

# *The Tumbler\**

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

OSSTF

ARM – District 3  
Newsletter

November, 2018

## LEE'S BITS AND PIECES

OSSTF is 100 years old this year. A historical collection of digital pictures is being put together at the Provincial Office for an online museum. If you have any photos and/or memorabilia or want to put together a creative photo of buttons, posters, toques or ponchos, send the electronic copies of them to [Lori.Foote@osstf.ca](mailto:Lori.Foote@osstf.ca).

Our pension plan must be protected. The ARM Chapter 24 President, Rich Clausi stated the following: "If ARM does not keep an eye on the health of our pension plan and the affordability of our benefits program, there is no one else who will. The federal government has already cast an eye at defined benefit pensions. We need to ensure that our pension funds are not exploited by anyone". All I can say to this is thank goodness we have ARM.

Our Memory Garden at the District 3 Federation Office was officially opened on September 17.

We want to thank the neighbours in Lively, Peter and Sandra Vildis for looking after the garden so well during our very hot summer months.

The Rainbow Trustee Candidates came to the Lively office in October to speak about their plans and to answer questions. Three new Trustees were elected, Kerrie St. Jean Anita Gibson and Margaret Stringer. One trustee was acclaimed and 4 were re-elected in Sudbury, Espanola and Manitoulin. They will have a massive job ahead serving the students and employees of the Rainbow Board especially with the limits imposed by the new P.C. government in Toronto. I hope that they will also show respect for the Federation leaders in this area.

Hope to see you at our November and December events. On November 13, it will be interesting to hear what the speaker on medical marijuana will have to say. I certainly don't

know much about it. I feel that there is a lot to learn on this topic.

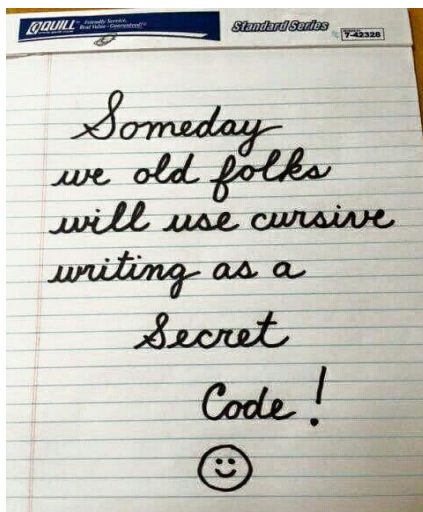
Anita Chamberland, from our Extended Health Care provider, OTIP, will be in Sudbury on Thursday, November 15. She can answer any questions you may have.

Please note the change in time for our breakfast. In November it will be at 9:30 a.m.

Come and have some fun and a great luncheon from Diana's Catering for our Christmas event that will include a Kris Kringle. Save that date, **Wednesday, December 5 starting at 11:00 a.m.**

Please remember to visit [www.armcouncil.org](http://www.armcouncil.org) to see what events other Chapters are doing across Ontario. If you are in the area, you are welcome to attend their events.

---



## CONTACT INFORMATION

### ARM D3 EXECUTIVE

President – Lee Ferguson  
[lferguson@isys.ca](mailto:lferguson@isys.ca) .

Vice President – Bob Smith  
[bob.angiesmith76@gmail.com](mailto:bob.angiesmith76@gmail.com)


Secretary/Treasurer – Val Lalonde  
[vlalonde51@gmail.com](mailto:vlalonde51@gmail.com)

Newsletter Editor – Roma Shewciw  
[rnsheiwciw@gmail.com](mailto:rnsheiwciw@gmail.com)

Members At Large – Pat Miller  
[patrouschio@gmail.com](mailto:patrouschio@gmail.com), Sylvia  
Bass - [syl\\_bass@hotmail.com](mailto:syl_bass@hotmail.com), Pat  
Beatty- [pbeatty48@gmail.com](mailto:pbeatty48@gmail.com)

*This newsletter was set up by Roma Shewciw with help from Lee Ferguson, Jeannie Polegato. and Donna McKinnon. Contact us at [rsheiwciw@yahoo.ca](mailto:rsheiwciw@yahoo.ca) or [lferguson@isys.ca](mailto:lferguson@isys.ca)*

## PASSAGES

 We extend our sympathies to the family of Dawn-Marie Ceaser who passed away on May 28, 2018.

---



Dull November bring the blast,  
Then the leaves are whirling fast.  
*Sara Coleridge*

## UPCOMING EVENTS

### November

11 - Remembrance Day



13 - Tuesday at 1:00 pm  
Medical Marijuana  
Presentation  
OSSTF Office, Lively



15 - Thursday, 4:30 pm  
OTIP Presentation by Anita  
Chamberland  
Caruso Club

30 - Friday at 9:30 a.m.  
Breakfast at the Clarion  
Hardrock Café



### December

5 -Wednesday, 11:00  
Christmas Luncheon  
❖ Kris Kringle  
❖ Boot Your Boots  
OSSTF Office, Lively

25 - Christmas  
We wish you and yours A  
Merry Christmas

### January

1 - HAPPY NEW YEAR



### January (continued)

10 - Tuesday at 11:30  
Lunch  
Caruso Club



1:00 ARM Executive Meeting

26 - Saturday at 4:00 p.m.  
OSSTF Curling Bonspiel  
Sudbury Curling Club



On Sept. 17 we had our official dedication ceremony of our Memory Garden. It was a beautiful sunny day that was perfect for this type of occasion. Lee Ferguson was the master of ceremonies. After a speech, we were presented with a certificate by a representative of Jamie West, our NDP member. It was followed by a reception in the OSSTF building.

If you are out in Lively take a look at the garden and plaque. I'm sure that you will be impressed.

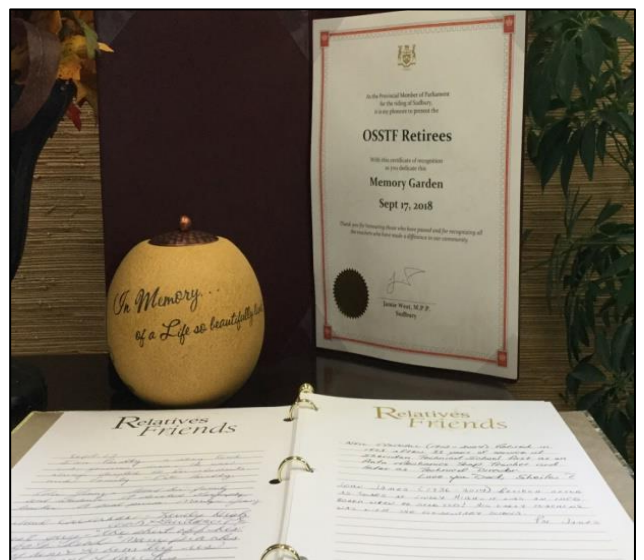
On a week day go into the building and take a look at the Memory Book. Don't forget to contribute to the Book by writing in the name of a teacher -- a parent, a friend or even your teacher. Take a few minutes to read about former teachers and their contributions.



*Lee Ferguson as Master of Ceremonies*



*From left Pat Miller, Pat Beatty*



*From left Pat Beatty, Marilyn Young*





## OSSTF CURLING BONSPIEL

This year the Bonspiel will be held on Saturday, January 26, 2019 at the Sudbury Curling Club off of Wessex St. It will start at 4 pm. Play 4 end games.

The cost is \$30.00 per person. The money raised will go to the Sudbury Food Bank. Contact Sue Melville at the District 3 office 706-692-3923 or [www.d03.osstf.ca](http://www.d03.osstf.ca) by December 20 if you would like to curl.



## BOOK REVIEW

THE CIRCADIAN CODE  
by Satchin Panda PhD.

The book subtitle is “lose weight, Supercharge your energy and Transform Your Health from Morning to Midnight”. That is a lot of promise in a book that has only 238 pages. The author explains, using a lot of data, (16 pages of additional footnotes) how our circadian rhythm controls every aspect of our body. What is the circadian rhythm? It is basically a 24 hour internal clock that is running in the background of your brain and cycles between sleepiness and alertness at regular intervals. It is also known as our sleep/wake cycle. The author believes that in our modern world we have disrupted that clock so that we are prone to a number of health issues that seriously affect the quality of our life.

One of the things that he introduces and refers to in almost every chapter is TRE or Time Restricted Eating. This refers to the idea that we should be fasting for a minimum of 12 hours every day so that are body has time to repair its self. The ideal would be to fast for 14 to 16 hours and eat in the remaining 10 to 8 hours.

I tried it, and am still on the 16 hours of fasting and 8 hours of eating.

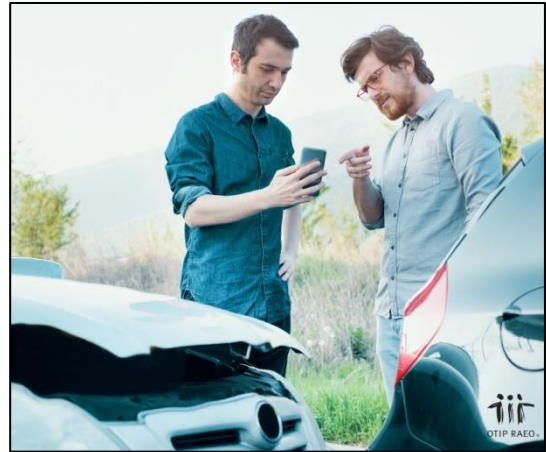
Initially I was tired but after about a week I was surprised to find that: a. I was not hungry. I honestly believed that I would be starving during the fasting. I was sleeping better. The major problem for me is consistently trying to keep the same hours.

The advice is given in an easy chatty manner and is quite understandable, despite the reference to medical terms. I certainly had a better understanding of how complicated our bodies are and why it takes so long to find cures for our many diseases.

I would recommend this book as a good introduction to the circadian rhythm/clock and to TRE. As to trying anything out, the usual advice should be followed - - talk to your doctor first.



Success is relative  
The more the success  
The more the Relatives!



## HOW A CAR ACCIDENT CAN IMPACT YOUR INSURANCE PREMIUMS

Car accidents can happen to anyone on the road, even great drivers. Whether it's a sudden stop causing a fender bender or failure to break at a red light, accidents happen and can impact your insurance premium. To learn more, visit

[www.otipinsurance.com/article28](http://www.otipinsurance.com/article28)

---

## CLASSIFIED ADS

Have a special event coming up  
Let us know.

### MEETING:

Ontario Health Coalition  
Monday November 12 7:00 pm  
Steelworkers Union Hall on Brady  
Contact Dot Klein 705-566-9072

### FOR SALE

Pyrohy and Cabbage Rolls daily at  
the Ukrainian Senior Center, 9:00 am  
to 4:00 pm. 40 Notre Dame Ave.  
Sudbury

## **ALASKAN CRUISE 2018**

By Val Lalonde

We went on an Alaskan cruise organized by our son's mother-in-law, Peggy Delaney this past summer from June 30 – July 7. It was a wedding vow renewal as our son and his wife eloped in 2016.

Our ship was the Eurodam, one of many ships from the Holland America Line. Our ship was based in Seattle, Washington. It sailed to Juneau, Alaska, Glacier Bay, Sitka, Ketchikan, Victoria B.C. and back to Seattle.

Peggy and her husband have gone on many cruises with the Holland America Line around the world. As a result, they get special discounts and bonuses when they book a cruise.

When booking a cruise, there are many options to consider and different price packages. I would recommend using a travel agent for your first cruise or if you haven't done much traveling.

There are many activities planned on board ship while you travel. Most have casinos and shops on board that only open when the ship leaves port. There are many presentations on various topics throughout the cruise such as– food prep demonstrations, nutrition, health, and other current topics of interest.

Bring a good pair of binoculars to see the wildlife in the water or on the various islands and to see the glaciers. We were fortunate to hear and see a number of glaciers calving as the weather was quite warm and sunny.

There are exercise areas, indoor and outdoor pools and tubs, and a spa for various treatments and massages. The spa treatments are not included in your package.

There are many dining areas on board. Some are included in your package and others are extra. Make sure you know which ones are extra as they will be added to your final bill when you disembark.

There are a number of entertainment items scheduled on board such as a theatre presentation every evening, piano bar with sing-along, trivia and different games and a casino. These are all included in your package. Some larger ships offer shows that require you to purchase tickets ahead of time.

The ship has a "Shore Excursion" department where you can book various side trips when in port. These are extra unless your package includes some. Our son and daughter-in-law who have worked this cruise let us know what was worthwhile seeing in each port.

The Alaskan cruises operate from May to October. There are some

cruises that set sail from Vancouver. This was my first cruise and I enjoyed it. The ports were all small and often there were 4 ships in port at a time. The people on the ships outnumbered the population living in the ports.



Val Lalonde, and family.



In an office  
After tea break, staff should empty  
the teapot and stand upside down on  
the draining board.

Spotted in a safari park:  
Elephants, please stay in your car.

Did I read that sign right?  
Toilet out of order. Please use floor  
below.



## BOOT YOUR BOOTS

### ARM Chapter 3

Is collecting your old boots and shoes  
All sizes. All genders.  
The ones that you are too tired  
of to keep  
but are  
too good to throw out!

Bring them to the Christmas  
Luncheon  
December 5<sup>th</sup> at the OSSTF  
Office

And we will give them to  
Better Beginning, Better Futures –  
Community Closet  
for distribution

