

*The Tumbler**

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

OSSTF

ARM – Chapter 3
Newsletter

November 2019

LEE'S BITS & PIECES

As you know, OSSTF is in the middle of a dreadful battle with Ford's Conservatives proposed education cuts. President Harvey Bischof is doing a great job being transparent in negotiations with Education Minister Lecce. We cannot sit back and just hope things will be resolved satisfactorily. We, retired education workers know that the youth in schools today – the future generation - need to keep what is offered now in schools without any cuts. Our support is needed whether it is letters to the editor or on Facebook or talking to neighbours, friends and family. We need to stay aware of what is happening in order to promote our youths' education. You can keep up to date with the information on the OSSTF website, www.osstf.on.ca.

We are having a games afternoon on Nov. 12 at the District 3 office. We had such a good time last year doing this so hope you can join us. Our Executive Meeting is that morning. If you have any suggestions for our ARM Chapter, please contact one of our executive members.

December brings our Boot the Boots campaign. We collect footwear from our members and friends for needy kids and adults at the Better Beginnings, Better Futures organization on Morin St. in Sudbury's Flour Mill area. BBBF distributes the footwear at no charge to recipients. It is so appreciated by the organization. Bring your footwear donations to our Christmas luncheon on Monday, Dec. 9th at noon at the District 3 office. Let Donna in the D3 office know you plan to attend. Check out the coming flyer for details.

For you curlers, contact Valerie Lalonde if you want to participate in the February 1st bonspiel. Also in February we will see some live theatre at the Sudbury Theatre Centre. Carolyn Otto will be sending information about that outing. March's speaker meeting will feature Educator's Financial, David. He will speak on suggestions regarding investments for retirees.

I'm looking forward to meeting you at some of our events. Have a lovely joy filled time in the coming Christmas season. Keep well and safe on those roads.

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PASSAGES



We extend our sympathies to the family of Maria Poryckyj who passed away on October 26, 2019.



November

12 Tuesday 1:00 pm
Games Day
OSSTF Building
Lively

December

9 Monday
CHRISTMAS LUNCHEON
BOOT YOUR BOOTS

January

Curling Bonspiel

February

Sudbury Theatre Centre

March

Educator's Financial
Speaker

WE'VE BEEN BUSY

In September we had 2 very interesting guest speakers who spoke about their travels.



Bonnie Depencier spoke about her Portugal trip. This trip is organized by the Ottawa ARM group and is very popular. According to Bonnie this complex is in high demand by members and should be booked early.

She showed us pictures of this beautiful area and spoke of the many activities that one can take part in. She also introduced us to fado music, the soul of Portugal.



Carolyn Otto spoke to us about her most recent trips to South Africa and Croatia organized by the Sudbury Chamber of Commerce plus her exciting trip to Egypt. One of the tips she gave us was that it was worthwhile becoming members of the Chamber to save on the actual cost of the trip.

Pictures Carolyn sent from Egypt



In October, Terry Martin spoke about Long Term Care – the Facts and Issues. The facts were rather startling. For example in the North East LHIN (that's us) there is a wait list of 2040 people to get into a home. For all of Ontario the wait list is 33,000 people. One of the misconceptions that I had was that long term beds were only for the elderly and frail. In reality people of any age with a disability can go in. That is why for example there are young and middle aged people with for example MS, or Down Syndrome. The PSWs, of whom there is a shortage, need to be trained to deal with the different needs of this type of clientele. Terry, a member of the Family Council of Pioneer Manor answered many questions at the end of his presentation.

TRIED AND TRUE TRAVEL TIPS

By Bonnie Depencier

1. Make sure that you have proper identification. Make copies of passport, credit cards, travel insurance, and other important information in case of loss or if it is stolen. Give a copy to your travelling partner to have, and

leave one at home with a family member. You may need someone back in Canada to deal with problems locally.

2. Plan your trip ahead of time and make a table of the dates, flights with flight numbers and airlines, location of places where you will be staying with contact information such as websites, addresses, and phone numbers. Sometimes you are asked for this information when dealing with customs. The Canadian Embassy sometimes suggests that you should let them know where you are.

3. Do most of the planning yourself. You are going to be charged additional fees by travel companies. I find it more fun to go to travel agencies, use my CAA membership to get brochures then plan the trip myself. Go online and read travel blogs, get the latest deals from sites such as:

<https://www.travelzoo.com/ca/>
<https://yyzdeals.com/>

4. I use many sites to find flight deals but then go to the airline site to book because if there is a problem with a flight you can deal with the airline directly instead of a third party. Make note of sale dates when booking to get the cheaper fares.

5. If planning to use rail or intercontinental flights, pay before you go because you can pay in Canadian dollars thus saving exchange fees, you can get up to half off rail tickets if you book two weeks in advance, and you can choose your seat.
6. Pay for a first class ticket on the rails as it isn't that much more, and sometimes they feed you and give you a glass of wine. More importantly, your luggage is stored in a separate cabin where it is safer, or you can store a suitcase behind your seat. Make sure to use the senior discount too. You can be considered a senior at age 55 on some sites.
7. Try to pack as lightly as possible. Many places in Europe do not have elevators. Light, quick drying clothes and a good pair of walking shoes are a necessity. Layer clothes for daily temperature fluctuations. I have a down filled jacket that has a bag to put it in that doubles as a pillow when travelling. I bring a pashmina shawl that doubles as a blanket as airlines don't give those out like they once did. Merino wool compression socks can be purchased for a 20% discount on Senior's Day at Shopper's. A waterproof rain jacket can also save the day.

8. When visiting museums, I purchase tickets with Skip the Line to save time and also to book a tour with a local guide.

<https://www.theinvisibletourist.com/buy-tickets-in-advance-europe-attractions/>

9. Speak to people who travel. They are usually the best resource for places to stay, best restaurants, and what to avoid.

10. I tend to use a CIBC currency VISA to avoid credit card fees. You can reload the card while overseas. This way you aren't travelling with a lot of cash, and you can withdraw cash at a local bank as needed. You can also set up a currency account with the currency exchange for a fee. (Senior discounts on Tuesdays.) Watch currency exchange rates at various institutions as they can change by the minute. Don't rely on one card, always have a back-up. Some places demand cash so make sure that you have some on hand.

<https://www.cibc.com/en/personal-banking/prepaid/cibc-smart-prepaid-travel-visa-card.html>
<https://continentalcurrency.ca/sudbury-currency-exchange/>

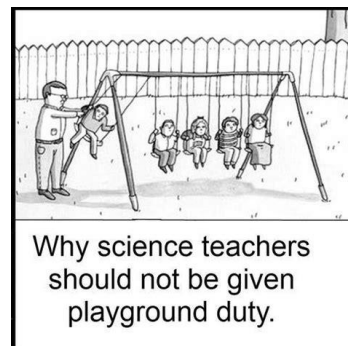
11. Choose your travel companions carefully. Make sure that you have similar interests and the same level of adventure. A trip or a friendship

can be ruined with the wrong travel mate.

12. Learn a few phrases in the language of the country. I have been rewarded kindly with a few libations for my attempts.

13. Visit local establishments instead of chains. Many places depend on the tourist trade and you will be investing in a local economy instead of a multinational corporation. It is a great way to learn about the culture, local cuisine, and to get to know the people. I always ask how much something is before ordering as there aren't menus in some places and prices can fluctuate if you know what I mean. Be careful too as sometimes servers bring over appetizers when you sit down that aren't free. Find out how much to tip in a country before you go.

Finally, be polite. You are not in Kansas anymore.





10 COMMON CAR INSURANCE MYTHS DEBUNKED

MYTH: The type of car I drive has no impact on my insurance rates. **FACT:** Yes, the type of car that you drive does indeed influence your car insurance rates.

Learn more at
www.otipinsurance.com/article49



Oh Dear Silvia By Dawn French


Dawn French is best known for starring in and writing for the BBC comedy sketch show French and Saunders and in the BBC sitcom Vicar of Dibley. Now she has put her considerable talent to writing books.

Silvia had an accident and is now in a coma. That is the setting – a hospital room. She is visited by her ex-husband, sister, daughter, best friend, cleaning lady and of course nurse. As

each person comes to visit they reveal her life and character from their individual perspectives.

At times the book makes you very sad, but there are areas where you will laugh out loud.

Definitely worth reading.



TEACH IN EUROPE FOR CAF OVERSEAS SCHOOLS

The Canadian Armed Forces (CAF) hires Canadian teachers for their 2 overseas schools:

AFNORTH INTERNATIONAL SCHOOL – CANADIAN SECTION
(KINDERGARTEN – GRADE 12)—IN BRUNSSUM, THE NETHERLANDS
AND
SHAPE INTERNATIONAL SCHOOL – CANADIAN SECTION
(GRADES 1 – 8)—IN CASTEAU, BELGIUM.

Teachers and principals are required for positions in the CAF Overseas Schools. The two-year terms are open to elementary and secondary teachers and principals with current Teacher's Certification and Principal's Qualifications Parts I and II (where applicable).

For more information on recruitment at CAF Overseas Schools (Sept 1 - Nov 1, 2019)
WWW.CAFCONNECTION.CA/CEM/TEACHER-RECRUITMENT

Dogs can't operate MRI machines.
But catscan.

My grandpa's last wish was that we convert his ashes into a diamond.
That's a lot of pressure.

SENIOR SUMMIT

I recently learned that the City Of Greater Sudbury has a Seniors' Advisory Panel. Their mandate is to promote, maintain and enhance seniors' quality of life in the City of Greater Sudbury through consultation, education advice and advocacy, and to advise and respond to requests by the Mayor and Council on seniors' issues, and to promote the development of a continuum of services for seniors. It is made up of ten members; 3 representatives with a vital interest in seniors' issues in areas such as health, research and education , 6 representatives age 50+ from the Greater Sudbury area, and one council member (to act as Co-chair). Citizens and stakeholders may apply to be a member of an advisory panel through a public application process.

On October 23 approximately 300 people met at the Caruso Club at the public invitation of this Panel. They were from all walks of life; retired, PSWs, nurses, and administrators from retirement homes and long term care buildings. After an opening address, the 8 people at each table got to work. We discussed the various issues that seniors are facing and possible local solutions. All of this information will be compiled and presented at another meeting on November 21.



HOW TO PROTECT YOUR FAMILY FROM DEADLY, INVISIBLE GASES

Radon and carbon monoxide are poisonous gases that are odourless, colourless and tasteless, making them threats to the safety of your home. Exposure to high levels of radon is the leading cause of lung cancer in non-smokers, causing over 3,200 Canadian deaths each year¹. Carbon monoxide is the leading cause of fatal poisonings in North America. By following the steps below and taking the proper precautions, you can help protect your home and family from these deadly gases.

To learn more, click here:

www.otipinsurance.com/article51

Regular naps prevent old age, especially if you take them while driving.

I believe we should all pay our tax with a smile. I tried but they wanted cash.

You can't buy love, but you heavily pay for it.

Laziness is nothing more than the habit of resting before you get tired.

Having one child makes you a parent, having two you are a referee.

CLEAN YOUR CLOSETS



and **donate** your used shoes

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 9th at the
OSSTF Office
we will give them to
Better Beginning, Better
Futures – Community Closet
for distribution

NEW RESOURCES DESIGNED BY CAREGIVERS AND HEALTH CARE EXPERTS.

Caregiving Strategies:

Providing care and support for a Senior
Living with Frailty

Improve your skills, knowledge and
confidence as a family member or
friend caregiver.

Support resilience, independence and
quality of life with:

information
tools
strategies

Caregiving strategies topics:

- caring for the caregiver
- pain
- staying active,
- nutrition,
- bladder health,
- medication management,
- changes in thinking (delirium)
- social engagement

Resources available FREE, online course
Handbook, tools, tips and links to great
resources

Get resources at

www.rgps.on.ca/caregiving-strategies

*RGPs of Ontario, McMaster University, sfCare
(Senior Friendly Care) and Ontario.*



This Season's Greetings is for all of you my friends.
May our friendship bond be more stronger in this holiday.
Happy Holidays to you