

The Retired Teacher

Nova Scotia Teachers Union

Volume 44, Number 3, April 2013

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

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The Retired Teacher, a newsletter for retired teachers, is published by the Retired Teachers Organization, an affiliate of the Nova Scotia Teachers Union.

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



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

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From the Desk of the President... Jim Kavanaugh

I am nearing the end of my first year as RTO President and I wish to extend to all those who work on behalf of our members a sincere thank you for a job well done. A report on the year's activities will be presented to the AGM in May.



Two of our Executive members will not be returning, and it is most appropriate that I recognize their substantial contribution to the operation and success of our Retired Teachers Organization. Pierre Belliveau has served as Treasurer for the past five years and he has brought exceptional accounting skills and a generous willingness to devote many hours to this demanding position. Pierre was most conscientious and took great pride in the reports he generated for us. Over the last six months he has managed the difficult transition to new accounting software that we now employ. We will miss Pierre around the Executive table.

Another Executive member not returning is Albert Johnson. Albert serves as the RTO representative on the NSTU Pension Committee and he chairs the RTO Pension and Benefits Committee. Throughout his teaching career, Albert had a keen interest in pensions, and after his retirement he brought to our organization a wealth of knowledge that has served to keep our members well informed on the developments within our pension plan and the pension world in general.

(continued on page 2)

Queen Elizabeth II Diamond Jubilee Medal Recipients

Sandra Jones



On September 13, 2012 at the Cow Bay Lions Club in Eastern Passage, Sandra Jones was presented with the Queen Elizabeth II Diamond Jubilee Medal by Lieutenant Governor J.J. Grant. Sandra

was a teacher at Sackville Heights Jr. High for over 25 years. She was recognized for her 40 years of volunteering at Anchor Industries. Anchor is a sheltered workshop for intellectually challenged individuals.

Mabel McCarthy

On October 13, 2012 Mabel McCarthy was presented with the Queen Elizabeth II Diamond Jubilee Medal by the Honorable Scott Brison, Member of Parliament for Kings Hants, at a ceremony at Grand Pré National Historic Site. Mabel was a teacher at Sackville Heights Jr. High for over 25 years. She was recognized for this award for her community service in Mount Uniacke. Mabel is currently President of Royal Canadian Legion Branch #165 in Mount Uniacke and through her efforts and leadership, support is given to the Breakfast Program at Uniacke & District School.



from page 1

Like Pierre, Albert will be dearly missed, and these gentlemen will be difficult to replace. To both I say a sincere thank you for the time and effort put in on behalf of your fellow members.

The AGM this year is scheduled for May 23 in Halifax and will be held at the NSTU. After moving around the province - Yarmouth, Sydney, and Coldbrook - the past three years, it was decided to return to Halifax and experiment with a number of changes. For the first time, the AGM dinner will be held the night before the AGM. It is scheduled to take place the evening of May 22 at the Brightwood Golf Course in Dartmouth. Transportation will be provided to and from the Delta Halifax Hotel and the Golf Course. Following the dinner, a reception will be held at the hotel. The AGM will begin the next morning at 9:00 a.m. and delegates may register by filling out the form in this newsletter or by printing the form from our website at rto.nstu.ca

Communication with our members remains a prime objective of the RTO, and this newsletter, produced three times per year, allows us to keep our 7,000 members informed on the activities of the RTO and the many issues and developments affecting retirees. Additionally, up-to-date information can be accessed any time on our website. A special thank you goes out to Newsletter Editor, Betty Anne McGinnis, and Webmaster, Colin Campbell, for their invaluable contribution in their respective roles. Also, we communicate regularly with our 23 Branch Presidents and provide the opportunity for the Presidents and the RTO Executive to meet three times each year.

The work of the RTO is carried out provincially by the RTO Executive and the various standing committees. At the Branch level, the Presidents, their executives, and committees carry out the many tasks necessary for an effective Branch. To all, I say thank you again for your dedicated time and effort in serving the best interests of RTO members.

She has also volunteered, for over 10 years, with the Uniacke Heritage Society Annual Fishing Derby for the physically and mentally handicapped. She recently became a member of the Board of Directors of Uniacke Wishgivers, a non-profit group which raises money at Christmastime to help individuals and families, not only at Christmas but throughout the year with many types of assistance.

From the Editor...



As I arrive at the final stages of editing the third issue of this year's *Retired Teacher*, it is time to express my gratitude to those who have helped to create this newsletter. More detail is required to inform you of the input of so many individuals. The Communications Committee Chair and Member-at-Large, Gary Archibald, is a driving force behind the publication. His organization and direction at meetings sets us on the path to success. The committee members – Reg Johnson, Ken MacDonald, and Linda MacNeil – play a major role sharing their expertise at contacting all Branch Presidents with information and requests for updates. Their advice on articles and draft documents is invaluable. Webmaster Colin Campbell sets us straight on matters of technology. The committee is a cohesive unit which makes the process of producing the newsletter so efficient. Geraldine MacMillan, NSTU receptionist, manages our contact with the printer, and keeps our mailing list updated. Sonia Matheson, NSTU Desktop Publisher wizard, is the mastermind behind the layout which is professional and inviting. My friend and former colleague, Bill McLaughlin, is my personal source for all things to do with writing – grammar, style, clarity – the ultimate English teacher who has moved from students to teachers. This group of people is responsible for the newsletter that arrives in your mail three times a year. A dream team.

However, without the submissions from the membership, including the Executive of the RTO, there would be no newsletter. Your articles, your advice, and your information updates fill our twenty pages. In fact, we run out of space. My regret is that everything you send to us cannot be published. Submissions increase in number and content, and decisions must be made regarding priorities. Frequently, photos cannot be used because of low resolution. If you have sent something to us for publication and it does not appear, please do not hesitate to ask about it. I try to inform people when a piece will be delayed or not used, but I don't always manage to accomplish this. Please continue to send in your material, and your suggestions on improving our newsletter. Thank you to all of you.

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

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COMMITTEE REPORTS

Assessment Committee

The last meeting of the Assessment Committee will take place on April 3rd at the NSTU Building. We will review the following items:

- AGM Resolutions Submission Form which was approved by the Executive.
- Branch by-Laws (Constitution): Thirteen out of twenty-three Branches submitted their constitutions. Members-at-Large will be asked to meet with the Branches in their region that did not submit their by-laws in order to help them work on their new constitution. The ultimate goal is for every Branch to have by-laws.
- A motion by the Executive to allow Chairs of Standing Committees to serve on the Nominating Committee will be presented to the committee.
- Pre-Retirement Seminar Survey Forms were distributed to presenters at the last Presidents' Meeting. The completed forms were forwarded to the President and Vice-President for review. Jim and Bill will evaluate the Power Point Presentation for future improvements.
- The Assessment Committee's 2012-13 Action Sheet will be presented to the members. We will be suggesting new items for the committee to work on during the year 2013-14.

—Submitted by George J. Landry, Chair

Finance Committee Report

Since our last report to you, the Finance Committee has met once, and preparations are well under way for the AGM next May.

Some of the items that need to be considered for the May event:

- a. Close the year-end which, for the 2012 year, has been changed from April 30, 2012 to December 31, 2012, necessitating an eight-month accounting period for this occasion only.
- b. A change in the year-end date for the Retired Teachers Foundation, to accommodate preparation of our report to the Charities Directorate requirements. This meeting will be held on April 8th at 4:00 pm at the NSTU building. Everyone is welcome.
- c. The rest of the financial statements to be presented as usual at the AGM in May of this year.

As this is our last report for 2012 activities, we extend words of thanks to the members of the Finance Committee: Jim Kananaugh, ex-officio; Bill Berryman, Vice-President; Randy Holmesdale, Past-President; and Bill Wagstaff, MAL, who acted as our secretary. To all of you - thank you very much. You were a great group to work with.

—Submitted by Pierre Belliveau, Chair

Communications Committee

The final meeting of the year for the RTO Communications Committee was held on March 18th. At that time the committee members reviewed the possible contents of this newsletter with newsletter editor, Betty Anne McGinnis. The Committee Members have spent the past couple of weeks requesting information from the RTO Executive Members and Branch Presidents. The Committee Members would like to thank all who have contributed to *The Retired Teacher* this year. Their support is appreciated.

Webmaster Colin Campbell continues to keep the RTO website up-to-date. There have been a few glitches this year as the NSTU server has been up-dated, but all seems corrected now.

It was noted that the Cumberland RTO Branch has created a new website, found at <http://cumberlandrto.webs.com/>. They have joined Halifax City, Halifax County, Shelburne, and Yarmouth Branches whose websites provide the best possible information to their members.

At this time it is appropriate to recognize the work of members of the Communication Committee. Linda MacNeil, Reg Johnson, Ken MacDonald, editor Betty Anne McGinnis, and webmaster Colin Campbell have gone out of their way to provide the best possible communication devices for the RTO and its members. From all of the comments we have had as feedback this year, they have been successful. Well done, folks!

—Submitted by Gary Archibald, Chair

COMMITTEE REPORTS (cont'd)

Pensions & Benefits Committee

Since my last message to *The Retired Teacher*, I attended the NSTU Pension Committee meeting on Friday, February 22, 2013. The highlights of this meeting:

- 1) Reviewed the structure of the Teachers' Pension Plan noting by the 2005 Agreement the funding targets were 95% by 2015 and 100% by 2025. We won't see the first, but hopefully will see the second. The Partners Board meets in March.
- 2) Reviewed the unofficial Fourth Quarter Report ending December 31, 2012.
- 3) The Pension Symposium suggested topics for April 19-20, 2013 include:
 - a) Changes in Pension Integration due to changes in C.P.P. and O.A.S.,
 - b) 2012 Valuation and Funding Targets,
 - c) D.B. Plans today,
 - d) The N.S.P. Services Corporation Act, and
 - e) Legislative changes in D.B. Pension plans.

On Friday, April 19, the Pension Committee meets, followed by your RTO Pension and Benefits Committee, and that evening and the next morning, April 20, the Pension Symposium. As Chair, I will present a report to the RTO AGM in Halifax on May 23, 2013.

The AGM will be my last report as your representative on the NSTU Pension Committee, Chair of the RTO Pension and Benefits Committee, and member of the RTO Provincial Executive. I have enjoyed my service and thank the Branches in Pictou, Cumberland, Halifax, Yarmouth, and Digby for asking me to address them. I also salute the various members of my Committee the last three years, and my colleagues on our Executive. Their efforts on our behalf are outstanding and we owe all of them our utmost appreciation. I will now have even more time to spend in hockey arenas watching my grandchildren, and volunteering, as well as endless time to pursue my latest interest – the computer, especially 'Google'!

Good Luck!

—Submitted by S. Albert Johnson, Chair

Membership Committee

The most important activity of the Membership Committee is to ensure that the RTO Database is as accurate as possible. This year the Committee has asked for the support of Branches, and progress has been made. It is not an easy task. For a variety of reasons, contact information for some members is not easy to obtain or verify. The Committee wishes to thank the Branch Presidents and those in their Branches who have assisted. Johnson Insurance has also contributed. Geraldine MacMillan and Emily Denty at the NSTU have been of great assistance to the Committee. Thanks to you all.

The Committee is interested in having as many members as possible apply for the various committees of RTO. On page 6, you will find the application form for committees, as well as a brief mandate for each committee. The deadline for application is May 15. You do not need experience; all you need is an interest in serving the RTO. We will help you with the details. The RTO is a better and more vibrant organization if it has a mix of experienced members and new members on its committees. Please give this your consideration.

On recommendation from the Membership committee, the RTO Executive has updated the membership application forms. Branch Presidents received these at their February meeting at the NSTU. The forms are dated December 2012. Older forms should be recycled.

A number of RTO members pay their dues direct to the NSTU. The dues are \$36.00 per year. We have instituted an August 1 – July 31 membership year for these members. This has been done to facilitate reminders to pay dues. By having a common membership year, members who pay direct will receive reminders once a year, usually in early July. Such members should note that if dues are not received in a reasonable time, their names will be deleted from the database. Questions or concerns may be sent to Geraldine MacMillan at gmacmillan@staff.nstu.ca or by mail to RTO/NSTU, 3106 Joseph Howe Drive, Halifax, NS B3L 4L7. Inquiries can also be sent to the Chair of the Membership Committee, Peter Lewis, at lewis@ns.sympatico.ca or 11162 Rt. 6; RR3, Pugwash, NS B0K 1L0.

The Committee is considering the preparation of a booklet for new members to RTO. Queens Branch already has such a document. The 23 Branches of RTO have different ways of completing their responsibilities. Such a document would be a suggestion. It might work better in some Branches than in others, or a Branch might use part of such a booklet. The idea is to make new members more welcome to RTO.

As this is the last issue of the RTO newsletter for 2012-2013, the Membership Committee wishes you all the best for this spring, and have a wonderful summer.

—Submitted by Peter Lewis, Chair

COMMITTEE APPLICATION
Deadline for Application – May 15th

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

- Assessment
- Communications
- Membership
- Pensions & Benefits

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

[Please Print]

Name: _____

Branch: _____

Address: _____

Postal Code: _____

Telephone: _____

Email: _____

Signature

Please attach resume including the following:

RTO Branch Activities: _____

RTO Provincial Activities: _____

Other (Including NSTU Local or Provincial activities):

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

Committee Responsibilities

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

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

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

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

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

PROFESSIONAL DEVELOPMENT *after Retirement*

by Kym Hume

In a teacher's life, it's not often that one gets the opportunity to travel to a pristine island in the British West Indies to work with other teachers. But, in September 2012, that is where I found myself with my business partner, Yvonne Rafuse, who had spent a month in Anguilla the previous winter, and who had met a teacher there who said that our services were what their teaching staff needed. Anguilla is a British overseas territory in the Caribbean, lying east of Puerto Rico and the Virgin Islands and directly north of Saint Martin. The island is approximately 16 miles (26 km) by 3 miles (5 km). It has a population of approximately 15,500, with a public school population of approximately 3000 students.

This rewarding adventure came about as a result of starting my own business, Autism Atlantic Consulting Services, with Yvonne Rafuse (also a retired teacher), after retiring in 2009. We provide two intensive annual summer training institutes for both elementary and secondary teachers, we present Module 14 (Autism Spectrum Disorders) for the Nova Scotia Educational Leadership Consortium throughout the province, and we provide private consultations for families living with autism. When Yvonne told me that we might have a contract with the Anguillan Education Department, I didn't hesitate. To help out, we offered our services gratis, and they paid our expenses.

Our contract was to provide teacher training in the area of special education, and also to work directly with the teachers in the schools to support implementation of effective strategies. We set up the professional development to be a combination of workshop delivery and classroom mentoring. We in-serviced teachers every second day and followed the training by working in the schools. We delivered training: in autism spectrum disorders, developing and using visual supports (including a make-and-take session); in understanding and managing behavioural disorders in the classroom; in self-regulation of emotional states

and strategies to support students in this area; in understanding and developing a range of strategies for students with learning disabilities and ADHD; and in literacy strategies for students with learning difficulties. We ensured that the ratio of our training was 50% information and 50% practical strategies that teachers were asked to try in their special education units the following day. Of course, the two make-and-take sessions were highlights for them. We had loaded an additional suitcase of materials that had either been donated by fellow teachers here in NS, or that we had selected from our own collection of educational resources. The teachers had very little in the way of resources in their classrooms and appreciated all the things we brought, but I think they appreciated the rolls of Velcro the most. It is almost impossible to come by or order in Anguilla.

When we arrived in Anguilla, we were met by Thea, the educational psychologist. We loaded our heavy suitcases in the car and made our way to Lloyd's Bed and Breakfast where we were royally treated with delicious full breakfasts each day. It was always interesting to meet the new guests who had arrived the night before from all over the globe. At the breakfast table we heard their stories of how they came to be in Anguilla.

Our first day, we travelled from school to school, meeting the teachers we would be working with. There are only seven schools on the island, six primary schools and one secondary school. All the students wear uniforms and you can identify which school they are from by the colour of their uniforms. Often the schools themselves are the same colour as the school uniforms. Because Anguilla is a British Territory, the students sing God Save the Queen and there are strong ties to Britain evidenced by stories of frequent travel to England for vacations or educational pursuits.

The regular classrooms we visited were typical of what we would have seen in NS many years ago. Lots of blackboard work, kids in rows, workbooks and paper. Very few books to read in the classrooms, and many were dated. There were no computers in any of the classrooms that

I worked in; in fact, in most classrooms, there was no technology evident at all. At recess and lunch the students from primary to grade six were free to wander about without any supervision, eating their lunches wherever they pleased. At noon hour, we witnessed small children leaving the school property to buy treats at a store across the road. The kids watched for cars and the drivers watched for the kids. Few accidents are ever reported. The teachers generally leave the school property for their lunch, driving away through the kids who are wandering all around.

In Anguilla, most students with exceptionalities are taught in special education units by teachers who have some experience in this area. Only some schools have these special education centres, so some parents must drive their children to a school other than the one in their neighbourhood. Each centre has a lead teacher and one or more teaching assistants. It accommodates up to twelve students, providing a smaller teacher-student ratio than in the mainstream classrooms. This is necessary so that students can have more individualized support with their lessons. Teachers are expected to adjust their teaching strategies and curriculum content to address the specific learning needs of students. This is difficult due to lack of special education resources, virtually no technology, and little special education in-servicing.

The students we met and worked with in the special education centres were delightful. The most complex students we saw were a five-year-old boy with undiagnosed classic autism, and a five-year-old girl with significant developmental and motor delays. Both were non-verbal, with behavioural issues. Parents must fly their children off the island to a hospital in the US or San Juan to see a clinician and be assessed or receive a diagnosis.

[continued on page 14]

FEATURE TEACHERS

Anna Clark - A Purrfect Life

Retired teacher Anna Clark had no plans to be a foster mom, no thought of spending her retirement managing a volunteer charity, and absolutely no plans to spend her time worrying about paws, hairballs, and vet bills.

Raised in Halifax, educated at Sacred Heart, Dalhousie University, and Mount Saint Vincent University, the young Anna travelled extensively, studied and lived in New York City and throughout Europe, and attended operas and classical concerts as a way of life. The bulk of her teaching career was spent with the Halifax School Board, teaching P-8 French at Rockingham Elementary, enjoying her students, and thinking about a distant retirement. Anna met her future husband Alfie, also a teacher, at ballroom dancing classes. Together they planned a future which included moving to the Annapolis Valley and owning a small hobby farm with a few chickens and perhaps a cow. Anna had fond memories of visiting her uncle's farm as a child and Alfie had family in the valley, so when they retired they bought a property in Margaretsville and began their idyllic life of working the farm, reading by the fire, and generally relaxing into retirement.

Anna began volunteering at a local shelter, and from this work a passion was ignited. When, in 2004, the local community held a meeting to address the problem of homeless and abandoned animals, Anna found herself moved to action. Her vision was to provide homes for these animals, and, as she thought and talked with a few like-minded people, the mission of the Companion Animal Protections Society of Annapolis County evolved.

From its very modest beginning with four cats to the current levels of between 100-150 cats in care, Anna's vision has exceeded her wildest dreams. The organization, now a registered

society and charity, has grown slowly and methodically, always taking the time to be true to its mandate and purpose. There are a number of foster homes, some specializing in older cats, singles, or kittens. Anna's "hobby farm" has become the face of CAPS, holding the largest number of foster cats, and hosting events and open houses regularly. CAPS has a "no-kill" policy, and animals who are not adopted complete their lives there. The animals are so well socialized and happy that occasionally an adopted animal has to be returned "home" because it misses its furry brothers and sisters, and the only home it has ever known.

Anna and Alfie converted a barn and a chicken coop into luxury lodgings for cats, as well as building an additional "cottage". In one tiny room we might see a mother with one-week-old babies, in another space a young cat who had just been separated from her kittens, and in another space six little kittens, named after Dickens characters. Other rooms in these little houses contained dozens of adult cats, basking in their sunrooms, lounging on pillows or quilts, vying for position at the many feeding stations, or trying to get the attention of the human visitors. There are private spaces where "new admissions" are quarantined, or those with the sniffles can be treated and isolated until they feel better.

The cats are remarkably social, well-fed and very happy. Through constant fundraising and supportive donors, CAPS provides food, litter, toys, vet care, spaying-neutering, flea medication, and volunteers. The love is provided by Anna and her team of loyal volunteers.

Anna is the heart and soul of CAPS. She knows every kitty by name and has a great time choosing names for new litters as they arrive from the pound. Cats with special



dietary needs or other concerns are placed in separate care in Anna's home until they are ready to join the others in the bigger groups. Classical music plays in all the cat areas, and books abound (no doubt at their interest and developmental level.) Stuffed toys, baby blankets, cat climbers, fluffy pillows, and baskets of all sizes add to the feline-friendly ambience. Outside each of the various rooms are clipboards with careful documentation about each cat's progress and needs. Visitors and volunteers have to remove shoes and use hand sanitizers before entering - as if on a cruise ship for cats, without the water.

In addition to the daily chores of changing 20-25 litter boxes, feeding, and cleaning, staff must track and administer trips to the vet for shots, spaying, and special medical needs that seem constant. Anna also checks each building several times a day and says "good night" to each kitty at "bedtime".

Beyond the cats themselves there is never-ending paperwork: tracking donations, sending thank-you notes, managing medical records and adoptions, publishing a newsletter, managing a website and a

Anna Clark (cont'd)

sponsor program, and welcoming potential adoptees and volunteers. In recognition of her exceptional leadership, Anna has won a number of awards, including Maritimer of the Week from CTV and the Annapolis County Volunteer Award.

Anna is clear to state that CAPS is not “her” work, but rather the result of the work of many dedicated and committed volunteers who run foster homes, manage adoption applications, help with chores, organize fundraisers, serve on the Board, and attend to the many other tasks that make this organization the success it is.

Anna draws parallels between her teaching career and her work with CAPS. She credits

her training and experience as a teacher for developing her organizational skills, her ability to work with groups, to give speeches, to follow through on projects and goals, and to be a peacemaker, a bereavement counselor, and a cheerleader. Anna has taken the best of what she learned as a teacher and has channeled it into a new venture in which the faces of her charges are furry rather than human. She teaches her little “students” about trust, patience, tolerance, and the power of love and acceptance. Only Anna would make sure that no one was alone in the Pound on Christmas Eve. Only Anna, after washing a filthy litter of kittens found half-starved and chewed by rats under a trailer, would use a blow dryer and apply baby powder to make them “feel all clean and special.”

This is a story that reminds me of the children's book *What Good News, What Bad News*. The bad news is that the need never goes away, the list on the website rarely becomes smaller, and there are always more needy clients to be nurtured and tended. The good news is that kindness, attention, and patience do make a difference, and that these “students” have a happy, secure life, thanks to outstanding leadership from Anna and from those who support her in her efforts.

To learn more about Anna and her work, or to volunteer or donate, visit the CAPS website at <http://www.caps-annapolis.org>.

—Submitted by Barb Rushton

Laurie Davidson

“Vernon Lawrence”, a.k.a. Laurie, was born in Marie Joseph, Guysborough County. He spent fourteen formative years in Ecum Secum before moving to Dartmouth.

After receiving his B.A. at Mt. Allison University, Laurie completed his B.Ed. at Dal. In 1956, he began his teaching career at Bi-High. Then, in 1959, Laurie became Greenvale's first principal. When Caledonia opened in 1962, he continued in his leadership role. Throughout his administrative years, Laurie was a lifelong learner, with several graduate courses accredited to his TC7 level. With 35 years completed, Laurie retired from Dartmouth High in 1991.

When I visited Laurie for an interview, he was in one of his favorite spots, the garden, with wellies and wheelbarrow. He tends his roses, while his wife Lorna tends to the perennials.

Laurie began his painting hobby with night classes, while working at Caledonia School more than twenty years ago. His artwork confirms that practice pays off. The apple didn't fall far from the tree, for his daughter has inherited his artistic talent.

Another keen pastime for Laurie is reading, on such subjects as native rights, or the battle for social justice. Music is another of Laurie's fortes, and has been a lifelong interest. For ten years, he received piano lessons with Dean Bradshaw, and for more than twenty-eight years Laurie has added his voice to The Seton Cantata Choir. For a decade, he took part in performances of Gilbert & Sullivan, and Woodlawn United Church has been fortunate to have him in their prize-winning choir.

Laurie was a founding member of the Dartmouth Branch of the RTO. In the early days of teacher socials at the Teachers' Centre, he was dubbed the “Head Honcho”. Laurie organized



events which grew to see 125 people gather at that upper room at the Dartmouth Inn. Amy Vincent and Laurie's wife, Lorna, then at Penhorn School, were on hand to offer their help and organizational skills.

Laurie and Lorna met at Greenvale High School. Since 1962, they have resided in the Woodlawn area, and raised their family of four. Steven went west, while Paul lives in nearby Waverley. The twins, Karen and Kelly, remain handy to their folks' place. As grandparents of six and great-grandparents to six, I'm sure there's spoiling going on. Chloe, their family cat, expects her treat from great-grandpa, at 9 p.m. sharp!

We thank Laurie for his dedication to family and his contribution to school, church, and community. All the best of health and happiness to Laurie and Lorna as they share retirement.

—Submitted by E. Margaret MacDonald

Candidates for RTO Pension and Benefits Rep

Vic Fleury



Fellow RTO Members,

I am offering my candidacy for the position of RTO Pension Representative on the NSTU Pension Committee.

Albert Johnson is highly knowledgeable, and dealing with the responsibilities of this position will require much time and effort on the part of his replacement.

Pension plans have three essentially interrelated goals: viability, stability, and security of member benefits. Our pension plan faces challenges in all three areas. It is now at a funded level of 71%, down from 78% in 2012. There are growing concerns about the sustainability of our current payouts. Those concerns are fuelled by low investment returns, which have not kept pace with the increasing financial demands being encountered by the plan. And, of course, we have two different systems being used to calculate annual pension indexing, a potentially divisive membership issue.

I have served on the RTO pension committee, and am prepared to face these challenges on your behalf. I ask for your support at the AGM.

Ann Jessome



Pension is of the utmost importance to teachers. I believe that I have the interest and knowledge to serve retired teachers as your Pension Representative.

During my teaching career I held many offices within the NSTU, including Halifax City Local President and Provincial Executive member. My RTO experience includes Secretary of the Halifax City Branch, RTO Membership Committee, and Pension and Benefits Committee.

By serving on the Pension & Benefits committee I have learned a great deal. This committee is vital to all retired teachers. Our pension and benefits are significant and must be understood and protected. An RTO goal is to have an RTO representative on the Insurance Trustees Committee. If elected, I would work toward achieving this goal, as well as working on other issues concerning our Pension and Benefits.

I ask that you support and vote for me as your Pension Representative at the RTO AGM in May.

Alan MacKinnon



As an active member of the NSTU, I had a great interest in teachers' pension issues and I eventually was chosen by Annual Council to be the NSTU's appointee as Pension Commissioner. It was as a Pension Commissioner that I feel that I achieved the most success for the teachers of Nova Scotia. At that time, the surviving spouse of a teacher received 50% of the deceased teacher's pension. I initiated a motion that eventually increased that benefit to 60%. Actually, my motion suggested 80%, but the compromise was a welcome change. I continued to lobby for better survivor benefits, and today, teachers who retire are able to adjust their initial pension benefits so that a surviving spouse can enjoy up to 100% of a deceased spouse's pension. RTO members need a pro-active voice at the table. I trust that you will allow me to be that voice for you.

Candidates for RTO Treasurer

Fred Jeffrey



On Thursday, May 23, 2013, I will be asking for your voting support as Treasurer of the Provincial Retired Teachers Organization. I have been privileged to serve the RTO as a Member-at-Large, Chair of the Membership Committee, member of the Pension and Benefits Committee, and locally as President of the Pictou Branch. Previously I served many years at both the Local and the Provincial NSTU levels.

I have experience in financial matters at the school level as principal, as treasurer of the Maritime Gideon Organization, and I have been active in Salvation Army finances. While I still have much to learn, I am ready for new challenges. My past experience includes work in the payroll and accounting departments of Scott Maritimes Pulp Limited. I have always been interested in finances and I feel confident that I could do a worthwhile job for the RTO as Treasurer. I count on you for your support, and urge you to attend the RTO-AGM on May 23. Thank you.

Lionel Jessome



I am offering for the position of Treasurer of the Retired Teachers Organization. I have the skills and experience for the position of RTO Treasurer. As Northside-Victoria Local Treasurer for two terms, I worked with computerised accounting software. I was Local President, NSTU Provincial Executive Member for Northside-Victoria, and served on Insurance Trustees. I have also served on numerous Local, Regional and Provincial Committees.

I have served on the RTO Membership Committee. I have the time and energy to become more involved in the RTO as your Treasurer. As a former computer teacher and current small business operator, I have skills and understanding of the tax system, accounting and budgeting. I am a team player and will work with the RTO Executive as they continue to work on behalf of Nova Scotia's retired teachers. I am very interested in being Treasurer and I ask for your support at AGM 2013.

Dave Jones



Fiscal management is an integral part of the leadership of any organization. The RTO is no exception to this. The role of Treasurer requires a certain skill set. Beyond bookkeeping, communication with members is key.

My experience as Secretary-Treasurer of NSTU (2007-2012) and Treasurer of both Kings Local and the AVRRC has allowed me to hone my skills as a financial manager. My education in business (B.B.A.) as well as studies in integration of technology (M.Ed.) has provided me with leadership tools to help shape the financial future of RTO in a technology savvy world. I have used computer software to maintain financial statements of these organizations.

During my fourteen years as Treasurer for these organizations, I have initiated many fiscal policies and made needed changes to others.

I have prepared and presented many budgets, and I believe I have the skill set needed to guide the RTO as its new Treasurer. I ask for your support on May 23.

Ernie Phillips



To support my candidacy as treasurer for the RTO, I offer the following information for your consideration.

On the Local level, I was Treasurer of the Community College Local for eight years. All accounting records were maintained using Simply Accounting. All reports to the Executive and membership were prepared using Excel, so that the current financial information could be compared to the budget and previous period. This allowed the readers to be better informed.

I served two years on the NSTU Finance committee. Following this appointment I continued to work with the Executive Director, Wayne Noseworthy, on projects consolidating the financial information for the Locals and Special Associations.

My teaching responsibilities at NSCC included accounting and accounting software packages, so I am very familiar with the programs in use by the RTO.

My professional memberships include the Certified General Accountants Association of Nova Scotia.

Branch

Updates

CUMBERLAND BRANCH - On February 21, 2013, the NSTU Cumberland Local invited the RTO Branch to a social meeting at the Wandlyn Hotel in Amherst. An enjoyable casual evening was held. Local political candidates and School Board members were present.

RTO members brought a new banner from the provincial RTO. Pictures were taken by Chriss Weeks, a teacher from River Hebert High School.



Pictured above (l-r): Gail Walsh, Vice-President RTO; Hope LeMoine, President of the Cumberland NSTU Local; Esther Boyd, President of the Cumberland RTO Branch; Peter Lewis, Past-President and present Member-At-Large at Large RTO. Here Esther Boyd is thanking Hope LeMoine for the NSTU Local support and kind invitation.

HALIFAX CITY BRANCH - The Halifax City RTO Branch will hold an executive nomination meeting on April 15 at 10:30 a.m., at the NSTU Building on Joseph Howe Drive. The sole purpose of this meeting is to provide an opportunity for members to offer their names for vacant executive positions: President, Vice-President, and Secretary, to constitute a new executive.

If two members offer for the same position, a run-off election will be held in May. If you are unable to attend this meeting, but are interested in serving on the executive, you may forward your name to: anorton@ns.sympatico.ca, or phone Ann-Noreen Norton at 902-423-5663.

Other executive positions will become available in the near future. Members can forward their names for these as well. New retirees are encouraged to become involved. This is not a dinner meeting. Suggestions on ways to increase member participation are also welcome.

NEW WATERFORD BRANCH - One of New Waterford's traditions honours deceased RTO members. A banner is displayed at the funerals of members of the New Waterford Branch of the RTO. The banner has been in use for over 20 years. Committee member, Jean MacDonald, is responsible for storage and display. An honour guard of RTO members attends the funerals, bearing the banner as a tribute to the member who has passed away.



(continued on page 13)

Branch

Updates

PICTOU BRANCH - The Pictou Branch RTO is pleased with the recognition being offered to retired teachers in the Pictou area.

The Municipality of Pictou County is honouring school teachers who taught in one-to-three-room schools in rural Pictou County prior to amalgamation in 1974. They have invited those retired teachers to a reception and a plaque unveiling to be held on Monday, May 6, 2013 at the Municipal Administration Building, Pictou, at 6:00 p.m. in advance of the regular monthly Council Meeting. Light refreshments will follow. Please RSVP to Jane Johnson at 902-485-4311 or email her at jane.johnson@munpict.ca

Heather Facey, our Communications Executive member for Pictou Branch, will email our members with this information.

SYDNEY & AREA BRANCH - Sydney and Area RTO Branch wishes everybody a happy and joyous spring. The winter months have been busy for most members who are interested in many different activities. Members are enjoying the splendor of the slopes in Ben Eoin, Cape Breton, socializing over lunch after a wonderful day of skiing. Some members are involved in indoor activities



All retired teachers enjoying the beautiful hills at Ski Ben Eoin, Cape Breton. (l-r) Frank MacKenzie, Mike Lachowicz, Rose MacDonald, Bernadette Hollohan, Laurie Murchison, Norma MacDonald, Don Sheehy, and Dennis Hollohan.

rto.nstu.ca



Pictured (l-r): Alton MacLeod, Ron MacLean, Bernadette Hollohan, and Dave Lionais.

such as the walking and weight programs offered at Cape Breton University dome. Three days a week, the program provides the opportunity to keep healthy and fit, while meeting other RTO members.

Those who are inclined meet every Tuesday for a Western Dance class. Some members, including Joe and Patsy Ryba, attend "Pegoria", a Polish dance group. Everybody dresses in full costume and meets every Sunday at the Polish Village in Whitney Pier for food, laughter and, of course, dancing.

Musical talents never fall short with RTO members. Bruce MacKinley displayed his musical talents by playing in the orchestra directed by Barb Stetter, providing the music for the Broadway play *Anything Goes*. This performance was held at CBU Playhouse.

Many of our retirees 'flew the coop' and became Snowbirds, heading south to continue their golf swings, or just to enjoy the warm waters of South Carolina and Florida. Can't blame them!

As teachers, we are a nurturing group, and many RTO members continue to exhibit this trait by volunteering at the Cape Breton Regional Hospital in the Palliative Care Program. Others visit our sick and shut-in seniors with the 'Meals on Wheels' community-based program. Volunteering is essential to any community, and our members certainly live up to it.

(continued on page 14)

Branch

Updates

It is important that RTO members enjoy a healthy, happy, and fit lifestyle. Whether it is hitting the slopes, getting fit, expressing musical talent, or volunteering, Sydney and Area teachers are doing what it takes to enjoy their retirement.

The Executive is in the process of making plans for a Spring Breakfast. Members will be notified if the event takes place. Plans are also underway for the Annual Steak and Lobster Dinner to take place in June. Regards to all of you and enjoy!



YARMOUTH/ARGYLE BRANCH - Among the many Yarmouth/Argyle RTO volunteers for the Provincial Special Olympics Winter Games in Yarmouth were (standing) Wendy Woodworth, Sharon Sullivan, Eleanor Sanford, Philip Doucet, Joanne Leblanc, Liz Ainsworth and Eileen Coady, shown with some members and coaches of the Shelburne team at an early morning breakfast.



[continued from page 7]

Because of this, there are students with many different needs who remain undiagnosed, making it that much harder to determine the appropriate programming. In all, we saw only four students with ASD in the primary schools, which was surprising to us. (We did not get to tour the one high school, so I cannot comment on that population.) We did meet kids with some learning disabilities and a few with some moderate behavioural difficulties, but, overall, the students with "special needs" on this island could not compare to the severity and numbers that we work with in Nova Scotian schools.

The teachers we met and worked with were dedicated and caring. Most were well educated, some with Master's Degrees (all from universities in the US or Britain). We

were anxious that the teachers might be suspicious of the "special education experts from Nova Scotia" as we were referred to in the local paper. But we were greeted warmly and listened to intently. Although no one asked questions during the presentations, (we had encouraged this, but later learned that they think that doing so would be disrespectful), they were full of questions when we worked with them in their classrooms. They were eager to try all the new strategies we had introduced them to in the workshops. We got the impression that they were thirsty for different approaches and ideas and were grateful for anything we suggested. By the end of the two weeks, both Yvonne and I had seen multiple demonstrations of teachers using the new strategies. Many had set up individual work

stations and visual supports for their students.

It was sad to leave. As tired as we were from long days (8:00-4:30) in the 95 degree weather with no air conditioning in the schools, we knew we had made a small difference and had helped teachers and their students. They had a lovely send-off for us on the last day, and when we hugged goodbye, it was with genuine tears that we knew we were leaving new-found friends. We promised that we would return, and it is a promise I intend to keep. Anguilla is spectacular, with warm, friendly people, a laid-back vibe, and beautiful kids! And, oh yes, there are 33 white sandy beaches (two of which have been voted the best beaches in the world) with virtually no one on them, and the turquoise water is around 88 degrees! A perfect destination for retired teachers.

Visit the RTO website at <http://rto.nstu.ca>
for Deals & Discounts for RTO Members and other Info & Events!

Department of Seniors Meeting with the Group of IX

1. Road Safety Action Plan
 - Krise Jones, Road Safety Advisory Coordinator and Christine Eison, Senior Policy Advisor Nova Scotia Department of Transportation and Infrastructure
 - Discussion on 4 E's (education, enforcement, engineering and engagement)
 - Road accidents cost province \$475 million last year with 83 deaths
 - Working on Road Safety Action Plan with the following priorities:
 - Driving impaired
 - Driver distraction
 - Driver speed
 - Youth
 - Active transportation
 - Driver fitness
 - Discussion on crosswalk safety due to people talking on cell phones and texting
 - Discussion on bicycle safety / road safety
2. Community Transit Nova Scotia – Kathryn Gamache, Chair Community Transit Nova Scotia
 - A provincial non-profit organization supporting the growth and development of transit services in communities across Nova Scotia
 - Belief that an individual's access to transportation is an essential connection to daily living, community development and quality of life
 - Priorities of organization:
 - Provincial vision and strategic plan for comprehensive community transit support and expansion in Nova Scotia
 - An analysis of provincial government spending on client transportation
 - A re-examination of the current policy governing the Federal Gas Tax funding directed to municipalities
 - A Community Transit Secretariat
 - Need for a four-way partnership between the province of Nova Scotia, the municipalities, the government of Canada and community citizens (transit service providers, users, funders and supporters)
 - No fewer than 50 government departments, agencies, inter-departmental committees and strategies are involved with community transit in Nova Scotia
3. Considerable discussion took place on revising and updating the Group of IX Structure and Operating Procedures
4. Group of IX election of officers for next 2 years:
 - Chair – Bill VanGorder
 - Vice-Chair – Stan Surette
 - Treasurer – Leonard LeFort
5. Roundtable updates:
 - Restoration of CAP funding
 - Retrofitting homes for seniors
 - Oral health care
 - Lack of funding for long-term care
 - Silver Economy Summit 2013
 - Draft Group of IX newsletter
 - Dalhousie student nurses clinical May 13 – June 2, 2013 in rural communities
 - Positive comments about RTO Personal Inventory

—Bill Berryman, Vice-President RTO

Memories of Orff

Carl Orff Canada will celebrate its 40th anniversary in 2014. In recognition of this event, the Nova Scotia Chapter is looking for photos, stories, reflections, newsletters, news clippings, significant dates, names of presidents/executive or lists of members from the past (including the Maritime Chapter). If you or someone you know has "any" data or thoughts to share please respond to Charlotte Myers at: myersc1@staff.ednet.ns.ca or send to P.O. Box 2123 Fall River, NS B2T 1K6.



RTO Annual General Meeting *2013 Resolutions*

A. Changes to RTO Constitution (Executive)

1. NEW 5A iii

Service by an RTO Executive member as a result of a by-election shall not be applied to the term of office when the same member is elected through a regular election.

2. NEW 5B ii

Terms of office after 2008/2009

All elections will be for a two (2) year term ~~the exemption being the Pension Representative who is elected for a term specified by the Terms of Reference of the NSTU Pension Committee.~~ No one shall hold the same position for more than two (2) consecutive terms, except under exceptional circumstances.

B. Changes to RTO Operational Procedures (Executive)

1. NEW 4B xi

Notwithstanding 4B x, following an AGM, members of the Nominating Committee shall be eligible to be appointed to any of the following positions:

- a. Chair of a Standing Committee
- b. Secretary
- c. Member of the Finance Committee

Renumber

C. Other (Executive)

Be it resolved:

That the Retired Teachers Organization through its Resolutions Committee develop policies that:

- i) Provide a form for the submission of resolutions to the AGM. This form will be published in the fall issue of *The Retired Teacher* with a deadline for submission of December 15th.
- ii) Provide a review of resolutions submitted to the Resolutions Committee prior to the February meeting of Branch Presidents.
- iii) Provide for the publication of resolutions in the spring edition of *The Retired Teacher*.

D. Other (Richmond Branch)

1. Be it resolved:

That the RTO Executive make representation to the NSTU Insurance Trustees to have the cost for the Shingles Vaccine covered under the NSTU Insurance Plan.

2. Be it resolved:

That the representatives of the RTO on the Group of Nine seek to have the cost of the Shingles Vaccine covered for all seniors.

E. Other (Lunenburg Branch)

1. Be it resolved:

That the RTO review its budgetary process and budget priorities so as to make more money available to the Local Branches.

RTO Dinner & Annual General Meeting

May 22 & 23, 2013

The **RTO AGM Dinner** will be held at the Brightwood Golf & Country Club, School St., Dartmouth on Wednesday, May 22, 2013 at 7 p.m. Buses will be available for transportation from the Delta Halifax Hotel at 6:30 p.m. to Brightwood and back at 9 p.m.

The Annual General Meeting will be held at the NSTU Building on Thursday, May 23, 2013 at 9 a.m.

Accommodations: A block (RTO) of rooms has been reserved at the Delta Halifax Hotel for delegates requiring accommodations. The room rate is \$86 + tax. Please call the hotel directly (902-474-5150) prior to **April 30, 2013** to make reservations and to book your room under the block. **You will need to show your RTO card at the hotel reception desk.** There is no direct billing, so all rooms must be paid for prior to checking out. Those who are eligible will be reimbursed after filling out an expense form. If needed, late checkouts will be accommodated upon request for Thursday, May 23, 2013.

Registration: Please complete the registration form below or copy from the RTO website, rto.nstu.ca, if you plan to attend the RTO AGM Dinner and/or the RTO Annual General Meeting.

2013 RTO REGISTRATION FORM

Name _____

Surname

First name

Address _____

Postal Code _____

RTO Branch _____

RTO DINNER

_____ Yes, I will be attending the AGM Dinner at Brightwood Golf and Country Club on Wednesday, May 22, 2013 at 7 p.m.

Guest(s) name (if any) _____

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

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

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

RTO ANNUAL GENERAL MEETING

_____ Yes, I will be attending the AGM Business Meeting at the NSTU Building on May 23 at 9 a.m. A registration desk will be set up at 8 a.m. to distribute voting cards. Please bring along the AGM materials that will be mailed to you.

Registration form and Dinner payment(s) must be received prior to May 12th.

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

Living Well

AFTER RETIREMENT

Nordic Pole Walking: Active Living for the Whole Family

by James Boyer

Nationally Certified Nordic Pole Walking Instructor

What is Nordic Pole Walking? It is not some kind of circus balancing act, but rather a pleasant and effective form of exercise. In fact, Nordic Pole Walking is the most effective, total-body, wellness sport. You don't have to be an athlete to be successful with Nordic Pole Walking. All ages and ability levels easily grasp the technique. If you can walk, you can participate in Nordic Pole Walking. It is more effective than regular



walking. It is a low-impact physical. The difference is that Nordic Pole Walking provides a total body workout. You can walk with the certainty that you are burning calories as never before, as you strengthen all body muscles with one exercise.

Nordic Pole Walking, or NPW, is not new to the Canadian market, but the idea of using poles for exercise seems superfluous to some until they understand that the poles increase the benefits and results of their ordinary, everyday walking regime. Millions of Europeans engage in NPW for health, fitness, and social enjoyment. Statistics around the globe show that NPW is one of the fastest spreading outdoor activities. Clinical studies have proven that NPW delivers therapeutic benefits for various health issues and chronic diseases. NPW burns 25-46% more calories than regular walking because 90% of body muscle is used. NPW has been proven to lower insulin levels and blood pressure, and has less impact on knee and hip joints. For people with Type 2 Diabetes, NPW can improve diabetes metabolism and reduce medication within three months.

Why do kids need NPW? With an inactive lifestyle of epidemic proportions, the next generation will not be as healthy as previous generations. NPW can be an effective response to inactive children. As a retired educator, I was impressed by the way kids took to the introduction of NPW at Atlantic View Elementary from instructors Bill VanGorder and Principal Jim King. Administration and parents from Atlantic View are to be congratulated for their forward thinking and innovation. They

have set a great example for our young families, that active living is a lifelong goal for all ages.

Background regarding the sport of Nordic Walking:

NPW began about twenty years ago in Finland, to help train cross-country skiers during the summer months. Cross-country ski athletes have the best balance of physical results of all sports athletes, but we can achieve the same benefits without being athletes. Although that may sound daunting to the average person, I assure you that anyone can do it. Why leave these positive effects to a few athletes when everyone can accomplish the same results - everywhere and anytime, indoors or outdoors, without skis or snow? Currently, NPW is an element of the Physical Education programs in Germany and some parts of Ontario. It was brought to Canada by Dr. Klaus Schwanbeck, a former Decathlon athlete and Olympic Track and Field coach. He offers twenty-five years of experience in the field of healthy sports activity in which anyone can participate.

Since 2003, health insurance companies in Germany have subsidized the costs for NPW. Why would they subsidize the costs? Dr. Schwanbeck writes in his book, *The Ultimate Nordic Pole Walking Book*, "Low impact exercising is your best health insurance. Most sports activities such as bicycle riding, walking, or jogging work only 'half the body'. When using the Nordic Poles, you improve your cardiovascular system at the same time."

Most importantly, in our hectic lives, it has been proven that NPW can reduce high blood pressure drastically (by 18mmHg) within 8 weeks, increase production of "positive" hormones, and support stress management and mental disorders.

For those of us who spend too long hunched over a computer, NPW eliminates back, shoulder, and neck pain; and develops upright body posture, with less impact on hip, knee and foot joints.

Information on workshops for teachers, parents, or students is available from James Boyer at edusports12@gmail.com. For further information you may contact Dr. Klaus Schwanbeck at www.Nordixx.com.

NPW is supported by health promoters such as the Diabetes Association, Osteoporosis Canada, Retired Teachers of Canada, and major hospitals, including Sunnybrook Hospital in Toronto.

Dr. Klaus Schwanbeck

The Ultimate Nordic Pole Walking Book

Maidenhead: Meyer & Meyer Sport (UK) Ltd. 2009

ISBN 978-1-84126-355-7

2013 RTO Golf Tournament

will be held at

BERWICK HEIGHTS GOLF CLUB

Wednesday, September 18, 2013

{hosted by Kings RTO Branch}

Fee: \$70 per person (meal included). Please note that carts are limited and must be booked through Berwick Heights Golf Club (902-847-9000).

Check with Berwick Heights for special rates the previous day, or Wednesday morning.

There will be a shotgun start at 1:00 pm.

Please register early as places are limited and NO LATER than Friday, August 23.

A complete registration must include index or handicap and full fee.

Format is two-person scramble.

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

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

Special rates for RTO Members are available at the Old Orchard Inn and Spa upon request:

Single @ \$106, Double @ \$116, Triple @ \$126, and Quad @ \$136 (+ hst)

Tel: 1-800-561-8090 - or oldorchardinn.com

COME AND ENJOY ONE OF NOVA SCOTIA'S MOST ENJOYABLE COURSES.

NAME _____

Index _____ Handicap _____

Address _____

_____ Phone No. _____

Email _____

Member (if applicable) _____ Golf Club _____

PARTNER _____

Index _____ Handicap _____

Address _____

_____ Phone No. _____

Email _____

Member (if applicable) _____ Golf Club _____

Please note: If you wish to play and do not have a partner, the organizing Committee will pair you if you wish. YES _____ NO _____

Overall Index differential for each team cannot be greater than six (6)
Current Index cards should be available on the day

**Please submit registration form & cheque (payable to: KINGS RTO) to:
John Rainforth, 15 Marsters Ave., Berwick, NS B0P 1E0 [902-538-9530]**



Date of application: _____

Inaugural Nova Scotia Retired Teachers CURLING SPIEL

Schooner Curling Club — February 22-23, 2013

Organizing chairperson, John Donovan, President of the New Waterford Branch of the RTO and Provincial RTO Executive Member, stated that the inaugural RTO Spiel was enjoyed by all, and thanked the members of the Schooner Curling Club for their generous support of the event. Not pictured, but playing in the Spiel, were Norm Connors, member of the organizing committee of the first annual RTO Golf Tournament, and Bud MacLean, who will soon celebrate his 92nd birthday.



Winners of the inaugural RTO Curling Spiel, the Sid the Kid team, included Debbie Murray, Sid Murray, Marie MacDonald, and Joe MacDonald.



Jim Kavanaugh, RTO President and Board member of the sponsor, Teachers Plus Credit Union, prepares to deliver the first stone in the inaugural RTO Curling Spiel. Jim is assisted by retired teachers Dan MacDonald, Joe MacDonald, George Landry and Judith Gillis.



Retired teachers, Lorne MacDougall and John Donovan discuss the mission statement of the RTO during a break in the action at the Schooner Curling Club. The banner pictured is available to any Branch on a loan basis.



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