raised in Prince Edward Island, he spent his professional career in Nova Scotia. There is no doubt about his Maritime roots. He grew up on a family farm, with a mother who was a teacher. His work ethic and his interest in teaching were instilled in him as a child.

Peter, a Mount Allison University graduate, spent his career employed by the Chignecto-Central Regional School Board, teaching science and law at Pugwash District High School.



From the beginning of his teaching career, Peter became involved in NSTU activities. He has served on almost every committee, and he has filled every leadership role that exists at the Local and Regional levels. In addition, he has held positions on many committees at the Provincial level, including Provincial Executive member. His skills and his commitment to Union made him a perfect candidate to represent and to protect the teachers in his Local, his region, and his province.

When Peter retired, it was a natural progression for him to become involved with the RTO. He served as Vice-President and then President of the Cumberland Branch. He was appointed to the Provincial Membership Committee, and then he assumed the position of Chair of this committee. Peter is a driving force behind "The Wall" which is a pictorial display of retirees and their involvement in the RTO. As a Member-at-Large, Peter represents Chignecto-Central on the RTO Provincial Executive.

In addition to his RTO commitments, Peter finds time to volunteer in his community. He is a member of the Cumberland County Transportation Services Society, a member of the Pugwash and Area Community Health Board, and he chairs the School Advisory Committee for Pugwash District High School. Peter was recently recognized for his volunteer work. "Peter Lewis is an unsung hero. He is the volunteer who always shows up, is always prepared for the meeting, always contributes worthwhile ideas, encourages a strategic vision, and willingly takes on the undesirable tasks in any organization." We congratulate him on the honour bestowed upon him by his community.

In what is left of his time, Peter enjoys activities that many retirees enjoy: being outside, reading, renovating his home, and vacationing in Florida, although he insists he is not a snowbird. The fact that Peter does not spend his winters in the sunny south brings comfort to those who rely on Peter's expertise and dedication to the people in his community and to the retired teachers of Nova Scotia.

FEATURE TEACHER

PAUL SHAFFNER—Almost 70 years of Going to School!

Many teachers decide to retire after thirty or more years in the profession. Some return to volunteer, or to substitute teach for a few years. Paul Shaffner has been going to school almost every day since he entered school in 1944. How amazing is that?

Paul was born in Middleton on December 6, 1938. After completing his elementary education at McDonald School, Paul entered Middleton Regional High School. It was here that he first began to play basketball, a sport that would become a lifetime commitment.

After high school, Paul continued his education at Acadia University (Bachelor of Science, 1961), at the University of New Brunswick (Bachelor of Education, 1962) and at Penn State University (Masters of Science, 1967).

Paul taught school for 38 years and has coached basketball for more than 50 years! His career began at Hants West Rural High School where he coached the senior “B” boys in 1963-1964, the senior “A” boys in 1965-66, and in 1968 he coached the junior boys at Kensington Rural High School (P.E.I.). In 1969, Paul began his tenure at Middleton Regional High School as a high school chemistry teacher. He taught there until his retirement in 2000.

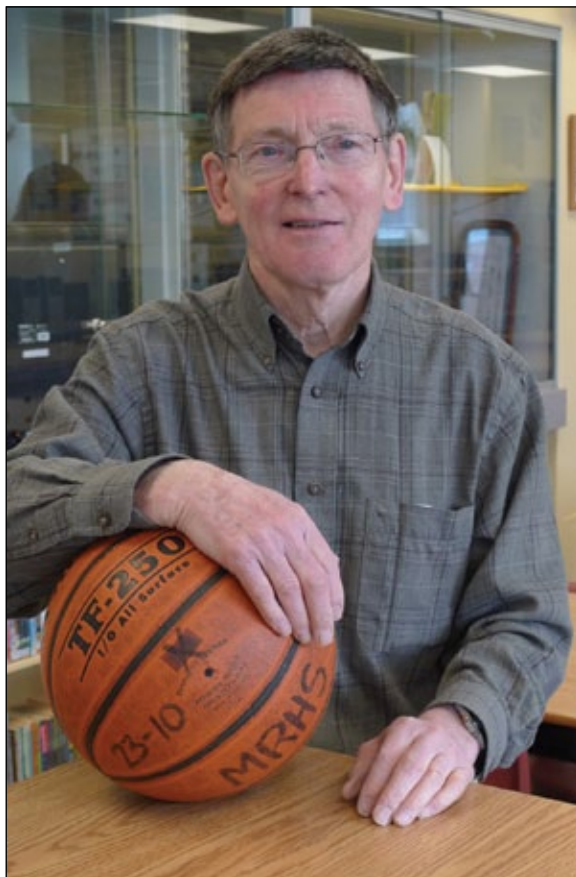
At MRHS, Paul’s students loved him and his great sense of humor. He would make chemistry class more interesting by dressing up as “Mole Man” and jumping up on the counter to demonstrate a concept. Paul also volunteered to supervise dances, and on one occasion, students gathered around him while he demonstrated how to jive. Imagine, their chemistry teacher could dance!

During his teaching career at MRHS, Paul coached the junior “A” boys’ basketball team for 14 seasons, the junior “B” boys’ basketball team for 17 seasons, and the senior “A” boys’ basketball team for 28 years, from 1971 to 2009. Paul also contributed greatly to the school as a committee member for MRHS Enhancements, which lobbied for and raised money over a period of seven years, resulting in a new gymnasium and a music room. Besides being actively involved at the high school level, Paul also instituted a basketball program for boys age 7-13, as well as a summer program for young teens and a men’s summer league. He attended numerous coaching schools in the U.S. and coached at many basketball camps.

Presently, Paul coaches both the junior “B” boys and the senior and junior varsity teams at MRHS, and volunteers in the school library and cafeteria. He is an active member of the Middleton Sport Heritage Wall of Fame, and in 2000 was himself inducted as a “builder” in recognition of his great contribution to sports in Middleton. Paul is also an active member of the Middleton Baptist Church and a member of the choir.

The energy, passion, and dedication that Paul Shaffner has brought to education, sports, and to his community are truly to be admired.

—Submitted by Greg Bower, Jan Davis and Linda MacNeil





New Zealand on a Budget

New Zealand is famous for its physical beauty. It is a great place to visit. In 2012, we spent two weeks touring for less than \$1650 CDN/person, including airfare.

Auckland, our first night's stay, is the point of entry for North American flights. From Auckland we traveled by Naked Bus to Pahia in Bay of Islands where we spent three nights at the YHA. The coach passed through rolling countryside ideal for grazing. Along the way we noticed "Nova Scotia Drive" in Wapu. There were impressive views of the coastline, before we wound our way through hills and valleys and down into Pahia. Waitangi, a Maori site, and Russell, a village reached by ferry, are nearby. The walk from Russell to Oneroa Bay to witness the pounding waves and a tsunami horn standing quiet was well worth it.

Next it was back to Auckland via Naked Bus, for another night at the Best Western President. Then we were off on a marathon bus ride to Wellington. In retrospect, we should have stopped for a night in the Taupo – Rotorua geothermal region. After driving along Lake Taupo, we entered a mountainous region that was reminiscent of Lord of the Rings. We arrived in Wellington within a few steps of our hostel for the next two nights. The converted hotel at #1 Bunny Street had once welcomed Queen Elizabeth. Wellington is famous for its architecture, the Cable Car, the Botanical Gardens, Te Papa Museum and the Cuba Mall walking street.

The ferry crossing to the South Island became more scenic as we approached and progressed through Marlborough Sound and arrived at Picton. The main road to Nelson passed through the vineyards around Blenheim. There is also a coastal route that connects to the main road at Havelock. From there, the road winds through mountains and is a challenge to any driver distracted by scenery.

In Nelson, we stayed at two hostels; both were excellent in their own ways. We spent the first night at the Golden Lodge which requires a substantial walk even with luggage on wheels. We had a corner room with huge windows overlooking Nelson and Tasman Bay. While it was our only place that wasn't en-suite, there was a washroom across the hall. In addition to our king size bed, there was an electric fireplace. The kitchen was modern and there were free laundry facilities. During our full day in Nelson, we walked out to Tahunanui Beach, and browsed the shops, including a couple of decent wool stores: Cruellas and Creations Unlimited. For lunch we opted for the nearby Chokdee Thai restaurant



The Golden Lodge, Nelson, NZ

specials with an assortment of curries: green, red, panang, gaeng kur pineapple, and jungle curry. These were available with either tofu, meat or fish. The curry menu also included chicken yellow, mussaman beef, roast duck, and northern lamb. I never did venture to discover the difference between hot and Thai hot. Next time.

We were so impressed with the food and service that we returned for supper. The second night we stayed at the YHA which was close to the bus station for our early morning departure.

The journey from Nelson to Christchurch involved two legs. For the first, we took an Intercity Coach which stopped briefly at Punakaiki to see the pancake rocks. The route to Greymouth is part of one of the Lonely Planet's top ten scenic drives, from Nelson to Queenstown along the West Coast. At Greymouth



Botanical Gardens, Wellington, NZ

(continued from page 9)

we took the Tranzalpine train through the Southern Alps, which included fifteen minutes navigating up the Otira Tunnel to Arthur's Pass, and then on to Christchurch. Bruce, our host, met us at the train station at Argyle on the Park, a motel near the spectacular Botanical Gardens, on the bus route to the airport.

After enjoying Christchurch's botanical wonders, we flew to Queenstown. The mountain scenery was spectacular. The airport, near Frankton, is a short bus ride to Queenstown. Our hostel, Absolut Value Accommodation, is situated on the Queenstown waterfront. We were upgraded to a third floor corner room with views of the mountains and water. We were here for two nights. We dined at Thai restaurants. The first night we got an early bird special two-for-one curry. From Queenstown we took a day trip to Milford Sound, booked through Intercity Coach, but involved a bus tour from Great Sight and a Milford Sound Cruise with Southern Discoveries. There were great tour commentaries on both the bus and the boat. On the bus ride to Milford, there were periodic stops to take photos and stretch our legs

The trip from Queenstown to Dunedin passed through the vineyards of the Gibbston Valley, the Clutha River Valley and the Roxburgh Hills before descending into rolling farmland. Dunedin is a university city with a downtown shopping area known as the Octagon. The library provided internet and the Civic Café was reasonably priced. The Dunedin Stamp Centre was an interesting diversion. Our last night was spent at Living Space Dunedin. Early afternoon we took an Intercity Coach to the Dunedin Airport, a beautiful little airport, from where we began our flights home via Auckland, LA and Newark.

Some Travel Tips:

- Book (months) ahead and save in all aspects of your individual trip costs.
- Travelling off season or during the shoulder season is usually beneficial.
- Reduce the cost of your international airfare by using points. If you don't have enough points, try a combo approach: points to Vancouver (San Francisco or LAX) and a seat sale ticket on Air New Zealand.
- Intercity Coach and Naked Bus offer fares as low as \$1NZ.
- Investigate online, but telephone Rail New Zealand to get the lowest price.
- The Interislander is the main passenger ferry from Wellington (North Island) to Picton (South Island) with senior rates and email specials. In Wellington there is a shuttle to connect the downtown with the ferry terminal.
- Air N Z domestic seat sales are sometimes a more convenient option than the bus.
- Hostelworld has a \$2 US booking fee and the option of an annual Gold Card at \$10US that would cover booking fees.
- You can also use one network of hostels YHA or BBH. Buy a membership card for reductions.
- Many hostels have private ensuites. Book early.
- Hotels often have great deals. Booking.com or a similar site will give you a sense of the price range in your preferred location. Double check with the hotel's own website to see if other discounts (seniors or advance purchase) would apply if you reserve directly.
- Breakfast in your room can be as simple and inexpensive as instant oatmeal, fruit, juice, yoghurt and coffee/tea.
- Hostels provide fully equipped kitchens.
- Countdown (supermarket chain on North Island) has a discount card for tourists.
- Tipping is not expected and taxes are included in the prices.

New Zealand – a trip of a lifetime made possible by careful planning.

—Submitted by Ted McDiarmid, West Hants Branch RTO



Botanical Gardens, Christchurch, NZ



Oneroa Beach

Going Green, for Good

Teachers Plus Credit Union is “Going Green, for Good”. That is the theme of our AGM held on April 5, 2014. So what exactly does this mean?

During the 2012-2013 school year TPCU participated in a program at Dalhousie University College of Sustainability where a group of students, as part of their degree program, worked with us to study how we could reduce our overall environmental footprint. The Corporate Social Responsibility Committee of TPCU was the driving force behind this initiative, and handed the process over to staff to execute. The process included a lot of meetings and discussions over a 5 month period and resulted in a comprehensive report submitted by the students which provided direction and researched possible opportunities for TPCU to act on.

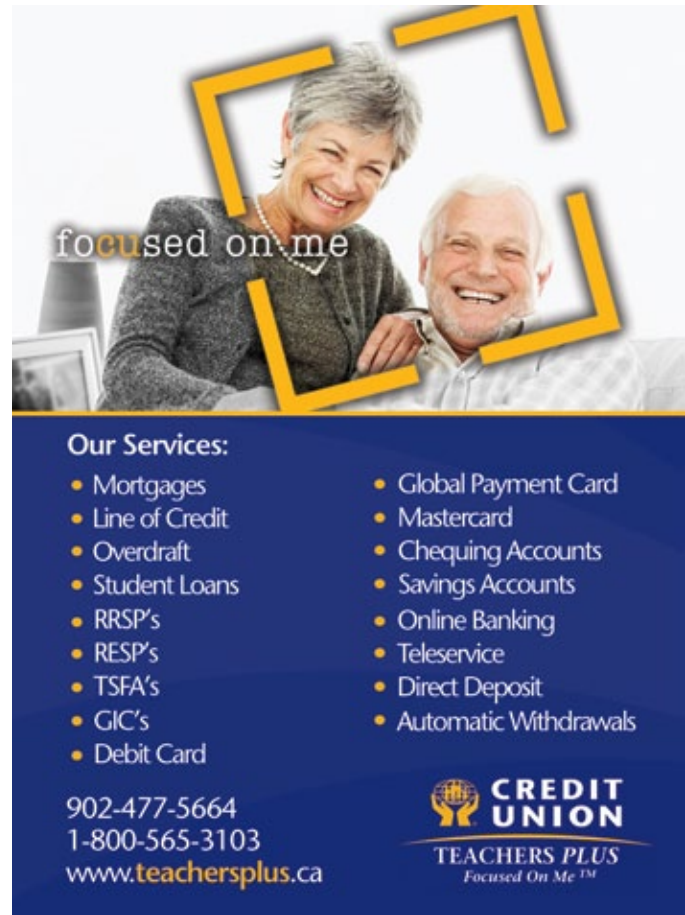
So why “Going Green, for Good”? The “going green” is obviously our commitment to sustainability making this earth a healthier place for the generations who follow us. The “for good” is not only for the good of our communities and the planet in general, but also “for good” as an indication of our long term commitment to this program.

Since receiving this report we acted on several of the recommendations in the sustainability study. They include being the first credit union in Atlantic Canada to invest in Bullfrog Power- a green energy supplier, investing over \$20,000 in our heating and air-conditioning system

to make it more efficient, and establishing power savings measures within our office. Along with this we have started a partnership with elementary schools in the area to recycle batteries, where TPCU takes the lead in gathering and shipping batteries collected at the schools. This gives children an early appreciation for recycling, hopefully leading to good habits in the future.

Overall we are proud of our green initiatives to date, and we will continue to look for ways to expand this sustainability program for the good of all. By the way, we are also paying out over \$175,000

in rebates to our members this year for their own financial sustainability. If you are not a member of Teachers Plus and want to know about our credit union and our green initiative, please visit our website at teachersplus.ca for more information. Membership pays, why aren't you a member?



focused on me

Our Services:

- Mortgages
- Line of Credit
- Overdraft
- Student Loans
- RRSP's
- RESP's
- TSFA's
- GIC's
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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>

You should also update your information with Geraldine MacMillan at gmacmillan@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.

Department of Seniors Meeting with the Group of IX

Seniors Advisory Council of Nova Scotia — February 27, 2014

Dementia Strategy Update – Joanne Collins, Project Manager for the Dementia Strategy, Department of Health and Wellness:

- ❖ working with 25 support groups around the province to develop strategy and action plan.
- ❖ Minister very involved in project and wants strategy development plan by Spring 2015.
- ❖ Alzheimer Society pushing Federal government to develop national strategy.
- ❖ will return to speak to Group of Nine in fall of 2014 after focus groups develop a consultation document.
- ❖ Group of Nine President Bill Van Gorder will sit on Advisory Committee.
- ❖ wants to meet with special interest groups and seek out groups which are under-represented.
- ❖ one in three seniors will develop dementia affecting women more than men.

Community Transit newsletter article on safety course for seniors needs 25 people to put on free program. "Seniors are driving safely but are not following the rules of the road."

Shingles Vaccine

The RTO presented a discussion paper with background information received from different sources and presented the following recommendations:

1. Be It Resolved that the Nova Scotia Department of Health and Wellness undertake a study
 - a) to determine the costs of providing the Shingles vaccine free of charge to citizens of various age groups within Nova Scotia, and
 - b) to determine the projected cost savings to the Nova Scotia health care system, for various age groups, if the Shingles vaccine is provided free of charge.

And,

2. Be It Resolved that the Shingles vaccine be provided free of charge in instances where this study indicates that the cost savings to the Health care system is equal to, and/or exceeds, the costs of providing the Shingles vaccine free of charge.

The recommendations were unanimously approved and a letter has been forwarded to the Department of Health and Wellness signed by all nine member organizations.

211 Update – Mike Myette, Executive Director 211 Nova Scotia has information on more than 4,000 services including:

- Mental health and addiction services
- Housing needs – all types
- Food, clothing and furniture banks
- New immigration programs

- Support groups
- Shelters – women's, men's, youth
- Services for people with disabilities
- Employment training/Employment insurance
- Adult learning
- Recreation programs
- Seniors services
- reduces confusion, frustration and delay with province-wide 24/7 free and confidential coverage.
- communication in over 100 languages.

In 2013, 56,000 hits on website and 14,000 telephone calls with 54% of callers over 55 years old.

Funding provided by Service Nova Scotia (95%) and United Way (5%).

Cathy Carmody – Social catalyst, innovator and author

- need to take advantage of new opportunities after retirement.
- need to think how we want to spend the next 20-30 years of our life (purpose, passion, plan).
- we are now in a new phase of our life and need to re-invent ourselves.

Remember-When Initiative – Suzanne Baker, Falls Prevention Co-ordinator, Department of Health and Wellness and South Shore Health and Jocelyn Yerxa, Community Development Co-ordinator, Department of Seniors

- program of National Fire Protection Association designed to increase awareness of fire and falls prevention strategies for seniors
- designed to support seniors in staying safe in homes by reducing incidents caused by fire or falls.

Fire Marshall's office conducting one day train-the-trainer workshop in five regions around province from March to June.

- target audience is community group volunteers who provide service to seniors, home care workers, emergency services professionals, medical professionals, senior safety co-ordinators, and fire service personnel.
- participants will need to deliver program three times over next six months.

Seniors Expo June 13-14, 2014 will be 25th anniversary - headliner will be Catherine MacKinnon. Location: Exhibition Park, Prospect Rd., HRM.

Doctors Nova Scotia sponsoring Choosing Wisely Program

- researching five procedures which are market driven, but which could be harmful to seniors
- looking at fewer consultations to save money and provide better health care

(Group of IX — continued on page 13)

(Group of IX — continued from page 12)

Canadian Medical Association doing cross-Canada consultation on end-of-life palliative care.

- doing research on active living/physical fitness in an attempt to reduce cases of diabetes.

Chair, Bill Van Gorder, will write letter to Ray Ivany and an opinion piece in the Chronicle Herald on missing contributions of seniors in report.

Cathy Carmody discussed issue on CBC Radio phone-in show.

Nova Scotia Government Retired Employees Association meeting with Minister of Finance on March 11, 2014 to try and re-negotiate pension deal whereby no CPI after 2014.

Department of Seniors Positive Ageing Directory available in March

- working on Senior Safety and Continuing Care Strategy for government.
- using restorative justice in dealing with senior abuse issues.

CARP working on building a new hospice to replace ageing VG facility

- providing workshop on May 21, 2014 on alternative housing and age-friendly housing.
- looking at regulation/standardization for assisted living in N.S.

—Respectfully submitted, Bill Berryman

For updates on Deals & Discounts,
check the RTO website at
rto.nstu.ca



The Liaison Committee - (l-r) RTO President Jim Kavanaugh, NSTU President Shelley Morse and NSTU Executive Director Joan Ling meet at the NSTU building.

HALIFAX CITY BRANCH RTO

You could win \$100!



The **Halifax City Branch** of the RTO is updating its membership files.

Submit your current Contact Information and have your name entered into a draw for a \$100 cash prize which will be drawn for at the Christmas Luncheon, 2014.

To be eligible, your entry must be received by October 31, 2014.

Please **mail** your information: **Connie Pottie, P.O. Box 1968, Lunenburg, N.S. B0J 2C0**

OR

Email your information to: **bnmac@eastlink.ca**

✂️ **Name:** _____

Email Address: _____

Civic Address: _____

Phone: _____ **Cell:** _____

RTO Pins are available through your Branch Presidents. PRICE IS \$5.00 EACH!



Dodie Goodwin and Almon Chisholm spoke to the Branch Presidents about the Community Transit NS organization. The vision of Community Transit NS is for all Nova Scotians to have access to safe, affordable transportation. Their website is connect@communitytransit.ca

PROFESSIONAL DEVELOPMENT *after Retirement*

Dale Armstrong is a retired educator of 35 years with the Halifax Regional School Board. Throughout her career, Dale was a French Immersion teacher, a Vice-Principal, a Principal, a Supervisor and she finished her career as the Coordinator of School Administration at central office. After many years working with students, teachers, and parents, Dale continues her work in education as the Director of Education in the International Programs at the DoEECD. In her new role, she supports the principals and teachers of the Nova Scotia program in schools in China and in the United Arab Emirates. "Teaching abroad provides retired teachers the opportunity to share their experience and expertise not only with students, but also with new teachers."

Teaching in China – a Teacher's Perspective

In China, a number of students are following the Nova Scotia High School curriculum, taught in English, enabling them to receive a Nova Scotia High School Graduation Diploma. Most of these students will pursue their post-secondary studies abroad, a growing number of them in Nova Scotian universities.

The English School attached to Guangdong University of Foreign Studies in Guangzhou, southern China, has several Nova Scotian teachers on staff. Two of these teachers are Diane Brennick, recently retired Language Arts Consultant from the Cape Breton Victoria Regional School Board and Briana MacLellan, a recent BEd graduate from Acadia University. They bring different perspectives and skill sets drawn from their experiences and formation to their respective positions.

Teaching students in Guangzhou is similar to teaching students in Nova Scotia, with a few notable exceptions: on one hand, the students' behaviours and approach to their studies is no different than their peer group in Nova Scotia; on the other hand, they are very keen to spend time with their teachers and are interested in getting to know them on a more personal level.

Both students and teachers live on campus in a residential setting (the school has 5500 students from Primary to 12 with 169 in grades 10 - 12 in the Sino-Canada program). The teachers receive two-bedroom apartments. They eat their meals – a part of the teaching contract - in a staff cafeteria.

At first the city of Guangzhou with its 17 million inhabitants might seem daunting because of its size and language;

however, as with any adventure, one quickly becomes accustomed to the new experience. Guangzhou is China's third largest city and can provide many opportunities for experienced, retired, and early career teachers. Both Diane and Briana have used Guangzhou's ideal location for travel to other exciting locations in South East Asia such as Hong Kong, Macau, and Singapore. Through their involvement in "InterNations", an expatriate organization operating in 250 communities around the world, they have been able to socialize and make new friends.

Diane and Briana have spent three years in Guangzhou, and although they are at opposite ends of the career spectrum, each has found the experience to be enriching and rewarding in many ways. Teaching abroad offers something for everyone and they encourage others to try it! Those interested in experiencing a new culture, while teaching the Nova Scotia curriculum, may find further information at <http://internationalprograms.ednet.ns.ca>.



Briana MacLellan speaking on behalf of the new teachers at the official opening of the school year.



Diane Brennick talking to students while waiting for buses to take them all on a school field trip.

Branch

Updates

COLCHESTER EAST-HANTS BRANCH - The Colchester East-Hants RTO is enjoying a successful year, with good attendance at its meetings and social events. It is great to see so many recent retirees from our region and other regions joining us. Soon we will see the return of our snowbird members.

The 2013-2014 year began with RTO members organizing the first Bye to the Bells Breakfast at the Best Western Glengarry in Truro. Seventy-six retired teachers and guests gathered at 9:00 a.m. on September 4, 2013 and enjoyed a buffet breakfast. The regular and the annual meetings are held at the Truro Fire Hall beginning at 10 a.m. On September 24, the first regular meeting took place, with close to seventy members attending. After the business part of the meeting concluded, lunch was served. This is a regular event at the end of each meeting; RTO members take turns making sandwiches and sweets. This is social time and time to meet program presenters.

Almost 100 people attended the regular meeting on November 5; the program followed the business meeting. First Nancy Sulis recited two poems, "High Flight" and "In Flanders Fields" to honor our war veterans. This was followed by a Talent Showcase (February 2014, *The Retired Teacher*, page 17).

On December 3, 125 members and guests attended a Christmas Social at the Truro Fire Hall. Excellent entertainment was provided by the Choral Choir of Redcliff Middle School. Lively conversation and a delicious lunch added to the success of this social. Our Christmas gathering presented 268 pounds of food and a ten-dollar donation to our local food bank. Ninety-eight persons attended the RTO Valentine Social on February 12 at the Best Western Glengarry, Truro. A hot and cold buffet was served at six p.m., followed by door-prize draws. Retired teachers Wayne Delaney and Eric Weaver performed a perfect selection of love songs.

Three RTO organized groups meet regularly: bowling and scrabble players meet every week, while bridge players get together every two weeks. Our Newsletter, Contact, is published four times a year. Two RTO bowling teams are registered in the NSTU Provincial Bowling Tournament to be held on April 26 and April 27. Our next regular meeting is on April 8, with program guest Cathy Carmody speaking about conscious aging – a pertinent and engaging topic for retirees. The annual meeting is on May 13.

DARTMOUTH BRANCH - On Tuesday, April 8, members from the four metro Branches will gather for lunch at Brightwood. We of Dartmouth Branch RTO are pleased to host our colleagues from Halifax City, Halifax County, and Halifax CPX. Special thanks to Metro MAL, Dorothy Smith, whose planning, with the support of Branch presidents, has made this spring event possible. On May 8, Dartmouth members will meet for their

AGM. At this luncheon, we shall recognize Ruth Durrant as our "Feature Teacher" for the many years of dedication she has focused on school, church and NSTU - RTO duties.

HALIFAX CITY BRANCH - Three events are scheduled for April and May for the Halifax City RTO Branch.

On April 8, we shall participate in a combined social luncheon with the Dartmouth and Halifax County Branch.

As well, the RTO Halifax Branch will hold a business luncheon on April 30. At this meeting, Ron MacQuarrie from Equity Associates Inc., will speak on Wills and Trusts. As time allows, Ron will provide information to RTO members on the planning of wills, trust administration, living trusts, powers of attorney, and personal and estate taxation issues.

The RTO Halifax Branch will hold a business luncheon on May 21. At this meeting, Marina Keeping, Manager of the Pharmacare Administration, will speak on Seniors' Pharmacare. Information will be disseminated on how the Pharmacare Pharmaceutical Services applies to our retired teachers. Questions will be aired, both in advance and during the session.

April and May will be busy months for the members of Halifax City's RTO Branch.

HALIFAX C.P.X. BRANCH - The C.P.X.'s roots are traceable to the 1940's when several female teachers, both active and retired, who taught in Halifax City, formed a social group that met at their various homes. As the years progressed, this group of women grew in numbers and formed C.P.X. Club so that they would not lose touch with one another. By that time they were all retirees.

In 1953, the year of Queen Elizabeth II's Coronation, the group decided to honour the royal occasion by naming their "teachers" club C.P.X.:

C for CORONATION

P for PEDAGOGY

X for the LATIN "EX" or "OUT OF"

C.P.X. holds three social meetings a year: in the fall, at Christmas, and in the spring. These are usually luncheon gatherings.

The annual Christmas dinner is held at the Edgewood-Oxford United Church Hall in Halifax. Members continue the tradition of bringing a gift for a male or female resident at the Ivy Meadows Continuing Care facility in Beaverbank, as well as the trimmings for gift wrapping as the Staff selects and delivers these gifts on Christmas Day so that each resident receives a gift. We read the names of our members who died during the year, and hold a minute of silence in their honour. We also read the names of our sick and shut-ins, and during the Christmas season we visit them

(Branch Updates—continued on page 16)

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Branch

Updates

(Branch Updates—continued from page 15)

and give them a potted plant and/or greeting card. The choir from Westmount School (Grades 3-6) joins us to sing Christmas Carols and other seasonal songs for us and with us. Through the music teacher, an honorarium is presented to the school.

In 1956, a group of retired teachers sought to establish an association of retirees across the province. They looked to C.P.X. for their inspiration, and sowed the seeds for the RTA, our current RTO. C.P.X. exists today under the umbrella of the RTO, and is the only all-female Branch of the RTO.

New female retirees who taught in Halifax City are welcome to join our club. When they join the RTO, they may automatically become a C.P.X.-er without any further membership fee. To join, please phone Mary Hammond, President, at 852-3146, or Barbara Burke, Chair Membership and Telephone Committee at 443-3275. We offer drives for our members so that they are able to attend any of our functions.

As President, it is my honour and pleasure to work with these wonderful ladies who serve on our Executive: Sue Kent, Vice-President; Linda Partington, Secretary; Helen Cianfaglione, Treasurer; Yvonne Bennett, Member-at-large; and Barbara Burke, Chair Membership and Telephone Committee.

SYDNEY & AREA BRANCH - After a long winter of snow storms, shoveling, and rain, Sydney and Area Branch RTO invites all members to attend a “Welcoming Spring” luncheon on April 23, 12:00 p.m. at Amedeo’s Restaurant on Townsend Street, Sydney. Plans are also underway for the Annual June Meeting. Members will receive a phone call or email about these events.

Many of our members left the cold of winter and travelled to different places in the United States and farther South to feel the rays of the warm sunshine. Other locations in Canada and Europe became the destination of many members to visit family, or seek adventures such as sight-seeing, skiing, and snow-boarding. Those who decided to stay enjoyed skating, curling, dancing, skiing, and many other activities. It has been a busy winter for our retirees.

The Sydney and Area RTO donated money to the Sydney Loaves and Fishes. Some of the Executive members had the opportunity to inform themselves of its operation and successes over the last number of years.

The RTO welcomes any suggestion for future events. Suggestions may be sent to Bernadette Hollohan at bm.hollohan58@hotmail.com. Members are reminded to become active in local and provincial committees. Further information in *The Retired Teacher* newsletter.

WEST HANTS BRANCH - On March 25, 70 members of the West Hants Branch met at the Three Mile Plains Community hall for an outstanding roast beef dinner. The dinner began with the singing grace, Johnnie Apple Seed, to everyone’s enjoyment.

After the great meal, the thanking of the dinner providers was followed by a special thanks to one of the workers, 91-year-old Daisy Sanford who over the decades has shown her enjoyment of service to others. We had our usual free-meal draw, with the funds going to a student-related activity.

Something new! Two RTO members volunteered to bring and explain hobbies they enjoy. Harold Crawley displayed wonderful wood-working items: walking canes, trains, buses, and stained glass items he creates for enjoyment and his grandchildren. Barb Wilson brought wine-making supplies and explained her process of wine-making and provided two bottles for a draw. The greatest result from both presentations was the interest shown by the members and the discussions that occurred.



Harold Crawley discusses his wood-working with Elizabeth Ferguson.

Our next meeting is May 13 which is our AGM. This year we need to replace several members of our executive. Charlie Levy is stepping down from Chair of Registration, after 20 plus years. Mary MacKenzie is relinquishing the position of Secretary that she has held for six years, and because of illness, we have a vacant Vice-Presidency. Our dinner meetings are a wonderful time of fellowship, information sharing, and delicious meals.

YARMOUTH/ARGYLE BRANCH - The Yarmouth/Argyle RTO Branch has offered a variety of events for members. The mid-winter luncheon was well attended, with a buffet dinner enjoyed. Sports-minded members have had the opportunity to participate in sponsored cross-country, curling, and bowling events. Three Branch members conducted a panel discussion on travel possibilities including planning your own trip, tour bus travel, and cruise travel. This was held at the local library with Paul Sarty in attendance to discuss the importance of travel insurance. A very successful cooking class was held with a local chef offering a lesson on preparing a three-course meal. Participants then had the opportunity to enjoy the prepared food. Plans are underway for sessions on enjoying your iPad and on genealogy. RTO members will be offering a “Realities of Retirement” session for local teachers who want to see how retirement is experienced by those on the panel. Another issue of the Branch newsletter *Beyond the Classroom* was circulated and a spring issue is in the planning stage. Donations have been given to the local fuel-oil bank and to a local youth group, SHYFT. The Branch has produced RTO baseball caps which will be available to all RTO Members throughout the province. The Branch continues to provide opportunities for its retirees to be actively involved, regardless of their interests.

2014 RTO Golf Tournament

will be held at

Clare Golf and Country Club
(902) 769-2124

Wednesday, September 17, 2014

{hosted by AER – Baie-Sainte Marie}



Fees: \$70 per person (includes round of golf, one-half of a golf car rental and meal). Please note that golf cars are limited; they will be booked by the organizing committee following receipt of your registration. There will be a shotgun start at 12:30 p.m. Meals for non-players are available for \$15 per person.

Please register early as places are limited and NO LATER than Friday, August 29th.

Format: two-person scramble. A complete registration form must include index, handicap, and full fees.

Prizes: Low Net and Low Gross for Men, Ladies and Mixed

Teams must have at least one RTO Member. The entry form will be placed on the RTO website.

Accommodations are available at: **Anchor Inn B & B**, 902-645-3390; **Chateau d'la Baie B & B Inn**, 902-769-3113; **L'Auberge au Havre du Capitaine Inn**, 902-769-2001; **Roadside Grill & Cabins**, 902-837-5047; **Su Ben B & B**, 902-769-2879.

COME AND ENJOY THE FRIENDLY COURSE—BIENVENUE A LA BAIE STE-MARIE

NAME _____

INDEX _____ HANDICAP _____ PHONE No. _____

ADDRESS _____ NON-PLAYER MEAL _____

POSTAL CODE _____ EMAIL _____

MEMBER (if applicable) _____ GOLF CLUB _____

PARTNER _____

INDEX _____ HANDICAP _____ PHONE No. _____

ADDRESS _____ NON-PLAYER MEAL _____

POSTAL CODE _____ EMAIL _____

MEMBER (if applicable) _____ GOLF CLUB _____

If you wish to play and do not have a partner, the organizing committee will pair you up. YES _____

Overall index differential for each team cannot be greater than six (6).

Please submit registration form and cheque payable to **RTO Golf 2014** to:

Real Deraspe, 848 Route 1, Petit-Ruisseau, Saulnierville, N.S. B0W 2Z0
(902) 769-2279

RTO Dinner & Annual General Meeting

May 28 & 29, 2014

The RTO AGM Dinner will be held at the Brightwood Golf & Country Club, School St., Dartmouth on Wednesday, May 28, 2014 at 7 p.m. Buses will be available for transportation from the Delta Halifax Hotel at 6:15 p.m. to Brightwood and back at 9 p.m.

The Annual General Meeting will be held at the NSTU Building on Thursday, May 29, 2014 at 9:30 a.m.

Accommodations: A block (RTO) of rooms in the name of "NSTU Retired Teachers Organization" has been reserved at the Delta Halifax Hotel for delegates requiring accommodations. The room rate is \$86 + tax. Please call the hotel directly (902-474-5150 or 1-888-423-3582) prior to April 26, 2014 to make reservations and to book your room under the block. **You will need to show your RTO card at the hotel reception desk.** There is no direct billing, so all rooms must be paid for prior to checking out. Those who are eligible will be reimbursed after filling out an expense form. If needed, late checkouts will be accommodated upon request for Thursday, May 29, 2014.

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

2014 RTO REGISTRATION FORM

Name _____
Surname First name

Address _____

Postal Code _____

RTO Branch _____

RTO DINNER

_____ Yes, I will be attending the AGM Dinner at Brightwood Golf and Country Club on Wednesday, May 28, 2014 at 7 p.m.

Guest(s) name (if any) _____

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

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

Dinner Ticket(s) _____ @ \$25.00/person = _____ (cheque/money order payable to RTO). **Tickets must be purchased by May 9th in order to determine numbers for dinner.** Dinner tickets in your name will be held and given to you when you arrive at the Brightwood Golf and Country Club.

RTO ANNUAL GENERAL MEETING

_____ Yes, I will be attending the AGM Business Meeting at the NSTU Building on May 29 at 9:30 a.m. A registration desk will be set up at 8:30 a.m. to distribute voting cards. Please bring along the AGM materials that will be mailed to you. Guest (is an RTO Member) will be attending the RTO AGM. Yes _____ No _____

Registration form and Dinner payment(s) must be received prior to May 9th.

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

RTO Resolutions – AGM 2014

Resolution #1 – RTO Constitution

ARTICLE 5 EXECUTIVE COMMITTEES

A. EXECUTIVE COMMITTEE:

~~The Executive Committee of the Organization shall be:~~

- ~~i. (The immediate Past President, a President, a Vice-President, a Secretary, a Treasurer, four (4) Members-at-Large and the RTO Pension Representative on the Nova Scotia Teachers' Pension Committee:~~
 - ~~i. Effective after the Annual General Meeting in 2011) The Executive Committee shall be comprised of the immediate Past President, a President, a Vice-President, a Treasurer, seven (7) Members-at-Large and the RTO Pension Representative on the Nova Scotia Teachers Union Pension Committee.~~
 - ~~ii. If a vacancy occurs in the Executive Committee through any cause, the Executive Committee shall name a member to fill the vacancy until the next Annual General Meeting.~~
 - ~~iii. Service by an RTO Executive member as a result of a by-election shall not be applied to the term of office when the same member is elected through a regular election.~~
 - ~~iv. Should a Past President be unable to serve, the Executive shall assign his/her duties to one or more members of the current executive.~~
 - ~~v. The Executive Committee shall be the decision making body of the RTO between Annual General Meetings.~~

B. ELECTION OF EXECUTIVE COMMITTEE MEMBERS:

~~i. (Terms of Office for 2008/09:~~

~~The following terms of office will be put in place. Election for President, Vice-President, Treasurer, and the Members-at-Large for Cape Breton/Strait and South-West/Valley will be for a two (2) year term and elections for Secretary and Members-at-Large for Chignecto/Canso and Halifax Regional will be for a one (1) year term.~~

~~ii. Terms of Office after 2008/09:~~

~~All elections will be for a two (2) year term. No one shall hold the same position for more than two (2) consecutive terms, except under exceptional circumstances.~~

~~iii. Terms of Office after 2011/12:~~

~~The election for President and Vice-President shall be held at the Annual General Meeting in 2012. The election of Treasurer shall be held at the Annual General Meeting in 2013. The position of Secretary shall be filled through the election of a Member-at-Large on the Executive Committee.)~~

- ~~i. The election for President and Vice-President shall be held at the Annual General Meeting in 2014 and every two years thereafter. The election for Treasurer and RTO Pension Representative shall be held at the Annual General Meeting in 2015 and every two years thereafter.~~
- ~~ii. All elections will be for a two (2) year term. No one shall hold the same position for more than two (2) consecutive terms, except under exceptional circumstances.~~

(continued on page 20)

Resolution #2 – RTO Operational Procedures

OPERATIONAL PROCEDURES 1 AGM RESOLUTIONS

- A. All resolutions submitted for debate at the RTO Annual General Meeting shall be processed by the RTO Resolutions Committee.
- i. Composition
 - a. The RTO Resolutions Committee shall be comprised of the RTO Table Officers and Chaired by the RTO Vice-President.
 - ii. Procedures
 - a. All resolutions submitted for consideration at the RTO Annual General Meeting shall be submitted no later than December 15th on the submission form available from NSTU Central Office or on the RTO website (rto.nstu.ca).
 - b. Resolutions can be submitted by the RTO Executive, RTO Branches or RTO individual members.
 - c. RTO Branches or an RTO individual member wishing to receive an opinion regarding the appropriateness and accuracy of a resolution submission may contact the Chair of the RTO Resolutions Committee to provide an analysis.
 - iii. Briefs
 - a. Resolutions submitted to the RTO Resolutions Committee for consideration at the RTO Annual General Meeting must be accompanied by supporting briefs.
 - b. Only those resolutions supported by briefs will be forwarded to the RTO Annual General Meeting for consideration.
 - c. The full intent of the resolution must be explained in the submission
 - d. All briefs must be clear and concise.
 - iv. Recommendations
 - a. The RTO Resolutions Committee shall submit resolutions received by December 15th to the RTO Executive or the appropriate RTO Standing Committee for study in January.
 - b. The RTO Executive or RTO Standing Committee(s) studying the resolution(s) shall provide a statement of support or a statement of opposition to the Chair of the RTO Resolutions Committee no later than February 1st.
 - c. The RTO Resolutions Committee shall prepare a written report of all resolutions to be submitted to the RTO Annual General Meeting for presentation at the February Executive meeting, placement in the Spring edition of The Retired Teacher and on the RTO website.
 1. All resolutions to the RTO Annual General Meeting shall be designated policy or action. Resolutions designated policy shall refer to changes in the RTO Constitution or RTO Operational Procedures. Resolutions designated action, if passed, shall be presented at the following RTO Annual General Meeting in the Disposition of Resolutions Report.
 - v. RTO Annual General Meeting Pre-Mailing
 - a. All resolutions to be considered at the RTO Annual General Meeting shall be sent to delegates attending the RTO Annual General Meeting in their pre-mailing kits at their address on file (e-mail or postal) prior to the RTO Annual General Meeting.
 - vi. Responsibilities at RTO Annual General Meeting
 - a. All resolutions to be deliberated by delegates shall be presented in the same order they were received by the RTO Resolutions Committee.
 - b. A resolution adopted at the RTO Annual General Meeting becomes effective immediately upon adoption unless the resolution itself specifies a particular time frame or unless the resolution affects the RTO budget.
 - vii. New Business Resolutions
 - a. Eligibility requirement for a New Business resolution shall be one of the following:
 1. Time – an issue arises after the official closing date for resolution submission (December 15th)
 2. New information – new developments have taken place

(continued on page 21)

Resolution #3 – RTO Operational Procedures

OPERATIONAL PROCEDURES 4 COMMITTEES

A. 1. STANDING COMMITTEES

There shall be five (5) Standing Committees appointed annually by the Executive Committee:

- i. ~~An Assessment~~ **A Research/Review Committee** consisting of up to five (5) members;
- ii. A Communications Committee consisting of up to four (4) members, to include the editor of *The Retired Teacher* and the web master as necessary;
- iii. A Membership Committee consisting of up to five (5) members;
- iv. A Pension and Benefits Committee consisting of up to five (5) members, one of whom must be the Executive Member representing the Organization on the Nova Scotia Teachers Union Pension Committee who will act as Chairperson;
- v. A Finance Committee consisting of the Treasurer (chair), Past President, Vice-President and one Member-at-Large.

Resolution #4 - RTO Operational Procedures

OPERATIONAL PROCEDURES 4 COMMITTEES

A. 1. STANDING COMMITTEES

There shall be five (5) Standing Committees appointed annually by the Executive Committee:

- i. An Assessment Committee consisting of up to five (5) members;
- ii. A Communications Committee consisting of up to ~~four (4)~~ six (6) members, to include the editor of *The Retired Teacher* and the web master ~~as necessary~~;
- iii. A Membership Committee consisting of up to five (5) members;
- iv. A Pension and Benefits Committee consisting of up to five (5) members, one of whom must be the Executive Member representing the Organization on the Nova Scotia Teachers Union Pension Committee who will act as Chairperson;
- v. A Finance Committee consisting of the Treasurer (chair), Past President, Vice-President and one Member-at-Large.

Resolution #5

BE IT RESOLVED THAT the formula for Branch Grants be amended so that there will be an increase of \$100.00 in a Branch Grant for each 100 member increase in registered members in a Branch. The amended formula would be as follows:

Up to-100 members	\$400.00
101-200 members	\$500.00
201-300 members	\$600.00
301-400 members	\$700.00
401-500 members	\$800.00
501-600 members	\$900.00
601-700 members	\$1,000.00
701-800 members	\$1,100.00
801-900 members	\$1,200.00



COMMITTEE APPLICATION

Deadline for Application – May 15th

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

- Assessment - Research/Review
- Communications
- Membership
- Pensions & Benefits

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

[Please Print]

Name: _____

Branch: _____

Address: _____

Postal Code: _____

Telephone: _____

Email: _____

Signature

Please attach resume including the following:

RTO Branch Activities: _____

RTO Provincial Activities: _____

Other (Including NSTU Local or Provincial activities):

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

Committee Responsibilities

Assessment Committee - There will be a resolution coming before the May 29, 2014 AGM seeking a name change from the Assessment Committee to the Research/Review Committee. The mandate of this new committee would be to provide in depth analysis and research in areas identified by the Executive. The new committee will also review and evaluate the effectiveness of the RTO in areas identified by the Executive.

—Submitted by Bill Berryman

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

Assessment Committee – This committee's responsibilities are to periodically edit the RTO Handbook to keep the RTO Constitution, Operating Procedures, pension and insurance information, and the RTO Deals and Discounts up-to-date. This Committee deals mainly with organization within the RTO.

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

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

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

ATTENTION GRADS OF 1963 & 1964

The class of 1963 enjoyed their reunion in August of 2013, with 29 classmates in attendance! Since everyone had such a good time, we felt that ten years was too long to wait until the next class gathering.

Our idea is to spread the word to as many '63 and '64 grads as we can, so that we have a super-large reunion in 2014, along with the class of 1964 during their reunion on August 15 to 17.

If you know of someone whom we should contact, please email the following special email address with their contact information (preferably an email address), and we shall periodically remind them about the reunion. We shall limit email reminders to two or three at most from this special email address:
nstc2014reunion@teachers.org

Please search through your list of contacts and help make Reunion 2014 a memorable one for all!

Thanks for your help.

For more
news on
RTO Events
visit the
RTO website
at:
rto.nstu.ca

GRADS `64 - 50th ANNIVERSARY TRURO, AUGUST 15-17, 2014

Where were you on February 9, 1964 around 8 pm? Probably, like 74 million others, you were in front of a black and white TV watching Ed Sullivan introduce the Beatles to the world. The rest is history, and yes, it was 50 years ago!

We are approaching the home stretch to our reunion and the celebration of our 50th Anniversary. The occasion will be a significant event in our NSTC lives, so please make sure you are part of it by attending.

We now have contact info for more than 90 of our fellow 1964 grads. The search is still on and your help is needed to reach out to those who have not been contacted.



THE CHALLENGE – to convince our fellow grads to join the Alumni and attend the reunion. One suggestion is that we contact each other as a reminder to register for the event. Your attendance will encourage others to attend.

Walter Borden, Alistair MacLeod, Ms. Brooks, Mr. Pierce, and Mr. Clattenburg all plan to attend, and, of course, all grads of '64 are notable. The Class of '63 hopes to have a large representation, as do classes from all other years. Sounds like a party!

Do these names ring a bell? Woolworths, Youlds, CKCL, Margolians, Metropolitan store, Stonehouse, Ponderosa - just a few ads in our yearbook - perhaps not the Ponderosa!

Registration forms will be available in the near future.

Contact info: Alumni email: info@nsteacherscollege.ca; Alumni website: <http://www.nsteacherscollege.ca/>, tbirdjb@yahoo.ca; Phone & Mail 902-543-3101 or 23 Stoneridge Court, Bridgewater, NS B4V 3T9

CATCH THE SPIRIT - BE THERE!

SCAVENGER HUNT

Find the answers to the following questions and submit your entry to the editor by email bettyanne@eastlink.ca, or mail to Betty Anne McGinnis, 6571 Highway 1, Ellershouse, NS B0N 1L0. Prizes have been generously donated by NSTU, Medavie Blue Cross and Manulife. **Submissions must be received by May 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 October's contest is Vernon Pothier of the Yarmouth/Argyle Branch RTO and the winner of February's contest is Isabell Musial of the Glace Bay & Area Branch RTO.

1. From which school did Paul Shaffner, our Featured teacher, retire?
2. In which city in China are Diane Brennick and Briana MacLellan teaching?
3. In the Resolutions for the 2014 AGM, what is the subject of Resolution #1?
4. What is the vision for Community Transport NS?
5. The registration form for 2014 AGM must be received by what date?
6. What prize is being offered in a draw by the Halifax City Branch RTO for updating your contact information?
7. At what school did Peter Lewis, our Spring Profile, spend his teaching career?
8. Who is the President of ACER/CART?
9. The Selection Committee for the Lieutenant Governor's Teaching Award consists of four RTO members and one additional person. Who is the fifth person?
10. What is the NSTC Alumni website?



Webmaster Colin J. Campbell has designed a modified RTO logo which has been used by the Yarmouth/Argyle RTO Branch to produce some baseball caps. These will be available for sale at RTO events throughout the province. Price \$15. Contact archibaldg@eastlink.ca

Finding the right community and social services

Navigating through the thousands of community and social services can be a frustrating process, and you can't always find the information that you need. 211 Nova Scotia can help.

Launched as a non-profit service in February of 2013, 211 is a free, confidential information and referral service with access to over 4,000 community and social services across the province.

Trained information and referral specialists will help you understand and find services like food banks, recreational programs, volunteer opportunities, services for seniors, health care, mental health services, disability services, housing and utility assistance, and much more.

You can call, email, or use the on line database whenever you choose. 211 is available 24/7, and there are language interpretation services available, as well as access for persons with hearing impairment.

For more information, dial 211 or visit our website at www.ns.211.ca

—Submitted by Allison Currie



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