



# Newsletter

Retired Teachers' Association

Vol 32 No 1 • December 2020

## President's Message

*Albert Legge*

*If Plan A doesn't work out, the alphabet has 25 more letters – 204 if you are in Japan. ~ Claire Cook*

Greetings to all RTANL members in reach of this Newsletter. We have entered a new era in which all of the common practices which we accepted as normal have now undergone such a major disruption that we are struggling daily to adjust to a completely new environment that is physically, mentally and socially demanding to the point that we are facing a completely new set of standards as we struggle to cope. The restrictions and limitations imposed upon us as a means to avoid contracting the COVID-19 coronavirus have compelled us to adapt new attitudes and approaches to almost every aspect of life.

We, as members of the Executive of RTANL, have been working very hard to provide for all of our retired teachers some creative approaches to enable all members from across the province improved access, as a means of maintaining a more enhanced communication network. To this end, we have been conducting our meetings virtually via Zoom. We have also been in contact with each other by email and by telephone discussing on a weekly basis new approaches to help carry out our regular business as part of the Association's duty to its members.



For the period of time since the COVID protocols were established in March of this year, we have had to cancel BGM 2020. We have also reverted to virtual meetings and recommended to our Divisions to do the same. We have had to cancel all social engagements and gatherings due to the limits and regulations imposed by the pandemic. In addition, we have tried to come up with a reasonable plan to reschedule and realistically devise an approach and a timeline to reassign the cancelled events in a new format as we navigate the duration of this pandemic. Our October 2020 BGM, which was cancelled, is now scheduled to take place on May 13, 2021 in a completely new format using the online Zoom platform (see further information in Newsletter). All of our Executive meetings and group deliberations have adopted a similar format. Emails and telephone calls between our Executive members are taking place on a regular basis. Our Newsletter, which is our most extensive and comprehensive communication-vehicle is keeping to its schedule. With improvements and greater member access, our website is becoming more of a communication tool than ever. **In that regard, I would implore all members to send your email addresses to the link shown in the Newsletter so that you will be able to receive not only reminders about the Newsletter, but also all other important information bulletins that the executive updates and are posted for members to read.**

We recently received updates from ACER-CART informing us that they have updated their website as well. This affords all members the opportunity to obtain access to all retired teacher member organizations across Canada. The web address is [acer-cart.org](http://acer-cart.org) and on that website there are links to all of the member organizations in the country as well as lots of other member-related information.

Much of the focus by Executive now centers around keeping in touch with our members, advocating on their (your) behalf and keeping everyone informed of all of the issues relevant to all of the membership. We are encouraging

*(cont'd. on page 3)*

## Provincial Executive 2018-20

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## EDITING POLICY

Items accepted for publication reflect the views of the authors and do not necessarily express RTANL policy or imply endorsement by RTANL. We reserve the right to edit material for publication.

## Provincial Executive Standing Committees 2018-20

**Table Officers** President, Vice-President,  
Secretary, Treasurer

**Benefits** ..... Beverley Fisher (Chair)

**Finance** ..... Clayton Rice (Chair)  
Albert Legge, Sharon Penney, Don White

**Liaison** ..... Albert Legge (Chair)  
Sharon Penney

**Newsletter** ..... Don White (Chair)  
Clayton Rice, Albert Legge

**Biennial Award** ..... Sharon Penney (Chair)  
Eric Ayers, Thomas Kendell

## Provincial Executive Ad Hoc Committees 2018-20

**BGM/Reunion:** ..... Beverley Fisher (Chair)  
Geraldine Wall (Reunion), Sharon Penney,  
Eric Ayers, Clayton Rice & Don White  
(Co-Chairs of BGM)

**Political Action (Coalition)** .....  
Sharon Penney (Chair),  
Patricia Parsons (Alternate)

### NLTA Group Insurance Managers

#### RTANL Representative

..... Sharon Penney

**ACER-CART** ..... Albert Legge (Director)  
Sharon Penney (Observer)

**Tales Told by Teachers** .....  
Thomas Kendell

**Provincial Executive Handbook** .....  
Don White, Clayton Rice



ACER-CART website: [www.acer-cart.org](http://www.acer-cart.org)

## ADVERTISING POLICY

We accept ads to be printed in our Newsletter. However, we reserve the right to refuse all ads, or to edit them after consultation with the advertiser. The RTANL does not endorse or promote any product, service, or event presented in paid advertisements or in free public service announcements, unless so specified. Cost of ads will be determined by size and purpose. Please contact: Clayton Rice, 709-782-8914; email: clayton@warp.nfld.net.

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## IMPORTANT NOTICE

The RTANL  
BGM 2020  
has been rescheduled  
to take place  
VIRTUALLY  
on May 13, 2021

## NLTA Website

To receive information that may become available between Newsletters, please go to the NLTA website: [www.nlta.nl.ca](http://www.nlta.nl.ca) and click on RTANL on the QUICK LINKS page. Please share any information with fellow RTANL members who do not have access to the Web. (Once again, we thank the NLTA for letting us avail of this website.)

*(President's Message continued from page 1)*

members to set up the lines of communication by which everyone can achieve continuous access to facilitate two-way communication, to deal with issues that members feel are important. We also encourage inquiries from our members and appropriate feedback to assist us in better serving the Association. So, please send us your emails, ask us questions, and make us aware of issues that matter most to you. Read your Newsletter, tell other members about it and encourage them to become part of the email network, and share the information with members who do not have internet access. For the duration of this pandemic these will be the tools by which we will all keep in touch and informed. Your Executive is always ready to respond.

With the imminent arrival of the Christmas Season and the turning of the calendar to a New Year, I would like to extend to all RTANL members my personal, very best wishes for an enjoyable Christmas, and a Safe, COVID-free, Happy and Prosperous New Year. I want to thank all of the members whom I have met in person, and all those within reach of this Newsletter, for all of the support, cooperation and respect you have shown to me personally, and to all the Executive members, as we conduct the business of your Association. Our wish is to continue doing our utmost for the betterment of RTANL and to safely navigate our way through the challenging months ahead. We remain optimistic and sincerely hope that 2021 does not become a sequel of 2020. All the best in 2021, Stay Safe, Stay Well, Wear a mask! Put a coronavirus vaccine on your Christmas wish list!

## Winner of the Biennial Award 2020

RTANL Vice-President Sharon Penney advised the Zoom Provincial Executive meeting on October 13th that the Biennial Award Committee had done its work and that **Don White** was chosen to receive the Biennial Award for 2020. Don has been RTANL secretary and editor of the RTANL Newsletter since 2006. During that period Don has, at various times, also served on every RTANL Committee and has been involved with numerous initiatives for the RTANL – all of which Don will say have been “labours of love”. The Avalon East Division has been informed and will arrange for the award to be presented at one of its upcoming events. **Congratulations Don.**

## RECEIVE NEWS & INFORMATION ELECTRONICALLY FROM THE RTANL

### NEVER MISS AN ISSUE OF THE RTANL NEWSLETTER AGAIN.

You can read each issue on your desktop or mobile device as soon as it's available by signing up to receive your copy electronically. Simply send an email to [rtanl@nlta.nl.ca](mailto:rtanl@nlta.nl.ca) and be sure to type "RTANL Newsletter" in the subject line and include your name, mailing address and email address in your message. (You will receive a confirmation email.) By providing your email address we can also ensure that you receive important information between newsletters (i.e. Group Insurance, Pensions, etc.).



### DON'T HAVE AN EMAIL ADDRESS?

No worries! Our newsletter is also available on our link on the NLTA website at [www.nlta.nl.ca/rtanl](http://www.nlta.nl.ca/rtanl). If you do not have access to the Internet, you may continue to receive a printed copy by contacting Clayton Rice, Treasurer, RTANL, c/o 3 Kenmount Road, St. John's, NL, A1B 1W1, Tel: 709-782-8914, [clayton@warp.nfld.net](mailto:clayton@warp.nfld.net).



### HAS YOUR EMAIL OR MAILING ADDRESS RECENTLY CHANGED?

Please send an email to [rtanl@nlta.nl.ca](mailto:rtanl@nlta.nl.ca) requesting that we update your email and/or mailing address, and we'd be happy to take care of it.



**MISSING EMAILS?** Have you checked your SPAM or JUNK email folder? Email service providers' spam filters are very good but occasionally they can send legitimate emails to your spam folder. It's a good idea to regularly check your spam folder if you don't want to miss important emails that may have been sent to spam by mistake.



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# NEWS & VIEWS

## Bonavista Division

*Beverly Fisher*

For the first time in many years we have no activities to report on from our Division. Since the COVID-19 shutdown our members have been following the orders set by our Chief Medical Officer, Dr. Janice Fitzgerald, and have been avoiding personal contact. As reported in the last newsletter, we did manage to get in a general meeting and an executive meeting before our world was turned upside down. As I look back on the past eight months I wonder how we got here. Did we even think, when it all started, that everything that we knew as normal could be changed so drastically and for such a long time?! Let's hope that the efforts we have all put into social distancing, masking, and following all the guidelines will allow us to come out of this pandemic safely. We will certainly appreciate 'normal' if we ever get it back!

The members of Bonavista Division send best wishes to you all for a safe and joyous Christmas!

## Con-Tri Division

*Don Case*

*Of all the troubles great and small are those that never happened at all.*

Fall greetings everyone. Autumn is really moving along and by the time you get this brief report it will be close to Christmas.... can't wait! Since COVID-19, things as you know have really slowed our activities. Con-Tri Executive has had a Zoom meeting, a face-to-face meeting (following all the health rules) and we have another meeting planned for later. There have been no general membership meetings since last year.

The Eastern Health Foundation Annual Telethon donation was made on behalf of the Con-Tri members. Our Treasurer, Patricia Parsons, attended the event to make the presentation. Our membership considers this to be a very worthy cause and also it allows us the opportunity to show the community that we care. We are planning to send a major donation to our own Retired Teachers' Foundation (RTF). This is your

Foundation that has given a substantial amount of monies to children's charities over the years. Thanks to the Directors of the RTF who take the time to do this work. We should be very proud!

At Con-Tri Executive meetings, the main discussion was focused on the best way to communicate with our members. We believe it is absolutely essential that we keep in contact with our membership. Some time ago, the Con-Tri Division began collecting e-mails from retired teachers. To date, we are now able to contact more than half of our members through email. We also encourage members to pass on any info to members who may not have access to computers. Our Con-Tri executive has been sending out information (the latest news on COVID-19 and as well encouraging members to look after their health. Using our provincial newsletter is also an excellent way to keep in touch.

Con-Tri Division is looking for a president. I can confirm that whoever volunteers for the position, will have a super executive working with you. If interested please give any member of the Con-Tri executive a call.

This year has not been an easy one. It perhaps has maybe been the most unforgettable with lots of downs. However, we've made it. Let's pat ourselves on the back for a job well done. On behalf of our executive I want to wish you a very Merry Christmas.

The New Year promises to get better because we are on the eve of a COVID-19 vaccine. That will help get us back to something better, hopefully. Health and Happiness to all!!

*The best medicine for you to take is yourself...with a grain of salt.*

*My part is to improve the present moment.*

## Welcome to All New Retirees

We extend a warm welcome to all new members of our Association and encourage you to get involved. You'll find participating in Division activities is an enjoyable way to begin your retirement, especially since so many of your friends are already members.



## Division Presidents

### Avalon East Division:

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## REMINDER re DECEASED MEMBERS

Please notify your Division President (who will then notify Don White, Provincial Secretary) if you hear that any Member in your area has passed away. All Divisions make an annual donation to the Retired Teachers' Foundation in memory of their deceased members. Also, your Provincial Executive extends sympathy to their families and friends through our *In Memoriam* column, and honours their memory as we read their names from the *Honour Roll* during the Church Service portion of our Biennial Reunions. We need your help to make sure that every name is included in the *In Memoriam* column and on the Honour Roll.

## VISITATION

All Divisions have Sick-Visiting Committees. Please notify your Division as soon as you hear that any member is ailing at home or in the hospital, so that visitations can be arranged. Members from other Divisions sent to hospital in St. John's will be visited by Avalon East members, if requested by those Divisions. Early notification is essential. Contact person in St. John's: Clayton Rice at 709-782-8914.

**Note: Visitations cancelled until further notice due to COVID-19.**

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# RTANL VIRTUAL BGM

## May 13, 2021 (1:30 - 3:30 pm)

This is to advise that the Retired Teachers' Association of Newfoundland and Labrador (RTANL) will be holding its Biennial General Meeting (BGM) on May 13, 2021 from 1:30 to 3:30 p.m. in virtual format through our Zoom platform. Over the summer months, the Provincial Executive, in view of the present COVID-19 pandemic, decided that holding an in-person meeting would not be feasible. Thus, to protect everyone's health and safety, a decision was made, during those challenging times, to change the format of the BGM. The format for May 2021 will include the Provincial Executive of RTANL, PLUS each Division President and TWO representatives from each Division to attend this virtual meeting through Zoom. This format will allow equal representation from each Division.

Here are the particulars you will need to participate in the 2021 BGM:

**WHEN:** May 13, 2021 from 1:30 to 3:30 p.m.

**HOW:** To participate in this form of the meeting, each Division is to forward to President Albert by email **BEFORE March 19, 2021** the email addresses of the three representatives who will be attending the virtual BGM from each Division. **Access to the internet will be needed for this meeting, so you can receive the link that will allow you to access the meeting through the Zoom platform.** All necessary documentation will be circulated in advance of the meeting to all those attending.

### NOMINATIONS FOR PROVINCIAL EXECUTIVE AND FOUNDATION

Nominations are being received by the Nomination Committee (see below) for positions on Provincial Executive, namely: President, Vice President, Treasurer, Secretary and FOUR Members-At-Large PLUS up to FIVE Directors for the Retired Teachers' Foundation (**chosen from Central Division**). The Nomination Committee shall forward a report to the President of the RTANL by March 19, 2021. If you wish to submit a nomination, please contact either person listed below:

Don Case (709) 596-5428 or [dgcase@nfld.net](mailto:dgcase@nfld.net)

Isabelle Cole (709) 596-3678 or [cole.ri@outlook.com](mailto:cole.ri@outlook.com)

Cynthia Fardy (709) 368-6717 or [c\\_fardy@hotmail.com](mailto:c_fardy@hotmail.com)

### CALL FOR RESOLUTIONS 2021

The Constitution of the RTANL provides the opportunity for voting members to bring matters before the Biennial General Meeting by means of pre-submitted resolutions. **It is important that any member having concerns or resolutions forward same electronically (or snail mail) to the President of the Provincial Executive: [a.legge@eastlink.ca](mailto:a.legge@eastlink.ca) OR to Albert Legge, 275 Main Road, Whiteway, NL, A0B 3L0 before March 19, 2021 so that such concerns/resolutions may be presented at the BGM.** It is important that such concerns/resolutions be submitted in advance of the BGM. This is of particular importance this year since our BGM will be a virtual meeting and it would be challenging to manage Resolutions that might be submitted at the beginning of the meeting or from the floor.

### PROPOSED CHANGES TO RTANL CONSTITUTION

#### ARTICLE VII: STRUCTURE

Motion: (*Moved by Clayton Rice and seconded by Don White*)

B. 2.

Current Wording:

Where a majority of the Active Members of an established Regional so desire, the Regional may, with the approval of the Provincial Executive become a Division in its own right.

Change to:

**After a period of one year, where a majority of the Active Members of an established Regional so desire, a Regional may with a request to and the approval of the Provincial Executive become a Division in its own right.**

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## ARTICLE X: MEETINGS

### Background:

In May 2020, the Provincial Executive of the RTANL discussed the conducting of the Biennial General Meeting by virtual means and any voting associated therein by electronic means in the current climate of physical distancing and member safety and well-being due to the COVID-19 Pandemic. On October 13, 2020, the Provincial Executive, as contained within the Executive's powers to govern the Association when not in a Biennial General Meeting, unanimously approved a By-Law to conduct the business of the Association by electronic means, pending ratification at the Biennial General Meeting.

Motion: *(Moved by Sharon Penney and seconded by Clayton Rice)*

### New:

#### **X. B. 3:**

**That under special circumstances, such as the COVID-19 Pandemic of 2020, the Provincial Executive be empowered to hold Biennial General Meetings by virtual means.**

## THE RETIRED TEACHERS' FOUNDATION

### Proposed Amendment to RTF By-Law:

Because it is often difficult to recruit seven Board members, be it resolved that the Board of Directors of the Retired Teachers' Foundation consist of five voting members. The Board is able to operate effectively and efficiently with five members.

*(Moved by Lil Critch and seconded by Selena Pieroway)*

### Current Wording:

## ARTICLE III: BOARD OF DIRECTORS

### 1. Structure of the Board

The Board of Directors shall have ten members consisting of the following:

- (a) Seven members of the RTANL duly elected to serve as:
  - (i) Chairperson
  - (ii) Vice-Chairperson
  - (iii) Secretary
  - (iv) Treasurer
  - (v) Three Members-At-Large

- (b) Past-Chairperson of the Foundation

- (c) The President of the RTANL, who shall be the Honourary Chairperson of the Board

- (d) NLTA liaison person to be appointed by NLTA Executive

### 2. Election of Directors:

- (a) Nominations for the seven positions in item 1 (a) (i) to (v) may be made by the RTANL Division prior to the Foundation BGM, and also by individual Active Members of the Foundation from the floor of the BGM.

### Change to:

## ARTICLE III: BOARD OF DIRECTORS

### 1. Structure of the Board

**The Board of Directors shall have eight members consisting of the following:**

- (a) **Five members of the RTANL duly elected from a specific Division to serve as:**
  - (i) Chairperson**
  - (ii) Vice-Chairperson**
  - (iii) Secretary**
  - (iv) Treasurer**
  - (v) One Member-At-Large**

- (b) Past-Chair of the Foundation**

- (c) The President of the RTANL, who shall be the Honourary Chairperson of the Board**

- (d) NLTA liaison person to be appointed by the NLTA Executive**

### 2. Election of Directors:

- (a) A slate of five members in item 1 (a) (i) to (v) shall be selected prior to the Foundation BGM from a specific RTANL Division and duly elected at the RTF BGM. If no Division is able to select a Board of Directors, then a call shall be made prior to the Foundation BGM for open nominations for the election of a Board of Directors.**



# HONOUR ROLL 2020

We mourn the passing of the following retired teachers  
and extend sincere sympathy to their families and friends

Philomena **Abbas** (Happy Valley-Goose Bay)

Pearl **Adey** (St. Catherine's, ON)

Melina **Alexander** (Stephenville)

Lillian **Andrews** (St. John's)

Viola C. **Annable** (St. John's)

Sharon **Anstey** (Embree)

Karl **Arnold** (Hare Bay)

Joseph **Arthur** (CBS)

Marcella **Ash** (Carbonear)

Olga **Ash** (Mount Pearl)

Ramona **Ball** (Deer Lake)

Margaret **Barnable** (St. John's)

Robert **Barrett** (Old Perlican)

Simeon **Barter** (Corner Brook)

Nina **Bartlett** (Georgetown, ON)

Hazel **Batstone** (Gander)

Robert **Beauchamp** (Torbay)

Br. Gordon **Bellows** (St. John's)

Marion **Bolger** (Burin)

Iris **Bonnell** (St. John's)

Dorothy **Bradbury** (Wellington, NS)

Donna **Brenton** (St. John's)

Victor **Brett** (Point Leamington)

Philip **Brewer** (Gambo)

Shirley **Bridger** (Botwood)

Sister Bride **Budgell** (St. John's)

Emma **Bugden** (Grand Falls-Windsor)

Valerie **Bullock** (Halifax)

James **Bungay** (Corner Brook)

George **Burden** (Blackhead)

Dana **Burridge** (Deer Lake)

Byron **Bursey** (St. John's)

Heather L. **Campbell** (St. John's)

Gerald **Cantwell** (Avondale)

Teresa **Cashin** (Stephenville)

Ronald **Churchill** (St. John's)

Mildred Mary **Cochrane** (Gander)

William K. **Coffey** (St. John's)

Patricia **Coffin** (Fogo)

Donald P. **Cole** (CBS)

Effie B. **Cook** (St. John's)

James **Cook** (St. John's)

Cynthia **Coombs** (Harbour Grace)

Jean **Coombs** (Corner Brook)

Richard **Coombs** (Mount Pearl)

Allan **Cranford** (Northern Arm)

Alexander **Crewe** (CBS)

Florence **Critch** (Woody Point)

Walter **Cull** (Gander)

Diane **Curtis** (Jackson's Arm)

Brother Joseph **Darcy** (St. John's)

Hudson **Davis** (Stouffville, ON)

Iris **Decker** (Ship Cove)

Clarence **Dewling** (Trouty)

John **Dillon** (Colinet)

John **Dollimount** (Deer Lake)

Gerald **Doyle** (St. John's)

Joan **Drodge** (Torbay)

Albert **Drover** (Bay Roberts)

Victor **Duffett** (Toronto)

Ben **Dunne** (Mount Pearl)

Margaret **Dunphy** (Holyrood)

Robert **Eastman** (Gander)

Allan George **Edwards** (Grand Falls-Windsor)

Pansy **Elms** (St. Anthony East)

George **Evans** (Conception Bay South)

Mary **Ezekiel** (Deer Lake)

Madeline **Fagan** (St. John's)

Bernard **Farewell** (St. John's)

Alva **Faulkner** (Bishop's Falls)

Otto **Fiander** (English Hr. West)

William J. **Fillier** (Englee)

Agnes **Fitzgerald** (South River)

Br. George **Fitzpatrick** (St. John's)

Sandra L. **Flowers** (Rigolet)

Bride **Flynn** (Norris Arm)

Margaret **Flynn** (Lourdes)

Margaret **Foley** (St. John's)

Audrey **Foster** (Springdale)

Frances M. **Gatherall** (Kilbride)



Martin **Genge** (Rocky Harbour)

Baxter **Gill** (Newtown)

David L **Gill** (CBS)

Elizabeth **Gillis** (Stephenville)

Gary **Graham** (Corner Brook)

Florence **Green** (Clarenville)

Robert J. **Green** (Griquet)

Maud **Greening** (St. John's)

Anne M. **Griffin** (Grand Falls-Windsor)

Ewald **Hajek** (St. John's)

Sadie **Hamilton** (St. John's)

Christopher **Hancock** (Gander)

Theresa **Hanlon** (Paradise)

William **Hanlon** (Grand Falls-Windsor)

Roderick J. **Hardy** (Paradise)

Sidney J. **Harris** (Hermitage)

John **Harte** (St. John's)

Loretta **Hayes** (Tilton)

Harold **Hayward** (Musgrave Harbour)

Maxwell **Hayward** (Gander)

Newman **Head** (Ragged Harbour)

Rosemary **Hedderson** (Marysvalle)

Georgina **Hedges** (Grand Falls-Windsor)

Benson **Hewitt** (Fogo)

Benvie **Hicks** (Clarenville)

Donna E. **Hiscock** (CBS)

Amelia **Hodder** (St. John's)

Harvey **Hodder** (Mount Pearl)

Janet **Holden** (St. John's)

Francis G. **Hollohan** (St. John's)

Monica **Hollohan** (St. John's)

Elizabeth **Holloway** (St. John's)

William **Houlihan** (Freshwater)

Percy **Howell** (Templeman)

Regina **Hurley** (Brigus)

Sylvia D. **Hurley** (North River)

Sr. Sarah **Hynes** (St. John's)

Hazel **Ingram** (Clarenville)

Harvey **Jackman** (Hillview)

Melvin **Jacobs** (Lewisporte)

Colette **Kavanagh** (St. John's)

Howard **Kean** (Lumsden)

Nora **Kearsey** (St. John's)

Edna **Keefe** (Bay Roberts)

Victor **Keeping** (Victoria)

Robert **Kelloway** (Carbonear)

Darryl **Kelly** (Deer Lake)

Isabel Marie **Kelly** (Harbour Main)

Francis **Kennedy** (St. John's)

Sr. Barbara **Kenny** (St. John's)

Francina **Kielly** (Forest Field-New Bridge)

Sr. Patricia **King** (St. John's)

Roche T. **Lambe** (Mount Pearl)

Jack **Lamond** (Kippens)

Gladys **Leamon** (Brigus)

Donald **Leonard** (Corner Brook)

Gladys **LeShane** (Mount Pearl)

Christine **MacDonald** (St. John's)

Harry **MacDonald** (Grand Falls-Windsor)

Jean **Mackenzie** (Nova Scotia)

Mary Ellen **MacNeil** (St. John's)

John **MacSween** (Grand Falls-Windsor)

Aurora G. **Magat** (Montreal, QC)

Jane **Martin** (Mount Pearl)

Wendy **Martinello** (Dartmouth, NS)

Gladys M. **Maye** (Marystown)

Anna **McCarthy** (Mount Pearl)

Elizabeth **McCrowe** (Goulds)

Donna **McDonald** (Grand Falls-Windsor)

Thomas F. **McGrath** (St. John's)

Elizabeth **McHugh** (Grand Falls-Windsor)

Allister **Mesh** (Lewisporte)

Margaret **Milley** (Gander)

Stella M. **Mills** (CBS)

Margaret **Molloy** (St. Lawrence)

Carole **Moore** (Woodstock, NB)

L. May **Morris** (Logy Bay)

A. Wayne **Mouland** (Musgrave Harbour)

Edmund **Mouland** (Gander)

Tobias **Mouland** (Bonavista)

Catherine **Murphy** (Mount Pearl)

Br. David P. **Murphy** (St. John's)

Francis **Murphy** (Holyrood)

Madonna **Murphy** (St. John's)

Madonna **Murphy-Brophy** (Mount Pearl)

Jessie **Myles** (Mount Pearl)

Sister Colette **Nagle** (St. John's)

Madeline **Nash** (St. Bride's)

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## Honour Roll *(cont'd)*

Roxena Flossie **Norman** (Gander)  
Margaret **O'Brien** (Bay Bulls)  
Michael **Parry** (Wales)  
Mary F. **Parsons** (Rocky Harbour)  
Adoracion **Payong-Ayong** (Phillipines)  
Maxwell **Peach** (South Dildo)  
Jewel **Pelley** (Clareville)  
Kenneth **Penney** (Lewisporte)  
Leo **Penton** (Joe Batt's Arm)  
Sheila **Penton** (St. John's)  
Lena **Peyton** (Wainwright, AB)  
James A. **Piercey** (St. John's)  
Elizabeth **Pike** (Corner Brook)  
Violet **Pike** (Lethbridge)  
Dorothy **Pittman** (Gander)  
Martha **Poitrass** (Saint Andre, NB)  
Rudy **Porter** (Englee)  
Sister Bride **Power** (St. John's)  
Frank **Ramjattan** (St. John's)  
Francis **Reardon** (Corner Brook)  
Orville **Reeves**, (Grand Falls-Windsor)  
Garth **Reid** (Oromocto, NB)  
Terry **Reid** (Newville)  
Lillian M. **Richards** (Portugal Cove-St. Philip's)  
Maxwell C. **Rideout** (North River)  
Lorne P. **Roach** (Coley's Point)  
George **Robinson** (Harbour Grace)  
Marie **Roche** (St. John's)  
Dorothy **Rockwood** (St. John's)  
Eleanor **Rodgers** (Portugal Cove-St. Philip's)  
Dallas L. **Rose** (St. John's)  
Wallace **Rowell** (Stephenville)  
Robert K. **Rumsey** (St. John's)  
Kevin **Sampson** (Brig Bay)  
Bernard **Schumpp** (Port au Port)  
Gary **Schurman** (King's Cove)  
Herbert **Scott** (Little Bay East)  
Sara **Sexton** (St. John's)  
Hanna **Seymore-Ayers** (Rocky Harbour)  
Josephine M. **Shea** (Gambo)  
Edward **Sheppard** (Lewisporte)  
Eldon **Sheppard** (Lewisporte)

Sheila **Sheppard-Park** (Forteau)  
Netta Mary **Short** (Springdale)  
Loretta **Sjoen** (Lourdes)  
David **Smith** (Bonavista)  
Stanley **Smith** (Spaniard's Bay)  
Verne **Snelgrove** (Northern Bay)  
Bessie **Snow** (Winnipeg, MB)  
Pauline **Snow** (Harbour Grace)  
Woodrow **Snow** (Paradise)  
Ian **Sparkes** (St. John's)  
Wilbur **Sparkes** (Bay Roberts)  
Peggy **Spurrell** (Carbonear)  
Rosalie **Spurrell** (Gander)  
Marguerite **Stacey** (St. John's)  
James W. **Starkes** (South Brook)  
Roy **Stockley** (CBS)  
Ruby C. **Strickland** (Cavendish)  
Ellis **Stuckless** (Baie Verte)  
Marina Loretta **Sullivan** (Pouch Cove)  
Jeanette **Taylor** (Griquet)  
Leonard **Taylor** (St. Lunaire)  
Agnes M. **Thistle** (St. John's)  
Robert **Thomson** (Halifax, NS)  
Clare **Thorne** (Torbay)  
Jean **Tobin** (Goulds)  
Mary **Traverse** (Placentia)  
Edward (Ted) **Trenchard** (Bay Roberts)  
Robert W. **Tucker** (Dartmouth, NS)  
Beaton **Tulk** (Musgravetown)  
Dennis **Vincent** (Pilleys Island)  
Alfreda **Walsh** (St. John's)  
Raymond **Walsh** (Bay de Verde)  
Edwin **Watton** (Gander)  
Jerry **Weir** (Little Bay Islands)  
Sister Patricia **Whittle** (St. John's)  
Margaret **Willcott** (St. Alban's)  
Carl **Winter** (Clareville)  
Anna **Wiseman** (St. John's)  
Lorraine **Wiseman** (Carleton Place, ON)  
Andrew **Woodfine** (Goulds)

# Group Insurance Report

by Sharon Penney

The Group Insurance Committee met on February 5, 2020 by teleconference to discuss one matter – on February 15 for a regular meeting and on May 29, 2020 as a Zoom meeting. We met on August 24 as a combination of in face and Zoom participation. We are scheduled to meet on December 12, but the format has not been finalized.

During the course of these meetings the following areas of concern for us as retired teachers were brought to the forefront.

## A.

- 1) Johnson's invasive, blanket policy granting access to any and all medical records with no end date, no parameters, no notice to the person whose information is accessed, is unethical and inappropriate.
- 2) Cataract surgery through private clinics not being covered.
- 3) Glasses coverage not adequate and not available for those whose prescription changes drastically in a short period of time.
- 4) Critical Illness Insurance is not enough when the paralysis is a result of illness rather than accident. If it had been an accident, insurances would have provided much more benefits rather than the \$10,000 pay out.
- 5) Hearing aids are covered to the tune of \$600 per device every second year but hearing aids are costing above \$6000 per set. Requesting a change in the amount paid out.
- 6) Bridge work is not covered under the dental plan.
- 7) Expanding paramedical coverage to include Functional Anatomy and Biometric Specialties, Certified Post Rehabilitations Exercise Specialists and Kinesiologists (Parkinson's).

These issues will be addressed in the bulletin over the next few issues. It was felt that since some of these questions reoccur it would be best to address them in a larger audience and at the individual level as well.

## B. Insurance Rates

It was deemed necessary to increase the Option B Health Premiums by 8.5% and after May 1, 2020 biologic

medications will be reimbursed at the lowest biosimilar rate.

The Dental Premiums will increase by 2%.

Option A1 Basic and Dependant Life will be renewed at the current rate.

Post 65 Life will be renewed at the current rate.

Option A3 Basic Accidental Death and Dismemberment will be renewed at the current rate.

Option A2/A3 Voluntary Life will be renewed at the current rate.

Option A4 Voluntary Accidental Death and Dismemberment will be renewed at the current rate.

Option C Long Term Disability will be renewed at the current rate.

Option C1 Basic Critical Illness will be renewed at the current rate.

## C. Program Usage

Paramedicals. The top three usages of the paramedical component of the program are:

Massage Therapy with 1020 people using up to the full amount

Physiotherapy with 611 using up to the full amount

Chiropractor with 282 using the full amount.

The three top drugs (by cost) used in our plan are:

Humira with a total cost of \$1.4 million and a cost of \$938.11 per injection

Remicade with a total cost of \$983 thousand and a cost of \$1208.19 per injection

Stelara with a total cost of \$424 thousand and a cost of \$5585.42 per injection

The Group Insurance component has been added to the NLTA website.

We are closely monitoring the usage trends in our program and may be required to make changes to protect the program for all.

## NOTICE FOR RETIRED TEACHERS re: GROUP INSURANCE

All information re the NLTA Group Insurance Program is sent directly to members electronically, as well as placed on the new Group Insurance website (<https://groupinsurance.nlta.ca>) for access. Any changes to the insurance program will also be provided to the RTANL for inclusion in their Newsletter. If you have not already provided your email address to the NLTA, please do so as soon as possible at [mail@nlta.nl.ca](mailto:mail@nlta.nl.ca) or Tel: 709-726-3223 or 1-800-563-3599 (toll-free in province). If you do not have an email address, please contact the NLTA office.



# NL Retired Teachers' Foundation Report

by Geraldine Wall

We extend greetings to all RTANL members, family, and friends who have so generously supported our Foundation again this year. This year will go down in history as one of the most challenging years for many reasons. COVID-19 has been a powerful reminder that many challenges are beyond our control. It has been a difficult time for all people; especially those most vulnerable which includes a group that is very dear to our hearts – our children. Many charitable groups have been suffering. It's been said that the only way to deal with a challenge is to face it head on. That's exactly what our Board of Directors has been doing, with the support of our sponsoring body RTANL, the eight Divisions and three Regionals, NLTA support staff, as well as family and friends who have continued to support our efforts during this pandemic. You are all responsible for our success because of the support you give us. We thank you sincerely.

We had begun a special fundraiser in the Fall of 2019. This was made possible through a generous donation from an RTANL member in Hopedale. We had 2000 tickets printed and sales had already begun. We had several venues from which we planned to sell tickets. Of course that could not happen because of COVID-19 restrictions. This was a challenge indeed. Once again we called upon our members, our Association, family and MANY friends. THANK YOU ALL for assisting us in this challenge. All 2000 tickets were sold and we were able to include that \$4000 in our donations to our charities for children this year. The hand beaded mitts and slippers donated by Henry and Sarah Jensen were

a hit; we thank them sincerely. The draw was made on October 9, 2020 with the assistance of Mike Payne, masked and socially distancing in the parking lot of VOCM Corner Brook. Thank you to Mike Payne and Lenny Benoit for their assistance and publicity for our Foundation. The winner of the mitts was Jim Cantwell of Western Division, and Edward Cokes of Coast of Bays Division won the slippers. Congratulations to both.

The Foundation continues to fulfill its two goals: to honour the life and work of former teachers for their dedication to the children of this province through the Book of Remembrance; and at the same time operate exclusively as a charitable organization to assist institutions and groups that provide medical treatment and/or educational treatment for children who are incapacitated; and to cooperate whenever possible with other organizations having objectives similar to those of the Foundation. Once again this year we were able to present another \$30,000 to our children. To this end, donations have been made by mail to the following children's charities:

- War Amps CHAMPS – \$7500
- Down Syndrome Society – \$3000
- Canadian Diabetes Children's Services, Camp Douwanna – \$3000
- CNIB Post-Secondary Orientation Program – \$3000
- Mazol Shriner's Patient Transportation Fund – \$7500
- Rainbow Riders Therapeutic Riding Program – \$3000
- Candlelighters Camp Delight – \$3000

It was disappointing that we could not meet with the recipients and their representative children for the presentation due to COVID-19 restrictions. That personal contact and hearing directly from recipient children who have benefitted from the donation is a very heart-warming experience for all concerned. It demonstrates to members the value of the work done by the Foundation.



Foundation Draw (l-r): Geraldine Wall; Mike Payne, VOCM; Lil Critch



We continue to receive submissions from family and friends of deceased members for our Book of Remembrance. The online version has proven to be challenging to navigate. We are editing submissions presently on the website as well as those being received. The edited version will present all submissions in a uniform format. Information will include:

- Member's Name and Date of Birth
- Years Taught and Places Taught (if possible)
- Date of Death
- Involvement in RTANL, RTF, NLTA
- Any Special Awards from RTANL, RTF, NLTA
- Other Special Awards from Division(s) of RTANL

We regret that we are unable to include all of the information sometimes submitted, i.e. hobbies, community activities etc. Space just does not permit that. We are limited to one page per person. You may include a photo. We hope that you understand these limitations.

The present Board of Directors will continue to hold the fort until the next BGM takes place on May 13, 2021 at which time we will pass the torch to the capable hands of Central Division. Although these are challenging times, your Board has continued to devote their time to those whom we spent our lives caring for as teachers. We are honoured to do so. As I have said many times before, "It's a Labour of Love".

On behalf of the Board of Directors, we wish you and your family a Merry Christmas and a Happy and Healthy New Year. Hopefully soon we will see a vaccine and a reduction in cases of COVID-19 and that we may be able to return to our 'New Normal Life'. Stay Safe, Stay Positive and Stay Healthy.

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# Report to ACER-CART AGM 2020

**May 2020, via Zoom**

*by Albert Legge*

## FEDERAL CONCERNS

1. Advocacy during the federal election campaign to make our local candidates aware of the concerns of our members as they relate to the ACER-CART priorities adopted at AGM 2019.
2. Continue to lobby government for full adoption of a national pharmacare program.
3. Continue to advocate for and lobby the federal government for continued and better pension security for all seniors.
4. Continue to impress upon government members to oppose the privatization of medical services and fully implement a National Seniors' Strategy.
5. Continue to show our support for the initiatives of ACER-CART in their ongoing role to advocate for their members and all seniors in general.
6. Protection and disease prevention practices for all seniors in light of the COVID-19 pandemic.
7. Oppose the implementation by government and pharmacy associations of the policy of 30-day limits on longer term prescriptions and the associated increase in dispensing fees for seniors on long-term medications.
8. Better care and prevention practices for residents of long-term care facilities to assure more safety from possible infection.
9. Assure that eligible seniors are provided with assistance in securing food, medicines and other provisions during the pandemic isolation period.
4. Advocate for better group insurance coverages for our members and seniors in general.
5. Implement and promote the priorities identified by ACER-CART AGM on a provincial level to benefit more of our seniors.
6. Advocate for better hearing and vision care for our seniors.
7. Communicate to members all pertinent information through our email, newsletter and division networks and try to keep all members updated.
8. Promote more widespread use of electronic media to communicate with our members and hold online meetings to accomplish continued operation of our association in light of the restrictions imposed by COVID-19.
9. Encourage more member participation by means of email and other social media forums to stay in contact with our members.

## PROVINCIAL CONCERNS

1. Continue lobbying government for better protection and care practices for seniors in Long-Term Care facilities.
2. Monitor and support government's initiatives in providing better care and prevention practices to seniors, both within long term care institutions and in private homes.
3. Advocate for better treatment of seniors in the provision of long-term prescriptions in light of recent changes in pharmacy prescription policy of issuing 30-day prescriptions.
5. MAIN ACTIVITIES OF RTANL SINCE LAST ACER-CART AGM
1. Held a meeting on August 30th with Vice President Sharon Penney to prepare for the October 15-17 Provincial Executive Meeting.
2. Prepared a report to Marg Urquhart for the ACER-CART October teleconference.
3. Presided over our Provincial Executive Meeting on October 15-17 held at Gander, NL.
4. Attended the NLPSPA (Coalition) AGM at Holiday Inn, St. John's and brought greetings on behalf of RTANL.
5. Attended Con-Tri Division Executive meeting on November 12, 2019.
6. Attended Con-Tri Division second fall meeting on November 19, 2019.
7. Attended Con-Tri Division Christmas Banquet on November 26, 2019.
8. Hosted a luncheon for NLTA staff personnel (who assist our association with all operational duties throughout the year) at Merlo's Inferno, St. John's.

9. On February 17, 2020 after an email and a call from NLTA President, Dean Ingram, we took part in a province-wide NLTA Post Card Campaign on Class Size and Composition and encouraged all our members to become involved.
10. Compiled and sent a progress report to Marg Urquhart for her March ACER-CART teleconference.
11. March 17, 2020 – Received an email from Marg Urquhart about the sweeping changes resulting from the responses by our national and provincial authorities surrounding COVID-19.
12. Replies were received from Bill Berryman, Alyson Hillier, June McNairn and me outlining our concerns and actions.
13. March 20, 2020 – Received an email from Roger Regimbal re letter from Bill Berryman – Canceling the ACER-CART AGM in Ottawa and scheduling the meeting for a conference call on June 5th at 12:30 NL time. Reports will have to be submitted by May 15th, 2020.
14. Since March 20, 2020 we have been busy canceling and postponing scheduled activities associated with RTANL and its Divisions. Efforts are being made to

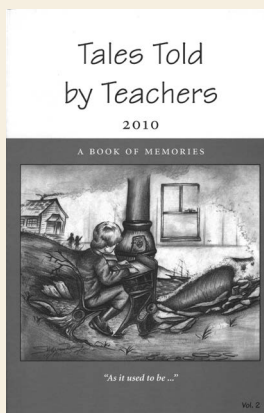
arrange meetings via electronic means in order to carry out the normal activities of our associations as much as possible. Meetings via Zoom are scheduled for April 15 (Table Officers) and May 5 (Provincial Executive).

15. Contacted by Dr. Karen Goodnough asking RTANL to take part in celebrating 100 years of education in NL. Sharon Penney, Vice President of RTANL will head up this venture.

### OTHER PERTINENT INFORMATION

In light of all the restrictions and regulations invoked by our governments and health authorities it is becoming increasingly apparent that many of the usual face-to-face conferences and meetings will not be possible for many months into the future. In that regard our provincial associations will be forced to make unprecedented changes in order for our associations to continue to operate. There will be many challenges to face and any guidance that may be forthcoming from ACER-CART would be helpful. I am hoping this can be addressed to some extent at the AGM teleconference.

RTANL has no motions to present at this time.



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(Note: There are still a few copies of Vol. I to be sold on a first come basis)

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RTANL, 3 Kenmount Road, St. John’s, NL A1B 1W1

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# ACER-CART AGM 2020 Report

**May 2020, via Zoom**

*by Sharon Penney*

What a difference a year makes! Last year the ACER-CART AGM was held in Ottawa over three days. This year it was held as a marathon meeting spanning four hours. Last year we had time to avail of face-to-face interactions and the sharing of ideas and of our successes and failures, as we undertook various projects with our prospective organizations. This time the meeting was all business adhering to a strict, yet reduced, agenda.

The meeting held by Zoom convened at 11:00 EST, with cursory introductions from all participants. The thirty-two representatives encompassed all provinces and the Yukon. Each retired teachers' association was represented by a voting member, known as a director and one non-voting member, known as an observer. The RTANL was represented by RTANL President, Albert Legge (director) and Vice President Sharon Penney (observer).

Discussions were held regarding the priorities for ACER-CART for 2020-2021. They were identified and are listed below.

1. ACER-CART will, in collaboration with like-minded organizations,
  - a. Advocate for the development and implementation of a National Seniors' Strategy using the information from "A Declaration Concerning a National Health Care Strategy for Seniors".
  - b. Monitor the federal government's implementation of a national universal pharmacare, including the establishment of a Canada Drug Agency and implementation of a national formulary.
  - c. Monitor the effects of COVID-19 on the Canada Health Act and on the bilateral health funding agreements with the provinces and territories. COVID-19 has had a disturbing effect around the world, but it has brought those of us who are retired teachers closer together. This pandemic has exposed issues that illustrate the overwhelming vulnerability of seniors.
  - d. Advocate for a health care system that prioritizes care in seniors' own homes for as long as possible.
  - e. Advocate for regulations governing retirement and long-term care homes with emphasis on improving patient respect, working conditions, and staff wages.
2. ACER-CART will monitor the impacts of the global pandemic on defined benefit pension plan assets and liabilities which could affect solvency funding obligations.
3. ACER-CART will seek to continue elevating the profile of our National Association in our provincial associations and at all levels of government and beyond.
4. ACER-CART will seek to extend our relationships with CTF-FCE.
  - a. We will advocate for the development and implementation of a National Seniors' Strategy that includes a universal pharmacare plan with a national formulary. We will monitor the bilateral health funding agreements and advocate for a system that prioritizes home care for seniors and enforces regulations that govern retirement and long-term care homes, emphasizing the need for patient respect, and the working conditions, training and wages of staff.
  - b. We will continue to defend defined benefit pension plans focusing on how the pandemic will affect pension plan funding obligations. Given the current low investment returns and the huge debt load that governments are amassing, our concern is that plan sponsors, including governments, will seek relief through weakening pension promises and downloading risk on seniors.

As a result of discussions and in recognition that we are an aging population, the following position papers were adopted as being important to our organizations. The rationale for our acceptance of the outlined positions is included below.

Canada's population is aging. In 2012, almost one in seven Canadians was a senior. Now the number is more than one in six. By 2030, that will jump to nearly one in four. Our health care system (and social systems) needs to re-think how to address the rising needs of this huge demographic. The health system, too, has tended to be oriented to deal with acute care, not for the chronic needs of seniors. The system has also been hospital-based, with less focus on home care and community-based initiatives. Some of the issues that are likely to arise are listed.



**GERIATRIC TRAINING:** Canada faces a shortage of geriatricians. Over the next two decades, the numbers of Canadians aged 65-plus will double, and those 85 and over will quadruple. Yet there are only about 300 geriatricians working in Canada (half of those in Ontario). We need to graduate more specialists, but the number geriatric specialization is capped. Beyond that, a wide range of health care professionals, from pharmacists to occupational therapists, work with older adults all the time. They need increased training on serving the seniors population.

**HEALTHY AGING:** Healthy aging encompasses active lifestyles, social inclusion, mental health, age-friendly communities and coping with change. Yet care, services and policies for seniors can often focus more narrowly on physical health.

**LONG-TERM CARE:** The number of seniors, and longer lifespans, are creating multiple pressures on LTC. There's a shortage of spaces, a shortage of personal support workers, and those arriving in LTC often require more extensive support.

**ELDER ABUSE:** Up to 10% of seniors experience some form of elder abuse – physical, psychological, emotional, financial – each year. Still, the awareness of the issue, and resources available to prevent abuse and help victims, remain lacking.

Included in these position papers are a series of questions for politicians that reflect the importance that we, as an organization that advocates for seniors, place on the issue of long-term care and senior well being overall.

- How can we better meet the ongoing and often complex care needs of seniors, in hospital and in the community?
- What sort of geriatric training should be mandatory across health care?
- What are your public policy priorities to boost the overall well-being of seniors?
- What human resources, structural or funding changes can increase the capacity of long-term care?
- How should we invest in serving the victims and raising the profile of elder abuse.

In addition we reaffirmed our commitment to the following issues.

1. We will advocate for the development and implementation of a National Seniors' Strategy that includes a universal pharmacare plan with a

national formulary. We will monitor the bilateral health funding agreements and advocate for a system that prioritizes home care for seniors and enforces regulations that govern retirement and long-term care homes, emphasizing the need for patient respect, and the working conditions, training and wages of staff.

2. We will continue to defend defined benefit pension plans focusing on how the pandemic will affect pension plan funding obligations. Given the current low investment returns and the huge debt load that governments are amassing, our concern is that plan sponsors, including governments, will seek relief through weakening pension promises and downloading risk on seniors.

A new executive was installed. They are as follows:

President .....Gerry Tiede  
Vice President ..... Martin Higgs  
Regional Representative – East .....Margaret Urquhart  
Regional Representative – Ontario ..... Martha Foster  
Regional Representative – West .....Marilyn Bossert  
Past President.....Bill Berryman  
Executive Director ..... Roger Regimbal

At the request of the new president, the following appeal has been issued. ACER-CART is seeking to use our committees more effectively. This includes increased grass-roots participation. If you have members that might make a willing, effective contribution, please send me their names, contact information and a brief recommendation by June 24th. Our committees are: Pension and Retirement Income, Communications, Health Services and Political Advocacy. Committees will meet electronically.

## Nonagenarian Birthdays

If you know of any RTANL member in your area who is **90 years of age or over**, please forward their NAME, ADDRESS, and BIRTH DATE to Secretary Don White at **don.white01@bellaliant.net**.

We would love to keep in touch with them by sending a birthday card.

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# Teaching Out of Bounds in NL

by Marie-Beth Wright

My spouse, Carl Wright, was a career teacher, whose first teaching assignment occurred in 1959-60 at Botwood. Armed with a Grade One teaching certificate at 17, he set out by train and only returned home at Christmas. It was near impossible to communicate with family throughout the year. Imposed boundaries indicate where we are allowed or expected to operate. Their meaning is enhanced today in the ongoing COVID-19 pandemic, for free movement has been restricted or disallowed. So it was for teen-aged teachers sent throughout the colony's, later Province's schools, to a specific island or cove who arrived at a surprise destination after a six-week summer training in St. John's. They were now outside their comfort level, "out of bounds", in terms of leaving family, friends and the familiar far behind.

Teacher preparedness and teaching assignments were highly similar throughout Newfoundland and Labrador for nearly fifty years. Indeed, 2021 will mark the 100th anniversary of Newfoundland's Normal School's teacher training but the Probationer's Summer School long remained a complementary source of staffing schools until 1969.

Many Newfoundland schools were staffed by teachers holding a P license and who were taught at the former Prince of Wales College on LeMarchant Road in St. John's from the late 30s onward, alternating some summers with the new Memorial College on Merrymeeting Road. Attending this short pedagogical preparation outfitted the teacher with a Probationary or "P" Teaching Licence. Attending a second year would

upgrade you to "B" standing. In the words of Nita Roberts of Brookfield, Bonavista Bay, who attended in the summer of 1950: "I had passed my CHE (Council of Higher Education) exams and went off to St. John's. Everyone who did so to become a teacher would get \$60 for board for the training period. We came from every cove and inlet in the province, 16- and 17-year-olds, not knowing how to use a telephone or flush a toilet!" Hon. Clyde K. Wells, describes his early education in a one-room schoolhouse in the tiny railway town of Stephenville Crossing. In an article in *Anglican Life*, "From Anglican Schoolhouse to Premier's Office", he relates: "In Grade 7, I was taught by a 17-year-old boy who had just graduated from high school in the spring and took a six-week summer course in teacher training." My Grade 5 teacher was Miss Ida Burry of Greenspond. Her "on the job" memories illustrate the social enhancement these fledgling teachers brought to their postings. The former Miss Burry relates, "I was church organist at Safe Harbour whenever the Minister visited. At Lawrenceton, I played three times each Sunday. In Valleyfield, I played in turn with two others and in Greenspond, whenever needed. I helped organize church programs at Mother's Day, Easter etc. and also school Christmas concerts. I played for weddings and funerals and helped whenever needed for any other community events." Ida finished her teaching career in the regional hub of Gander in 1958 in a new modern K-12 school!

George Cross of Badger's Quay represented a small number with university training in the early 50s, after attending Memorial for one year. Through a conversation with Fred Kirby at the Department of Education, he was offered principalship of a two-room school in 1952 at Leading Tickles, Notre Dame Bay. Being Anglican was vital as he soon became responsible for all facets of religious services there. Typical of the times, reference books were non-existent, outhouses were the norm and there were paths, not roads. George travelled to Lewisporte on the S.S. Glencoe to begin his assignment. The Board Chair was quite inventive regarding days taught; "long as you teach your (required) number of days, it's fine", he admonished. Forfeiting some teaching days allowed students and their teachers to take advantage of birding and swiling season, come spring.

Agnes Hopkins and Rowena Harnum of Green's



The two-room school in Greenspond where Ida Burry taught for 3 years in the 50s. Long-time Principal, Sandy Parsons, originally from Salmon Cove, is seen outside the school. Mr. Parsons, as was frequently the case, met his life partner in the community settled, and taught there for a large portion of his teaching career.

Harbour, Trinity Bay, like most prospective teachers who started with minimum training, were teenagers when they attended Prince of Wales in 1964 and recall how naïve young ladies were matched up to schools and school boards in need. Agnes recalled, “There was no actual recruitment. I remember gathering with my fellow students in the school auditorium or gym on the last day of summer school. Our names were called, and assignments announced. I do not know how it was decided who went where. They may have picked names out of a hat for all I know.” Her teaching destination – a new United Church school in Little Bay – was out a branch road from Springdale, 400 kilometres from her hometown. She adds, “The degree of isolation was overwhelming at times.”

Like her friend Agnes, Rowena was directed to a specific teaching position without input. Rowena states, “I met with someone in the Department of Education who assigned me to an elementary position in the small

community of Pool’s Island in Bonavista North.” This entailed a journey by train and taxi over dirt roads and since Rowena was Anglican, she was posted to an Anglican school.

This is just a small cross section of the many educational matchups that occurred within the province from the mid 1940s to 1969. Little had changed in travel or resources during that interval. However, after Smallwood’s push in the mid 60s to increase the number of university-trained teachers, those with the six-week basic preparation now had to accept postings that were more isolated and more difficult to find staff. The Probationary Summer School Program was disbanded after summer 1969.



### Our Guest Columnist

Marie-Beth Wright was born in Valleyfield, Bonavista Bay, and attended Memorial University, graduating in 1968 with a B.A. in English, conjointly with a B.Ed. in secondary studies. She later obtained a concentration in French and a certificate in business administration.

Her educational formation has been reflected in her work life, which has extended to teaching high school, freelance journalism, and being a partner in her family’s long-time business, George Green and Son Limited.

She had already taught in Bishop Meaden High School in Badger’s Quay, Bonavista Bay in 1965-66 with a University or Third Grade Certificate. During her years of high school teaching and substituting, Marie-Beth taught Economics, French English and Social Studies in Wesleyville and St. John’s. While leaving the profession for 15 years to become a stay-at-home Mom, she continued working part time in her family’s business, taught Adult Education, and occupied various administrative positions. Marie-Beth volunteered for over 25 years at regional, provincial, and national levels of Canadian Parents for French.

Marie-Beth has also worked in Christian education and as an adult education instructor at both the College of the North Atlantic and MUN’s Lifelong Learning Department, for business and conversational French, respectively. Additionally, she performed bilingual

contract work in the Federal Public Service and worked as a substitute teacher and tutor. Her desire to contribute and keep busy she attributes to her parents’ lifestyle as small business owners and community leaders in Bonavista North. Marie-Beth has also contributed greatly in her volunteer life to the SPCA, Gower Street United Church, L’Association francophone de Saint Jean, the Terry Fox Run, the Encounters with Canada program, and Canadian Parents for French, an organization in which she has been granted lifetime membership status.

Marie-Beth is married to Carl Wright, a retired mathematics and history teacher from Greenspond. They are the parents of two bilingual sons, Geoffrey and Jordan.

Marie-Beth’s interests range from politics, the environment, her community, and social issues to travelling, sports and choral singing. She is the author of two books: *Blazing a Trail to Independence*, the biography of Grace Sparkes and *Saku’s Great Newfoundland Adventure*, the story of the Cape Shore Water Dog that accompanied teacher and adventurer, Justin Barbour, on his journey across Newfoundland. She has also written for a variety of publications including the Newfoundland Quarterly, The Telegram and Downhome Magazine.

Marie-Beth wishes to thank the Provincial Executive of the RTANL for the invitation to publish within the RTANL Newsletter in instalment form, a summary of her recent research on early teaching in Newfoundland and Labrador. Part I of this summary was included in the June 2020 RTANL Newsletter.



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# Thankful To Be Alive!

*by Beverly Fisher*

Life jackets save lives – I know because one saved mine!

Friday, May 29, was a beautiful day, calm and hot – shorts and tank top weather. My husband, Glenn, and I put our aluminum boat aboard our truck and drove to a pond not too far from our home to go trout fishing. At around 4 o'clock we decided to pack it in and head back home. As we neared the shore the motor cut out and my husband couldn't restart it, so we had to switch seats to allow him to row us in. Neither of us stood up in the boat; I simply leaned towards the seat he was sitting on as he sat there waiting for me to make the transfer. As careful as we were, somehow I lost my balance and tipped the boat. I plunged head first into the water and the boat capsized, taking Glenn over with it. While he hung onto the anchor's rope and managed to pull himself up to hold onto the boat, I kept going down. As I sank I wondered how long I could hold my breath. I knew I was under the boat and also knew that I had to get out of there, so I felt around for the edge and when I found it I pushed myself away from it. My life jacket brought me back up to the surface.

For the next hour or so that life jacket was my best friend. It kept me afloat as I coughed up water and regained my senses. It kept me afloat as I kicked my way back to my husband and the overturned boat. It kept me afloat, and lessened the strain on my arms, as I clung to the boat and we kicked for at least an hour to guide the boat to shore. It also acted as insulation between the water and my body and kept my core warm. It kept me warm once we could touch bottom, and walked the boat around the shore to our truck. And it kept me warm while we turned the boat over, bailed it out, and gathered up our belongings (which miraculously had stayed under the boat as we moved it). There was a second life jacket at work that day, the one that kept my husband afloat and saved his life too.

A few people already know this story and a very wise one said that I should share it to remind people of the importance of wearing a life jacket. I already did that on Facebook last summer, but I was asked to share it here too. So, don't go out in a boat without a life jacket! Make sure it is the right size for your weight and make sure it is fastened properly and fitting snugly. Take it from me, when you need it you won't have time to zip it up or retrieve it from somewhere else in the boat. My husband and I would not be here to tell the story if we hadn't been wearing ours!

# Cataracts: Clouding Your Vision

*by Beverly Fisher*

When the normally clear lens within your eye becomes cloudy and opaque, it is called a cataract. Cataracts vary from extremely small areas of cloudiness to large opaque areas that cause noticeable blurring of vision. Cataracts are a function of aging and are most often found in people over the age of 60, although they are occasionally found in younger people, including newborns. If a child is born with a cataract it is referred to as a congenital cataract.

Cataracts are the result of aging changes that occur within your eyes that cause the lenses to become cloudy. This may be due to advancing age, may be inherited, or may be the result of an injury or a disease. Other risk factors for the development of cataracts include excessive exposure to UV radiation present in sunlight, the use of certain medications, or cigarette smoke. Cataracts usually develop in both eyes, but often at different rates.

Currently, there is no proven method to prevent cataracts from forming; however, wearing quality UV blocking sunglasses is of tremendous benefit as they protect your lenses from harmful rays that can speed up cataract formation. Diets rich in antioxidants, such as vitamins A, C, E, Zinc, Selenium and Magnesium, can also be beneficial. Not smoking is also a way to prevent age-related cataracts.

Cataracts develop without pain or redness. Indications that a cataract may be forming include blurred or hazy vision that cannot be corrected by changing the glasses prescription, or the feeling of having a film over the eyes that does not go away with blinking. A progressive change in distance and/or near vision may also occur, as well as an increased sensitivity to glare, especially at night.

A comprehensive eye examination by a Doctor of Optometry can determine if you have a cataract. In the early stages of a cataract, where the vision is only minimally affected, your doctor may prescribe new lenses for your glasses to provide you with the sharpest vision possible. Some cataracts never progress to the point that they need to be removed. But if the cataracts do interfere with your daily activities, and glasses cannot improve your vision, your doctor will refer you to an eye surgeon who may recommend the surgical removal of the cataracts.

*This information was taken from a leaflet published by Doctors of Optometry Canada.*



# Are You “Medication Aware”?

by Beverly Fisher

If you are taking prescription drugs, do you know what they are for, and what each of them is called? Are you taking any vitamins or supplements? Do you know if they are compatible with your doctor-prescribed drugs?

Every year a large percentage of seniors die because of medication misuse or abuse. These deaths may be because:

- the drugs are not taken as directed (e.g. with food or without, every three hours, etc.)
- prescriptions aren't filled because they cost too much
- some of the medication is used – the symptoms diminish so the patient decides not to take any more and the remainder is saved for another time
- drugs are shared with someone who seems to have the same symptoms
- over-the-counter medications are taken along with prescribed drugs without checking for compatibility.

Other problems are inadvertent; the patient may

- have vision and/or hearing difficulties, memory or cognition problems
- have language difficulties
- not understand the directions.

If any of these problems apply to you, or someone in your care, here are some things to consider:

- ask questions of both your doctor and your pharmacist about your prescribed drugs and your medical condition
- keep notes on your symptoms
- if you have trouble hearing or understanding, take someone with you when you see your doctor or visit your pharmacist
- know the names of the drugs that you have been prescribed and of any of their possible side-effects, or foods or drinks you have been advised to avoid
- follow the instructions for taking the medication – to the letter!
- store your drugs according to your pharmacist's recommendation.

Remember – the drugs that are prescribed to help you cannot do that if you don't take them properly. If you

have trouble remembering when to take your medication, create a chart, or use blister-packs. Keep a list of all the drugs and supplements you take; keep one copy with you in your wallet or purse, and another in your home – somewhere accessible to first responders. Give a copy to, and discuss the drugs and supplements with, your doctor and pharmacist.

Above all, make sure that you are medication aware!

*Information taken from Postscript, The Magazine for Retired Educators, Fall 2018.*

## MEMBERSHIP CARD BENEFITS

All members are reminded to shop around for best prices. Pharmacies charge varying dispensing fees. If you live in an area where more than one pharmacy operates, it might be worth your while to check such fees. It is impossible for the editors of this Newsletter to publish details for all areas of the province so members, be vigilant. It may be of benefit to show your RTANL Membership Card to avail of discounts.



PAID ADVERTISEMENT

A portrait of Brenda Blackmore, a woman with shoulder-length brown hair, wearing a white collared shirt and a dark blazer. She is smiling and looking towards the camera.

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## Note from the Hon. Deb Schulte, Minister of Seniors

With winter just around the corner, seniors thinking of heading to warmer locations may want to reconsider. While COVID-19 can make anyone sick, older adults are at much higher risk of developing a severe disease or other health-related complications. By staying in Canada, seniors can better protect themselves and their families.

Canada continues to advise against all non-essential travel outside Canada, including all cruise ship travel. If you must travel, please consult the Government of Canada's advice for older travellers and be sure to read COVID-19: Travel, quarantine and borders.

### Things to Consider Before You Go

- Local public health measures may be less stringent than those in Canada, potentially putting you at **greater risk of infection**.
- You may suddenly face strict restrictions at your destination, such as **curfews, lockdowns and quarantines**.
- You may have a hard time obtaining **essential products and services, including medications**, while abroad.
- Your travel insurance may not cover medical expenses or cover you for an unexpected **extended stay**.
- The Government of Canada may have limited capacity to offer you **consular services**.
- **Flight options** could be reduced, making it difficult for you to return to Canada. No further repatriation flights are planned.
- You must **wear a mask or face covering at all times** while travelling.
- You **must quarantine** for 14 days upon your return to Canada.

### Free Travel Webinars

Global Affairs Canada is offering free webinars on the **potential risks of travelling abroad**, along with information about digital tools and consular assistance available to Canadians. If you would like Global Affairs Canada to present a webinar to your organization, please contact outreach.sensibilisation@international.gc.ca.

### National Seniors Council – Governor in Council Appointment Process

The Government of Canada is seeking applications from qualified Canadians to fill current and future vacancies on the National Seniors Council. Interested individuals are strongly encouraged to apply as soon as possible on the Governor in Council appointments website.

### Reminder to Guaranteed Income Supplement Recipients Who Have Not Filed Their 2019 Income Tax

To avoid any interruptions in benefits in January 2021, Guaranteed Income Supplement recipients who have not already filed their 2019 income tax information should file their taxes electronically with the Canada Revenue Agency or contact Service Canada by calling 1-800-277-9914 and providing their income information over the phone.

Sincerely,

Minister Deb Schulte

## RTANL Newsletter Submissions

Our members are invited to contribute to their newsletter. We are pleased that many of you continue to respond with personal articles, stories, and letters of interest and we look forward to receiving many more. **On our website there are Guidelines to follow re type and size of print etc. For consistency in our Newsletter, it is very important that you follow these guidelines particularly to use Times New Roman Font Size 12.**

The RTANL, however, does not accept excerpts from books or promotions of printed materials or other items which may be construed as unpaid advertising.

Please send your submissions  
(preferably in electronic form) to:

**don.white01@bellaliant.net** or

Don White, 76 Glendale Avenue

Mount Pearl, A1N 1N6

prior to **October 15** for the Fall edition and  
prior to **March 15** for the Spring edition.

The Newsletter Committee reserves the right to edit all submissions.



*Chair: Goronwy Price*

*C.E.O./Director of Education: Anthony Stack*

## **Memo**

To: RTANL Members

From: Ed Walsh, Associate Director of Education - Programs and Human Resources

Re: Employment Opportunities

The Newfoundland and Labrador English School District is actively recruiting retired teachers for substituting opportunities in rural and urban areas of the province, including the Northeast Avalon.

Currently, retired substitutes are eligible to substitute for 65 days in a school year. However, we are advised that work is underway to increase this number to 90 days.

If you are interested in applying to work as a retired substitute please visit the District's job opportunities web site.

For further information, please contact Human Resources at the Regional Offices:

- HR Labrador – [hrlabrador@nlesd.ca](mailto:hrlabrador@nlesd.ca)
- HR Central – [hrcentral@nlesd.ca](mailto:hrcentral@nlesd.ca)
- HR Western – [hrwest@nlesd.ca](mailto:hrwest@nlesd.ca)
- HR Avalon – [hravalon@nlesd.ca](mailto:hravalon@nlesd.ca)

## **Teachers' Pension Plan Designation of Beneficiary**

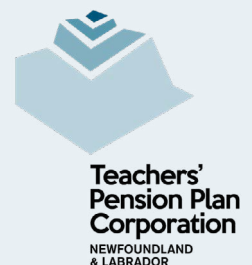
Under the former Act, a plan member could only name a beneficiary if they did not have a Principal Beneficiary, a dependent child or another dependent and then only if the named beneficiary was dependent upon the member for financial support. Upon the death of a member with no principal beneficiary, any death benefits would be paid to the plan member's estate, with no option for the benefit to be paid to a named beneficiary. This could potentially have negative financial implications for the member as the member's estate is subject to tax and accountable to creditors. Payments to a designated beneficiary would mitigate these considerations.

Section 7 of the Plan Text now provides that a plan member may designate a beneficiary to receive a benefit payment. A separate communication was mailed to all plan members outlining all necessary actions to be taken in order to designate a beneficiary.

**This is a reminder to all members to visit the Teachers' Pension Plan Corporation (TPPC) website ([www.tppcnl.ca](http://www.tppcnl.ca))**

to download the Designation of Beneficiary Form, complete and forward it to:

**Teachers' Pension Plan Corporation**, Newfoundland and Labrador  
130 Kelsey Drive, Suite 101, St. John's, NL, Canada, A1B 0T2  
Tel: (709) 793-8772 OR 1-833-345-8772  
Email: [memberservices@tppcnl.ca](mailto:memberservices@tppcnl.ca)



# In Memoriam

We mourn the passing of the following retired teachers and extend sincere sympathy to their families and friends:

*Pearl Adey (St. Catherine's, ON)*

*Melinda Alexander (Stephenville)*

*Joseph Arthur (CBS)*

*Robert Beauchamp (Torbay)*

*Dorothy Bradbury (Wellington, NS)*

*Victor Brett (Point Leamington)*

*Philip Brewer (Gambo)*

*Shirley Bridger (Botwood)*

*Gerald Cantwell, (Avondale)*

*Teresa Cashin (Stephenville)*

*Mildred Mary Cochrane (Gander)*

*Donald P. Cole (CBS)*

*Iris Decker (Ship Cove)*

*Ben Dunne (Mount Pearl)*

*Madeline Fagan (St. John's)*

*Alva Faulkner (Bishop's Falls)*

*Sandra L. Flowers (Rigolet)*

*Frances M. Gatherall (Kilbride)*

*Marin Genge (Rocky Harbour)*

*David L Gill (CBS)*

*Florence Green (Clareville)*

*William Hanlon (Grand Falls-Windsor)*

*Loretta Hayes (Tilton)*

*Maxwell Hayward (Gander)*

*Donna E. Hiscock (CBS)*

*Harvey Hodder (Mount Pearl)*

*Sylvia D. Hurley (North River)*

*Howard Kean (Lumsden)*

*Nora Kearsey (St. John's)*

*Francina Kielly (Forest Field-New Bridge, SMB)*

*Roche T. Lambe (Mount Pearl)*

*Gladys Leamon (Brigus)*

*Harry MacDonald (Grand Falls-Windsor)*

*Aurora G. Magat (Montreal, QC)*

*Gladys M. Maye (Marystown)*

*Donna McDonald (Grand Falls-Windsor)*

*Stella M. Mills (CBS)*

*Br. David P. Murphy (St. John's)*

*Francis Murphy (Holyrood)*

*Roxena Flossie Norman (Gander)*

*Margaret O'Brien (Bay Bulls)*

*Michael Parry (Wales)*

*Maxwell Peach (South Dildo)*

*Leo Penton (Joe Batt's Arm)*

*Lena Peyton (Wainwright, AB)*

*James A. Piercey (St. John's)*

*Martha Poitras (Saint Andre, NB)*

*Sister Bride Power (St. John's)*

*Garth Reid (Oromocto, NB)*

*Terry Reid (Newville)*

*Marie Roche (St. John's)*

*Herbert Scott (Little Bay East)*

*Edward Sheppard (Lewisperste)*

*Sheila Sheppard-Park (Forteau)*

*Netta Mary Short (Springdale)*

*Stanley Smith (Spaniard's Bay)*

*Woodrow Snow (Paradise)*

*Ruby C. Strickland (Cavendish)*

*Robert Thomson (Halifax, NS)*

*Jean Tobin (Goulds)*

*Alfreda Walsh (St. John's)*

*Sister Patricia Whittle (St. John's)*

*Margaret Willcott (St. Alban's)*

## May They Rest In Peace