



Newsletter

Retired Teachers' Association

Vol 33 No 1 • December 2021

President's Message

Sharon Penney

When I wrote the last President's Message, we had just completed our BGM and were looking forward to a reinvigorated association. Our first order of business was recruiting a Board of Directors for the Foundation. I sincerely extend many thanks to the members of the Con-Tri Division who stepped up and assumed the role. Our new Foundation Board of Directors are Mona Rose (Chair), Sherry Howell (Secretary), Pauline Bishop (Treasurer), Calvin Young and Patricia Jayne.

On behalf of our members, I took part in a government survey that questioned our priorities for regulations governing retirement and long-term care homes with emphasis on improving patient respect, working conditions, staff training and wages. At the provincial level I responded to two Health Accord surveys and made a short written presentation to the Task Force on Health. I focused on health-related concerns that are province wide and thus affect all our members. On the second survey I made comments on the proposed substantive changes to our health system. I also signed an online petition in support of the B.C. Health Coalition and Canadian Doctors for Medicare.

This summer, Past President Albert Legge, Vice President Joe Lafitte, and I attended the virtual ACER-CART AGM. This event is usually held in Ottawa, but this year was held online over a two-day period from June 3-4. The first day featured a Retiree Health Event. The first speaker, Dr. Samir Sinha, outlined that Canadians in general are committed to ageing in their own homes. Dr. Sinha contends that it is possible to assist Canadians to remain in their homes and communities and save money for our health care system at the same time. He provided an analysis of how Canada stacks up in relation to other G7 countries and identified ways Canada can redistribute its health care monies and enable seniors to stay out of long-term care homes. The second presenter, Dr. Steve Morgan, makes the case for a Pharmacare plan and how it would save health care money overall. These monies could then be reinvested into other health care needs.

He also explains how a National Pharmacare plan will contribute to the overall health of Canadians by ensuring that Canadians can afford their medications, can afford the best medicines, and can obtain their medicines in a timely manner. These presentations can be viewed

at <https://acer-cart.org/june3event>. As a result of these presentations, I sent an email, on behalf of the RTANL, to our Newfoundland and Labrador MPs seeking their support in our quest for a National Seniors' Strategy.

The second day started with a moment of silence for those who died at residential schools. It was a traditional business meeting where the ACER-CART priorities for 2021-2022 were voted on, member organizations made presentations about their activities for the past year and the four ACER-CART standing committees (Health Services Committee, Communication Committee, Political Advocacy Committee, and Pensions and Income Security Committee), made their reports. These reports are available on the ACER-CART website.

I have attended a number of WebEx meetings with the 100th Anniversary of the Faculty of Education Committee as a plan for a year-long celebration is devised. We have been approached to sit as part of a Round Table discussion on February 9th at The Rooms. As part of the ongoing celebration of the Faculty of Education, some of our members have joined forces with Dr. Jan Buley and other stakeholders to take part in a series of online conversations and storytelling sessions known as *Teacher Tales*. Join Jan and her guests on Tuesdays at 8:00-8:45 p.m. at www.facebook.com/MemorialEducation. In conjunction with the 100th Anniversary Celebration, MUN has published the *Teacher Stories* page which kicked off with six stories reprinted courtesy of the RTANL from our *Tales Told by Teachers* collection. Further information regarding the 100th Anniversary events can be found at www.mun.ca/educ/about/100anniversary/100AnniversaryHub.php.

(cont'd. on page 4)



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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 2021-22

Table Officers
President, Vice-President, Secretary, Treasurer

Benefits and Wellness
..... Beverly Fisher (Chair)

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

Liaison . . . Sharon Penney (Chair), Joseph Lafitte

Newsletter Don White (Chair)
Clayton Rice, Joseph Lafitte

Biennial Award Eric Ayers (Chair)
Thomas Kendell, Joseph Lafitte

Provincial Executive Ad Hoc Committees 2021-22

BGM/Reunion: Beverly Fisher (Chair)
Patricia Parsons (50th Anniversary Committee)
Sharon Penney & Eric Ayers (Liaison)
Clayton Rice & Don White (Co-Chairs of BGM)

Political Action (Coalition)
Patricia Parsons (Chair), Sharon Penney

Boundaries Beverly Fisher

50th Anniversary Celebrations
Beverly Fisher (Chair), Patricia Parsons (Co-Chair)

**NLTA Group Insurance Managers RTANL
Representative** Sharon Penney

ACER-CART Sharon Penney (Director)
Joseph Lafitte (Observer)

Tales Told by Teachers Thomas Kendell

Divisions Liaison Thomas Kendell

Foundation Liaison Eric Ayers

Provincial Executive Handbook
Don White (Chair), Clayton Rice



ACER-CART website: 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: Treasurer@rtanl.ca.

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ADVANCE NOTICE

The RTANL
17th BGM
to be held in
Corner Brook
October 4-6, 2022

NLTA Website

To receive information that may become available between Newsletters, please go to the NLTA website: 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.)

Letter to the Editor

Hi Don,

Read every word of the June Newsletter (as always) and really enjoyed it. Nice idea of Albert to review his years as President. (Musings as Past President). Joseph Lafitte must be new on the scene. I never heard of him before. Joe did a good summary of activities of BGM/21. I really enjoyed Guest columnist Marie-Beth Wright's article. Most of all I loved Elsie Norman's poem, *The Way it Was*. You are doing an excellent job with the Newsletter. The first thing I look at are the obituaries. So many people I know of have passed away. (It is frightening!!)

Keep up the good work!!

Ada

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. **For consistency in our Newsletter, we have included Submission Guidelines under the "Publications" link on our website at www.nlta.nl.ca/rtanl.**

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 to:

Don White, Secretary@rtanl.ca

prior to **October 31** for the Fall edition and
prior to **April 30** for the Spring edition.

The Newsletter Committee reserves the right to edit all submissions.



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 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. 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, Treasurer@rtanl.ca.



HAS YOUR EMAIL OR MAILING ADDRESS RECENTLY CHANGED?

Please advise your Division President and RTANL Vice-President c/o 3 Kenmount Road, St. John's, NL, A1B 1W1 or VicePresident@rtanl.ca. When sending a change of address, please include your previous address.



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.



(President's Message continued from page 1)

Mona Rose, the new Chair of the RTF, and I met with the outgoing Foundation members in Corner Brook on July 20. We had a productive discussion and ensured that the work of the Foundation made a smooth transition to the new Board of Directors.

The Table Officers met on July 29 in Carbonear. At this meeting we laid the groundwork for our meeting with the Divisional Presidents in October.

The Table Officers represented the RTANL at a series of NLTA pre-retirement seminars across the province. The seminars were divided up by region. I am grateful to the other Table Officers who offered their time to make sure the presentations were conducted professionally, consistently and systematically at all venues. We thank the NLTA for including us in their presentations. It reinforces the ties between the RTANL and the NLTA. Our inclusion in these events gives us the opportunity to connect with new retirees and to introduce them to our programs and benefits as they make the necessary decisions about their lives beyond work. In some cases, retiring teachers are not fully aware of the RTANL and its role in their lives as retirees.

You will notice that the email addresses for the executive have changed. We are now using the NLTA service for our emails. This permits us to make a seamless transition when members of our executive change. The Executive will now use position-identified emails instead of personalized emails – President@rtanl.ca instead of wspenney@bellaliant.net for example. A new President will retain the President@rtanl.ca email. A complete list is found elsewhere in this newsletter.

We have watched intently as the government has dealt with the economic position we were presented with in May. I have had several conversations regarding pensions and how they may be impacted by the recommendations of the PERT Report. Our future retirees will be affected by the recommendations if they are actioned.

I wish to congratulate our Past President, Albert Legge, on his decision to represent our members and retired teachers all across Canada on the ACER-CART Health Committee. We pledge our support to Albert as he takes on this new role. Albert has also been elected as a councillor in the Town of Whiteway. Congratulations Albert.

Despite the ongoing pandemic, we have managed to engage in a provincial, federal and municipal election cycle. Through our association with the Coalition, we have engaged with candidates at the Provincial and

Federal levels. We remain committed to ensuring that pledges made by the respective candidates are acted upon.

A long overdue meeting with our Divisional Presidents scheduled for October 4 in Gander had to be rescheduled to October 21 in Clarenville due to the number of active COVID-19 cases in Central.

Looking forward, we are hopeful that our numbers will increase. The involvement of Executive speakers at pre-retirement seminars is seen as a good effort to increase our membership. Divisions continue to seek ways of gaining new members both from existing retirees and new retirees.

The Group Insurance Plan is undergoing an extensive review this year. As part of that review, a survey was sent to our members seeking their input as to their satisfaction or dissatisfaction with our current plan. The survey sought advice from our membership regarding changes that they see as enhancing the plan. Results of the survey will be used to inform the development of a Group Insurance Plan proposal. The Group Insurance Plan will then invite offers from insurance providers to administer and underwrite our plan. Thank you to all those who took part in the survey. Your participation is important in the development of a plan for all our members, both active and retired.



Immediate Past President Albert Legge passes the gavel to President Sharon Penney.

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.

NEWS & VIEWS

Avalon East Division

Mary D. Purchase

The Avalon East Division held its Annual General Meeting on June 8, 2021 at the Sandman Hotel in St. John's. This was our first in person meeting since the winter of 2020. Our new executive was elected and I am pleased to serve as President of the Retired Teachers' Association of NL – Avalon East Division until June 2022.

Although we were unable to gather as a group since March of 2020, the executive met by Zoom to continue the work of the Association. Our Social Committee planned a Picnic in Bowring Park for September 14, 2021 in accordance with all Public Health guidelines, but alas, Hurricane Larry struck and Bowring Park was closed to the public due to damage. Due to the increase in cases of COVID in NL, our executive has decided that we will not go ahead with any indoor events before the Spring of this year. It was a difficult decision to cancel our annual Christmas Luncheon and Craft Fair for the second year.

However, at our executive meeting on October 14, 2021 we committed \$3,000 to the Retired Teachers' Foundation as well as our annual donation of \$1,000 to the School Lunch Association. Sharon Reddy, our executive member, continues to send cards to our members who are ill and to the families of our deceased members.

We look forward to the time when we can again gather safely as a division. Until then, we encourage all our members to stay safe and continue to follow all Public Health guidelines.

Bonavista Division

Beverly Fisher

COVID-19 continues to play havoc with plans for gatherings in our province. As mentioned in our June Newsletter report, activities of Bonavista Division have been put on hold until we feel it is safe to have our members gather. We have, however, had one executive meeting.

At a June 17 breakfast meeting at Hotel Bonavista, we planned three activities for the fall, hoping that the pandemic would have run its course. A hike, a meeting, and a Christmas social were tentatively scheduled, the details of which were to be firmed up in September.



Bonavista Division members gather for their annual "Not-Back-To-School" hike.

On September 8 we held our annual 'Not-Back-To-School' hike. The approximately 5-kilometer Fox Island Trail in Champney's West took us through the community, along the shoreline to view some fantastic scenery, and to a lovely beach where we sat and enjoyed each other's company as we ate our lunch. Before heading home some of our members stopped in at Port Rexton Brewery for refreshments.

Because of the sharp rise in COVID cases in the province in late September/early October we felt it wise to postpone our general meeting, which was to have occurred in mid-October, to another time. The fate of our Christmas social will be determined at an executive meeting in early November.

We are excitedly awaiting the start of curling and are hoping to be on the ice by the end of October. The physical activity and time spent together in a different venue help build camaraderie among the members who attend. Our outings are not competitive; we don't have preset teams – we just 'call sides' from whoever turns up each Thursday morning. This is often followed by lunch together at a local restaurant.



Stunning views from the "Not-Back-To-School" hike.

As the days cool down let us embrace all the beauty that fall has to offer. Christmas will soon be upon us; my calendar, as I write this, tells me that it's two months to the day. On behalf of our 95 members, I wish you and yours the peace, joy, and contentment that come with the Christmas season. Let's hope that 2022 will bring us back together again with a greater sense of normalcy than we've known in a while!

Central Division

William Kelly

Central Division had its schedule and meetings severely disrupted by COVID-19. The Division normally operates with general meetings in September, October, November, April and May and concludes with a Banquet and Dance in June. The November meeting features an auction. Items donated by members are auctioned and all proceeds are forwarded to the Retired Teachers' Foundation. This is in addition to other donations to the Foundation by Central Division. All these activities have been suspended since COVID-19 appeared.

Central's executive kept in contact with each other by email or phone and did relay messages to members who are on our email list. Executive members held an "in person" meeting at the Albatross Hotel, Gander on September 8, 2021. The usual "housekeeping" duties were attended to and plans were made for a general meeting. That meeting was held at Quality Inn, Gander on November 3, 2021. We plan a "get together" with the membership in late April 2022. More information will be available in April.

The Election of Officers, scheduled for the November meeting, has been postponed and the present executive will continue in office until a new election is held.

Many thanks are offered to the management and staff at Quality Inn and the Albatross Hotel for their cooperation and preparing comfortable rooms with adequate social distancing.

Con-Tri Division

Pauline Warren Welsh

Since COVID-19 entered our world, we have had no in-person general meetings but have continued to meet regularly as an executive. Since our last report, we have had six meetings in total...all in person, while following Public Health guidelines. We continue to deal with all the business of our Division, and we keep in touch with our general membership through email. Vice-president



Con-Tri Treasurer Patricia Parsons presents a cheque for \$1,000 to RTF Chair, Mona Rose.

Don Case regularly communicates to our membership through email with all current information from the executive as well as general greetings and we thank Don for his leadership and dedication as our acting President. We are still actively looking for a Division President if any of our members are interested. In early spring, we held a general knowledge contest with our membership as an opportunity to connect with them. Those members who responded through email had their names entered for a gift card prize. Our two winners were Patsy Delaney and Patricia Homes.

We have sent out 'Thinking of You' cards to our 90+ members and we continue to send out our Get Well and Sympathy cards where appropriate. Albert Legge, Communication Officer, continues to forward all other pertinent information to members through email and we are very grateful to Albert for his dedication to this role. We continue to support our high schools, TCP Health Foundation and the RTF with scholarships and donations. Con-Tri members Merrill Sooley and Gary Moulton presented a \$500 donation to the TCP Health Foundation in September, and we thank them for doing this on behalf of all our members. During our last executive meeting, we presented Mona Rose, chairperson of the RTF, with our donation of \$1,000. This presentation was done by Treasurer Patricia Parsons on behalf of all our members. Thanks Patricia! Maureen Robinson has contacted all four high schools in our Division and has arranged for Con-Tri scholarships to be presented on our behalf as well. Thank you to Maureen for doing this work.

On October 28, we held an executive meeting and plans are now underway to hold a "Walk in the Park" event this spring if possible. More details on this event will be available later for our members. Our hope is to gather as a membership once again in a safe and timely manner. It has been a while! Another executive meeting has been

scheduled for December 3 to further discuss this event as well as other business.

Before we know it, the Christmas Season will be upon us. On behalf of Con-Tri Division, we wish you all a Joyous Season filled with good health, peace and love.

Tri-Bay Division

Cathy Bailey-Reid

Greetings from Tri-Bay Division!

Our last Divisional group meeting was March 13, 2020, just previous to the initial COVID lockdown. Despite the continued impact of COVID-19, our executive is alive and well and is anxious, as I'm sure you all are, for things to get back to "normal"!

We have continued to communicate through email and social media. Sympathy cards have been sent to the families of deceased members. Information provided by the Provincial Executive has been forwarded to members via email as well. Linda Thistle and I attended the virtual BGM in May and I attended the Provincial Executive/ Division Presidents meeting on October 20 in Clareville.

In June of 2020 and 2021, new retirees in our division were contacted and invited to join our Division, follow our Facebook group and get added to our group email list. Reminders were recently sent to any who have not done this yet.

Our Executive met face-to-face on November 3. Information from the provincial gatherings was shared with the Executive. In the next few months, we will be finalizing our Constitution and By-laws and creating our Division Banner. We discussed ways to revitalize our Division and we certainly hope to be able to engage in face-to-face gatherings after the New Year.

In the meantime, we have decided to purchase a Tim's gift card and send with a personalized letter to all our members as a Christmas gift (in lieu of a Christmas gathering). An invitation to follow our Facebook group and how to be added to our email list was also included in this communication.

Best wishes to all RTANL members for a joyous Christmas season and good health and happiness in the New Year!

Christmas Greetings from the Provincial Executive

The Provincial Executive of the RTANL extend best wishes to you at this time. Christmas, and especially this Christmas, is a time for us to reflect on the trials we have collectively endured during this pandemic, and to rejoice in the events that have brought us together.

It is a time for us to appreciate the actions of others who have kept us safe. The actions of our health care workers can only be described as heroic. Many of us have found comfort and are grateful for the commitment, dedication and generosity of family, friends and community supporters.

A New Year brings new hope and new possibilities for us in our endeavours. It is a time for us to use our unique talents to enhance our lives and the lives of those around us, both in our close family bubbles and indeed in our larger communities.

The RTANL Executive would like to wish you a joyful Christmas season and a happy and blessed New Year.



2021-22 RTANL Provincial Executive: Top: (l-r) Sharon Penney, Joseph Lafitte, Don White; Middle: (l-r) Clayton Rice, Eric Ayers, Patricia Parsons; Bottom: (l-r) Beverly Fisher, Thomas Kendell, Albert Legge

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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.

President Sharon's Presentation to Sister Davis – Task Force on Health

October 4, 2022

Dr. Elizabeth Davis and members of the Task Force on Health thank you for the opportunity to address the Task Force on Health. Our association, the Retired Teachers' Association of Newfoundland and Labrador (RTANL) as a member of the Coalition of Seniors, Retirees and Pensioners, have contributed to the Coalition's report to the Task Force on Health. The RTANL represents approximately 6000 retired teachers, the majority of whom are seniors. We, the RTANL, acknowledge that the information we share comes from anecdotal reports from our members. Inclusion as we see it encompasses fair, equal and quick access to all medical services in the same format in all areas of our province. With this in mind, our members have identified some areas we wish to discuss to assure equal and timely access to medical services.

Our membership has identified accessibility of services as the number one issue. Our membership is located in all areas of our province. Those living in rural areas have expressed dismay over not receiving timely access to medical services. Those living outside of the St. John's area have limited access to doctors in general and even more limited access to specialists. Access to doctors can take days or weeks and appointments with specialists can take months or even years. This stressor is not as acute in the metropolitan area. The greater number of doctors provides better opportunity for quick diagnosis and therefore enhanced treatment. The shortage of doctors in rural areas is a very alarming reality, especially among seniors.

Our members have also identified the expenses associated with receiving treatment away from the local Health Care Board. If our member lives in the Central Health area but requires treatment found only in the Eastern Health area, they incur extra expenses such as travel, meals, and accommodations just to make the appointment. These expenses are an extra burden placed on our members simply because of geography and a health care system that puts essential care in one central location rather than spread across the province.

Our collective third concern is the cost of medications. While it is rare to encounter a member of our organization who is not covered under our Group Insurance Plan, this sadly is not the reality for most seniors in our province.

This incongruity of those with and those without private insurance often impacts the medical compliance of seniors. Expensive, life-saving medications are more likely to be stopped or their intake reduced when a person becomes financially stressed. An individual who is missing doses of essential medications is in effect being denied inclusion in society because when a person is non-compliant, they are less able to take part in the life of their family and community.

While inclusion, and indeed full inclusion, is manifested in many ways, for anyone to feel included our health care system must ensure that it is enabling that inclusion via equal availability, equal economic access, and equal accessibility to effective medications. The RTANL pledges to remain engaged as changes to the Health Accord are contemplated. We look forward to further idea sharing with you as we move forward together.

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.



NL Retired Teachers' Foundation Report

by Mona Rose, Foundation Chair

In May 2021 Con-Tri Division made the decision to take on the responsibility of the Retired Teachers' Foundation (RTF) because Western Division had completed their mandate. Consequently, on July 20, 2021 Provincial RTANL President Sharon Penney (as RTANL Liaison with the RTF) and the new RTF Director from Con-Tri, Mona Rose, travelled to Corner Brook to meet with Western RTF Directors to make the transfer. The following pictures are from that meeting.

The Foundation Board of Directors met September 23, 2021 at Route 66 in Carbonear. Five members of the Foundation Board of Directors were present. The Book of Remembrance has been deposited to The Rooms. Documentation to accompany the deposit of the book will be forwarded to the Foundation in the near future to make the transfer of ownership complete. Calvin Young will keep the Book of Remembrance, Vol. 7 up to date until October 2022. He will ensure that the pages are completed as required, forwarded to Michelle Lamarche at the NLTA in a timely manner for addition to the website, and collated in the binder as received.

A report from the Treasurer indicated \$28,000 in funds available, which were distributed as follows:

- Mazol Shriners Transportation Fund\$7,000
- War Amps CHAMPS Program\$7,000
- Camp Douwanna\$3,500
- Candlelighters\$3,500
- Rainbow Riders\$3,500
- Down Syndrome Society\$3,500

Cheques were mailed to the various recipients as it was not advisable to conduct face-to-face presentations at this time. We hope to resume face-to-face presentations next year.

We received an application from a new applicant, but they did not meet the criteria outlined in our application form. In addition, one previous recipient is no longer eligible. They have become a Foundation in their own right. According to the rules laid out by the Charities Directorate, one Foundation cannot give money to another Foundation.



The Foundation kindly requests that Divisions forward their donations before the end of August each year so they can be distributed during our next distribution period.

Our next meeting is scheduled for May 13, 2022.



L-R: Elizabeth Thomey, Roberta Pafford, Geraldine Wall (Past Chair presenting cheque for \$5,000), Mona Rose (Present Chair), Agnes Huges, Janet Murphy, Lil Critch

RTANL and the Coalition

by Patricia Parsons, Coalition Representative, RTANL

The RTANL continues to be an active member of the Coalition. Meetings have been held on a regular basis through Zoom since the pandemic began.

At a meeting in May 2021, the topic of Personal Home Care Standards was addressed. The Coalition had previously reviewed these standards and made recommendations for change to the government. These standards included staffing, personal hygiene care, emergency preparedness and financial management of client monies. The Coalition is trying to see if these recommendations have been accepted. No word from government as of yet.

At another meeting on May 12, 2021, the Coalition met with the Honourable John Abbott, Minister of Children, Seniors and Social Development. Concern was expressed that implementation of the Brake Report on Seniors is very slow to roll out. The meeting with Minister Abbott centered on the following topics:

Aging at Home/Aging Well

This is a program that was first discussed during the Ball Government. Several policies would need to be put in place in order for this to happen. Home assessments would need to be done to assure modifications could be done to homes as required. Minister Abbott pledged his continued support to work with various departments to help seniors who want to stay at home as well as provide funding for home support.

Adult Protection Act

Our current Adult Protection Act needs to be amended and added to the Criminal Code. Minister Abbott was briefed on the need for change. He will connect with the Coalition before any amendments go before the House. It was pointed out by a member of Mr. Abbotts' staff that any change to the Criminal Code must be done at the Federal level. This member of staff will reach out to the Deputy Prosecutor to see what can be done if the Federal Government seeks provincial input on the issue. The Coalition will bring this issue to the forefront when it meets with the Federal representatives.

Adult Dental Care

The Minister was questioned on where the Department stands on this issue. He was reminded that dental health affects all other areas of health.

National Seniors Strategy

When asked his thoughts on this issue, Minister Abbott said he is supportive of this and encourages his federal counterparts to be as well. He says his government is investing in seniors. It is willing to spend money on health care and make sure essential services, such as income, food, housing and transportation are there for seniors.

Seniors Poverty

There was a discussion centered on the high cost of living today while many seniors are on a fixed income. Minister Abbott committed to providing any assistance needed to seniors. He said senior issues are part of an ongoing discussion at the Department.

On May 18, 2021, the Coalition met with the NL Caucus of the Federal Liberals. In addition to the issues discussed with Minister Abbott, the following issues were discussed:

- Spousal Benefits for Same Sex Couples
- Long Term Residential Standards
- National Universal Pharmacare Plan

In preparation for the Federal Election which was held on September 20, 2021, the Coalition prepared a number of questions relating to seniors' issues with notes attached to each question. These questions were emailed to the membership to use if they wanted, should they be contacted by any candidate seeking their vote in the Federal Election.

The Coalition is presently considering its strategies for the next term of the Federal Government. A meeting will be set after the Federal Cabinet is appointed and the Ministers have been given their mandate letters.

NLPSPA Webinars for Seniors

Periodically the Newfoundland and Labrador Public Sector Pensioners' Association (The Coalition) offers webinars of interest to seniors. Members of the RTANL are invited to check www.nlpspa.ca for more information.

Group Insurance Managers Report

by Sharon Penney

Since our last newsletter there have been three Group Insurance meetings. Two dealt with regular business and one with the Market Study.

It was decided that starting January 1, 2022, the Dental Plan would reimburse members' eligible expenses at 80% of the 2021 Dental Fee Guide.

The following changes to our Group Insurance Plan were also made, all of which came into effect on May 1, 2021.

Option A1 – Basic and Dependent Life Insurance was renewed with Manulife Financial with an increase of 11.3% (to \$0.118/\$1000 for basic life and \$1.64 per unit for dependent life) for the 2021- 22 insurance year.

The **Post-65 Retiree Life** premium with Manulife Financial was increased to \$1.672/\$1,000.

Option A2/A5 – Voluntary Life Insurance was renewed with Manulife Financial with an approximate 15% reduction in the premium rates.

Option A3 – Basic Accidental Death and Dismemberment Insurance policy was renewed with SSQ at the current premium rate of \$0.191/\$10,000 per month.

Option A4 – Voluntary Accidental Death and Dismemberment Insurance policies were renewed with SSQ Insurance at the current premium rates.

Option B – Health premium was renewed with Desjardins Insurance and the current rates increased by 2.5% for both Single and Family coverage.

Option C – Long Term Disability was renewed with Manulife Financial and the current premium rate was increased to 1.153% of gross salary and an increase in pool charge from 49.5% to 54.8%.

Option CI – Basic Critical Illness and CS/CV/CC – Voluntary Critical Illness policies were renewed with Desjardins Insurance at the current premium rates.

Option B2 – Dental Plan renewed with Desjardins Insurance at the current premium rate with reimbursement rates frozen at the 2020 Dental Fee Guide rate.

The following Group Insurance Managers were appointed to the following positions for the 2021-22 Group Insurance year: Sheena Vatcher – Secretary; Sheldon Slaney – Treasurer. Chairperson, Tracey Payne and the Group Insurance Staff Consultant, Darrin Pike, are the NLTA Group Insurance representatives on the Article 26 Committee for 2021-22. Chairperson, Tracey Payne and Manager, Sheldon Slaney are the Group Insurance Manager representatives on the 2021-22 NLTA Pooled Investment Committee.

A third meeting was convened to discuss the insights gained by the surveys conducted by ThinkWell Research.

The surveys were conducted for a two-fold purpose:

1. Gather feedback on the NLTA Group Insurance Plan in its current form; and
2. Assess reaction to a series of potential changes to the program in the areas of vision, prescription drugs, paramedical, and dental coverage.

The study was conducted in three forms:

- An online survey sent to all active and retired members;
- A telephone survey conducted with a random sample of active and retired members;
- Three virtual focus groups with members, including two groups of active teachers and one group of retired teachers.

From these research findings the Group Insurance Managers met with Johnson Inc. consultants to finalize the document to be sent to insurance companies for proposals that will determine the underwriters starting in 2022-23.

From these research findings the Group Insurance Managers, in conjunction with others more connected to the insurance industry, drafted a document outlining our insurance needs to be submitted to the insurance market for open bidding in mid-November. We await feedback from interested parties.

Maureen Doyle-Gillingham has stepped down from her role as Chair of the Group Insurance Managers. We wish her well in her new role as Vice-President of the NLTA. We welcome Tracey Payne, as our new chair, and look forward to a successful and productive time with her at the helm.

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 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 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.



RTANL Biennial Award for Service

Guidelines for Nominating Candidates:

1. **Nominee** should be a **Member** of the Retired Teachers' Association of Newfoundland and Labrador and **reside within the Province**.
2. Volunteer activities must be related to **involvement in this Association**.
3. Nominations must be received **no later than May 30th** of each BGM year.

Instructions for Completing Nomination Form:

1. Complete **both pages** of the Nomination Form (found under "Publications" on the RTANL website at www.nlta.nl.ca/rtanl).
2. Mail the Nomination Form to:
Eric Ayers, Chairperson
RTANL Biennial Award Committee
PO Box 11, Site 5
Point May, NL A0E 2C0

The Selection Process:

1. The **Biennial Award Committee** (three (3) members of Provincial Executive) will receive and record all submitted nominations.
2. A **Selection Committee**, consisting of three (3) members, shall be from **one (1) division** (as appointed by the President) and shall be done on a **rotational basis** (as determined by the President). The Division President or designate shall be Chairperson of the Selection Committee and shall appoint two (2) members, **other than** those serving on Division Executive, to make up the remainder of that committee, who shall, by examination of the information on page 2 of the Nomination Form, determine the **Recipient** of the Award.
3. To avoid the possibility of any bias or conflict of interest, the **Award Committee** will assign a **number** to each Nominee, and will forward **only page 2** of Nomination Form (containing the **number**) to the **Selection Committee**.
4. The Selection Committee will communicate its decision to the Award Committee Chairperson by September 15th, and will return all Forms to the Chairperson.
5. The RTANL Biennial Award for Service **Plaque**, engraved with the name of the recipient, will be presented **at the BGM**.
6. The Recipient's **name** will also be added to this Award's **Permanent Plaque** that is on display in the NLTA Building, St. John's.

Please Note: The Nomination Form for the Biennial Award for Service can be found on the RTANL website at www.nlta.nl.ca/wp-content/uploads/2021/10/RTANL-Service-Award-Form-Oct-2021.pdf.

Dealing with Seasonal Depression

by Beverly Fisher

Seasonal Affective Disorder (SAD), often referred to as ‘winter blues’ or seasonal depression, is a type of depression related to changes in the seasons. Most often affecting individuals in the fall or winter months, and sometimes even into spring, it can have a profound effect on an individual’s mood and energy levels. Those affected by SAD often feel like isolating themselves until a change in seasons occurs; however, this isn’t a realistic solution for anyone. SAD affects around 3% of Canadians, with approximately 15% experiencing milder forms of the disorder. It impacts children and teenagers as well as adults, with women having a higher tendency to experience it over men.

Those of us who experience seasonal affective disorder often display the following symptoms: changes in appetite (including increased cravings for sugary or starchy foods), avoidance of people or activities previously enjoyed, daytime fatigue, difficulty concentrating, feeling tense or stressed, insomnia or a sense of feeling tired all the time, irritability, a lowered sex drive, sadness, being overly critical of one’s self, a sense of hopelessness, and weight gain.

Here are some self-help tips for easing or averting SAD:

- Avoid alcohol and reduce your caffeine intake; both can affect your sleep and your mood. Drink plenty of water.
- Increase physical activities and exercise prior to and during your SAD months. Build routines to get you

outside during the day, especially during the daylight hours. Physical activity relieves stress and depression and increases your energy.

- Arrange your home space to maximize exposure to sunlight. Try to keep the curtains open during the day and take advantage of the natural light.
- Resist the urge to eat unhealthy sugary or high carbohydrate foods. These can increase depression and weight gain, further increasing SAD symptoms.
- Keep a journal to deal with negative feelings that you experience; write in it daily.
- Eat foods high in Vitamin D or take Vitamin D supplements if you can’t get enough exposure to the sun.
- Take a vacation to a sunny destination. Remember though, SAD can recur after you come back home.

If these suggestions don’t work, seek professional help. There are many treatments available, such as light therapy and cognitive behavioural therapy. Meet with your family doctor or another qualified healthcare professional to help identify the treatment that would be best for you. SAD is a very real but treatable disorder; take steps to keep this affliction from taking over your life this coming winter.

Information for this article was gathered from NSTU’s “The Retired Teacher” and Manulife.

Nominating Committee for RTANL Elections

In October 2022, RTANL active members present at the Association’s BGM will elect the Provincial Executive for 2022-24. Members are encouraged to offer themselves for office or to nominate members for any position on the Provincial Executive. A Nominating Committee (as listed below) has been set up to receive nominations prior to the BGM, but nominations may also come from the floor at the BGM. Elected positions on Provincial Executive are: President, Vice-President, Secretary, Treasurer, and five Members-at-Large with the fifth Member-at-Large to take office in October 2023.

Nominating Committee for 2022 is as follows:

- William Kelly (Chair), Central Division
(709) 256-7371, email: bill.kelly@nl.rogers.com
- Theresa Dollimont, Western Division
(709) 643-2740, email: tdollimo@hotmail.com
- Linda Thistle, Tri-Bay Division
(709) 466-2811 (h) or (709) 427-4585 (c)
email: lindathistle@hotmail.com



Dry Eye Disease

by Beverly Fisher

Do you...

...have trouble wearing your contact lenses for long periods of time?

...feel like you are constantly blinking?

...have trouble reading or looking at a computer screen for long periods of time?

...feel like your eyes are burning, stinging or gritty?

...feel like your vision fluctuates throughout the day?

...have worse symptoms in the evening?

...use artificial tears for symptom relief?

If you answer YES to one or more of these questions, you may be experiencing symptoms of Dry Eye disease.

Dry Eye disease can occur if the tear-secreting glands stop producing enough tears, or if the quality of your tears is compromised. This can happen when any part of these glands becomes damaged or diseased. As a result, the surface of the eye may also become more prone to damage. It is a disease that can worsen over time. Chronic dryness can cause the surface of the eye to become inflamed and this inflammation can reduce tear production even more, resulting in a continuous and progressive dryness. If you have Dry Eye disease, your quality of life and symptoms may be improved with appropriate therapy. Beginning therapy early in the disease process may prevent complications such as damage to the surface of your eyes, weakened vision, and increased risk of eye infections.

The severity of Dry Eye symptoms can vary from mild discomfort to acute pain. The most common symptoms include aching, blurred vision, burning, dryness, grittiness, itching, ocular fatigue, pain, sensitivity to light, redness, scratchiness, sticky tears, stinging, and watery eyes. Dry Eye can affect anyone, but there are some factors that may increase your risk. Environmental conditions such as low humidity, drying winds, high altitudes, high room temperature, and poor air quality can increase the rate of tear evaporation. As you age, the likelihood of Dry Eye increases. Symptoms of the disease often appear after eye surgery and/or post-operative medications that may change the eye surface. Systemic diseases such as rheumatoid arthritis, diabetes, and autoimmune disorders are associated with Dry Eye. Chemotherapy, radiation therapy, and some medications

may also negatively impact the body's tear-producing ability, and pregnancy and menopause may be risk factors for Dry Eye. Contact lens wearers also report eye irritation associated to Dry Eye.

Treatment options for Dry Eye disease will depend on the severity of your condition. Over-the-counter tear supplements can be purchased to provide temporary relief by replacing the tears that the eyes are not producing. A diet that is high in omega-3 fatty acids may decrease the risk of having Dry Eye disease. Symptoms can be improved with some simple lifestyle adjustments such as the following: avoid rubbing your eyes, quit smoking and avoid being around smoke, limit the amount of time spent on activities that limit blinking (watching television, reading, computer use), and avoid hot, windy and low-humidity environments. When Dry Eye symptoms don't go away, despite using tear supplements, you should visit your family doctor, your Optometrist, or an Ophthalmologist. They can prescribe the appropriate therapy and can determine if surgery may be appropriate.

Information in this article was taken from the pamphlet 'Dry Eye Quiz', provided by NL Doctors of Optometry.

Nonagenarian Birthdays

If you know of any RTANL members in your area who are **90 years of age or over**, please forward their NAME, ADDRESS, and BIRTH DATE to Secretary Don White at **Secretary@rtanl.ca**.

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

Community Building in Out of Bound Destinations

by Marie-Beth Wright

A defining tenet and abiding characteristic from probationary teachers staffing Newfoundland and Labrador classrooms was community contribution.

Dr. Rex Gibbons has a unique perspective on community outreach, with both a grandmother and mother who were early educators in Newfoundland schools. His mother, **Nita Vincent**, of Cape Island, Bonavista Bay, attended the six-week Summer School at Memorial College in 1939 obtaining her C teaching licence. Nita, however, had more ambitions, returning the next summer to upgrade to a B licence. She embarked on five more years of teaching in Pound Cove, Bonavista Bay, Bridegeport, Notre Dame Bay, her hometown of Cape Freels and finally back to Cat Harbour where she ended her career with marriage in 1945. As with her mother-in-law some 30 years earlier, the new Mrs. Gibbons had to terminate her teaching career, once married.

As part of encouraged community involvement, Nita Vincent, was expected to play for weddings, funerals, and church services and be active in the Methodist Women's Association. Such commitment continued throughout her life in Lumsden (Cat Harbour).

Howard Roebotham of Fogo Island passed Grade 11 in 1948. Along with his results came a telegram inviting him to teach. Howard's mother, Dorothy Humphries of Valleyfield, a generation before, had taught and married on Fogo Island. Howard had not attended the six-week Summer School program but was offered Pouch Cove, near St. John's. Instead, he chose the sole charge Church of England school in St. Carroll's on the Northern

Peninsula. Transportation was by boat since it would be 30 years before a road connection arrived. He was paid \$20 or \$25 monthly, of which \$12 a month went for board. Howard, who turned 17 in July, set off with one outfit to wear and one suit for school.

Pound Cove in Bonavista North came calling and Howard spent many satisfying years there. This meant keeping church and Sunday school, performing baptisms and funerals, plus the planning and overseeing of the annual Christmas concert. This showcased Howard's musical talents; he was indeed a well-rounded teacher and Pound Cove realized they were very lucky to have him. As an offsetting perk for the growing Roebotham family, a teacher's residence was provided.

Fast forward: in our 2021 municipal elections, Howard's grandson, Curtis Roebotham, owner of Homestead Adventures, a director of the Indian Bay Ecosystem Corporation and youth leader was elected Mayor of NewWesValley. He learned from the best!

Heber Walters of Pouch Cove started teaching at Norris Point, Bonne Bay in 1949, for the Anglican School Board, staying there until 1952 as Vice Principal of a six-room school. Once finished Grade 11 at 17, he attended St. John's College for the summer. During this teaching debut in Norris Point he began Army Cadet involvement and held Church Services, while a teaching colleague, Lorna Roebotham, played the church organ and later became his wife.

Despite being principal of schools in Badger's Quay, Norris Point and Rocky Harbour, Heber's daughter, also Lorna, tells us that Woody Point became "HOME," as Heber taught there the bulk of his career. Admiration for "Pop Walters" was magnified because of his outstanding and enduring involvement in community activities for young people, mainly through hockey, Army Cadets and summer camps.

Heber was also a municipal and teaching leader in Bonne Bay. Indeed, after spending 25 years as a teacher and school administrator, in 1973, the NLTA beckoned. With the first formal interview of his teaching career, Heber was offered the position of Communications Officer, a position he held until 1990.

Once relocated to the East Coast in St. Philip's, Portugal Cove, Heber became its mayor, but his involvement



Howard and Leah Roebotham (Winter) at their marriage in the now resettled community of Northwest Arm, Bonavista Bay. This was one of Howard's first postings and as with so many pioneering teachers, where he met his life partner.

didn't stop there. He headed the St. Phillip's Recreation Commission, hiring summer students. The CLB (Church Lads Brigade) also received his expertise and willingness to serve. In retirement, the Retired Teachers' Association became a focus.



Heber Walters receiving Honorary Membership in the NLTA in 2001, a culmination of his 37 years in the field of education. Being a Lion's Club Governor, town mayor in both East and West Coast Communities, Commissioned Officer of the Cadet Services of Canada, President of the Anglican Lay Readers' Association, are among his many accomplishments.

Amelia Easton, originally from Deer Island, Bonavista Bay, met her husband Rexton Andrews in Wesleyville. They married in 1951 and settled in the community. She had taught approximately eight years with the United Church denomination but then resigned, for married teachers were only hired as a last resort.

Amelia went on to become a businesswoman, opening her own corner grocery store. She returned to the classroom as a substitute for many years as well as engaging in private tutoring. Her grocery store became a community landmark, and she took every opportunity that presented itself to help customers with special needs become an integral part of society. In addition, she readily helped many seniors who required assistance with various aspects of daily living.

This message of giving over and above in isolated school and community settings plays out in students' comments from the site, *St. Brendan's in History*. I had posted in 2020, inquiring about teachers of 60 and 70 years ago. There were chats of teachers coming after one year of preparation at Litledale, of American draft dodgers coming to teach and evidence that many local St. Brendanites came back from a small training stint to teach their younger siblings and cousins.

Tom Furlong, a former pupil writes: *In 1952 I started Gr 1 in Our Lady of Fatima school in Shalloway Cove with 48 others from Gr 1 to 11. Our only teacher was Mrs. Connolly. Just imagine she even found time to have us all participate in a concert at Christmas and Easter. No lighting and heated by a wood stove in one corner. Grades 9, 10 and 11 wrote public exams that were identical for all of the province, and they were getting passing grades; then went on to a wide variety of professions. There are so many other unsung heroes and heroines like Miss Connolly throughout that historic period who brought structure, culture, and literacy to eager students and helped them pull their destiny into the 21st century!*



Our Guest Columnist

Marie-Beth Wright first taught at Bishop Meaden High School in Badger's Quay, in 1965-66 with a Third Grade Certificate. She taught high school French, English, and Social Studies in Wesleyville and St John's before leaving the profession for 15 years to become a stay-at-home Mom. However, she continued working part time in her family's business, taught Adult Education, and occupied various administrative positions. In the late 90s, she returned to teaching as a substitute and tutor for another ten years. Marie-Beth volunteered for over 25 years at regional, provincial, and national levels of Canadian Parents for French and is the mother of two bilingual sons. She is married to retired teacher, Carl Wright.

There are many extra experiences Marie-Beth has uncovered from participating teachers. She is continuing to gather mini bios of teachers, especially connected to communities and schools in Trinity Bay and Bonavista Bay respectively. If you know of someone who taught approximately between 1940 and 1970, especially who started their careers with the long standing six-week stint of basic preparation, please contact Marie-Beth at mbgwright@gmail.com. It is hoped that *Teaching Out of Bounds* will be published in 2022 or 2023.



Geocaching 101

by Cathy Bailey-Reid, President, Tri-Bay Division

Are you looking for a way to get your butt off the couch? Need some fresh air? Looking for some adventure? Do you enjoy solving mysteries? If you

answered yes to one or more of the preceding questions, GEOCACHING might just be for you!

I started GEOCACHING in the fall of 2013, after retiring the previous June. I had heard about it from a colleague several years before, but it wasn't until I retired that I found the time or motivation to have a go at it. And I've loved it ever since!

What is GEOCACHING?

Geocaching is a type of global treasure hunt of people looking for caches or stashes of objects hidden by other players while exploring interesting locations. At its most basic level, geocaching is a game where players use GPS receivers (I use my smartphone) to track down a container or cache.

Geocaches vary in size, shape and difficulty. They may be nano-size (the length of your thumbnail) or as big as an ammunition can. If big enough, they may contain treasure, or "swag" (such as trackables) – items you



My first geocache, "The Silver Bullet," found in Leduc, AB.

may trade or move from one cache to another. They all contain some sort of a logbook where you sign to show that you have found it. You also share your experience on the Geocaching app or website. Geocaches vary in difficulty as well. Specifically, the actual navigation route may be challenging or the hiding spot or way the cache is camouflaged may increase the difficulty level. Micro or nano caches are usually the hardest to find!

There are millions of geocaches worldwide. They are usually on hiking trails, parks, or locations of geologic interest, such as the Dungeon in Bonavista. I find it best to research an area on the App and read the descriptions for the geocaches in that area. It's important to pay attention to specific details about the cache – size, difficulty and also to check the activity posts. If there are several recent DNFs (did not find), the cache may no longer be active.

Travel Bugs/ Geocoins and Other Trackables

Trackables are physical game pieces that move from geocache to geocache. Types of trackables include travel bugs, geocoins, geotags, t-shirts, and more. In most cases, trackables **want** to travel. Use the tracking code on the trackable to look up its goal. Log trackables in order to move them along.

I found my first trackable in Leduc, Alberta. It was called "Home Additions," which originated in Kansas. I brought it back to Newfoundland and placed it in a cache in Clarendville. From there it headed west across Newfoundland, then on to Nova Scotia and New Brunswick. It has since travelled to Europe visiting other caches in Germany, the Netherlands, Austria, Croatia and Slovenia. It has travelled over 24,000 km! It's always a treat to find a trackable in a geocache and then look it up on the website to find out where it originated and where it's been!

How to Become a Geocacher

1. Download the Geocaching app on your smartphone or create an account on the website (www.geocaching.com)
2. Find a geocache (using either GPS or your smartphone)
3. Share your experience by logging your Found it! or DNF. You can include details about how long it took you to find it or if you trade some swag.

The geocaching website (www.geocaching.com) provides an excellent overview. It also lists 15 reasons to love geocaching. I heartily agree with all 15!

Caution

Geocaching is an “**engage in at your own risk**” activity. It is certainly best to do with a friend or family member and to wear sturdy footwear, long pants and a long-sleeved shirt as some caches may be off trail and you just might have to do a bit of bushwhacking.

Also, you are supposed to use your best stealth strategies while geocaching, particularly if there are “**muggles**” (non-geocachers) in the area. My sister, who I introduced to geocaching, didn’t quite get this concept in the beginning and used to get extremely excited (i.e., LOUD) when she found a cache. She’s calmed down a bit since!



“Home Additions,” found in Leduc, AB. I added the NL keychain.

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Teachers' Pension Plan Designation of Beneficiary

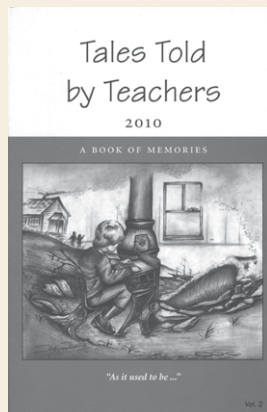
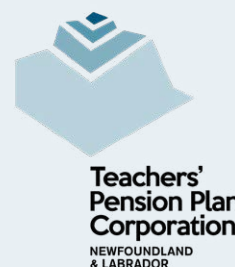
Under the former Act, a plan member could only name a beneficiary if they did not have a Principal Beneficiary, a dependent child or another dependent and then only if the named beneficiary was dependent upon the member for financial support. Upon the death of a member with no principal beneficiary, 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)

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



Tales Told By Teachers, Vol. II

(Note: Volume I is now sold out)

Need a great gift idea (birthday, Christmas, retirement)?

This is it!

And what a bargain: a special price of \$10.⁰⁰ (*plus postage where applicable)

Contains stories, poems, amusing anecdotes – recalled by retired teachers: “tales out of school” to make you laugh or cry – nostalgia at its best!

Volumes I and II were published by the Retired Teachers' Association of Newfoundland and Labrador: Volume I in 1998 and Volume II in August 2010.

Order by phone, e-mail or post:

Clayton Rice: Treasurer@rtanl.ca; (709) 782-8914

Sharon Penney: President@rtanl.ca; (709) 596-2365

Don White: Secretary@rtanl.ca; (709) 368-7269

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

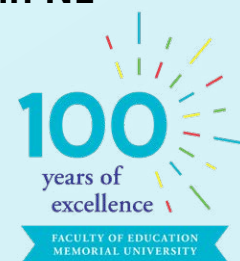
A Time! Celebrating a Century of Teacher Education in NL

Faculty of Education EDGE Event

May 13-14, 2022

Emera Innovation Exchange Centre

Signal Hill Campus, St. John's NL



Faculty of Education

CALL FOR Presentations/Papers

In 2021-2022 the Faculty of Education is celebrating 100 years of teacher education in Newfoundland and Labrador. Our celebration will be held at the Emera Centre, Signal Hill Campus on Friday evening, May 13 and Saturday, May 14.

We are envisioning no ordinary conference/symposium, but rather a gathering - a time to celebrate, reminisce, and reflect on our accomplishments and contemplate the future of teacher education and its role in the ongoing development of this Newfoundland and Labrador - in short, **A Time!** The event will include guest speakers and presenters as well as a variety of music, art, drama and storytelling representing the diversity of our educational community. It will conclude with a gala banquet on Saturday evening.

We welcome a variety of proposal topics and look forward to receiving your ideas and submissions. Sample focus areas could include:

Historical aspects of teacher education, for example:

Moving from the normal school to the faculty of education, the impact of wartime, denominationalism, women and education, the impact on political, cultural, and economic life in Newfoundland and Labrador indigenous education, internationalization.

Public interest and engagement aspects of teacher education, for example:

Responding to transcultural and newcomer communities, alliances and partnerships with

indigenous, LGBTQ +, international and French communities, promoting disability studies, building better education for youth affected by poverty, homelessness, and mental health struggles, building partnerships (NLTA, DOE, etc.).

Innovations and future directions for teacher education, for example:

Change in curriculum, pedagogy and practicums, the impact of artificial intelligence (AI), emerging social movements, developments in technology education, the potential for future studies and forecasting, individualizing and personalizing curriculum delivery, highlighting ethical, equitable and sustainable issues in teacher education, exploring Harlow experiences.

The 100th Anniversary Committee for **A Time!** is now launching a formal invitation for proposals. We welcome proposals for any—or any combination—of the following presentation formats:

- individual or group papers
- archival showcases
- artifact studies
- oral histories and memoirs
- interactive demonstrations
- multi-media presentations
- dramatic readings
- songs and recitations
- musical and dance performances
- historical re-enactments
- visual art
- posters, banners, or exhibits

Proposals are accepted until **January 15, 2022**.

Please submit your proposal (approximately 300 words) in PDF format to: ATime@mun.ca

Please include your contact information, position (faculty, student, retiree, teacher, administrator, educational leader, other), type of presentation, and focus area (historical, public interest and engagement, innovations and future directions).

Queries related to your submission, or our event may be sent to: ATime@mun.ca

In Memoriam

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



<i>Gerald Bannister (St. John's)</i>	<i>Loretta Maloney (Summerville)</i>
<i>David Bartlett (St. John's)</i>	<i>Bride Martin (St. Vincent's)</i>
<i>Nelson Bennett (Pasadena)</i>	<i>Frances Michelle Matthews (Meadows)</i>
<i>Louise Best (Clareville)</i>	<i>Patricia Donna Milley (Grand Falls-Windsor)</i>
<i>Eli Bishop (Pollard's Point)</i>	<i>Sister Marie O'Brien (St. John's)</i>
<i>Shirley Boone (Paradise)</i>	<i>Enid Oldford (Port Blandford)</i>
<i>Sister Chrysostom Brennan (St. John's)</i>	<i>Marilyn Oliver (Halifax, NS)</i>
<i>Ruby Noble-Burden (Springdale)</i>	<i>Daphne Parsons (Robert's Arm)</i>
<i>James Byrne (St. John's)</i>	<i>Lewis Payne (Grand Bank)</i>
<i>Margaret P. Conrad (Dartmouth, NS)</i>	<i>Dianne S. Peckford (Ottawa, ON)</i>
<i>Rev. Nathan Hartley Cutler (Ramea)</i>	<i>Vera Penney (Gander)</i>
<i>William Day (Clareville)</i>	<i>Roland Pickett (Centreville)</i>
<i>Margaret Delahunty (CBS)</i>	<i>John P. Powell (St. John's)</i>
<i>Ruby Denney (St. John's)</i>	<i>Michael Race (Grand Falls-Windsor)</i>
<i>Margaret Elder (Hickman's Harbour)</i>	<i>Verna Doreen Reid (Upper Island Cove)</i>
<i>Maurice Evans (St. John's)</i>	<i>Roger L. Rideout (Valley Pond)</i>
<i>Justina Fleming (Harbour Grace)</i>	<i>Mary Buffett Roberts (St. John's)</i>
<i>Patrick Fleming (St. John's)</i>	<i>Oliver Rose (Bishop's Falls)</i>
<i>Leonilo Flores (Mississagua, ON)</i>	<i>Frederick Rowe (St. John's)</i>
<i>Andrea Gillard (Baie Verte)</i>	<i>Sister Collette Ryan (St. John's)</i>
<i>Conrad Glasgow (Aguathuna)</i>	<i>Thelma Bernice Smith (Bishop's Falls)</i>
<i>Thomas Green (York Harbour)</i>	<i>Gerald Stokes (Wesleyville)</i>
<i>Catherine Gregory (St. John's)</i>	<i>Norman Taylor (Harbour Brenton)</i>
<i>Patricia Gregory (Corner Brook)</i>	<i>Blanche Thistle (St. John's)</i>
<i>Blanche Harnett (Lamaline)</i>	<i>Neville Turner (Corner Brook)</i>
<i>John Hobson (Warwickshire, UK)</i>	<i>Jean Whalen (Lewisperste)</i>
<i>Susie Janes (Deer Lake)</i>	<i>Sister Joan White (St. John's)</i>
<i>Sarah Kelly (St. John's)</i>	<i>Morley Whitt (St. John's)</i>
<i>Lorne Kirby (Bay Roberts)</i>	<i>Joseph Willmott (Hermitage)</i>
<i>Kena Lake (Brigus)</i>	<i>Frances Wiseman (St. John's)</i>
<i>Douglas Linthorne (Clareville)</i>	

May They Rest In Peace

Retired Teachers' Association of Newfoundland and Labrador

BGM and Reunion

October 4-6, 2022 • Greenwood Inn & Suites, Corner Brook

Theme: Celebrating 50 Years

As you may be aware, the tradition has been to hold a BGM/Reunion during every even-numbered year, and this was planned for October 2020. However, in March 2020 a pandemic, by the name of COVID-19, paid us a visit and basically the whole world was shut down. Consequently, BGM/Reunion 2020 became a casualty. In its place a virtual BGM was held on May 13, 2021 specifically to form a new Provincial Executive and to present a Financial Report. At that BGM it was decided to plan a BGM/Reunion for October 4-6, 2022 in Corner Brook. At this time it is planned to proceed with a traditional "face-to-face" meeting, bearing in mind that changes may have to be made if Government protocols dictate. To that end we are asking that members **register early – by July 28, 2022** in case we have to change and possibly cancel. Early registration would give us time to effectively change plans and inform the agencies involved (members, hotel, caterers, etc.). We thank you for your anticipated co-operation.

Deadline for Registration is July 28, 2022

All persons registered by July 28 will be eligible for one of two BGM/Reunion Draws

Registration Fee: \$25.00 (members) and \$30.00 (guests/non-members)

(No meal is provided on Tuesday evening.)

RTANL members **80 plus years of age and guest** receive complimentary registration.

NOTE: Registration fee will be collected on Registration Day, October 4, 2022

Accommodations: Individuals must make their own arrangements for accommodations. The RTANL has booked a block of rooms at the Greenwood Inn & Suites, Tel: 709-634-5381 or toll free at 1-800-399-5381. *When you reserve, please request RTANL rates.*

Registration: Complete the Registration Form below and mail to: RTANL BGM Registration, 3 Kenmount Road, St. John's, NL, A1B 1W1 **or** visit the website at www.nlta.nl.ca/rtanl and complete and submit the form online.

Prior to BGM 2022 all registrants will receive a BGM package by mail.

Form may be submitted electronically (as note above) OR mailed to: RTANL BGM Registration, 3 Kenmount Rd, St. John's, NL A1B 1W1 (Note: registration fee will be collected on Registration Day, October 4, 2022)



Name of retired teacher: (include maiden name if applicable): _____

Division: _____

Locations Taught: _____

Full name of guest (if applicable): _____

Mailing Address: _____

Email: _____ Tel: _____

Please check (if applicable): ☐ 80 plus Member ☐ 80 plus Guest

Please indicate below if you have any FOOD ALLERGIES or other dietary concerns.

For more information contact:

RTANL c/o Clayton Rice, 3 Kenmount Rd, St. John's, A1B 1W1 • Tel: (709) 782-8914 • Email: Treasurer@rtanl.ca

