

The Retired Teacher

Nova Scotia Teachers Union

Volume 49, Number 1, October 2017

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

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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

From The Desk of the President...

Bill Berryman

On behalf of all RTO members I would like to extend a warm welcome to the new teacher retirees who have joined the organization. I wish all of you a happy and enjoyable retirement. The organization encourages you to attend Branch meetings and activities in your area



and to support the RTO as we continue to work "... to advance, promote and protect the welfare of our members". I am entering my second year as President of this great organization and I look forward to working on your behalf throughout the 2017-2018 year.

Strategic Planning

The RTO Executive embarked on the next phase of strategic planning at its meeting held at the Delta Halifax Hotel on August 3-4, 2017. In 2016 the Executive completed its vision for the organization, and for the past two years has looked at ways to better serve the members.

Open and frank discussion took place on the following topics:

1. RTO Legacy Foundation Grants
2. Establishment of an RTO Standing Committee for Programs
3. Issues brought forward from the previous year's Branch Presidents meetings

(continued on page 2)

4. RTO Issues for 2017-2018
5. Member-at-Large Selection Process
6. Revision of Branch Operations and Branch Officers mandates

Most of the recommendations from the discussion on issues brought forward from last year's Branch Presidents meetings will be incorporated in the agenda for the October 12-13, 2017 meeting. There will be an orientation session for seven new Presidents, an expanded Presidents round-table to provide information on nine questions provided prior to the meeting, and a review of the updated Operations Handbook. There will be two guest speakers. Dale Roode, Teachers Plus Credit Union, will speak on rightsizing living arrangements and finances for those over age 65, and Betty Anne McGinnis, Newsletter Editor, will speak on input from the Branches to the RTO Newsletter.

RTO Wellness Symposium

The RTO is very pleased to announce that the first RTO Wellness Symposium was held at Brightwood Golf and Country Club on October 30, 2017. A sincere thank you to Alyson Hillier, Member-at-Large Halifax Metro, and her ad-hoc committee comprised of Eileen Coady, Wayne LeBlanc, Vicky Parker, and Ambrose White for the superb organization of this event. Each Branch was permitted to send two delegates to the event with the expectation that they will assist in organizing a wellness program at their Branch level during the 2017-2018 year.

Advance Care Planning

On June 26, 2017 Alyson Hillier and the ten RTO members trained to provide the Advance Care Planning workshop held a one-day training session to update the program. This meeting was financed through the \$25,000.00 New Horizons grant from the federal government. The workshop will now be of two-hour duration, be more interactive for participants, and up to ten presentations will be made across the province prior to March 31, 2018.

Alyson Hillier and Colleen Cash, Executive Director of the Nova Scotia Hospice and Palliative Care Association, attended the Canadian Hospice and Palliative

Care Association Conference in Ottawa on September 20-23, 2017. They spoke on Advance Care Planning—engaging with Communities which provided an opportunity to interact with other potential partners and discuss options for replicating the RTO work in other areas. This invitation was a reflection of the interest in our partnership and the profile that our work has received nationally.

RTO Golf Tournament

A very successful and enjoyable 19th Annual Golf Tournament was held at Granite Springs Golf and Country Club on September 16, 2017. Jim Kavanaugh and Ambrose White from the New Waterford Branch represented the RTO Executive at this event. The weather was beautiful and every aspect of the tournament was well organized. The organizing committee, under the leadership of David Cunningham, did a fantastic job and we thank them all. Teachers Plus Credit Union once again was the major sponsor of this event. Other sponsors included Johnson Inc. and Maritime Travel. A sincere thank you to our three major sponsors for their on-going generosity and commitment to this annual event.

RTO Curling Bonspiel

The RTO Curling Bonspiel for the upcoming year will be held at the Shelburne Curling Centre on December 1-2, 2017. Last year's event, hosted by the Annapolis Branch, had to be cancelled as most curling clubs were holding their year-end tournaments in late March. The Shelburne Branch organizing committee, under the leadership of Elizabeth Acker, therefore decided to have an earlier event in order to generate more interest. The RTO extends a thank-you to Manulife Financial for their on-going generous support of this event.

I would appreciate any Branch interested in hosting the RTO Golf Tournament or the RTO Curling Bonspiel in 2018-2019 to contact me so that I can forward the application form to your attention.

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

A Message from NSTU President... Liette Doucet



With a new school year upon us, one which sees teachers in Nova Scotia working under a legislated contract, I continue to be grateful for the support and commitment of the RTO Executive, Branch Presidents, and RTO members for the cause of public education in Nova Scotia.

Last year we saw the erosion of free and fair collective bargaining rights for NSTU members throughout our labour struggle and with the passing of Bill 75. Now that Bill 148 has been proclaimed, Government has taken away that right for all public sector workers.

We are working with our brothers and sisters affected by Bill 148, and on September 21, I joined public sector union leaders in a Solidarity Rally against Bill 148 in front of Province House. I was heartened to see the support of the RTO at this rally.

We appreciate all you are doing in serving retired teachers and other retired NSTU members and your continued dedication in helping to send a signal to this government that all Nova Scotians deserve honesty and respect.

We have many challenges ahead this school year and beyond, and know that we can count on the strength of the RTO and its members to fight for teaching and learning in this province.



Marguerite MacDonald, Richmond Branch, was the April 2017 winner of the RTO Newsletter Scavenger Hunt. At the AGM in May, President Bill Berryman presented her with a prize donated by Medavie Blue Cross.

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From the editor. . .

Betty Anne McGinnis

Year seven. Thank you, Randy Holmesdale.

When that latest issue of the newsletter arrives, former teachers rush to scan it for the latest news about their colleagues in retirement. I respond differently—I barely glance at it. I have read the components so many times that I have memorized much of the content. An even stronger reason not to look is my fear of finding an error! After multiple readings and edits, I am still plagued by the little grammar demons. What did I miss?

Though I don't devour the finished product, the editing process grants me immense enjoyment, for I learn about retired teachers across the province. I love to read the stories of what they have done and what they are doing. Some are more adventurous in retirement than I ever was in my youth. Their experiences amaze me. I am endlessly impressed by the many retired teachers who either continue to work in some capacity of education, or who venture into an entirely different career path. But I am reassured that there are others, like me, who are consuming this beautiful life, one bite at a time, with no commitment greater



than to finish the next chapter of the book. Wouldn't it have been lovely if we had begun this part of our careers at forty?

Recent additions to our newsletter have brought new contributors into the fold. This Land Is Your Land showcases our beautiful province through photographs taken by retirees. Incredible photos! I have become aware of Nova Scotian locales that I know I have to visit. The second new section is Milestones. I am in awe of those who have enjoyed such long careers, and those who have celebrated birthdays many of us will never reach, or have marked anniversaries far exceeding what is expected by today's world. These people are worthy of congratulations.

This newsletter is yours. Please continue to fill it with your experiences as a Branch or as an individual. Its success depends on you.

Thank you to all those who have contributed to this issue. Special thanks to the committee members Gary, Colin, Margie, Ambrose, and John, to Bill B and Bill M for keeping me on track, and to Paul for pulling it all together.

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

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Committee Reports

COMMUNICATIONS COMMITTEE

The RTO Communications Committee met on September 6 with members Ambrose White, John MacKay, Margaret Morrison, Betty Anne McGinnis, Colin Campbell, and Chair Gary Archibald in attendance.

The role of the Communications Committee was explained, as well as the roles of the editor of the newsletter, and the webmaster.

Newsletter Editor Betty Anne gave an extensive review of the background in producing *The Retired Teacher* newsletter which included—but was not restricted to—

- general procedures for putting together the newsletter
- NSTU role/printer – who does what (desktop publisher)
- cost of newsletters
- advertisement
- mailing about 5000 vs. email about 2000. Betty Anne looks after mailing list
- the article spreadsheet checklist she uses was circulated and discussed
- deadline goals for the issues will be:

Information to Betty Anne by	Mailed and in hands of members by
October 5	October 30
February 5	February 28
April 5	April 30

- Contributors are encouraged to send information to Betty Anne when ready and not wait for deadlines.

RTO Webmaster Colin Campbell presented his report which included the following:

- general procedures

- items requiring changes/updates
- a proposal for the executive to consider domain names and future websites
- members asked to review content for possible changes

Committee members' responsibilities include the following:

- contact Branch Presidents to identify themselves as the liaisons
- see if they now have Branch newsletter, copy to Betty Anne
- see if they now have Branch website, let Colin know
- encourage photos and articles from Branches
- acknowledge emails
- search other retired teacher Canadian newsletters for ideas

Ads in the newsletter continue to be restricted to Johnson Inc., Teachers Plus Credit Union, Maritime Travel, Manulife, and Medavie Blue Cross. Each company will be entitled to one free ¼ page ad per year in *The Retired Teacher*, with larger or additional ads being paid for.

For the website, regional ad requests are to be forwarded to the RTO MAL for distribution to appropriate Branch Presidents for their consideration. Ad requests of a provincial nature would be considered if organization has a charitable number and be restricted to a three-month period. A request form will be developed, with the webmaster and RTO President and/or Chair of the Communication Committee making the final decision. There will be no fee involved. This would be for a trial period of one year.

— Submitted by Gary Archibald

Chair, Communications Committee

Did You Know



Did you know that free flu shots are available at your local pharmacy?



Did you know that credit card companies make you pay if you get caught in a fraudulent free trial scam? It is all about the fine print. Check the following link: <http://www.cbc.ca/news/business/marketplace-skin-cream-trials-1.4349777>

Committee Reports

Membership Committee

The Membership Committee held its first meeting on Wednesday, September 6, and new member, Debby Trask-Cushing, and returning members Brian Faught, Garland Standing, and Peggy Ludlow were welcomed. Committee binders were updated. Meeting dates were reviewed as well as the committee mandate and priority goals for the year. The application forms for various types of membership were also reviewed.

Following is a list of the main topics of discussion:

NS Pension Services Corp. – Immediate action was required to provide the corporation with retirement information for prospective retirees. The information was gathered and delivered to the corporation in September.

The Wall – With invaluable assistance from Paul Hamer, NSTU staff, photos of the RTO committees and Executive were provided to the committee to allow updating of “The Wall”—a display board set aside to illustrate interesting events occurring throughout the year. Branch Presidents are requested to provide pictures of activities within their Branches.

Database Update Protocol – The protocol was reviewed at length. Membership updates will be sent to Branch Presidents periodically throughout the year and they will be asked to review the data for accuracy. If errors are discovered, our NSTU secretary, Toni Maggio, must be notified by calling the switchboard at 1 800 565-6788. Also, Presidents will be notified on a regular basis of their Branch members who have passed away.

The next meeting of the Membership Committee will be held in November.

RTO merchandise is available for sale and any member wishing to purchase the items listed below may do so by contacting their President.

RTO Pins – \$5.00

RFID Credit Card Protectors – \$3.00

— *Submitted by Reg Johnston*
Chair, Membership Committee

RTO Committees 2017-2018

Pension and Benefits

Chair: Jack Boyd

1. Jack MacNeil – Glace Bay District Branch
2. Judy Knowlton – Dartmouth Branch
3. Blair Boudreau – Yarmouth/Argyle Branch
4. Frances MacEachern – Inverness Branch

Membership

Chair: Reg Johnston

1. Brian Faught – Cumberland Branch
2. Margaret Ludlow – Halifax County Branch
3. Garland Standing – Northside/Victoria Branch
4. Debbie Trask-Cushing – Digby Branch

Communications

Chair: Gary Archibald

1. Ambrose White – New Waterford Branch
2. John MacKay – Shelburne County Branch
3. Margaret Morrison – Glace Bay District Branch
4. Betty Ann McGinnis – RTO Newsletter Editor
5. Colin J. Campbell – RTO Webmaster

Research and Review

Chair: Bonnie Mahaney

1. Ann Jessome – Northside/Victoria Branch
2. Robert Selfridge – Kings Branch
3. Glynda Wimmer – Lunenburg County Branch
4. Wendy Woodworth – Yarmouth/Argyle Branch

Committee Reports

PENSIONS AND BENEFIT COMMITTEE

The RTO Pension and Benefits Committee met September 6, 2017 at the NSTU. Present were Jack Boyd (Chair), Jack MacNeil, Frances MacEachern, and Judy Knowlton. Regrets were sent by Blair Boudreau. The April 21, 2017 minutes were reviewed and approved.

From the minutes and the discussion within committee, the following priorities for the year were established:

1. Executor's/Survivor's List: the committee members will investigate examples of suitable checklists.
2. Match Mandate with Webpage: the Chair will suggest to the Executive that the mandate be updated on the webpage and that other committees consider doing the same.
3. Continue investigation of the funeral/end of life insurance: perhaps an item for the NSTU Insurance Trustees.
4. Develop a Retired Teacher Financial Presentation with assistance from Dale Roode, Teacher's Credit Union.

The Chair was asked to seek the numbers of retirees compared to the number of active teachers who purchase insurance (e.g. Medoc, Trip Cancellation). The Executive will ask for that information when they meet with the Insurance Trustees.

Kyle Marryatt and Jack MacLeod addressed the committee regarding the role of the NSTU Pension Committee and their roles regarding pensions. One of the topics covered was the NSTU Teachers Pension Plan Annual Report, 2016. From this report it was noted:

- The investment return was 8.15% compared to the benchmark of 7.42%
- Plan Funded Ratio is 77.7%, an increase of 1.0% from the previous year
- \$184 million contributed by active teachers vs. \$388 million pension benefits paid
- Net Assets increased \$159.7 million to total \$4,900,200,000

- Liabilities increased \$130.5 million to total \$6,309,600,000
- Unfunded liability decreased \$29.3 million to total \$1,409,300,000
- Plan Membership – 13,165 Retirees/Spouses, 12,832 Active, 5,847 Inactive, total membership 31,844
- There are .975 active members for one retiree

It is interesting to note that although the fund paid out \$204 million more than the active teachers contributed, it increased in value by \$397 million. Another way of viewing these figures is to realize that the fund generated \$601 million.

The Chair will attend the NSTU Pension Committee meeting scheduled for September 25, 26, and 27.

— *Submitted by Jack Boyd*
Chair, RTO Pension and Benefits Committee

RESEARCH AND REVIEW COMMITTEE

The Research and Review Committee held its first meeting on September 6, 2017 from 9:30 until 12:30 at the NSTU building. Committee members include Bonnie Mahaney (Chair), Glynda Wimmer, Ann Jessome, Robert Selfridge, and Wendy Woodworth. It was agreed that Glynda Wimmer would act as recorder for the meeting.

The Chair highlighted the mandate of the committee.

Last year's report to the RTO Executive was reviewed, and it was noted that seven of the recommendations had been completed. Two of the recommendations are ongoing and will continue to be developed by the committee—these are expansion of the NSTU Resilience Program to include Retired Teachers, and continued focus on wellness, particularly seniors' isolation.

The committee then reviewed those recommendations and actions that have been or will be made.

1. That the RTO continue to investigate the possibility of expanding the NSTU Resilience Program to include Retired Teachers.

Committee Reports

The Resilience Program is available to active teachers (permanent, probationary, and term) and is offered by the NSTU Group Insurance Trustees. There seem to be services being offered, particularly counseling, which would be a benefit to retired teachers.

It was decided that the committee will need to investigate further to find out exactly what supports this program offers, as well as the services we currently have, and any articles published previously in the RTO Newsletter regarding these services and supports.

2. That the R&R Committee continue its research into the wellness of members with a specific look at social isolation.

This is a substantial issue that not only affects our teacher retirees, but seniors in general. Discussion took place regarding approaches by which seniors/retirees can be supported by the RTO. One of the Branches is targeting this issue by visiting members' homes and nursing homes; however, there is no set initiative in most Branches. The question arose as to what we can do to address and encourage involvement in reaching out to "at risk" retirees. Suggestions for consideration could include volunteering to drive members to meetings and events, forming a Goodwill Committee to visit and bring treats on holidays and "special days", making use of a phone tree, using the free FileMakerGo app to sort members with and without email on contact lists, to make available the 211 cards, Shift document and Positive Aging booklet at meetings and at the Wellness Symposium.

It was recommended that at a future Presidents' Meeting discussions be initiated regarding this topic, perhaps as a Round Table agenda item, and at the Regional Meetings to facilitate feedback.

3. That the R&R Committee investigate the Programs available for retired teachers across Canada, with focus on wellness and resilience, as well as additional topics of concern being addressed by retired teachers in other provinces.

4. That "Getting Home Safely" suggestions, provided in Hospital Discharge Guide for Older Adults and Their Families, is a worthwhile checklist of things to consider upon discharge from hospital, and that the R&R committee investigate the possibility of developing such a check list and making it available to RTO members as a bookmark and/ or be noted on the RTO website under Wellness Links.

5. That the R&R committee support the Branch Initiative Grant Report Form. The draft form was reviewed and discussed, and committee members agreed it was comprehensive and were satisfied with this report/form.

Relations between NSTU Locals and RTO Branches was another topic of conversation. It was agreed this was an ongoing issue and would be investigated further at future meetings.

Discussion also took place regarding "Winding Down and Wrapping Up Matters" following the death of a spouse or immediate family member. There are numerous things to consider when faced with a death in the family and knowing how to "tie up" financial matters, accounts, and credit cards was important. It was agreed that the committee should investigate developing a checklist for this as well as awareness of what services are available. There may already be information and resources online that could be accessed (through Legal Aid? Nova Scotia Executor checklist?). This will be discussed further at the November committee meeting.

The RTO Executive may also have items and recommendations that they wish to have reviewed.

It was a productive meeting with insightful conversations and ideas from the committee members.

The Research and Review Committee will meet again on November 9, 2017.

— *Submitted by Bonnie G Mahaney,
Chair of the Research and Review Committee*

Committee Reports

FINANCE COMMITTEE

The Finance Committee – including President Bill Berryman, Vice-President John Donovan, Past-President Jim Kavanaugh, Secretary Eileen Coady, and Linda MacNeil – has been reviewing the monthly financials of the RTO Organization and the RTO Legacy Foundation. These are separate entities and each has monthly financials to complete and report to the Finance Committee and to the RTO Executive. At the end of August, the Branch membership totals were obtained, and during September, the Branch Grant cheques were written and mailed to the Treasurers of the 23 Branches. The amounts of these grants are based on a formula as approved by the RTO AGM. As Treasurer, I thank all 23 Branch Treasurers, each of whom completed a financial statement and sent it to me.

The RTO Executive has approved two more Branch Initiative/Program (BIP) grants; these were awarded to the Digby and the Cumberland Branches. Our fiscal year is the same as the calendar year (January 1-December 31). BIP Grants are approved for activities that occur within the fiscal year. The Finance Committee reviewed the application form for these grants and made a recommendation to the Executive at its September meeting. The Executive gave final approval of the new form which will delineate criteria in a clarified format to aid Branches as they make applications. The Executive also approved a clearer procedure for processing applications. Further information will be provided to Branch Presidents during their October meeting. As well, the Finance Committee recommended and the Executive approved a new maximum of \$1000.00 for each application from any one Branch during each fiscal year. This new maximum will commence in fiscal 2018 which begins January 1, 2018.

During the next year, I look forward to working with you all.

—Submitted by Peter Lewis,
RTO Treasurer

PROGRAMS

Advance Care Planning Update

On June 26, Colleen Cash, Executive Director of Nova Scotia Hospice Palliative Care Association, met with the RTO members trained to deliver the Advance Care Planning program. This training session was planned as part of the New Horizons Grant which was awarded in March 2017.

Advance Care Planning is a process whereby a capable (mentally competent) individual engages in a plan for making personal health decisions in the event that this person becomes incapable (legally incompetent to personally direct) his or her own health care. Here in Nova Scotia the term Personal Directives is used.

The full-day workshop updated the group on the Advance Care Planning public education sessions and the various accomplishments across the province and Canada. Now in the third year of partnering with NSHPCA, the group shared their feedback on their activities over the past year.

As part of the New Horizons Seniors Grant, Colleen introduced an enhancement to the program which will include an interactive component. The changes will extend the *Speak Up* program by engaging participants in discussion to explore some of the issues and questions they may have in either speaking with their families or developing a personal directive.

As part of the project, the program will focus on the Shelburne area in affiliation with the Pastoral Charge of the United Church of Canada. Two half-day workshops will be conducted in Shelburne and then two further sessions will be held in other parts of the province. The regular forty-five minute presentations will be offered throughout the province to RTO Branches and other interested community groups.

If you are interested in learning more about Advance Care Planning, or would like to have a session in your area, please contact Alyson Hillier at hillieac@gmail.com.

PROGRAMS

Expanding Our Horizons: A Palliative Approach to Care

The 2017 Canadian Hospice Palliative Care Conference was hosted in Ottawa from September 20-23. It is the foremost national event which provides hospice palliative care professionals, volunteers, family and informal caregivers, and other allied care providers with an opportunity to share their experience and expertise on a national platform.

The RTO was invited to join Colleen Cash, Executive Director of Nova Scotia Hospice Palliative Care Association, on a panel, **Advance Care Planning: Engaging with Communities** to discuss



RTO Advance Care Planning Trainers

the partnership between RTO and NSHPCA to bring the Advance Care Planning process to communities across Nova Scotia. It was my pleasure to be included in this forum to discuss the advantages and benefits of our relationship. Panelists shared with the participants the various strategies employed to promote an effective community-based ACP program. Our presentation was met with enthusiasm and garnered a lot of attention, including a follow-up discussion with the National Program Director.

Nova Scotia was well represented at the Conference and it is clear that much work is being done to meet the growing needs of our population. In addition to our ACP presentation, Lisa McNeil-



NS Delegation who led sessions at conference

Campbell from Cape Breton Regional Hospital led an inspirational plenary on How Volunteers Enhance the Palliative Care Team, Dr. David Henderson from Colchester East Hants Hospice Program participated in a Challenging Issues Panel on Medical Assistance in Dying (MAiD), Marianne Arab, Manager with NSHA,

discussed the Paramedics Providing Palliative Care at Home and the work being conducted to develop a Palliative Care Resource, and Cheryl Tschupruk outlined the process used to develop a three-year strategy for palliative care planning in NS. These are just a few examples of Nova Scotians who gave leadership to the workshops at the conference.



Alyson Hillier, Program Chair

With an aging population making significant demands on the system, there is an urgent need for innovative and sustainable support to be made available and



Conference lunch

readily accessible for all Canadians. With recent changes, such as Medical Assistance in Dying (MAiD) and Bill C277, an Act providing for the development of a framework on palliative care in Canada, it is evident that addressing these end-of-life needs is a major issue and will require changes to the current system. A collaborative approach in a compassionate environment will be an essential component to the process.

We, in the RTO, are helping to raise the awareness about Advance Care Planning and to increase the individuals' and families' participation in this important process. By starting the conversation, we can be sure our voices will be heard even when we cannot speak for ourselves.



Colleen Cash Executive Director NS Hospice Palliative Care Association

Seniors Advisory Council of Nova Scotia

Seniors Advisory Council of Nova Scotia

April 20, 2017

1. Continuing Care Strategy 2017 to 2022—Lynn Bowen, Director System Planning, Department of Health and Wellness
 - Consultation in 2015 supported focusing on the following key directions:
 - > **Living well at home**—maximum use of home and community services, improvement in efficiency and utilization of long-term care and fostering healthy aging and active living
 - > **Improving access**—timely access to care, better co-ordination and improved transitions
 - > **Supporting care-givers**—families/care-givers feel supported and needs are understood, care is client/resident centered
 - > **Improving quality and ensuring sustainability**—continuing care services provide value for money, need for clear health system roles and responsibilities and improvement in continuing care service
 - Annual budget of \$823 million for continuing care and support which includes in-home and community, or in a long-term care facility [home and community budget is \$255 million and long-term care budget is \$565 million]—2017 strategy will follow the following guidelines:
 - > **Person centered**—optimize independence and choice for people and their care-givers; system responds to diverse needs
 - > **Access to appropriate care**—improved access to programs and services in a timely manner, resourced appropriately
 - > **System integration**—seamless, co-ordinated transition with continuing care and between broader health system and intersecting programs and/or supports
 - > **Awareness and communication**—improved public awareness of continuing care programs and services, improved ability to communicate about how continuing care is evolving to anticipate future needs of population
 - > **Innovation**—create a culture of high performance, shift practices to work more efficiently, repurposing and rethinking how we work
 - > **Accountability and performance**—implement performance based contracts to enable measurable outcomes, advanced analytics and analysis and evidence based decision making
 - > **Funding and stewardship**—improved sustainability, appropriated resourced, funding is designated to provide desired outcomes and improved standardization
2. Dementia Strategy Update—Ruby Knowles, Senior Executive Director, Department of Health and Wellness
 - Strategy was announced in June 2015 with the following areas of focus:
 - > Public awareness
 - > Early diagnosis
 - > Support for families and care givers
 - > Informed health care providers
 - > Co-ordinated care
 - > Research
 - At present time 5 priority actions have been completed, 10 are underway and 12 are in planning stages
 - The action plan envisioned a three-year timeframe for implementation with 10 activities envisioned in 2015-2016, 14 activities in 2016-2017 and 3 activities in 2017-2018

- Presentation seemed to indicate that the department is focusing on the least costly activities and does not follow the guidelines of the strategy.
3. Oral Health Care for Seniors—Dr. Russell MacSween, Past-President NS Dental Association
- Provincially and nationally, dentistry has recognized the problems associated with access to dental care for seniors
 - Presently research, education and government policy direction is being provided by the Faculty of Dentistry at Dalhousie University which includes:
 - > “Brushing Up on Mouth Care” programs for seniors
 - > Educating caregivers
 - > Provincial policies for residents in long-term care facilities
 - Two documents being reviewed are the 2015 Canadian Oral Health Roundtable and the Nova Scotia Public Oral Health Report 2015
 - Concerns on provincial funded programs due to lack of adequate funding, limitations to coverage, burdensome administration and no business model for dentists when government fees are less than the cost of providing the service. The Dental Association wants these concerns remedied before any new initiatives of similar structure are announced
4. The Declaration concerning National Healthcare Strategy for Seniors has been endorsed by the Canadian Medical Association and the National Association of Federal Retirees.
5. The Canadian Medical Association is disappointed that the March 22, 2107 Federal budget did not begin building a much needed seniors strategy.
- The CMA has released a vision of health with these recommendations:
 - > Developing a coordinated home plan so seniors can live and get the support they need to stay in their homes longer
 - > Creating a national strategy for palliative and end-of-life care
 - > Boosting key infrastructure investments

- to improve and provide more residential care options for seniors
- > Enhancing financial support for family caregivers by making tax credits refundable

Bill Berryman

Chair, Seniors Advisory Council of Nova Scotia

Seniors Advisory Council of Nova Scotia

May 18, 2017

1. Alzheimer Society of Nova Scotia – Lloyd Brown, Executive Director; and Linda Bird, Director of Programs and Services
 - Department of Health Dementia Strategy provides 26% funding of current budget with remainder coming from fundraising efforts
 - Progress that has been made over the past 2 years with Dementia Strategy funding including:
 - o Increased Alzheimer Society of Nova Scotia [ASNS] capacity to provide information, support, and services
 - o Ensuring ASNS education is accessible and available to all groups including underserved populations
 - o Developing and implementing targeted awareness activities such as the 10 Warning Sign ads in community papers and TV
 - Future growth of ASNS involves:
 - o Establish core services in all zones of the province
 - o Expand Direct First Link Referrals to health care professionals across the province
 - o Adapt resources to meet the needs of underserved communities
 - o Develop workshops on specific dementia topics to meet identified gaps in service
 - o Expand alternative delivery options to increase access to education into Dementia Friendly Community initiatives
 - o Continue to increase public awareness of the symptoms and where to access help

- Risks and Challenges in 2018 when Dementia Strategy funding ceases include:
 - o Staff hired on 3-year term contracts will place these positions and program delivery in jeopardy
 - o ASNS will have difficulty providing information, education and support to help families be knowledgeable, make informed choices, enhance communication with health care staff, and provide information on community and health care resources
 - o ASNS will have difficulty providing early diagnosis and First Link Program in a timely manner
- 2. Collaborative Care Centres – Denise Perret, Deputy Minister Department Health and Wellness and Janet Knox, President and CEO of Nova Scotia Health Authority (NSHA)
 - NSHA Strategic Direction include:
 - o Person-centered, high quality, safe and sustainable health and wellness for Nova Scotians
 - o A healthy, high-performing workforce
 - o Engagement with Nova Scotians to create a healthier future
 - o Reduce unnecessary emergency room usage and hospital utilization
 - o Support individuals to improve their management of chronic (complex) conditions
 - NSHA presently working to create 50 new collaborative care teams in the province
 - As a ratio relative to 10,000 citizens, the collaborative team would comprise:
 - o 4 – 5 family physicians
 - o 1 – 2 nurse practitioners
 - o 2 – 3 family practice nurses
 - o 1 – 2 community adaptive team (e.g.: dietician, social workers, occupational therapists, mental health, addictions, etc.)
 - o Community pharmacist resources aligned to the broader community cluster
 - o 0.6 clerical support per family physician/ nurse practitioner
 - o 0.2 management support
- Concerns include space, infrastructure, timely responses from government, succession planning, and financial feasibility
- 3. Questions are being raised about funding of insulin pumps and home oxygen through Seniors Pharmacare
 - Inquiry came from a senior with breathing issues who received morphine free of charge but oxygen was only covered up to 80% [told to access Department of Health oxygen program through homecare]
 - Insulin pumps provided free of charge up to 25 years old and in most medical plans, but is not covered under Seniors Pharmacare [told to have Diabetes Society of Nova Scotia to make presentation to Department of Health explaining the effectiveness of the pumps versus strips]
- 4. Nova Scotia budget providing more funding for seniors includes:
 - \$175,000 to expand the Seniors Safety grant program
 - \$74,000 added to Age-Friendly Community grant program
 - \$310,000 more to provide seniors property tax rebate
 - \$38 million, in partnership with federal government, to increase access to and improve affordable housing options
 - \$3.7 million to provide additional orthopaedic surgeries
 - \$7.9 million for Seniors Pharmacare Program
 - \$5.1 million for home care initiatives including an increase in self-managed care program and expansion of caregiver benefit program
 - \$3.2 million to increase food budgets and enhance recreational programming for residents in long-term care facilities
 - \$1.8 million to increase accessibility grants for community buildings

*Bill Berryman
Chair, Seniors Advisory Council of Nova Scotia*

1. Presentation from Nancy MacCreedy-Williams, CEO Doctors N.S.
 - Provided members with a document entitled Healing Nova Scotia – Recommendation for a Thriving Physician Workforce
 - The issues identified by physicians across the province fall under 5 overarching themes:
 - > Fragility of the physician workforce
 - > Loss of professional autonomy and satisfaction
 - > Erosion of comprehensive family medicine
 - > Unsustainability of rural specialty services
 - > Lost opportunities to leverage technology
 - Doctors Nova Scotia is recommending the following:
 - > Improve and restore local decision-making and physician engagement
 - > Integrate existing recruitment initiatives to improve recruitment outcomes
 - > Eliminate unsustainable workloads
 - > Revive full-scope comprehensive family medicine
 - > Maintain rural specialty services
 - > Establish a Health System Physician Coordination Council
 - Nova Scotia will need 100 physicians per year for the next 10 years and there are 60 postings for family doctors at the present time.
 - All doctors in Nova Scotia are members of the association which also serves as their bargaining agent.
 - Working closely with the Canadian Medical Association, IWK, and Nova Scotia Health Authority in developing leadership programs for doctors.
2. The Department of Seniors continues to seek answers for the purchase of hearing aids outside the province and the coverage of insulin pumps over the age of 25.
3. The Department of Health and Wellness is working with Dalhousie Medical School on looking at the cost advantages of providing the shingles vaccine for all Nova Scotians over the age of 60.
4. Budget 2017 – 2018
 - The government promised \$2.7 million more, for a total increase of \$6.4 million to hire more specialists, perform more orthopaedic surgeries, and offer pre-habitation services to help patients prepare for a successful surgery.
 - \$2.4 million more to support recruitment and retention of doctors by adding 10 new seats in the Dalhousie Family Medicine Residency Program and 10 spaces for a new practice-ready assessment program for doctors who were trained internationally.
 - \$2 million per year over the next 3 years for take-home cancer therapies to ensure no one pays more than 4% of their net income for cancer medications taken at home.
 - \$5.1 million for more home care services, including increases for the self-managed care and the caregiver benefit programs.
 - \$38 million, in partnership with the federal government, to increase access to affordable housing this year, including creating new affordable housing units, offering more in rent supplements, and investing in home repair and adaptation programs to assist low income home owners.
 - \$6 million to advance new collaborative care centres across the province.
 - \$2 million for youth mental health – including \$1.8 million to expand youth mental health services and outreach across the province as part of a four year \$12.9 million commitment.
5. SHIFT – Action Plan for an Aging Population
 - Mandate letters of 9 Cabinet Ministers include following through on recommendations from the document.
 - Work on transportation is progressing with bi-weekly meetings of all partners.
 - Nova Scotia Centre for Entrepreneurship is developing models for seniors interested in pursuing new opportunities.
 - Nova Scotia Department of Labour working on age-friendly workplaces in collaboration with the Centre on Aging at Mount St. Vincent University
 - Age-friendly Community Grants will be expected to follow-up on the documents' recommendations.

Bill Berryman
Chair, Seniors Advisory Council of Nova Scotia



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

AGM Report

May 31 – June 2, 2017

The Annual General Meeting of the Canadian Association of Retired Teachers took place in Ottawa from May 31 – June 2, 2017. A pre-AGM meeting occurred on the afternoon of May 31 at the Ottawa Marriott, and the AGM followed at the Canadian Teachers Federation Building June 1-2.

ACER-CART represents 13 retired teachers' organizations from all provinces and the Yukon, with a total membership of 138,754—an increase of 1786 from the previous year. There is only one meeting of ACER-CART each year, and it also fulfills the role of the AGM. This meeting provides a unique opportunity for the Executive, Directors, and the Observers from the member organizations to discuss issues of importance, to share action plans, and to seek advice from colleagues. The objectives of ACER-CART are as follows:

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

At the pre-AGM meeting there were presentations by Bernard Dussault, a pension plan consulting actuary,

and Mark Janson, Senior Pensions Officer with the Canadian Union of Public Employees, on the implications of Bill C-27 now undergoing second reading in the House of Commons.

Bill 27 was introduced in the House of Commons on October 29, 2016. This Bill permits a new kind of pension plan—a Target Benefit Plan—to be started in the federal private sector and Crown Corporations. It also permits Defined Benefit plans, such as our teacher pension plan, to convert to Target Benefit pension plans retroactively.

Prime Minister Trudeau, by letter, confirmed just before the 2015 federal election that “Defined Benefit pensions, which have already been paid for by employees and pensioners, should not retroactively be changed to Target Benefit plans.” In other words, if the Liberals were to be elected, they would not permit accrued guaranteed benefits in a Defined Benefit pension plan to be converted to non-guaranteed benefits in another pension plan.

Bernard Dussault indicated that changes needed to be made in the design and financing of pension plans and urged statutory interventions at both the federal and provincial levels. He was strongly opposed to Bill C-27 and believed Defined Benefit pension plans were the greatest benefit to retirees.

Bernard proposed that Defined Benefit plans could be improved by an on-going valuation basis rather than a solvency basis, no asset smoothing, realistic steady long-term assumptions, no contingency reserve, full prohibition of contribution holidays, and amortization over 15 years of any surplus or debt.

Mark Janson's presentation provided information on why employers and governments should not resort to

myths and misinformation in an attempt to sell workers and retirees on Target Benefit (shared risk) plans. The myths he provided include shared risk plans share the risk between plan members and employers, shared risk plans provide a base benefit guarantee, shared risk plans are a compromise between Defined Benefit and Defined Contribution plans, and shared risk plans are more secure than Defined Benefit plans.

Mark Janson indicated that the Canadian Union of Public Employees has been undergoing an active lobby campaign to have the Liberal government halt discussion on Bill 27. The Union believes that Defined Benefit plans are sustainable and good for workers, the economy, and the government, and it is wrong to retroactively change pension promises to active members and to retirees. The Union believes the best security for workers and retirees remains a legal Defined Benefit plan guarantee.

The AGM commenced on June 1 with greetings from Cassandra Hallett DaSilva, Secretary General of the Canadian Teachers' Federation. ACER-CART President Brian Kenny spoke on the Lobby on The Hill, organized by the Canadian Health Coalition to initiate a national drug plan and the implementation of a pharmaceutical formulary. He also spoke on participation with the Canadian Medical Association lobby for an updated Canada Health Accord and a national Seniors' health care strategy. Brian also indicated that ACER-CART continues to work with the National Pensioners' Federation to raise the voice of seniors at the national level and the Canadian Coalition for Retirement Security to ensure the protection of already accrued pensions and to protect the concept of Defined Benefit pensions.

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

All member organizations were required to submit an annual written report on their activities over the past year and all were given an opportunity to supplement this with additional comments and to respond to questions. These presentations are very worthwhile

and they provided participants an opportunity to examine the workings and activities of the 13 member organizations.

There were many favourable comments about the RTO's work on the Seniors Advisory Council of Nova Scotia and the wish of many of the member organizations that they had such a group to meet the needs of retirees in their province. The RTO report also highlighted our participation in the Advance Care Planning workshops, the Adjustment to Retirement workshop, and the Wellness Symposium planned for the fall of 2017.

The following resolutions were approved by the delegates:

1. That ACER-CART encourage its member organizations to advocate for seniors' health care in Canada and in their respective provinces by requesting provincial and federal governments to provide increased funding specific to senior health care, a national formulary drug plan including a prescription drug plan that ensures affordable access to prescribed medicine, and the expansion of home care as well as regulated affordable care in homes.
2. That ACER-CART voice its opposition to any policy change by the government of Canada that would cause payments to group benefits program being subject to taxation, and that we communicate our position to the federal Minister of Finance and to leaders of the federal political parties, and that we encourage member organizations to do so by communicating with Members of Parliament in their respective provinces.
3. That ACER-CART oppose Bill C-27 and develop a strategy to effectively communicate that opposition to government.
4. That ACER-CART develop and share resources that enable member organizations and their members become aware of the contents of Bill C-27 and effectively oppose it.
5. That the role of ACER-CART—in the creation of the Declaration Concerning a National Health Care Strategy for Seniors and its subse-

quent endorsement sweep—be acknowledged, and that approval be given for the use of the name and logo of ACER-CART in further judicious advocacy related to the distribution and publication of said “declaration”.

On June 2, delegates received a presentation from Adrienne Silinicki, National Coordinator of the Canadian Health Coalition on three initiatives in defending public health care. She spoke on the bilateral agreements between the government of Canada and the nine provinces and three territories which have signed the revised Canada Health Accord. All groups accepted the Accord being tied to the Gross Domestic Product which will leave a \$33.6 billion gap in funding. She also was concerned about the agreements having no national standards, no sharing of best practices, and no input or consultation.

Adrienne also spoke on the need for a National Public Drug Plan whereby there would be \$11 billion in savings where the cost of drugs and drug prescriptions decrease and safety of drugs increases. It was interesting to note that Scotland, Wales, and Ireland have no co-pays, no deductibles, and coverage for everyone. The other issue that Adrienne brought to our attention was the problems with safety and security of supply for paid donor plasma. These clinics have been banned by legislation in Ontario, but there is a clinic in Saskatoon which compensates blood donors and the company has applied for licence in British Columbia.

On June 3 there was a presentation from Bob Dowdon, Johnson Inc., on the double-digit growth in specialty drugs which are creating a challenge to insurance companies. Specialty drugs are used primarily for treatment of inflammatory conditions, diabetes, cancer, hepatitis C, multiple sclerosis, and rare diseases. Bob indicated that in the year 2020 specialty drugs will be used by 42% of patients. He spoke on the need to leverage best practices in utilization management and clinical management to minimize costs and maximize health outcomes. He also emphasized the need for a collaborative approach by pharmacists with patients, family physicians, and specialists in the need to discuss the patient’s complete medical profile to achieve better health outcomes.

In the financial report, delegates approved a budget of \$65,000 for 2017 – 2018, with no fee increase from member organizations.

Elections for officer positions on the ACER-CART Executive were conducted and the following were elected for a one year term:

President – Brian Kenny (RTO/ERO)

Vice-President – James MacAuley (PEIRTA)

Regional Representative East – Bill Berryman (RTO-NSTU)

Regional Representative Ontario – Martin Higgs (RTO-ERO)

Regional Representative West – Gerry Tiede (BCRTA)

JoAnn Lauber (BCRTA) will remain on the Executive as Past-President.

In closing, the incoming Executive presented the following priorities to guide them in the 2017 – 2018 year:

- 1. Develop strategies and produce resources** for retired teachers and seniors featuring the advantages of defined benefit pension plan both to the economy and to the individual.
- 2. Continue to work on being a significant voice** for retired teachers at the national level, maintaining co-operation with other groups on issues of common concern.
- 3. Develop strategies and produce resources** for retired teachers and seniors supporting one Canadian purchaser national pharmaceutical formulary.
- 4. Investigate and develop strategies** to produce resources for retired teachers and seniors to counter elder abuse.

Bill Berryman
Regional Representative East



Milestones

The RTO would like to acknowledge its members who have reached milestones in their lives. Members celebrating birthdays over ninety, anniversaries over fifty years, or any other occasion of significance, are invited to send us a photo and a brief note. Your milestone could be published in any one of our three issues each year.



The 1947 Graduates received the award for the Oldest Class at the NSTC Reunion 2017. Congratulations from your fellow retirees!

Margaret d'Entremont, Tusket, celebrated her 90th birthday with family on May



20th. Margaret graduated from Normal College in 1945. She is a member of the Yarmouth/Argyle Branch RTO.

Congratulations, Margaret!



Helen Miller received the oldest Grad Award at the NSTC Reunion 2017. Helen graduated in 1944. Congratulations, Helen!

Find Scavenger Hunt



Find the answers to the following questions and submit your entry to the editor by email bettyanne@eastlink.ca, or by mail to Betty Anne McGinnis, 6571 Highway 1, Ellershouse, NS B0N 1L0. Prizes have been generously donated by Medavie Blue Cross, Johnson Inc., NSTU, and Manulife. Submissions must be received by **November**

20, 2017. 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 February contest was **Marguerite MacDonald, Richmond Branch RTO.** The Website version, which has been discontinued, was won by **Roberta Journey, Digby Branch.** Congratulations!

1. What is the date of the most recent Seniors Advisory Council meeting?
2. Who is the new treasurer for the RTO?
3. What is the deadline for resolutions to be submitted for the AGM?
4. Who was the winner of the April Website Scavenger Hunt?
5. What is the date for the 2018 AGM?
6. Name one of the photographers featured in This Land Is Your Land.
7. What plan is promoted in Medavie Blue Cross ad?
8. Which high school recently shared with us news of its 50th Anniversary Reunion?
9. To change your mailing address or newsletter format preference, you must contact both Toni Maggio and who else?
10. In the 43rd Annual Bowling Tournament, who were the first place winners in the high average category for both men and women?

Branch Updates

AER Baie Sainte Marie Branch

The first of our two annual luncheons was held on June 7, 2017 at The Blue Rock Lounge/Restaurant in Meteghan, NS, a beautiful location facing the bay and Meteghan Wharf. On this very sunny day, there was an attendance of over fifty retirees and spouses. At every gathering we have a 50/50 draw, two door prizes, usually a bottle of wine and a nice seasonal flowerpot arrangement or a box of chocolates. After a delicious meal, we were entertained by retired teacher, Clara Dugas, member of Storytellers/Raconteurs du Canada and originally from the municipality of Clare.

Discussed on that day were future activities that our Branch members might enjoy—events such as a boat tour of the Tusket Islands, an Annapolis Valley wine tour, and a whale-watching tour along Briar Island.

At the beginning of the school year on September 6, 2017, our Branch organized a breakfast buffet at Clare Golf and Country Club in Comeauville which was followed by a golf game for those who wished to play. We are anxious to meet again this fall to plan our next luncheon.



Antigonish/Guysborough Branch

Our Annual General Meeting was held on June 9 at the Heatherton Community Center. A delicious hot meal was served. Our yearly financial statement was prepared, and presented by our outgoing treasurer, Maria Stewart. Maria has been an excellent treasurer who has served our Branch well.

Donnie Campbell completed his two-year term as President. The Vice-President, Penny Hemens is the incoming President. Laureen Murphy is our new vice-president. Eugene DeYoung has agreed to take on the treasurer's position. Deanna Henry is another new member at the Executive table. Michel deNoncourt has agreed to be our official photographer for all our communication needs.

We thank all those who have agreed to serve and all those who have served on the Executive and committees.



Maria Stewart & Sharon Whitmee

Penny Hemens & Donnie Campbell



Antigonish RTO New Exec. 2017

Marie Sinclair & Cheryl Myers



RTO Antigonish enjoying a meal

Branch Updates

Colchester-East Hants Branch

All RTO members of CEH are invited to attend the following NSTU Social Events:

Man Tracker

Saturday, October 21st, 1:00 pm @ Lance Stables

Family Swim

Sunday, November 5th, 1:00-2:00 pm @ RECC

Wine Fest

Friday, November 10th, 7:30 pm @ Truro Fire Hall

Family Skate

Saturday, November 18th, 6-7:00 pm @ East Hants Sportsplex

Christmas Dance

Friday, December 8th, 9:00 pm @ Best Western

Curling Bonspiel

January 19th & 20th @ Truro Curling Club

Ski Night

Friday, February 9th, 4:00-7:00 pm @ Ski Wentworth

Family Skate

Sunday, February 11, 3:00-4:00 pm @ RECC

Spring Social

Friday, April 6th, 3:00-6:00 pm @ Shooters

Spring Social

Friday, April 20th, 3:00-6:00 pm @ The Pond

Amazing Race

Friday, May 11th, 7:00 pm @ Truro Fire Hall

Rep Appreciation Dinner

Thursday, May 17th, 6:00 pm @ Best Western

Jost Wine Tour

Saturday, May 26th, 9:30 am @ Jost Winery

Retirement Banquet

Saturday, June 9th, 6:00 pm @ Best Western

Further questions please email Brenda @
bdmcuttmorrissey@nstu.ca

Dartmouth Branch

Forty Dartmouth Branch members enjoyed themselves at the Spring Luncheon held in May at Brightwood. This event also included an AGM with elections conducted for all offices. Alyson Hillier, Metro MAL, kindly conducted the election of officers which include the return of Judy Knowlton (President), Audrey Matheson (Vice President), and Dorothy Haley (Secretary). Joining the Executive will be Diane Morgan as Treasurer. Door prizes were won by Carole Spicer, Shirley MacLeod, Jean Hiltz, Nora Muise, and Mike Brownlow. Janet Latter won the 50/50 prize.



Judy Knowlton, Gail Langille, Dawn Hemsforth, Margaret MacDonald, Sheila Clarke, and Cece Walker enjoy lunch at Souper Douper after a walk

June 21 brought sunshine and smiles as members enjoyed a Walkabout along the Old Shubie Canal route downtown, followed by lunch at “Souper Douper”. Dartmouth members also enjoyed the “Not Back to School” coffee party on September 6 which was hosted by Halifax County RTO.



Provincial AGM

Branch Updates



Judy Knowlton thanks Annette Petrie for her service as Branch secretary

Looking forward, Dartmouth will host its Fall Luncheon on October 19. The Branch is holding a Literacy Drive to collect easy reading texts, as well as paper and crayons, which will assist families new to Canada who are learning English. There will also be a Walkabout and casual lunch on October 26. Destination will be Russell Lake followed by lunch at the Perfect Pour. Also, watch for details of the RTO Fine Art and Craft show hosted by Halifax County on November 7.



Closing reception for Southdale-North Woodside School



Carolyn Reid is thanked by Judy Knowlton for her service as Branch treasurer

Digby Branch

Our spring activities included a bowling get-together (black light) with 13 members and scores so bad that no one will admit to them! Team members were switched each string so the bowlers could socialize with all members.



In June, Brian Noble (RTO member from Yarmouth) presented a workshop to approximately 15 members on the subject of Advance Care Planning. Although not the most cheerful of topics, it was well received and very informative. The funding for both events was provided by the Provincial RTO through a Branch Initiative Grant.



On September 8, nineteen brave souls had a 'whale' of an adventure on a three-hour cruise with Petit Passage Whale Watch out of East Ferry. A beautiful sunny day with slight swells in the Bay of Fundy provided the backdrop for this exciting outing. A mother humpback and her calf cavorted, breached, and waved for our enjoyment, and were the delightful subjects for multiple pictures. Funding for this expedition was also provided through our Branch Initiative grant.

Branch Updates

Glace Bay District Branch

On Thursday, June 8, the Glace Bay District Branch RTO held its annual dinner meeting at the Port Morien Legion. Another large turnout enjoyed a fabulous meal of lobster or ham. As this event tends to represent the unofficial start to summer, the mood and animated conversation definitely heightened the level of anticipation for the coming months.



Members Valerie Sharpe (left), Annette Boutilier (middle) and Karen Sharpe (right) enjoy the anticipated meal.



*Executive Members:
Seated (L-R) Arlene MacDonald (Social Committee), Peggy Whyte (Legacy Foundation), Patricia (Puddy) Clyburn (Secretary) Linda McKay (Media)
Standing (L-R) Wayne Hurley (Treasurer), Jack MacNeil (Vice President), Reg Johnston (President)
Missing at time of photo, Anita MacDonald (Communications).*

Halifax County Branch

Spring was a busy time for Halifax County. In March, the Branch organized a light lunch and card game afternoon. What started as light conversation and socializing quickly turned serious once the cards were dealt! In April, RTO President Bill Berryman, and Deputy Minister of Seniors Simon d'Entremont, shared the stage at the Woodlawn Public Library. The newly released provincial document, "Shift, An Action Plan for Aging" was presented by the Deputy Minister, and Bill spoke to some of the work the RTO is doing regarding Seniors Pharmacare, Priorities of the Seniors Advisory Council, and efforts to ensure that the needs



Presentation on Seniors Bill Berryman, Beth Raymond, Simon d'Entremont

of seniors are recognized and supported by our government. Those in attendance had an opportunity to have questions answered, and to hear firsthand the thinking and processes that lead to the creation of a provincial document to address the interests of seniors moving forward.

The Halifax County Branch of the RTO wishes to thank Regis Hill for the wonderful long-term service she has given the Branch. Regis has been on the Executive in various positions for the past seven years. She is leaving the position of Vice-President but plans to stay involved by supporting events and activities. Our sincerest thanks go out to you, Regis. Jean Densley is returning to the position of



(continued over)

Branch Updates

Member-at-Large . We welcome her back.

In early June, a presentation on Advance Care Planning was held. The content is difficult to hear, but is a topic we owe ourselves, our families and loved ones, to think about and plan for. Preparing a personal directive is a gift you can give to the special people in your life to ensure that they know what your wishes are should you become unable to speak for yourself.



Another successful “Not” Back to School Coffee Party was held at Port Wallace United Church on the morning of Wednesday, September 6. On a beautiful sunny morning, coffee and snacks were enjoyed as members reacquainted themselves with old friends, and made connections with new ones. Plans were made for the upcoming year. It was a most successful event.



On November 7 from 10-12 AM, the Halifax County Branch will host the always popular Christmas Fine Art



Card Games

and Crafts Market at the Dartmouth East Community Centre on Caledonia Road in Dartmouth. The items are made by teachers and school support staff. This event is open to everyone. It is a great way to get the holiday season started.

Our Branch offers a book club the last Wednesday of every month at 9:30 am at the Halifax County NSTU Office in Burnside, 2nd floor of the Royal Bank Building. Visit our Branch web page (halifaxcounty.rto.nstu.ca) for a list of the exact dates and the novel being read each month.



For more information on upcoming events, please email bfournaud@hotmail.com. We welcome members from all RTO Branches to our events. Please join us—we would love to see you.

Inverness Branch

The RTO Inverness Branch met for our spring meeting on June 6 in Port Hood, with 55 members attending. It is always a joyous occasion to meet and greet friends and hear of all the good things they are doing—for themselves and for their communities. There is always useful information shared by the Executive and questions are answered.



The members were treated to a very informative and pertinent presentation by Dr Glenna Morris Calder, a local naturopathic doctor. Her theme, Optimizing Health, was extremely well-received, as she gave many useful suggestions for healthy senior living.

A delicious roast beef dinner was prepared by the Port Hood CWL. As always, our door prizes were a big hit.



Branch Updates

Kings Branch

The past summer was a great time for the Kings Branch RTO. We started off in June with our AGM and a workshop on Inclusive Environments for Transgendered Persons.

We also established a RTO Walking Group, a weekly event that has proven to be very popular. We held various hikes in Kings County, exploring beaches along the Bay of Fundy and Minas Basin, walking trails on the North Mountain, and in the Gaspereau Valley, marshes, dykes, and an old growth forest. A favourite walk was to Crystal Falls, near Greenwood. The falls, a well-known local landmark, included historic McMaster Mill, which represented an engineering marvel at the time it was built in the 1850s. There were interpretive panels and views that were quite spectacular as the water rushed down over what remained of the old concrete structures. When we arrived at the falls, we all held our breath as a young person leaped into the water from the high rocks. He could easily have been one of our students and everyone was relieved he was okay. We all crowded around and spoke to him, and he and his friends were pleased to discuss the falls and their exploits there with us.

We will continue these walks all fall. The group hopes to transition into a snow-shoeing group in the winter.

We recently held our “Not Back To School Brunch” at the Berwick Heights Golf Course. With about 50 teachers in attendance, the volume of conversations was incredible as teachers caught up with friends and colleagues. Bill Berryman, President of the RTO, spoke to the group about the issues surrounding services provided for seniors in this province.

On a special note, George Moody, a member of the Kings Branch RTO and President of the Berwick Heights Golf Course, announced a special rate of 50% off current green fees for any RTO member that presents an RTO card.



Kings McMaster Mill Site near Greenwood

Golfers? Pictured are George Moody, President of Berwick Heights Golf Course and RTO member, and Kings Branch RTO President Peter Sheppard. George Moody announced that in 2018, Berwick Heights Golf Course will offer a 50% discount on the regular price for green fees. The fees are \$58.00 taxes in, so with your RTO card you could golf anytime at \$29.00 taxes included. Kings Branch continues to find activities for members.



Branch Updates

Lunenburg Branch

Close to 50 Lunenburg County retired teachers gathered at the Annual No Bell Breakfast on September 5. Held at Wile's Lake Farm Market, the breakfast was enjoyed in a sunny and cheerful greenhouse setting where members were surrounded by colourful plants.

Rose Marie Lohnes Hirtle, Janet Barkhouse, and Heather Stevenson—three retired teachers who are published authors—shared their works with us. After breakfast and much chatting and camaraderie, we wrapped up the morning with draws for door prizes.

Thank you to all members who were very generous in donating school supplies. This year we gathered enough school supplies to deliver boxes to the food banks in Bridgewater, New Germany, Mahone Bay, Lunenburg, and Chester, as well as Harbour House and the Family Resource Centre.



New Waterford Branch

The New Waterford RTO Branch held their fall meeting on September 18 at the KOC Hall. We welcomed Tom Riga as a newly retired member. A moment of silence was dedicated to Leona MacNeil who passed away recently. It was noted that large turn-outs of RTO members had attended as Honorary Guards at the funerals of several of our members who passed away since our June meeting.



Collections were held for World Vision to support classrooms and medications for Third World countries. This has been an ongoing project of our Branch. Various Committee Reports were adopted and John Donovan gave an update on provincial activities. The upcoming Wellness Symposium was explained as well. The Newsletter and Website were recognized as being vital communication and information channels for all RTO members. Betty Nearing was the winner of the even split. Our next meeting will be held on December 11.



Branch Updates

Pictou Branch

Two successful events launched the new year for the retired teachers in our area. The first event was the Retirement Celebration Breakfast held on September 15 at St. Andrew's Church hall in Westville, with 35 in attendance. Hannah and the Boys,



Pictou bus trip

a local Rock group, entertained us during the program much to the appreciation of all. Member-at-Large Jack Boyd shared an important update on pensions and the need for strong members of the RTO to stay involved. President Fred passed out an information sheet of upcoming events and thanked past presidents Shirley Jeffery, Karen Sutherland,

and Gary Burley for their leadership and continuing support in the Pictou Branch.

For October 4, the Branch Executive organized a CHAD bus trip to Tatamagouche, which included a stop at the Creamery Museum showing a history of Tatamagouche: old school exhibits, the life story of Anna Swan, the making of cream and butter, and a science display of ancient fossils. We journeyed onward to the local Brewery and later to the Jost Winery in Wallace. We enjoyed lunch at the Chowder House where many past memories in the teaching profession were shared during laughter that rocked the place. We ended our sightseeing day at the Masstown Market and filled the bus with purchases of delightful goodies. Our day started at 9:00 am and ended at 5:30 pm back in New Glasgow. Everyone agreed that we should continue our bus trips as a way of reaching out to our members to have fun and fellowship.



birthday party



Branch Updates

Richmond Branch

The Richmond Branch held its first Meet & Greet on September 12, 2017 at Centre La Picasse, Petit de Grat. It was an opportunity to meet and greet friends, old and new. Those in attendance socialized and enjoyed delicious trays of finger foods and beverages. Many members also had great fun and lots of laughs as they participated in a variety of activities including Floor Shuffleboard, Cards, Cribbage, Bean Bag Baseball, Bean Bag Toss, and Scrabble. Great time was had by all!

The Richmond RTO hosts a complimentary Pancake Breakfast each year for its members and guests. It is the tradition that donations received at the breakfast are given to a charity of choice selected by the Richmond RTO membership. The breakfast was held on April 4, 2017 at the Lions' Hall in St. Peter's. The charity of choice was the Dolly Parton Imagination Library Project, under the



From left to right, Celeste Boudreau, sister of Pauline Boudreau and member of Richmond RTO, Marlene Boyd, President, Richmond Branch and Millie Hatt, Richmond Literacy Network Coordinator

direction of the Richmond Literacy Network. Attending the breakfast was the Richmond County Literacy Network Coordinator, Millie Hatt. She spoke about the importance of this project and told members that currently 191 children in Richmond County between the ages of 0 to 5 years old receive a book each month in the mail. This is made possible



From left George Landry, Phyllis Cote', Helen MacDonald and Rene' Samson

through this project. A total donation of \$465.00 was received, the largest amount ever collected at our annual breakfast. A cheque was presented to Millie, in memory of Richmond RTO member Pauline Boudreau. Pauline died suddenly on January 31, 2017 and at the time of her death was serving her fourth year as Treasurer. Pauline was a very respected, active and committed member of the Richmond RTO for many years who will be greatly missed by all.

Members of the Richmond RTO attended the 2nd Annual Seniors Take Action Conference held on Saturday,



From left Bernadette Cormier-Marchand, newly retired teacher attending her first Richmond RTO function and Linda Samson

April 24, 2017 at Richmond Education Centre & Academy. The main theme of the conference was Age is Attitude: Celebrating the Contribution of Seniors in our Communities! See members of our Branch below who hosted an information booth at the conference where they had the opportunity to promote the Retired Teachers Organization at both the Branch and Provincial levels. Participation helped to create awareness about the programs and services the RTO provides.



From left to right, Marguerite MacDonald, Odille Campbell and George Landry

Branch Updates

Shelburne Branch

At our April 28th RTO social and meeting, Bonnie Mahaney gave a presentation about Advance Care Planning, and we had a great lunch of BBQ steak and chicken at the Sable River Community centre.

A new executive was elected consisting of President – John MacKay, VP – Dawn Smith, Treasurer – Jack Morrison, and Sandra Walsh will stay on as secretary.



Back to school



Branch Updates

Sydney and Area Branch

Hello and best wishes from Sydney and Area RTO. Our Executive for this year remains the same—Bernadette Hollohan, President; Margie MacNeil, Vice President; Diane Davis, Treasurer; and Tina MacNeil, Secretary. As our Executive has put in many rewarding years with the RTO, it is time for others to get involved and enjoy the same positive experiences. It is important to be a part of this group as it protects and provides for the interests and welfare of retired teachers. Our Nominating Committee consists of David Gabriel, Karen Lebrun Smith, Brenda McDonnell, and the four Executive members. If you are interested in becoming part of the Executive, please contact any of these people on the committee. You won't regret it.

Our dinner meetings on June 6 and October 3 were very well attended and enjoyed by all. It was a great time for retired teachers and their guests to get together, enjoy a delicious meal, and discuss old and new times, and events happening in their lives. Information on RTO matters relevant to each member was also provided. Door prizes and an even-split were all part of the event. In June, our guest speaker was Mary Anne MacCormack, who spoke about de-cluttering and organization of our homes, garages, and offices. Her presentation was beneficial, as clutter seems to be a problem for many of us. At the October meeting, the program Meals-on-Wheels was discussed, and Dr. Greg Myatt gave a short presentation on track and field events. These programs are essential in our community and volunteers are needed to help run the programs successfully. If you are interested, please contact Executive members.

At the October meeting, it was indeed a pleasure to welcome and introduce some of our recent retirees—Blair Lafford, June Murphy, Marie Andrews, Dorothy Kaiser, and Leroy Hodder. We hope they return, along with other retirees.

Our next meeting will be on Tuesday, December 5 at the Sydney Pensioners Club, Sydney. As of now, Paul Sarty (Johnson Inc.) will be the guest speaker. Hope to see you there.



Branch Updates

Yarmouth/Argyle Branch

For the first time ever, two members submitted their names in April for Branch candidate for the election of Member-at-Large for the South West Shore region, necessitating a Branch election. Gary Archibald was victorious in this run-off, and was later declared by acclamation as the regional Member-at-Large for 2017-2019 to represent Yarmouth/Argyle, Baie Ste. Marie, and Digby at the provincial table.

Another enjoyable luncheon and Branch AGM was held June 2 at the Lions Club Hall. Election of the Executive saw President Brian Noble, Vice-President Stephen Surette, Secretary Maureen Duffy-Mason, and Treasurer Milton Fraser installed, as well as Chairs for various committees and Wayne Leblanc as Past-President. The new Executive has chosen three Branch Members-at-Large to also join them, giving a well-rounded representation of both Argyle and Yarmouth members and a strong and active committee.



Edith d'Entremont, Jacqueline d'Entremont, Yvonne Jacquard, Elaine MacDonald, Rhoda Jacquard, Marilyn Murray, Joanne Comeau, Wendy Woodworth, Denise d'Eon, Ruth and Jim Deveau



Director of Village Acadien Historique Roger d'Entremont welcomes members

A "Welcome to Summer" breakfast on June 21 at the Wedgeport Sport Tuna Museum was well attended, as members appreciated the buffet and the chance to visit the museum's displays.

Several RTO members helped to relocate the furniture and equipment of the Teacher Professional Centre in late June, as the former location will now be used for classrooms. Retired teachers have been instrumental for many years in volunteering to staff the Centre, which has been financed by the Yarmouth Local of the NSTU



Myra and Marshall Moses, Elaine MacDonal, Jacqueline d'Entremont at le Village

and the South West Regional School Board. Hopefully a new permanent location can soon be found.

On September 7, three teams of golfers participated in the RTO Branch Scramble at the Yarmouth Links. No scores mentioned, but all gals and guys had a good time.

An interesting tour of Le Village Historique Acadien in Pubnico, followed by desserts and beverages, was enjoyed by our group of about twenty on September 12. Well worth the visit!



(front) Table officers: Vice-President Stephen Surette, Treasurer Milton Fraser, Secretary Maureen Duffy-Mason, President Brian Noble (back) Committee members, members-at-large: Ron Cox, Stephanie Eldridge, Sharon Sullivan, Juliette Morton, Barb Amoroso, Wendy Woodworth, Past-President Wayne Leblanc (missing: Sharon Raynard, Nancy Amiro, Gary Archibald MAL)

5 auto insurance myths debunked

When it comes to auto insurance, there are a lot of misconceptions that have surfaced over the years. But the problem with misconceptions is that the more people share them, the more people begin to believe they are the truth.

Below are five of the top myths associated with your car insurance that we are debunking once and for all.

Myth #1: “I’m the only one who drives my vehicle, so I’m the only person in my household that needs to be insured.”

Truth: You need to inform your insurance company about any licensed driver residing in your household who has access to your keys and vehicle. If they already have their own policy and a good driving record, there should be no impact on your insurance premium.

Myth #2: “I’ve heard that red cars cost more to insure than any other colour.”

Truth: The colour of your car **does not** impact your insurance rate. What rates *are* based on is the make and model of your vehicle. Colour isn’t a variable to any insurance policy.

Myth #3: “My auto insurance should be lower because my car is brand new.”

Truth: New vehicles often have better safety features to protect you and your passengers. They may also cost less to repair, and often include anti-theft devices, which make them less attractive to thieves. However, to accurately assess an insurance rate, a combination of factors must be considered.

Insurance rates are based on a combination of factors:

1. The type of vehicle you drive – are you driving a sports car or a 4-door sedan? Whether new or not, some vehicles are more expensive to insure.
2. Where you drive – are you in a big city or a smaller town?
3. How much you drive – a real estate agent will probably do more driving than a stay-at-home parent.
4. Your personal driving record and claims history – if you don’t have any speeding tickets, this will positively affect your insurance rate.
5. Your driving experience – this includes how long you’ve had your license and how long you’ve been driving.
6. The amount of coverage you purchase.
7. The deductibles you choose. These factors combined are the most accurate way to determine your insurance rate.

Myth #4: “My auto policy doesn’t cover acts of God.”

Truth: If you have basic coverage, you are only protected if you are in a collision. However, if you add on comprehensive coverage, you are protected from the following acts of God, including windstorm, earthquake, hail, explosion, and rising water. In addition, comprehensive coverage protects you from theft, attempted theft, vandalism, fire, and glass breakage. Comprehensive coverage even covers accidents that happen while a train or boat is transporting your car.

Myth #5: “My profession does not affect my insurance rate.”

Truth: If your occupation requires you to drive your vehicle frequently or for long distances or commutes, it may affect your insurance rate. To find out more about specific rates, contact your insurance provider.

At Johnson Insurance, we value our hard working, community-focused customers. Many nurses, teachers, some public service workers, skilled professionals, emergency response workers, University alumni, and retirees can qualify for special discount rates.

There you have it. The truth. Now go ahead and buy the red, pink, or matte black car, and share your newfound knowledge with family and friends.

Want to know more about auto insurance? We’re always here to help. [Contact us.](#)

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RTO Annual General Meeting & Dinner 2017



Retired teachers held a very successful Annual General Meeting on May 24 – 25, 2017. The RTO Table Officers, under the leadership of Dorothy Smith, once again acted as the Planning Committee for this year's event.

The RTO dinner was held on the evening of May 24, 2017 at the Brightwood Golf and Country Club in Dartmouth with 86 members in attendance. Presentations were made to out-going Treasurer Fred Jeffery and Member-at-Large (South West Shore) Wendy Woodworth who have completed their terms on the RTO Executive. Thanks were extended to Steve Richard, CEO Teachers Plus Credit Union and Paul Sarty, Vice-President Johnson Inc., whose organizations provided generous support for the AGM. A reception followed the dinner at the Victoria Suite at the Lord Nelson Hotel and Suites.

The RTO Annual General Meeting took place at the NSTU Building on May 25, 2017 with 65 delegates in attendance. Reports from the RTO President, Seniors Advisory Council of Nova Scotia (Group of IX), the Canadian Association of Retired Teachers (ACER-CART), and the NSTU-RTO Liaison Committee were provided and questions answered. Delegates also received reports from the four RTO Standing Committees, the RTO Program Committee, and Legacy Foundation, and questions were answered.

An election for RTO Treasurer was held with nominations from the floor and Peter Lewis was acclaimed to the position. Eileen Coady, as the only candidate to submit her name before the deadline, was acclaimed as RTO Secretary. Final sentence is ok. Peter and Eileen will now fill their positions on the RTO Executive for the next two years.

Treasurer Fred Jeffery provided an audited statement of review of the 2016 financial records, with comprehensive notes on each budget line. Fred responded to questions on certain expenditures. Fred also presented the 2018 Budget of \$272,800, with notes on each line, and answered questions on the proposed budget. The 2018 Budget was approved by the delegates, with no fee increase for 2017–2018.

Delegates debated two resolutions from Lunenburg County on the election process of the Member-at-Large and the altering of Members-at-Large from Branch to Branch within their respective regions, and both resolutions were defeated.

Submitted by Bill Berryman



Antigonish/Guysborough Initiative Grant

Acting on suggestions from our members, the Antigonish-Guysborough Executive applied for a BPI grant to sponsor a first aid course. It was a CPR level “A” and AED. This course taught the skills required for adult resuscitation only, and included One Rescuer CPR, and choking maneuvers for adults. Automated External Defibrillation (AED) was also included in the course.

Sixteen retired teachers signed up for the course which was held at a meeting room in the Library in Antigonish on April 28/17. Lunch and sweets were provided by a local restaurant, Meyers Tearoom.

The instructor was Wayne Mullins. The participants had high praise for his instructional skills and knowledge of the content. All of the participants were successful in obtaining their Level “A” certificates.

Special thank you goes out to all the Branch Executive members who arranged for the catering, photographs, instructor, and meeting room.

Thank you to the Provincial RTO for providing the funding for this very worthwhile course.



Wayne Mullins, Anja Sampson, Maria Stewart



Practising First Aid



First Aid Wayne Mullins, instructor



First Aid Wayne Mullins, Annette Daemen

Kings Initiative Grant

The Branch Initiatives Program grant has proven to be a welcome boost for Kings Branch RTO, encouraging us to pursue a number of diverse activities that have kept our members both active and engaged.

One of the most thought-provoking events the Branch was able to sponsor was the Workshop on Inclusive Environments for Transgendered Persons presented by Nolan Pike of Halifax. Nolan has made presentations to government, schools, businesses, and organizations across Nova Scotia. Many of our members have found ourselves dealing with this issue, either as grandparents, parents, or friends of someone who has identified as a transgendered person. Nolan was a passionate presenter who spoke with humour, understanding and respect, helping participants to build our understanding and compassion for the LBGTQ community.

The grant also allowed the Branch to sponsor workshops designed to help our members remain active and in contact with friends and colleagues. One of our most successful events was a Paint Night. A group of retired teachers had great fun testing their skills as painters. The workshop leaders were Amanda Johnson and Deresa Marshall, who found themselves teaching some of their past teachers from high school. This workshop was so successful that another is being planned for late in the fall, and a Plein Air Session with Twila Robar DeCoste will happen as well.

The grant inspired a number of other activities, some of which in the end did not require a lot of funding to sponsor. These included Ski Days at Martock and a weekly walking group. Others are being planned for the coming year.



reunions

2017 NORMAL COLLEGE/NSTC REUNION

Another successful Reunion of the Normal College and NSTC Grads, was held August 18-20, in Truro, with 167 Grads, spouses, and friends in attendance.

We were delighted to have 1967 Grads, Father Joseph Francis MacKenzie and Rev. Diane 'Turner' Parker, participate in our Reunion celebration. Father Joe entertained us with his keynote address and Rev. Diane delivered a most moving sermon during our closing church service, held at First United Church.



It was wonderful to have Judi Cleveland, another 1967 Grad and recording artist, perform various songs on opening night.

Loyalty to our college remains strong, with representation at this year's gathering from various years. It was a pleasure to have 1944 Grad, Helen Roulston Miller, in attendance. Imagine—an educator for 73 years! As well, we were privileged to have representation from Grads representing the 1947 Class.

Reunion 2018, August 17-19, promises to be an exciting event, as we feature, among other activities, a musical tribute to the late Vivian Brand, former music professor at NSTC. Vivian's daughter, Sheila, a 1968 music grad, will join other music grads from 1968 in this tribute to her mother.

Grads, we are now accepting memberships for 2018. Do join us and become an alumnus of NSTC!



reunions

Please check our website www.nsteacherscollege.ca for updates and contact information.

We hope to see you in Truro for Reunion 2018, honouring all years, especially those ending in '8. You are welcome to attend the Reunion every year—we'd love to see you! Remember, this is your Reunion, your time to reacquaint yourself with former classmates and rekindle your memories of your years at Normal College and NSTC!



Long Service – Anne Marie LeBlanc



Long Service – Margaret Dawe



Farthest Traveled Award (BC)



Registration Desk



Guest Speaker (Father Joe '67)



Long Service – Sue Kent



Piano Entertainment – Don Hollett

reunions

Retired Teachers Celebrate 50th Anniversary Graduation from Holy Angels High School, Sydney

“Tempus fugit! Time Flies.” was the way Father Paul Murphy’s homily related to our 50th Anniversary celebration as 1967 graduates of Holy Angels High School.

Retired teacher, Patricia (Power) MacDonald initiated the reunion. She was assisted by Roslyn (Murphy) Wintermans, Monica (MacKinnon) Hollohan, and Sandra (Pickles) Gabriel, all retired teachers.

Friday, September 15, 2017, the grads of '67 met at the Sydney Curling Club, George St. in Sydney for a Meet and Greet. The hall was abuzz during the gathering. We enjoyed food, drink, and 60's music. Memories were swapped and photos of school days at Holy Angels Convent, Constantine School, and Holy Redeemer Girls School, as well as personal photos, were reviewed. Twenty-four percent of the class went on to have a career in education as teachers, guidance counsellors, vice-principal, and the first lay principal of Holy Angels High, Catherine Arsenault. Retired teachers present were Catherine (Vasilakis) Arsenault, Joann (Vallas) Campbell, Sharon (Lahey) Columbus, Colleen (Murphy) Gallant, Marg (Kenney) Lee, Gail Young, and twins, Jacquie Moffatt and Josephine (Moffatt) Morrison. Blaise Abbass, Abbass Studios, was on hand to take the group photo.



On Saturday, September 16, 2017, Father Paul Murphy celebrated a special liturgy for us at the Holy Redeemer Convent Chapel, Neville St., Sydney. During mass, red roses that represented the five deceased members of the class of '67 were placed on the altar. One was placed for deceased graduate, Clare (MacCormick) Poppitt, a former Calgary teacher. Following mass, an extended lunch was enjoyed at The Old Triangle Pub, Sydney, accentuated by good food, drinks, lots of talk and photo ops. The need to have another gathering was clear. We left celebrating our many blessings. Those present at the Pub were unanimous in fixing the date for our next reunion—five years hence!

NSTC REUNION 2018

The Annual NSTC Alumni Reunion, will be held in Truro, August 17th-19th, 2018. We will celebrate all years, including decade years ending in '8'. For further information, please contact reunion@nsteacherscollege.ca or info@nsteacherscollege.ca.

Grads are encouraged to become an Alumnus of NSTC.

Your support is appreciated!

Animal Antics in the Annapolis Valley

An Odorless Escape

You can imagine the look on my face when, upon returning from playing bridge, I saw flashing blue and red lights at the end of my driveway! It was 10:35 pm and all should have been well. Was my wife, Linda, OK? But wait, an officer was at the end of the driveway, not up near the front door. Something else must be going on! Should I stay in the car? Should I get out and ask the officer what was going on? Had I been speeding? Had I gone through a stop sign?

I decided to take the plunge and leave the car. I left it running at the end of my own driveway to find out what the problem could be. There, at the end of the beam of the flashlight, was a skunk with some strange item on its head. The officer explained to me that while patrolling the road, she saw a skunk moving in circles, not seeming to know where it was going. Much to her surprise, she recognized a McFlurry cup on the skunk's head. It was struggling to remove the contraption so that it could find its way. For the next 15 minutes we followed the skunk with the beam, up and down my driveway. Its legs were much too short to remove the cup, but it continued to roam aimlessly and was unable to free itself from the McDonald's headgear.

It wasn't long before she radioed another officer who arrived at the scene. This officer was perhaps more daring than I or the first police officer. She seemed to think that she might be able to take the cup off with her baton. I cautioned her that it might not be a good idea, as the skunk had not yet released any spray. For the next ten minutes the pursuit continued but to no avail. During this time the first officer was advised by another contact that the skunk may be too young to spray or had already released previously that day. I knew that could not be the case as I had seen some skunks much smaller leave an aroma pleasant to no one. I had a brilliant idea. I had a skunk trap under the back step. Perhaps this brave young officer could cajole the skunk to enter the trap. The next 10 minutes were most hilarious. We watched her try to trick the skunk into the trap. Many times she was close, but each time the skunk backed out and caused a lot of confusion. Still no spray!

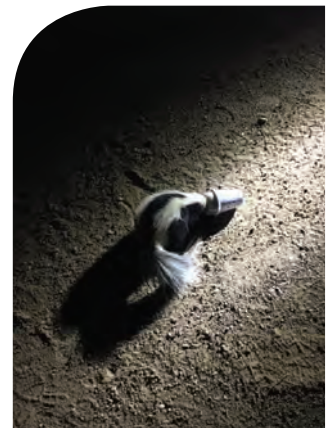
The next idea was to throw a blanket over the skunk

and perhaps the headgear could be removed. I volunteered one of the tarps from my garage, but certainly didn't volunteer to be the one who threw the blanket over the skunk. There was no debate as to who would take on the daunting task. The tarp was thrown over the skunk by the brave officer who then heroically leapt on top of the tarp, trying to remove the skunk's newly acquired helmet. The next thing we knew the skunk was backing out of one side with its tail in the air. We all backed off but no gas was released, and the skunk blindly went back under the tarpaulin. The RCMP officer again bravely dove on top of the tarp, and much to her surprise, the skunk emerged from the other side without the McFlurry cup on its head. It scurried off, delighted with its new found freedom. This, though, was not the end of the story.

By now, a third patrol car was at the end of my driveway, all three with lights ablaze. Nictaux Road was aglow with blue and red! The officers were probably laughing and finishing up their report! As soon as the cars pulled away, a phone call came from my next-door neighbor wondering if there was anything her husband could do. He had been afraid to come over earlier, as he had had a couple of beer at home. She was wondering if he could help, as surely there was a major problem at my humble abode. They had no idea about our ordeal! I decided to go over and join them for a cold beer. They laughed heartily as I related the night's escapades.

In hindsight, I am very pleased that we have such fine young people patrolling the road. Their genuine care for this distressed animal was very evident and tells us that we are in good hands. Thank you, Officers, for your brave valiant rescue. I'm so glad that Mr. Perfume did not spray you or me for that matter. Our adventure is one that you and I will tell many times in the years to come!

*Neil MacNeil
Annapolis Branch*



A Mouse Tale

It was a warm summer evening and we had enjoyed a pleasant meal and a bottle of red wine with friends. When the sun started to set over the Bay of Fundy, we decided it was time to head towards home. As we backed out of their yard, we noticed the gas light in our car come on. We thought we could make it the twenty kilometers or so home. We drove along the top of the mountain in total silence, both of us wondering, I suppose, where we would ever get gas if we needed it.

Suddenly I saw what looked like a little ball roll across the windshield track of the car. As I tried to figure out what it was, Brenda cried out, "That's a mouse!" He managed to hang on and started up the window directly in front of me. My focus was no longer on the road. I flicked on the windshield wipers. They swept him sideways, but he managed to hang on to them and catch hold of the edge of the window. He scampered up onto the roof. We didn't stop, but we were left with an uneasy feeling that the car had been invaded by many more mice. Our minds were filled with images of the movie, "Snakes on a Plane."

On the mouse's behalf, I started imagining what he must have been going through. We were doing about



70 km per/hour. The wind must have been tremendous up on the slippery roof, and I suspected he might be experiencing something akin to those old train robberies, where the crooks clambered up onto the top of the train car. The brave lawman, in hot pursuit, chased after them, firing off his six shooter while they all tried to balance against the force of the wind rushing by. Somewhere, of course, a beautiful woman in distress was hanging on for dear life until the handsome lawman saved her.

The trouble was, there was no lawman to save our little mouse. When we arrived home, we turned on a flashlight and jumped out of our car at the same time in case he was waiting. But the flashlight illuminated no wild mouse seeking revenge. If anyone on the North Mountain notices a battered mouse on crutches around their yard, they will know what happened to him.

Oh yes, the gas problem. We were halfway to town the next morning when we remembered that. We got to a station okay, and managed to fill up without walking. It is safe to say we fared better than the mouse in that regard.

Peter Sheppard, Kings Branch

2017 RTO Provincial Bonspiel

December 1-2, 2017

Shelburne Curling Centre 144 John Street (attached to the arena)

Maximum registration: 12 teams. All teams must have at least 2 RTO, NSTU or active substitute members.

Each team is guaranteed 3 six end games. There will be cash prizes for the 1st, 2nd and 3rd place teams as well as several special prizes, door prizes, and a 50/50 draw.

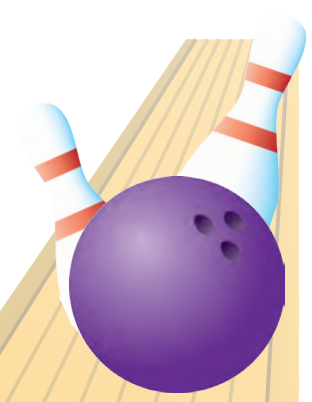


Registration is \$100 per team and includes live entertainment and snacks Friday evening as well as muffins & coffee and a chili lunch provided on Saturday. A cash bar will be available for all draws.

To register or for additional information please contact Elizabeth Acker at cessam@ns.sympatico.ca. Registration deadline is November 25th and the fee will be collected Friday night.

For accommodation and dining information check out https://www.tripadvisor.ca/Tourism-g154968-Shelburne_Southwest_Nova_Scotia_Nova_Scotia-Vacations.html

The Nova Scotia Teachers Annual Bowling Tournament



The 43rd annual tournament was held April 22-23 at Woodside Bowlarama, hosted by the Halifax County Irregulars, and chaired by Peter Balcom.



Championship winners: Halifax County Irregulars
L-R: Steve MacDonald, Joey Hines, Mike Burke, Dave Mead, Peter Balcom, Peter Boudreau

Fifteen teams with 95 bowlers, 64 women and 31 men, participated on Saturday and Sunday. Participants bowled 13 strings followed by one string to decide both first and second place for both championship and handicap divisions. The championship division was captured by the Halifax County Irregulars. The second place championship team was the Kings Co. Keglers and third were the Halifax Vandals.

In the handicap division, GCJH Wildcats finished in first place. Second place was won by the Halifax County T-Birds, and third were the Halifax Co. CP's.

High averages for the tournament were Men — 1st Peter Balcom, 2nd Stephen MacNeil; Women — 1st Gillian Proule, 2nd Mona Lee Power.



Championship second place: Kings County Keglers
L-R: Linda Eagles, Stephen McNeil, Maggie Kenny, Bruce Smith, Vicki Fraser-Slipp, Katie Ormon.



Handicap winners: GCJH Wildcats
L-R: Amber Fader, Melanie Mitchell, Adam Griffin, Amy Williams, John Munro, Natalie Desroches, Meghan Neaves.

High singles for the tournament were Men — 1st Mike Burke and 2nd was Wayne Bennett; Women 1st Evelyn MacMullen, 2nd Bernice Leet.

Major sponsor for the tournament was the NSTU provincial RTO. Johnson Inc. also contributed prizes.

Since its inception in 1975, our tournament has not missed a year. It is for skilled or unskilled, with two divisions for scoring: championship and handicap.

The 44th Annual Teachers tournament will be held in Truro, April 21 and 22, 2018 and will be hosted by the Colchester East Hants RTO. It will take place at the Bible Hill Bowlarama. This tournament is open to all teachers and community college members (active, retired, reserve). Mixed teams, with any combination of women or men. The cost is \$260 per team and cheques should be made out to the CEHRTO. Co chairs of the tournament will be Sandra Trites — tritzee@eastlink.ca and Chester Sabean — cdeesabean@ns.sympatico.ca.



Handicap second place: Halifax County T-Birds
L-R: Bernice Leet, Kelly Messervey, Cathy McCarthy. Missing Don Leahy, Sharon Jamieson.

Something to Think About

Written by Brian Forbes, retired educator and former NSTU President

I'll call them William and Sarah for the sake of anonymity (and because I can't remember their actual names anyway). They attended my rural elementary school in the mid-fifties. They were brother and sister, and it was clear even to a nine-year-old that they were *different*, that there was something *wrong* with them, that they weren't *normal*. Their behaviour and conversation revealed it, and sometimes there were rumours about strange doings in the Grade One and Two classrooms. Our parents provided the terminology to describe them, a word that is no longer used today. Nevertheless, in their cases I don't recall it ever being applied derisively or derogatorily, merely descriptively and never to their faces, because even then we realized that it would be hurtful to use it so. Neither do I remember either of them being teased or shunned by the rest of us. They were accepted and even appreciated by just about everyone. But Sarah seldom played skip rope with the other girls, and William never participated in our ball games. My memory doesn't allow certainty on this point, but I believe it was only about a year and then they were gone. I don't know where they went, how their lives unfolded after that, or where they are now. I can only hope they have had healthy, happy and fulfilled lives. I do know that no one like them was ever seen at any school I attended subsequently.

Thinking back on it now, I wonder what sorts of considerations and conversations accompanied their beginning to attend the school, and their later withdrawal from it. Was this an early experiment in inclusive education, soon deemed to be unsuccessful? Or was it instead an initially resisted but eventually triumphant exercise in exclusion? (Maybe it was a little bit of both.) Was it, for its time, a typical episode or a local aberration? What were its impacts on parents, students and teachers?

One of the greatest social projects of the past half century has been the movement towards a more egalitarian, caring and inclusive society. Most of us

would acknowledge that it has been a noble cause, that education has had a key role to play in its pursuit, and that significant progress has been made. Certainly William and Sarah's school experience would have been vastly different in the 80s or 90s, not to mention today, than it was in the 50s.

I'm not so sure that, in education, inclusion is as new an idea, or exclusion as old a one, as we sometimes think. But when "full inclusion" became Department and school board policy in this province in the late 90s it rapidly became very contentious. Most of the battles were fought, not on the ground of principle, but rather of implementation. The dominant issues were the pace of change, funding, professional development, and provision of adequate supports for affected teachers and students.

Recently, for the princely sum of about \$350 000, the interim report of the NS Commission on Inclusive Education correctly identified most of the issues that teachers have been pointing out indefatigably for the better part of two decades, for free. It remains to be seen whether their recommendations will prove to be constructive and practicable, and whether the government will have the courage and political will to address the situation meaningfully.

Hopefully we have learned in the course of the struggle that not everyone who questions vital aspects of a policy is an obstructionist, anymore than someone who pushes it forward vigorously is simply ideologically driven. Ultimately, the idea that William and Sarah ought to be fully accepted and integrated members of the school community, entitled to the same respect, dignity and concern as any other, and provided with all the support required to help them reach their full potential as persons, is uncontroversial.

Have we made progress toward that end? Undoubtedly. Can we rest on our laurels? Not at all. Is it worth continuing to debate and struggle to get it right? Absolutely.

RTO Legacy Foundation Award 2017

The Retired Teachers Legacy Foundation of the Retired Teachers Organization is pleased to announce that the Annapolis Valley Chapter of Autism Nova Scotia is the recipient of the 2017 Foundation award. This award will be used to help support Camp Spectrum, a summer day camp for children and youth with autism.

The Mandate of the Retired Teachers Legacy Foundation, established 1994, is to support sick and/or challenged children throughout the province of Nova Scotia. This annual grant is awarded to organizations whose goal is to benefit children under age 21 who may be challenged educationally, medically, or socially.

Camp Spectrum is an adapted camp which employs an extremely high ratio of support workers to participants (1:1) and hires counselors with a high degree of autism-related training in order to ensure the camp runs smoothly and successfully. Many of the campers have problematic behaviours and extreme sensory issues and some require assistance with even basic tasks such as eating and toileting, all challenges which can make it impossible for campers to attend mainstream summer programs.

The Annapolis Valley Chapter of Autism Nova



Picture (left to right): Bill Berryman, President RTO; Sandy Wing, Chapter Navigator Annapolis Valley Chapter of Autism Nova Scotia; Linda MacNeil, Member-at-Large Valley Region RTO (front): Jillian Culham

Scotia is very grateful for the financial support from the Retired Teachers Legacy Foundation which will enable children from across the Annapolis Valley to attend one of the seven camps during the summer.

For more information on the Annapolis Valley Chapter of Autism Nova Scotia please contact Sandy Wing, Chapter Navigator at 902-242-2019 or e-mail at annapolisvalley@autismns.ca.

RTO Members Contact Update

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

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

Also, please update your contact information with

Toni Maggio at tmaggio@staff.nstu.ca

or 1-800-565-6788 at the NSTU Office for the RTO Newsletter mailing list.

Please copy your changes to

Betty Anne McGinnis at bettyanne@eastlink.ca or 1-902-798-6311.

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

This Land Is Your Land...



Late Fall in CB by Colin J Campbell



Lighthouse at Peggy's Cove, Halifax County by Verlene Silver-Corkum



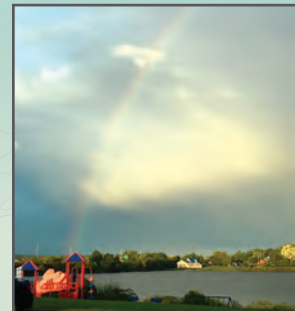
Highway 1 Self-serve Farm Market, Grande Pre by Betty Anne McGinnis



Autumn foliage, Brickton, Annapolis County by Kathy Stocker



Country Harbour River, Guysborough County by Cheryl Millard



Falmouth-Windsor Causeway, Hants County by Deborah Mitchell



Halifax Harbour in October 2017 by Mary Evelyn Ternan



Wharf at Bayfield, Antigonish Co. Boats waiting for their fishers to arrive in the AM by Mary Delorey



Rushton's Beach, on the Northumberland Shore by Marilyn Martell

The RTO Newsletter invites all members to send us their photos of our beautiful province. In each issue we will showcase the life, landscape, and seascape of Nova Scotia. Photos will be matched to the season, to correspond with our three issues, and must be your own photography. Please include your name and the location. Not only will our newsletter continue to share information and stories with members, but your photographs will remind us why we have chosen to retire in Nova Scotia, and encourage us to explore its wonders for ourselves. Please email photos to bettyanne@eastlink.ca or mail to Betty Anne McGinnis, 6571 Highway 1, Ellershouse, NS B0N 1L0. Photos sent by mail will not be returned.



Kelly's Cove, Yarmouth County by Gary Archibald

Nominating Committee

Table Officer Positions

The following RTO Table Officer positions are open for the 2018-2020 term.

1. **President** – 2-year position
2. **Vice President** – 2-year position

These positions will be filled at the RTO/AGM in Halifax on May 16, 2018. Interested candidates must send a completed application form to the NSTU office c/o RTO Nominating Committee no later than **February 28, 2018**. In addition to inclusion in this issue, the application form for these two positions is also posted on the RTO website at rto.nstu.ca and will appear again in the winter edition of the RTO Newsletter.

Member-at-Large Positions

Member-at-Large positions are open for nomination in the following three regions for the 2018-20 term.

1. **Cape Breton-Victoria** (Glace Bay District, New Waterford, Sydney and Area, and Northside-Victoria Branches) – 2-year position
2. **South Shore** (Lunenburg County, Queens, and Shelburne County Branches) – 2-year position
3. **Valley** (Annapolis, Kings, and West Hants Branches) – 2-year position

The application form for a Member-at-Large position is posted on the RTO website at rto.nstu.ca and will also appear in the winter edition of the RTO Newsletter. Interested candidates must submit a completed application to his/her Branch President by **April 1, 2018**.

If a particular Branch has more than one candidate offering for Member-at-Large,

then an election at that Branch level must be held by **April 30, 2018**. No more than one name may be offered by each Branch in a region. A Returning Officer for each region holding a Member-at-Large election shall be appointed at the February Presidents' meeting. Each Returning Officer will then conduct an election for Member-at-Large in his/her region after **April 30, 2018, but prior to May 15, 2018**. The Returning Officer shall conduct the election by

calling a meeting of the candidates and three voting delegates from each participating Branch. Immediately following the election at this meeting, each Returning Officer shall submit the name of the successful candidate to the RTO Nominating Chair. The names of the elected Members-at-Large will be announced at the RTO AGM on May 16, 2018.

*Submitted by Jim Kavanaugh
Chair, Nominating Committee*

RETIRED TEACHERS ORGANIZATION

Nomination for Provincial Executive Positions Elected at AGM

Deadline for Nominations – February 28th

Nomination for: PRESIDENT
 VICE PRESIDENT

Name of Nominee: _____

Branch to which Nominee belongs: _____

Address of Nominee: _____

Tel #: _____ Email: _____

RTO Branch Activities:

RTO Provincial Activities:

Other (Including NSTU Local or Provincial activities):

Signature: _____ Date: _____

Return to:
RTO Nominations Chairperson
Jim Kavanaugh
3238 Nicholson Avenue
New Waterford, NS, B1H 1P1



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!**

