

*The Tumbler**

**A rock that has been ground and polished into a semi-precious gemstone*

OSSTF

ARM – District 3
Newsletter

January, 2018

LEE'S BITS AND PIECES

Who would believe that it is the middle of January 2018 already? I think that the time is going more quickly the older I get. It is still great though being retired especially on those mornings when it was 30 below zero without the wind chill.

Our local ARM Executive has some interesting things in the planning stages for the next few months. Hope you can join us. There is curling in January, Smart Senior's Financial Planning with Sandra Walsh from Educator's Financial in late February, Tips and Tricks for your Devices in March, Annual Meeting Luncheon in April with a speaker on "What you need to know about Dementia", and our Memory Garden spring start up in May and maybe some golfing in June. The details for these events will be in the newsletters that Roma Shewciw prepares for us every other month. And don't forget we meet for breakfast at Gloria's too the last Friday of each month at 9:00 am. We are always open to hearing any of your suggestions for activities or speakers.

When Donna sends a flyer out about an event, would you please help us out by replying to Donna to let us know that you are coming? Guests are always welcome.

As you saw from your OTIP mail our monthly rates for our extended care went up again this year. This raise is because of the costs. Our insurance broker – OTIP – is owned by the 4 teacher unions in Ontario and any profit goes back into the company. The other education insurance broker's profits, RTO (Johnson Insurance) go to the insurance company's shareholders in Britain. If you have any questions about this, get in touch with me lferguson@isys.ca.

Thanks goes out to Roma, Pat Beatty for doing the Canada Post mailings for those members who we don't have emails for Donna MacKinnon from the District 3 office who sends out this newsletter and Bob Smith who is attending the ARM Provincial Council meeting in Toronto this week.

Keep warm!

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UPCOMING EVENTS

January

26 - Friday 9:00 am
Breakfast at Gloria's

28 – OSSTF Curling – ARM Team
Pat Beatty, Diane Abels,
George and Val Lalonde.

28 – Happy Birthday
L. Ferguson

February

23 – Breakfast at Gloria's
9:00 am

27 – **Financial Planning For Seniors
Investments and Budgeting**

Tue
Tuesday 1:00 pm
OSSTF Office, Lively

March

20 - **Tips and Tricks**
3:30 pm with Carolyn Otto and
Apple Devices
4:00 pm with Kyle Craftchick
and Android Devices

27 – Executive Meeting
2:00 pm. OSSTF Office

30 – Breakfast at Gloria's
9:00 am

April

24 – Annual Meeting
(Tentative Date)

27 – Breakfast At Gloria's

New Action Plan Offers One- stop Websites and Information Lines to Help Seniors Better Connect with Health Care Services and Support

December 5th, 2017 -- Rita has high blood pressure, an overactive thyroid, and heart disease. She also finds it difficult to get around at times. Despite her ailments, she is a very independent 74-year-old. She

lives at home in Northeastern Ontario and wants to remain there, but she needs support. Rita is one of two million seniors in Ontario looking to make their own choices when it comes to their care, independence, and access to services.

On November 7, the Government of Ontario announced *Aging with Confidence: Ontario's Action Plan for Seniors*. The plan focuses on helping seniors, like Rita, live independently for as long as possible, and stay connected through social, recreational, and volunteer activities. The plan also highlights the important role that Local Health Integration Networks (LHINs) have in harnessing their local expertise and engaging with patients and partners to plan, coordinate, and deliver health care in communities.

The North East Local Health Integration Network (NE LHIN) is helping to ensure seniors are able to access the support they need – at every stage of their life. A brand new one-stop website, created as part of the action plan will help seniors find information about tax credits, drug coverage, powers of attorney, recreation programs, and more. It can be accessed here: www.ontario.ca/page/information-seniors



ONTARIO HEALTH COALITION

The Ontario Health Coalition is made up of a Board of Directors, Board committees, local coalitions, member organizations and individual members. At the present time they have more than 400 member organizations. The membership includes physicians, unions, nurses, student groups, ethnic organizations, retirees and many others.

The primary goal is to protect and improve the public health care system. They work to honour and strengthen the principles of the Canada Health Act. They are led by a shared commitment to core values of equality, democracy, social inclusion and social justice; and by the five principles of the Act: universality, comprehensiveness, portability, accessibility, and public administration. They are non-profit, non-partisan public interest activist coalition and network.

To this end, they empower the members of their constituent organizations to become actively engaged in the making of public policy on matters related to our public health care system and healthy communities. They seek to provide to member organizations and the broader public ongoing

information about our health care system and its programs and services, and to protect our public health system from threats such as cuts, delisting and privatization. Through public education and support for public debate, they contribute to the maintenance and extension of a system of checks and balances that is essential to good decision-making. They are an extremely collaborative organization, actively working with others to share resources and information.



Another Victory: Health Coalition Saves Wallaceburg's Hospital

After conducting a survey of more than 370 residents in Chatham and Wallaceburg, the Chatham Health Coalition, the Wallaceburg-Walpole Island First Nation Health Coalition and the Ontario Health Coalition released a report detailing issues regarding access to local hospital care. Long waits in emergency departments and for surgeries, long travel distances for care, and the priority of saving the Wallaceburg emergency department by residents from all communities were reported. The Minister of Health responded to by committing to keeping the Wallaceburg emergency department open, thereby saving the hospital. The OHC and local coalitions have met regularly with the Minister's

appointed Supervisor who is now in the process of a redevelopment plan that will result in enhanced services at the hospital. After years of work, the coalitions have achieved tremendous success.

One of the cases from the Ontario Health Coalition Annual Report 2016-2017

A CHRISTMAS LUNCHEON

Was held on Tuesday, December 12, 2017 11:30 am at the Caruso Club despite a bad winter storm. Twelve brave souls came out and enjoyed lively conversation, a lovely meal, and received some Christmas bobble heads for their effort.



Over 100 pairs of footwear were collected and delivered to Better Beginnings, Better Futures. Thank you!!!



The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope. *Barack Obama*

BOOK REVIEW



Glass Houses by Louise Penny

Do you have a guilty conscious? Have you ever done something that you hope no one knows? If so you might *not* enjoy the newest book by Louise Penny, Glass Houses. In this book the village of Three Pines is visited by a *Cobrador*, a physical reminder of your wrong doing. This figure stands in the park and simply stares at one particular building. All day. Every day. From morning till night. When you wake up it is there. When you go to sleep it is there. There is no physical contact. There is no verbal communication. There is no finger pointing. There is just staring – looking directly, fixedly at your home or place of work. Wherever you go, it goes. And stares.

The effect on the people of the village varies depending on the person and their secret. Some ignore the figure, others avoid the figure and others become very apprehensive. The calm of the village is definitely disrupted especially when a body is found and the figure disappears.

Louis Penny does an excellent job in continuing the series of books that

are set in Three Pines a village that cannot be found on a map, and in Montreal. You do not have to read the previous books to enjoy this newest work. If you have read her earlier books your will get to know your “friends” better. If you haven’t read any of her books you will quickly get to know them and want to read the series.



CANADIAN WINTERS CAN BE BEAUTIFUL, BUT TREACHEROUS TOO

Winter can be beautiful. It’s hard not to see the beauty in a field covered with a blanket of fresh snow, especially when the ice glistens in the morning sun. Lately, however, Canadians have been faced with more frequent extreme weather conditions.

Ice storms have been blamed for some of the worst natural disasters in Canadian history. They can lead to massive damage to trees and electrical infrastructure, leading to

widespread long-term power outages.

Other dangers include hypothermia, fires and carbon monoxide poisoning, which can occur when people use alternative heating sources during periods of extended power failures.

It's important to know how you can take preventive measures and reduce the risks for you and your family.

To learn more, visit
www.OTIPinsurance.com/Article17

COFFEE WITH ...



Don Johnston

Don Johnson a former Lockerby Secondary School teacher and his wife Brenda, also a former elementary school teacher are local photographers who are gaining a

prestigious reputation as photographers. Don has won many awards and had a book published called Close To Home. The pictures are of Junction Creek. It has sold out.

What did you do before retiring? When did you retire?

Don retired from Lockerby Secondary School in 2003 where he taught biology.

When did you become interested in photography? Was this a "hobby" before you retired?

He has always been interested in photography. It is something that he enjoyed doing while he was travelling. He and his wife Brenda would travel with a camera for vacation photos, eventually focusing on photo-oriented tours. On these tours, travellers are taken by guides to areas where they are almost guaranteed to be able to get pictures of their subjects, e.g. bears. He then joined a photo agency. The agency markets any photos submitted by their photographers. Don will now be doing his own guiding this fall in British Columbia when he shows people where to get good pictures of bears. He also does tours closer to home.

Why did you choose photography over other arts such as painting?

Don feels that he has a scientist/artistic gene. He did do some painting and his Mother did send him to art classes. This is probably why his work is very artistic. He takes into consideration the qualities of the light, weather conditions, visual appeal of the elements in the scene, animal behaviours and ecological relationships when shooting.

As a self-taught photographer how much time did you spend learning your art?

Was there anyone who influenced you?

He was influenced by Carl Hanninen (former librarian at Lockerby), Ward Isnor (former teacher) and professional photographers such as Freeman Patterson.

Was it difficult to go from film to digital?

Digital photography is very different from film. It is very exciting to work with and has tremendous advantages such as no chemical pollution. In the past Don developed his own films.

How would you describe your style?

Don tries to have less of a documentary style and more of an interpretive style. He will photograph "the molehill and the mountain". He does not take pictures of things, but about things. It is just as important to know what to leave out, as to put in. Another

key is to understand the interplay between the subject and light.

'Emotional impact' and 'solitude' were words that are used a lot to describe the photos.

What are you trying to tell us as a photographer?

Don tries to follow a piece of advice that he was given when he first started photography as more than a hobby. 'Strip the labels' off the subjects you photograph. Therefore he sees a tree is not as a tree but a combination of textures, colours, and shapes.

Why do you specialize in wildlife and landscapes?

Don sees himself as a generalist photographer. He tends not to specialize.

Is there a preference with respect to subject?

Don photographs what is available at the time. Before he goes on a trip (he recently returned from the Falkland Islands where he took 30,000 shots) he researches the location and therefore he can anticipate what will be there at the time and therefore he is prepared. He knows what lenses to bring.

He demonstrated this as we were concluding the interview. He took off like a shot when Brenda pointed out that there was a barred owl

sitting in a tree off the deck. He grabbed his coat and camera that was already set up and he was out the door. The tripod was already set up and he was working. Not anticipating a barred owl I fumbled in my purse for the little camera that I had brought. Don's pictures were spectacular. I have a blob.

I noticed that your photos are of North America. Do you have any plans to go outside this continent?

Don and his wife like to drive and see the landscape. They have been from Nunavut to Arizona. They have also taken a European River Tour and have been to the Galapagos Islands. They would like to go to Newfoundland again to visit a few good spots, Scotland, Iceland, Greenland and the High Arctic.

Do you have a favourite photograph?

Don and Brenda have a number of photographs framed on the walls of their lovely home however Don said that he could not pick out a favourite. He concentrates on each one as it comes up.

What were some of your best experiences? Worst experiences? Scariest experiences?

The best experience is with the intimate images, when you are one with the subject. On his wall he had a photo of a little fox cub cuddling

up to his sibling. It was very moving. His worst and scariest experiences involved near accidents with his lenses. He dropped one lens in the Grand Canyon but it was too damaged to economically repair. He also forgot to put a memory card into the camera and therefore does not have the photo of a rainbow over a flock of penguins that he really wanted.

How do you know when a photograph will be successful? What I mean by this is when I was looking at some of your photos, if I saw for example some reeds sticking out of the water, it would be reeds sticking out of the water to me, you saw something magical.

Sometimes when you make a photograph you do not know how it will stand up over time. Sometimes the images grow on you. It is important not to delete too quickly.

How often do you go out to photograph or do you automatically take a camera everywhere?

There are times when he is less active, but a camera is always ready just in case something comes up. Making pictures is very invigorating.

How was your photography brought to the attention of National Geographic? Agencies have the connections. Ultimately National Geographic evaluates the submitted photo not the names.

What effect has this made on your career as a photographer?

There is a high degree of satisfaction.

Where else have your photographs been used?

Don has several agents selling his photographs. They are located in Spain, Winnipeg, Victoria and London, England. His photos have appeared in calendars, the Canadian National Geographic, Ontario Nature, Nikon TV ad, and décor at Laurentian University. The 2018 calendar called Canada's Wild by the Wilderness Committee features one of Don's polar bear photos on its cover.

For other people who would like to get into photography:

What personality traits does a person need to become a successful photographer?

As a photographer you need to be persistent, patient and confident, have an open mind, make no assumptions, be positive and be a bit of a loner. Be willing to make mistakes and learn from them.

What other advice would you give them?

You have to be dispassionate when editing, be prepared, do your homework, do your due diligence, and to be a naturalist know your subject: be a naturalist.

The one overriding impression I had of Don was one of PASSION and ENTHUSIASM for his art.

Unfortunately I am a point and shoot type of camera person. If you would like to know more about his cameras and techniques check the web at www.donjohnstonphts.com. You will not be disappointed.

Barred Owl



Photos courtesy of Don Johnston