

The Retired Teacher

Nova Scotia Teachers Union

Volume 38, Number 6, February 2007



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

The opinions expressed in stories or articles do not necessarily reflect the opinions or policy of the Retired Teachers Organization or the Nova Scotia Teachers Union, its professional staff or elected provincial representatives.

We assume no responsibility for the loss or damage of any unsolicited photographs or articles.

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



**A magazine for the
retired teachers of
Nova Scotia**

A MEMBER OF ACER/CART

PAYING MEMBERSHIP FEES

Although the preferred method of paying RTO membership fees is through the monthly deduction of \$2.00 through Johnson Inc., should you or any others not currently a member of RTO wish to join the RTO, you can do so by sending an annual membership fee of \$24.00, payable to the Retired Teachers' Organization, to RTO, 3106 Joseph Howe Drive, Halifax, NS, B3L 4L7.

Excellent Response to Benefits Questionnaire

At the end of November and the beginning of December, the RTO Pension and Benefits Committee mailed out 5,100 benefit questionnaires to RTO members. The response from members was excellent with 1,874 members completing and returning questionnaires to the committee.

The data entry from submitted questionnaires was completed by mid January and the data was then forwarded to Johnson Inc personnel in Newfoundland, who had offered to collate and analyze the responses for the RTO.

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RETIRED TEACHERS ORGANIZATION



RTO Executive 2006-2007

President:	Thomas J. Gaskell	736-1267
Past-President:	Phil R. Hughes	863-6185
Vice-President:	P. Earl Muise	648-2200
Treasurer:	Walter R. Farmer.....	883-7343
Secretary:	Phyllis Côté.....	625-2306
Member-at-Large:	Jack Boyd	667-8341
Member-at-Large:	John Jordan.....	875-2650
Member-at-Large:	Shirley Marchand	435-7162
Member-at-Large:	Jim Prince.....	736-6998
Pension Com. Rep.:	Jim Kavanaugh.....	862-3833
NSTU RTO Liaison:	Bill Redden.....	477-5621
		1-800-565-6788 (Toll-free)

RTO Local Presidents

Annapolis	S. Albert Johnson.....	902-825-3062
Antigonish	Bill Timmons	902-863-5269
Clare	Lloyd LeBlanc	902-769-2190
Colchester-East Hants	Jon Davison	902-893-3890
CPX	Mary Hammond	902-852-3146
Cumberland	Hollis McCarthy	902-667-2430
Dartmouth	Jo-Ann Hartling	902-462-3450
Glace Bay & Area	Fabian MacNeil	902-849-7431
Halifax Regional	Theresa Zukauskas ...	902-423-2400
Inverness	Emile Chiasson	902-224-2348
Kings	Bill Wagstaff.....	902-678-5776
Lunenburg	Bill Whalen	902-543-2265
New Waterford	Karl Hicks.....	902-849-9480
Northside-Victoria	John Currie	902-564-9138
Pictou	Gary Burley	902-893-7682
Queens	Shirley Melanson	902-354-4694
Richmond	George J. Landry.....	902-535-3248
Shelburne	Margaret A. Dawe	902-656-3276
Sydney & Area	Peter Mombourquette ...	902-564-9706
West Hants	Elizabeth Ferguson	902-757-3005
Yarmouth/Argyle	Norbert LeBlanc.....	902-742-7973

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The next meeting of the Pension and Benefits Committee is on Feb 12/07 and the committee is hoping to have the data collation and analysis for review at that time. Following this, the next gathering of the Pension and Benefits Committee is in April. The committee is planning to present the survey findings to the RTO Executive and Branch Presidents who will, also, be meeting in Halifax at that time. Once a year, the RTO meets with the NSTU Insurance Trustees to discuss benefit related issues. This year's meeting will also be held at the same time in April in order to apprise the Trustees of the survey findings. All RTO members will receive the survey results through a report to be included in the April issue of « The Retired Teacher ».

A sincere thank you is extended to all those who took the time to complete and return the questionnaire. Thanks are also extended to the NSTU and Johnson Inc. for their great assistance with this project.

THE ALZHEIMER SOCIETY OF NOVA SCOTIA VOLUNTEER OPPORTUNITIES

The Alzheimer Society of Nova Scotia has volunteer opportunities for Info Line support at our main office in Halifax, an on-going need for office support such as data entry and information kit stuffing and a need in rural areas for people to lead support groups in the areas where none currently exist. Alzheimer Disease and related dementias presently affect over 14,000 Nova Scotians. If you think you can help us out, please call the ASNS at 902-422-7961 (Metro Halifax) or toll-free at 1-800-611-6345. Check out our website at www.alzheimer.ns.ca.

FROM the PRESIDENT of RTO



Today is the 20th day of January. As I write this, I have just finished the agenda and compilation of information that will go to the Branch Presidents prior to our February meeting. There are issues dealing with membership, necessary notices of motion dealing with our structure, elections of members-at-large, terms of office, and others, preparing us to meet our mission of "advancing, promoting and protecting the welfare of our members."

Our membership continues to grow and our immediate goal of 6000 is within our grasp. Our questionnaire was sent out, and the overwhelming response is proof positive of an active and interested member-

ship. The meetings I attended, be it Oxford, Antigonish or elsewhere, were all positive experiences. With these things in mind, I want to ask your continued support and efforts as we continue to grow.

As evidenced at many of the Branch meetings, many retirees thought they were members, but immediately upon learning they were not members of the Provincial body, asked for registration forms. Many of you took forms for friends, neighbours and so on to ensure they had the opportunity to join. Retired teachers want to belong, realizing full well there is strength in numbers. I now ask you to clip the form in our newsletter and make it available to a neighbour, friend or colleague who does not get our Newsletter. They will thank you, just as we do. Please ask them to remember to state the Branch to which they wish to belong, and if they aren't sure, please provide the name of the member-at-large for your area. While you can only officially belong to one Branch, where you live, where you taught, etc. are factors you may wish to consider when joining...you are not limited.

While I have mentioned the tremendous cooperation we have received from the NSTU and their Executive, I would be remiss if I did not pay a special thanks to our liaison officer over the past number of years – Mr. Earle Tubrett. While perhaps appearing a bit gruff, and sometimes a little short with us, he has been an excellent liaison and much of the credit for our growth and restructuring are due to Mr. Tubrett. He has witnessed our birth and developing years and his contribution has been well noted. I, on behalf of the Executive and retirees generally, wish him the very best.

At the same time, we thank President Donnelly and Executive Director Noseworthy for their continued help and guidance, as well as, their appointment of Mr. Bill Redden as our new liaison person. We look forward to working with him, realizing that working together, our mission becomes possible.

Until next time, may good health be your greatest blessing, and please remember with a prayer those who are less fortunate.

—Tom Gaskell

NSTU BOWLING TOURNAMENT

WHEN: April 14 & 15, 2007
WHERE: Bayers Road Bowlarama, Halifax
TEAMS: minimum of 5 players - maximum of 8
CONTACT: Wayne Bennett
902-422-8338 or
wayvone@eastlink.ca

Individual inquiries are welcomed.



Seniors Input Welcomed

The RTO is a member of the Group of IX Seniors Organizations that represent over 100,000 Nova Scotia seniors. At present there are eight members of the Group of IX: The RTO, Canadian Association of the 50+, Federal Superannuates, Federation of Senior Citizens and Pensioners of NS, Gerontology Association, NS Government Retired Employees Association, Royal Canadian Legion and Regroupement des aînés et aînées de la Nouvelle-Écosse. Their purpose is to act as an advocate for senior Nova Scotians by strengthening the voice and presence of seniors in government decision making through their role as an advisory body to the Nova Scotia Senior Citizens' Secretariat. The Group of IX annually makes recommendations to the Minister of Health regarding the NS Senior Pharmacare Program and will consider any topic or area that affects the well being and quality of life of seniors of Nova Scotia. Through the Group of IX, the RTO has a direct line to seven Provincial Ministers and can direct their concerns in this way. At present the Secretary of the Group of IX is RTO President Tom Gaskell and the Chairman of the Group is RTO past president Phil Hughes. If any member of the RTO has concerns re Senior issues, please do not hesitate to contact Tom or Phil to have these concerns brought to the Group of IX.

Plan Ahead

The Annual General Meeting of the Retired Teachers Organization will be held on Wednesday, May 30, 2007. The location of the meeting and dinner will be the Holiday Inn Harbourside, Dartmouth.

The AGM business meeting, open to RTO members, will be held from 9:30 a.m. to 12:30 p.m. The business meeting will be preceded by a financial package question and answer session from 9:00 a.m. to 9:30 a.m.

The AGM dinner, open to RTO members and guests, will begin at 1:00 p.m. and will cost \$25.00 each.

A registration form and complete information will appear in the April edition of *The Retired Teacher*.

Report Regarding Lawsuit by Phyllis Coté

- Notice of intended action was filed on November 8, 2006 (60 day advance)
- January 11, 2007; Statement of Claim filed – official start of suit
- Pink/Breen/Larkin retained by Teachers' Pension Plan Trustee Inc. (they have consented to the appointment of the four as representatives of the class action)
- Province represented by a lawyer from the NS Dept. of Justice
- Province has a time limit to respond (file a defence)

An observation made was: "Why didn't the four initiate an action before the Pension Appeal Commission?"

(The RTO is closely monitoring this class action as it moves forward in the courts. It will respond to the decision if and when the decision affects the interests of Nova Scotia retired teachers. Tom Gaskell – RTO President).

CBC Radio wants YOU!

We are compiling a list of retired teachers who are able and willing to speak up about education issues. Class size, curriculum, testing, special needs, discipline, phys ed... you name it, we want to hear about it. Please e-mail infomorning@halifax.cbc.ca.

Single Women Travel

When I look around me while my wife and I are traveling, I generally see fellow traveling couples as husband and wife. This passenger configuration is also emphasized by the fact that most trips or tours are based on “double occupancy”. A growing number of single travelers feel that they are being left out in the cold and they too want to experience the world and its wonders. One area in particular that has been neglected by the travel industry is **single women travel**. The term single women is defined as those women who want or need to travel by themselves either because they have no partner or their partner is unwilling or unable to travel.

Women are traditionally caregivers, regularly placing the needs of everyone else in their lives ahead of their own. It is important that women take the time to nurture themselves and travel is one of the best ways to do just that.

Sometimes the notion of traveling alone is a bit intimidating for women. North American women in particular who visit foreign countries in Europe and Africa face challenges that men don't face. Women also have special interests and points of view that often differ from men and a general tour offered by many travel suppliers is not what many women travelers want to experience. Traveling in the company of other women whether they are strangers, best friends, college classmates, daughter/mother, two sisters or whatever the combination is usually an added plus.

There are few travel suppliers that cater to such a narrow niche as single women travel but there are a few. Most of these companies are owned, organized and run by women who know best what women want. The suppliers offer a variety of itineraries from sight-seeing trips in New York to culinary expeditions in Tuscany to cultural experiences in Rome, London or Paris. Other itineraries feature hikes through gorgeous countryside and walking tours inside destination cities, with experiences at spas, lectures on special topics, in-home visits with local women to learn first-hand about their lives and culture as well as a variety of off-the-beaten-track activities and adventures. The groups are usually small with twenty or fewer people and are led by a knowledgeable guide who often meets up with a pre-arranged local guide.

Most rooms in Europe are based on the cost of two people per room or double occupancy. If one person stays in a room the cost is usually up to twice as expensive per person. If one is planning to travel alone they can opt to share a room with a compatible companion, thereby saving the single supplement cost.

Don't let the fact that you are female, unable to travel with your husband and a single traveler stop you from enjoying a wonderful trip to a destination that you have dreamed about.

Danny Almon, a retired teacher, operates his own travel agency.



www.almontravel.ca
danny@almontravel.ca

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If the Shoe Fits....

Did you know that there are 26 bones, 56 ligaments and 38 muscles in each foot? Indeed it is a complex body part. By the time you reach 35 your feet have already carried you about 45,000 miles. It is small wonder that so many people suffer from aching feet at one time or another. There is so much that can go wrong. Listed below are a few common deformities:

Bunions – One of the most common problems of the big toe, a bunion is simply excess or misaligned bone.

Calluses – Symptoms of an underlying problem like a bony deformity, a particular style of walking or inappropriate footwear.

Flat Feet – Infant is born with feet pointing inward often referred to as fallen arches.

Gout – The result of an imbalance of uric acid in the body, resulting in pain in the great toe.

Hammer Toes – Caused by little toes that curl under, caused by a buckling of the joints.

Heel Spurs – A projection or growth on the calcaneus bone.

Neuropathy – Nerve damage

Osteoarthritis – Degenerative joint disease or “wear and tear” arthritis.

Plantar Fasciitis – an inflammation due to repeated over stretching of the plantar fascia ligament or flat pad of the foot.

Thickened Nails – Can be caused by pressure from footwear, fungal infections and conditions including diabetes and psoriasis.

What is pronation?

Pronation refers to the inward roll of the foot during normal motion and occurs as the outer edge of the heel strikes the ground and the foot rolls inward and flattens out. A moderate amount of pronation is required for the foot to function properly however damage and injury can occur during excessive pronation.

What is Supination?

Supination is the opposite of pronation and refers to the outward roll of the foot during normal motion. Excessive supination places a large strain on the muscles and tendons that stabilize the ankle, and can lead to the ankle rolling completely over, resulting in an ankle sprain or total ligament rupture.



Excessive pronation and supination can cause a number of ailments that affect the foot, ankle, knees, hips and back. Some of the more common symptoms are: arch pain, heel pain, flatfeet, corns and calluses, ankle sprains, shin splints, Achilles tendonitis, knee pain, hip pain, back pain.

Prevention and Treatment

Pronation and supination are bio-mechanical problems and are best treated and prevented with orthopedic inserts or orthopedic footwear.

Don't wear shoes with worn out soles or heels no matter how comfortable they feel. Try to alternate your footwear throughout the day.

Treats for the feet after a long day at work:

- Elevate your feet at a 45 degree angle to your body and relax for twenty minutes.
- Soak your feet in warm water containing 1 to 2 tablespoons of Epsom salts. Rinse with clear cool water, pat your feet dry and massage in a moisturizing cream. (Peppermint)

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- Sit on the side of your bathtub and hold your feet under the running water for several minutes (alternate 1 minute of comfortably hot water with one minute of cold) Contrasting baths will invigorate your whole system. But as always if you have diabetes or impaired circulation don't expose your feet to extremes in temperature.

Those overworked and often neglected ligaments and muscles respond well to foot Reflexology, a deep massage or a good Pedicure.

If you really want to have an impact and produce a lasting effect ask your therapist to use some good deep pressure.

Choosing the Right Foot Wear

1. Always fit your bigger foot. Have both feet measured, feet are three dimensional. The length of your foot is only one part of a proper fitting, measure your feet for width and depth to get a better fit.
2. Choose a shoe that suits your foot to best prevent injury and pain.
3. Your feet will swell during the normal course of a day so make your purchase later in the day to insure a proper fit.
4. Always wear the socks that you will be using with your new shoes.
5. Never purchase tight fitting shoes in the hope that they will stretch or wear in over time.

DEALS & DISCOUNTS

Updates can be found on the
Members-Only side of the
NSTU website at
www.nstu.ca

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By Appointment: (902) 539-0008

TEACH SUMMER SCHOOL OVERSEAS

Four positions are available for volunteer English Language Teachers/Communication Skills Trainers to work with the Peer Health Education Program in The Gambia for the period July 18 to August 25, 2007. Selected teachers will contribute \$4500 (personally or through sponsors) toward expenses. Candidates will possess good health, flexibility, creativity, as well as enthusiastic teaching and communication skills. Applications from current Nova Scotia teachers and retirees are welcome.

Please make contact at:
Nova Scotia-Gambia Association
1574 Argyle Street, Suite 17, Halifax, NS B3J 2B3
info@novascotiagambia.ca
www.novascotiagambia.ca

Only successful candidates will be contacted.
Deadline: March 30, 2007

NGO VOLUNTEERS

Teachers! Volunteer your skills in under-served countries!

There are many requests for teachers to teach math, reading and teaching methods in under-served countries. NGOabroad is a unique service that matches professionals' skills to international needs.

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NGOabroad is a unique service that matches professionals' skills to international needs and custom fits where you teach to your international experience, language and with what you are comfortable. NGOabroad was designed as a frugal way to harness skills critically needed in other countries.

Read the website <http://www.ngoabroad.com/>. If interested, e-mail to info@NGOabroad.com 1) what you seek and what you can contribute, 2) copy and paste your resume into the e-mail (Do not attach.) 3) state your skill set in the subject line.

Your participation can be a rewarding experience for you and others.

USEFUL PHONE NUMBERS

RTO President.....	736-1267
NSTU Switchboard	477-5621
or.....	1-800-565-6788
RTO Liaison.....	Bill Redden
Secretary.....	Linda Kline
Pension	Joan Ling
E-mail	centraloffice@nstu.ca
or.....	profassoc@nstu.ca
NSTU website.....	www.nstu.ca
Nova Scotia Pension Agency	424-5070
or.....	1-800-774-5070
Johnson Inc.	1-800-453-9543
or.....	Halifax 453-9543
or.....	Sydney 562-2645
Atlantic Blue Cross Care - a division of Medavie	496-6624
MSI Health Card	468-9700
Teachers Plus Credit Union	477-5664
or.....	1-800-565-3103

RETIRED TEACHERS ORGANIZATION ADS PLACED IN THE RETIRED TEACHER

Ads will be accepted at the discretion of the Editors and the Executive.

Prices:	1/8 page	\$40.00	Short Want Ads or
	1/4 page	\$80.00	For Sale/Rent ads:
	1/2 page	\$125.00	\$5.00 for 20 words
	1 page	\$200.00	and 15 cents for each additional word.



Please include payment with ad submission and mail to: Retired Teachers Organization, Treasurer of RTO, 3106 Joseph Howe Drive, Halifax, NS B3L 4L7

Executive Meeting Highlights *October 2006*

- Discussed how to start new RTO Branches where none exist at present.
- Received president's report.
- Established a Membership Committee to study how to increase RTO membership.
- Received Standing Committee Reports.
- Received Pension and Benefits Committee Questionnaire Survey which will be sent to the members with the RTO Newsletter in November.
- Approved the Treasurer's guidelines.
- Discussed Tom Gaskell's suggestion that the RTO consider sending two members of the Executive to the ACER/CART meeting.
- Appointed a member of the Executive, Phyllis Côté, as a liaison between the RTO and the group challenging the CPI-1% lawsuit.

Executive Meeting Highlights *December 2006*

- Held extensive discussion on the long-range plans for the RTO.
- Discussed how to improve the accuracy of the first list of members in the Branches.
- Formed an Ad Hoc Committee to bring recommendations on the Terms of Office for Executive Members of the RTO and to establish an election method for Members-at-Large.
- Discussed implications of the delay in receiving the \$2.00 monthly deduction from RTO members.
- Received Standing Committee reports.
- Explored the possibility of circulating the second RTO Newsletter on the RTO website at www.rto.nstu.ca.
- Appointed the Treasurer to record the minutes of the next two Executive meetings due to another commitment by the Secretary.
- Complete minutes may be viewed at www.rto.nstu.ca



Queen Elizabeth High School

"Last Chance Reunion"
1942 - 2007

July 27 - 29, 2007

You are cordially invited to attend the "Last Chance Reunion" to be held from July 27 through July 29, 2007. The reunion is for all students and staff who attended and/or taught at Nova Scotia's premier High School at any time between 1942 and 2007.

As you know, QEH and St. Pat's are being closed as of June 30, 2007 and replaced by the new Citadel High School. The new facility, which will house both school communities, is being built on the grounds once occupied by the former Vocational/Community College and the paddock of the Junior Bengal Lancers. So this is it! School is really out as of June 30 this year.

The venue for the reunion will be the Halifax Forum on Windsor Street, July 27 and July 28. The cost for retired staff will be \$40.00 per participant and \$80.00 per participant for others.

Come on back! Come back and reconnect with students and staff you worked with during your time at QEH. Come back to reminisce and bid a final fond farewell to "THE HOME OF THE LIONS".

For a list of events and information regarding registration, check the reunion website at <http://www.qeh.ednet.ns.ca/reunion>.

WANTED

Baby Boomers

Retired or Retiring Teachers
WHO WANT TO SUPPLEMENT THEIR PENSION EARNINGS

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- **Broadcasting Live** over the Internet from the comfort of your own home
- **Coaching Adults, Youth or Young Children** self esteem, confidence and communication using an established program with a 10 year track record
 - **Working** part time or full time
- **Owning** and learning to operate your own business to produce some tax savings
- **Being Educated** and willing to invest some time and money in retraining, to guarantee your success
 - **Earn** while you **Learn**
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A great opportunity, while you still have a zest for life!!!
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Please contact us at 1-866-361-6702 to arrange for more
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ATTENTION RETIRED TEACHERS!!

Activate your *free* account today
and explore what the *NEW* www.nstu.ca
has to offer you!!

Retired NSTU members in receipt of a pension (through work in the Nova Scotia public school system, Community College or APSEA) are eligible to receive an NSTU webmail account.

This webmail account gives retired members:

- *A 10 mb webmail account*
- *Access to NSTU Members-Only website, featuring the most recent version of NSTU publications*
- *An opportunity to share years of experience with early career colleagues through the NSTU messageboard system.*

TO ACCESS THIS ACCOUNT AN INTERNET CONNECTION IS NEEDED

CONTACT LIANE DESLAURIERS AT CENTRAL OFFICE: LDESLAURIERS@NSTU.CA

The Retired Teachers' Legacy

The Retired Teachers Legacy Foundation was created:

- to honour the life and work of Nova Scotia teachers
- to assist institutions that provide medical treatment and/or educational training for sick and/or challenged children on a not-for-profit basis.

The Board of Directors (the RTO Executive and one NSTU Director) invests monies which have been donated, presents an annual audited statement, and awards funds. Retired Teachers' Legacy fund application forms can be requested at the address below.

Contribution to the Nova Scotia Retired Teachers Foundation

AMOUNT _____ DATE _____

NAME OF DONOR:

ADDRESS

POSTAL CODE _____

If donation is in memory of a deceased person, please give the name and any details you wish, including address of next of kin, if you wish a card sent.

Please make cheque/money order payable to **The Retired Teachers Foundation** and mail to:
**RTO Treasurer, NSTU,
3106 Joseph Howe Drive,
Halifax, NS
B3L 4L7**