



Newsletter

Retired Teachers' Association

Vol 25 No 2 • June 2014

President's Message

Thomas Kendell

What a long hard winter it has been! According to the weather forecasters it has been the worst one in 35 years! As I write this message to you at the beginning of April I have about eight feet of snow on my lawn. It may be a while before I put spring fertilizer on it this year. However, the days are getting longer now and we can feel the warmth of the sun as we walk outdoors. Many of us have been browsing through our seed catalogues to see what we can plant in our gardens this summer. I received my seeds the other day from Vesey's but I may be a while this year before I get them into the ground.

Since my last message to you in December 2013, I have had the opportunity to visit Con-Tri Division to attend their Christmas dinner and dance and bring greetings on behalf of our Association. I would like to express my sincere thanks to Albert Legge, president of Con-Tri Division and Don Case, provincial executive member and all members of their Division for their great hospitality.

Last fall, Perry Downey of the NLTA and I were invited to the Coast of Bays Division to speak on the topic of "Pensions and RTANL". The meeting was held at the Legion in St. Alban's, Bay d'Espoir. There was a great turnout at the meeting and many questions were asked on the topic of pensions. I would like to thank Ms. Bridget Kelly, President of the Coast of Bays Division, and her executive for the opportunity to attend the meeting and address concerns raised by retired teachers in that area.

The provincial executive held their executive meeting at the Marriott Fairfield Inn and Suites in St. John's from October 29-31, 2013. At that time we conducted the regular meeting of the Association with an emphasis on our Thirteenth Biennial Provincial Conference and Reunion which will be held on the west coast in Corner Brook from September 30 – October 2, 2014. The deadline for registration is September 19, 2014. The theme is "Join the Team in 2014". So, please give it

some thought and come join us in Corner Brook at that time, renew some old acquaintances and meet some new friends. An application with pertinent information was included in our last newsletter December 2013 and is also included in this one. Our next provincial executive meeting will be held from May 7-8 in Corner Brook.

RTANL is the sponsoring body of the Retired Teachers' Foundation. The purpose of the Retired Teachers' Foundation is two-fold: to provide funding to children's charities and to honor the life and work of deceased retired teachers. This past year we donated \$24,000 to ten different children's charities in the province. Books of Remembrance are compiled to record the contributions and to perpetuate the memory of former colleagues. Many thanks are extended to the Foundation members, the Divisions and all retired teachers for their contributions to this very worthwhile cause.

Our Association continues to have a great relationship with our active teachers' association, the NLTA. A "Meet and Greet" between our two executives took place in the fall of 2013. The NLTA continues to give us access to their building, print plant, staff consultants and any other services we require. A member of our executive serves on the Board of Trustees for Johnson Inc. along with members of the NLTA.

RTANL has a link to the NLTA website at www.nlta.ca. Click on "Links" and scroll down to Retired Teachers' Association of NL. There you will see contact information for the Provincial Executive, the Foundation and Presidents of the various Divisions and Regionals. We have also posted photos and video clips of some of the highlights from the 2012 Biennial General Meeting/Reunion. Between newsletters you will also find postings of current information.

RTANL continues to be an active member of the Newfoundland and Labrador Public Sector Pensioner's Coalition, which has recently expanded to include retirees and seniors throughout the Province. Regular

(cont'd. on page 3)

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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 2012-14

Table Officers President
Vice-President
Secretary
Treasurer

Benefits Lil Critch (Chairperson)
Don White, Clayton Rice

Finance Clayton Rice (Chairperson)
Thomas Kendell, Doreen Noseworthy

Liaison Thomas Kendell (Chairperson)
Doreen Noseworthy, Clayton Rice, Don White

Newsletter Don White (Chairperson)
Clayton Rice, Doreen Noseworthy

Biennial Award
Doreen Noseworthy (Chairperson)
Clayton Rice, Don White

Reunion & BGM
Geraldine Wall, Lil Critch (Co-Chairpersons)
Clayton Rice, Jim Dobson

Political Action (Coalition)
Don Case (Chairperson), Doreen Noseworthy,
Provincial Executive as Steering Committee
Co-chaired by President plus
Division Representatives

NLTA Group Insurance Trustee
Doreen Noseworthy

ACER-CART Thomas Kendell (Director)
Doreen Noseworthy (Observer)



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: clayton@warp.nfld.net; fax: 709-579-5099.

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BGM Registrationinside back cover

ADVANCE NOTICE

13th Reunion of Retired Teachers and RTANL BGM 2014

Corner Brook, NL
Sept. 30 - Oct. 2, 2014

(A Registration Form is printed in this Newsletter and is also available on our website).

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 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.)

meetings of the Coalition are ongoing and as an association we have two members of our provincial committee on this Coalition: Don Case and Doreen Noseworthy. Two priorities of the Coalition for this year are Long Term Care and Affordable Housing and Elder Homelessness. The main purpose of this Coalition is to influence governments and various political parties to address issues relating to retirees, seniors and pensioners and to lobby against any tampering with existing public pension plans. The Coalition will be starting a series of town hall meetings very soon and travelling to areas of the province to speak with all pensioners. They will also be posting the findings to their web site, which can be seen by googling NLPSPA.

Vice-President Doreen Noseworthy and I will be travelling to Ottawa from June 5-7, 2014 to attend the annual general meeting of our national organization ACER-CART. This provides an excellent opportunity for retired teacher organizations to come together and address issues common to all retired teachers across the country.



There are still copies remaining of Tales Told by Teachers, Volume I and Volume II. They are available from any member of your Provincial Executive or from your Divisions. These books make excellent gifts at just \$10.00 a copy for members and \$12.95 for non-members. Those stories highlight the challenges that many teachers had to face years ago in rural Newfoundland and Labrador. It is a great read for teachers of today and tomorrow!

As you look forward to the coming months I would like to wish you all a great spring and a wonderful summer. We certainly deserve it after this winter!

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NEWS & VIEWS

Avalon East Division

Betty Lou Kennedy

A very warm welcome to spring from all the retired teachers of Avalon East Division! I knew there was a reason I was procrastinating about writing this newsletter after such a cold winter and here it is – I just knew it was coming. Today, the golfers are wearing two gloves and winter hats. It doesn't give one hope that we will have more than two seasons, this winter and last winter.

Spring heralds the end of our RTANL-Avalon East Division (AED) year. The past two years as president have flown by so quickly, mainly due to the fact that the executive and amazing committee members have worked diligently to bring us all so many fun-filled activities. Thanks to all who have been involved. This brings me to another important issue – that of recruitment for positions on the executive for the next two years. As we will be holding our elections at our AGM in June, it is a great time for any members who wish to have a position on the executive to put your name forward by contacting any member of the present executive. Please give this consideration as it is a very rewarding and fun-filled experience.

Our social committee continues to be busy bringing us great social activities. On February 17 we held our Annual Fun Day at Bally Haly Golf and Country Club. More than 100 members and friends attended to play cards, board games and curl. We enjoyed a lovely lunch, many prizes and friendship. Although AED purchases most of the prizes, many others are donated through the generosity of our members who attend. We especially recognize the continued contribution of a donation by retired teacher/artist Pat Ryan of a beautiful piece of artwork which was put up on tickets



to those attending. More than \$400 was raised for the Retired Teachers' Foundation to assist children with disabilities. Thanks Pat and thanks to our social committee who organized the event. Also thanks to Mary Holloway who again this year planned our Snow Day activities at Pippy Park in late February. A record number of participants enjoyed winter fun and refreshments.

Our annual year-end BBQ and Social was held on Friday, May 30 at the Shriner's Club on Topsail Road. This was a fun-filled evening with good food, laughter and a few scuffs.

The AGM will take place on Wednesday, June 11 at Bally Haly Golf and Country Club on Logy Bay Road. We will hold our business meeting and election followed by a delicious lunch. There will also be prizes to boot. After the meal, Bob McDonald, a great entertainer will join us for music and song.

Avalon East Division's annual fundraiser, the Bakeless Bake Sale for the Retired Teachers' Foundation which donates to many children's charities each year is well underway. We have received a number of these donations already and look forward to the continued support from the Avalon district members.

Visits and cards are ongoing for our members who have need of this service. During the year two of our executive members make many visits to members who are ill and to their families.

A sincere thank you is extended to all the people who helped make the past two years of my tenure much easier than I anticipated at the start. It has been a very rewarding and fun filled experience. The executive and social committee have been extremely active and supportive in so many ways. Thanks also to the provincial retired teachers' organization who work on behalf of all of us.

On behalf of the executive, committee members and myself, I wish you and your families a happy and relaxing summer. Stay safe. Have fun.

The best time to plant a tree was 20 years ago. The second best time is NOW. ~ Chinese Proverb.

Bonavista Division

Harold Tremblett

By the time you read this report it will be June, the sixth month of the year and one of four months with a length of thirty days. According to Wikipedia, “June is the month with the longest daylight hours... in the Northern Hemisphere... the longest month of the year, even though it has thirty days.” I feel certain that most of us will enthusiastically use these really long days to get outdoors and enjoy a variety of seasonal activities, especially this year, considering the length and severity of winter and the often unpleasantness of our so-called Newfoundland and Labrador spring.

During the much shorter days of late fall and winter, our executive met three times – on October 30, January 15, and March 3. During a breakfast meeting with our Social Committee on October 30 at Hotel Bonavista we planned our Christmas Dinner and Social Evening. On January 15, Barry Pack hosted a meeting during which we planned our February general meeting and on March 3, Barbara Duffett hosted another meeting during which we planned our April general meeting.

Our Christmas Dinner and Social Evening commenced as scheduled on December 5 at Skipper’s Restaurant in Bonavista. A collection in the amount of \$82 was taken at this event and forwarded to the Red Cross to help with relief efforts underway in the Philippines. The three winners of our door prizes were Cyril Keats, Linda Lodge, and Tom Reynolds. After a delicious meal, we were entertained by the talented singing of 15-year-old Andrew Smith, a last minute substitute for a previously booked singer who had to cancel. With guitar in hand, Andrew arrived just in time and delighted us wonderfully with his rendition of a dozen or so popular songs. Andrew is the son of retired teacher David Smith, and Paula, a teacher at Catalina Elementary.

Our second general meeting for the year was held on February 3 at Skipper’s Restaurant in Bonavista. With 17 members present, the first half of the meeting was reserved for the business matters of our Division, and the second half was made available for a presentation by Darrin Button, Manager of Scotiabank in Bonavista. Mr. Button shared much of his wealth of knowledge regarding the many aspects of successful banking: types of accounts, types of credit cards, investment strategies, withdrawal tips, uses for safety deposit boxes, internet banking, and the many security issues associated with all types of banking. Finally, he addressed various banking strategies to consider if

a retiree is thinking about entering a nursing home or other long-term care facility. Many questions from our members ensured a lively discussion with Mr. Button.



Mr. Darrin Button, Manager of Scotiabank in Bonavista, gives a presentation to members at their February 3 meeting.

Other items of interest:

- Seventeen of our members travelled to Clarenville on October 22 for a bowling session at Caribou Lanes. This trip also included a buffet lunch at Uncle Li’s Restaurant.
- John Adams, a retired teacher from King’s Cove, was awarded the NLTA Special Recognition Award for 2014. The award, provided by Johnson Inc. to recognize the 100th anniversary of the NLTA, is presented annually to an active or life member of the NLTA who, while a teacher in the province, made a major contribution to the cultural, social, and/or community life of Newfoundland and Labrador.
- On February 26, our Division organized an afternoon of board games in the Dean Little Room at the Bonavista Stadium. Eleven members attended to engage each other in such games as Crib, Scrabble, and Taboo. The day ended with some snack food and a cup of tea or coffee.
- A winter outing was organized for March 18 by Gordon Fudge and Joseph Greene, members of our Recreation Committee. Fourteen members and spouses attended for a day of skidooring, troutng, and a boil up in the great outdoors.
- Curling sessions continued for our members this year at the Bonavista Stadium. A dozen or so members attended each Thursday at 10 a.m. for two hours of curling. Some of our curlers arrived early at 9 a.m. each day to volunteer their assistance to Matthew Elementary students and teachers during their one hour curling session. We also entered two teams in the annual curling Funspiel at the Bonavista Stadium during the weekend of March 28-30.



Members and spouses enjoy a winter outing on March 18.

- The First School Project has again been revived in the Bonavista area with a new grant of \$2,500 from Provincial Historic Sites. Retired teachers have been invited to serve on the committee to establish a site to commemorate the first school in the province, established in 1727. Interested members should contact Eliza Swyers.
- Rayfield Fowlow, a retired teacher in Port Rexton, was recently given an award by the Anglican Bishop for 56 years as a lay reader. We offer our congratulations.

Central Division

Thomas Kendell

Spring is finally here after a long cold winter and we look forward to the long days and the warm months ahead. Although with all the snow around in April, it may be a cooler spring than normal. Many of us enjoy gardening so we are anxiously waiting for the time when we can get out into our gardens and plant our seeds. Hopefully we will have a nice summer to compensate for this long winter which saw lots of snow and rolling blackouts!

Our Division started up again in April with an executive meeting on April 1 and a regular meeting on April 16 in Gander. We have five executive meetings and five general meetings with a banquet in June. This year will be our 34th year for our annual dinner and dance which will be held at Hotel Gander on June 18.

We did not publish our Division newsletter, the *Cornucopia*, in January due to the rising costs of production. I would like to express our Division's thanks and appreciation to Calvin Wheeler from Botwood for all the work that he does in compiling the *Cornucopia*. It does demand a lot of time and dedication on Calvin's behalf. The *Cornucopia* is

available online through the RTANL link on the NLTA website at www.nlta.nl.ca.

Our Division continues to give generously to the Retired Teachers' Foundation. In November, Calvin Wheeler generously donated another of his paintings on which we sold tickets. The proceeds from this draw in the amount of \$100 will be going to the Foundation. The lucky winner was Melvin King of Gander.



We still have a number of *Tales Told by Teachers, Volume I and Volume II* available through our central executive at \$10.00 for members and \$12.95 for non-members. Please contact any member of the executive if you are interested in purchasing a copy or a set.

Some of our colleagues will soon be returning from their vacation in Florida (we really envied them this year), after being away for the winter so we are looking forward to our upcoming meetings and to renewing new friendships and acquaintances after the long winter break.

The Central Division of RTANL newsletter, **CORNUCOPIA**, will be published in the fall of 2014. However, because of the rising costs of postage, this edition **WILL NOT** be mailed out to our members.



You may read this edition and previous editions on the following website:

www.nlta.nl.ca/files/documents/rtanl/rtanl_newsletters.html

For those members who need a hard copy delivered to them, please contact a member of the Central Executive.

Coast of Bays

Bridget Kelly

Greetings from the beautiful Coast of Bays Region where Old Man Winter has decided to retire for this year, we hope.

The Coast of Bays Retired Teachers' Association held its annual spring meeting at the Vancor Motel on Thursday, May 8, 2014 with 18 members in attendance. After the regular business, President Bridget introduced our special guest speaker, Mr. Peter Bishop, Wealth Management Advisor from the NL Credit Union, who spoke on the topics of Financial Planning, Wills, Living Wills, Power of Attorney, etc. Many questions came from the teachers attending as these important matters relate to all of us at this point in time. After a well-received presentation, teachers were served an excellent lunch and agreed on the next meeting in the early fall.



Members at the annual spring meeting in May 2014.

We continue to search out all our retired teachers in our widespread Coast of Bays area and if anyone does not receive notice about our meetings, please contact any of the Executive or any other member with your contact information or e-mail bridgethkelly@gmail.com.

Best wishes for an enjoyable summer.

Con-Tri Division

Pauline Welsh

Spring is the time of year when it is summer in the sun and winter in the shade.

Greetings are extended from all of us here in Con-Tri Division. We are certainly looking forward to putting the winter behind us and enjoying some fun in the sun!

We were pleased to have a good turnout at our annual Christmas banquet at Fong's this year. A special thank you is extended to our Provincial President Tom

Kendell for taking the time to attend our banquet. It was a pleasure to have you with us and we hope it was an enjoyable time for both you and your wife. Each year at our banquet we hold a Toonie Drive for the Retired Teachers' Foundation as well as collect non-perishable food items and we select a different area/organization in our Division to receive these non-perishable donations. This year the recipient of these items was the Lower Trinity South Salvation Army Corps.

Our scholarship winners for 2013 were: Rebecca Tizzard, Baccalieu Collegiate; Danielle St. Croix, Ascension Collegiate; Elizabeth Hicks and Alana Loveys, Carbonear Collegiate; and Steven Rowe, Crescent Collegiate. Scholarships are valued at \$250 and are presented to a graduate of each of the high schools in our Division.



Steven Rowe from Crescent Collegiate accepts Con-Tri scholarship from Pauline Welsh.

Our Division also presented two awards at the 44th Kiwanis Musical Festival Grand Concert on April 8 to the best Primary and Intermediate choirs. Winners were presented with a \$100 award and an inscribed shield. Don Case made the presentation to this year's winners – St. Francis Primary Choir, represented by Emma White and St. Francis Songsters, represented by Camryn Taylor.



Camryn Taylor, Emma White accept awards from Don Case.

The dates for our upcoming events over the next year have been determined and all of our members are asked to please take note of these: June 10 – Spring Event; September 4 – NBTS Walk; September 30 – October 1 & 2 – BGM; October 9 – Executive meeting; October 16 – first fall meeting; November 20 – second fall meeting; and December 2 – Christmas banquet.

We are currently finalizing preparations for our spring event and are looking forward to great fellowship and entertainment as we gather at that time.

Have a wonderful summer everyone!

Western Division

Francis Reardon

Greetings to all from beautiful Ottawa. As of April 27 spring has sprung and the grass is turning green. However, I would still rather be cleaning up the after-winter debris at home. You do what you have to do. I have to apologize to the editor for my being late again with my report.

On December 7, 2013 we enjoyed a fabulous Christmas Dinner and Dance at Bennett Hall in Corner Brook. I thank all the people who planned the event, catered, provided music, donated prizes, and attended, especially those who travelled from outside the city. It was a magnificent gathering and a great opportunity to meet and socialize with current and new friends.

In my last provincial report I did not thank the retired teachers in Deer Lake region for hosting a general meeting. They took it on without the support of a regional and did a tremendous job. They plan to form a regional soon. I really appreciate how easy it made my job. They did the work and I received praise for the event. Special thanks to Deer Lake for your wonderful teamwork and thanks also to the ACW for a delicious luncheon.

Copies of *Tales Told by Teachers, Volumes I and II* are available. Anyone who would like to make a purchase may contact a member of Western Division Executive.

Our sincere thanks go to Agnes Hughes for her relentless efforts and dedication in making our Bakeless Bake Sale for the Foundation such a success.

The Provincial Executive of RTANL held a successful meeting at Corner Brook on May 6-8. We hosted a luncheon for Western Division members to meet the Provincial Executive. Many thanks are extended to those who attended.

Our spring general meeting was held at Bennett Hall in Corner Brook. We appreciate the support of all those who attended. Once again, on behalf of Western Division I want to thank all those members for continued support even though many are unable to participate in our local activities because of distance. We try our best to keep in contact through our Communications Officer Emily Mullett and her team.

I am including excerpts from the year-end report from Labrador West Regional (published in Western Division's newsletter) to show the great work they are doing.

Labrador West Retired Teachers Year End Report

The Labrador West Retired Teachers group continued to meet for breakfast on the first Thursday of each month. These meetings took place at various restaurants in Wabush and Labrador City. Any business items needing attention were taken care of at each get together. Former colleagues and friends then enjoyed a time of socializing with one another. We were always delighted to welcome retirees who were visiting in the area. At each breakfast we were encouraged to bring along non-perishable food items for our local food bank.

Each month a newsletter was compiled and distributed. Many thanks are extended to our editor, Cheryl Hardy, who ensured that our publication was made possible. Her time, energy and commitment are very much appreciated. Our newsletter was read and enjoyed by a large circle of Lab West retired educators living in our province, across Canada and beyond. We were so grateful for newsletter contributions received from near and far. We hope we can continue to remain connected via this medium.

Many of our group members are active volunteers in our communities. They may be found volunteering in the schools – judging for Heritage Fairs and speak-offs, participating in Relay for Life, community policing, at the food bank, on church committees, and coaching various sports. Being retired certainly does not mean inactivity for any of us.

Our June gathering was a luncheon at Charlie's Restaurant in Labrador City. Those in attendance enjoyed a very pleasant time together.

We enjoy hearing from any retired teachers who once taught in the Lab West schools. If you happen to be in the area we would love to see you.



RTANL Provincial Executive invited to attend luncheon with Western Division.

Western Division's next major project is hosting the Thirteenth BGM and Reunion. We have already held planning meetings and we look forward to seeing you at Corner Brook on September 30, 2014.

As I put the finishing touches on this report I am reflecting on one of our newly retired teachers, Linda Eileen Gibbons who has been taken from us too soon. I extend sincere condolences to her family and friends on behalf of all our members.

Have a great summer everyone!

You can contact me at (709) 634-3975 or email: reardonfr44@gmail.com

VOLUNTEER AS A CULTURAL AMBASSADOR AT THE ROOMS

The Rooms is looking for volunteers with traditional skills to knit, split fish, hook rugs and mend nets in our exhibition galleries this July and August one afternoon a week. Training will be provided in mid-June.

To volunteer as a Cultural Ambassador, or for more information, please contact:

Gillian Davidge at 757-8109
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Costa Rica

A Wonderful Country to Visit!

Don Case

In mid-February of this year, my wife Gladys and I decided to visit Costa Rica. It is sandwiched between Panama to the south and Nicaragua to the North. We toured with Craig Travel, an Ontario-based company.

We travelled from the Caribbean side to the Pacific Ocean. Our first tour took us to San Jose, the capital city, where we stayed for a few days enjoying the sun and warmth, visiting several historic sites such as the Teatro Nacional and the Iruzu Crator at 12000 feet altitude. We saw many unfamiliar animals and some rare sightings of birds in the country. It's a true birder's paradise.



Our tour was active with lots of hiking and with an emphasis on nature. We travelled to Tortuguero National Park by river, cruising the river and connecting canals to view birds and animals. Howler monkeys woke us at 4:00 a.m. Then we were off to the Cloud Forest where we walked the hanging bridges in the tree canopy. The scenery was breathtaking! One of the highlights of our trip was visiting a local school and meeting the students and teachers.

It was truly a wonderful experience that we won't soon forget.



Get Better With Age

Hector M. Earle

When we were young we had the tendency to ignore the fact that if we live long enough, we would get old. I must admit I was one of those who notoriously lived life by burning the candle at both ends early in my career and never thinking of the accumulative effect it would have in my retirement years. Luckily, however, I came to the stark realization early in middle age that I would be burnt out and would have nothing left to retire to if I continued at this pace. Consequently, I took measures to live a less stressful life and focussed more on lifestyle and health habits. Now that I'm retired, I'm sure glad I did.

In the midst of goal seeking careers and advancements, we rarely think of health as an investment. But bad health habits wrongly practised in our youth often result in major health and emotional problems later in life. In certain instances, this can lead to even greater problems as we age.

A study by Dr. Eric Caine revealed some rather interesting observations about elderly people. In a press release, he stated, "Suicide rates are highest among the elderly and the situation appears to be getting worse. Depression is a primary factor in these deaths. Much of the depression occurs because of multiple small problems – medical and otherwise – exaggerated in the minds of an individual. People become 'demoralized and discouraged' by their declining physical abilities and assorted nagging problems, but the depression these difficulties generate is far more serious than whatever brought it on." (International Psychogeriatric Association, August 19, 2003)

That's a pretty sobering statement for us 50 plus people. But it doesn't have to be this way for any individual. We do not have to fear getting old and depressed. General myths have prevailed that convince us that as we get older there are certain inevitable maladies that come with aging. However, John Rowe, M.D. and Robert Kahn, Ph.D, in their book *Successful Aging*, shot down five myths about aging.

The first myth is "To be old is to be sick." Yes, the aging body is more prone to ailments, but the study reveals that as people age they are more likely to do it in a state of wellness rather than being ill. It is absolutely false to believe that just because you're getting older, you can't remain healthy.

The second myth is based on the saying, "You can't

teach an old dog new tricks." This is simply not true. Scientists have come to understand that the brain works a lot like a muscle – the more we use it, the better it functions. Age should never keep us from using our mental faculties. In fact, in this regard, the saying is very true: "Use it or lose it."

The third myth is described as "If you don't take care of yourself when you are young it's too late to start when you're old", referring to the totally false belief that if a person didn't take care of his or her health when young, it's too late to do so in later years. Replacing bad habits with good habits allows the body to begin the process of mending at any time in one's life – the earlier the better of course. While there is no "fountain of youth," a healthy life in any phase of life is the best prescription for "anti-aging."

A fourth myth is that longevity is determined by heredity. While this is a factor no doubt, it does play much less of a role than the choices we make. Healthy living is far more important to the success of the aging process. Rowe's and Kahn's research illustrates that the importance of genetics as a health factor shrinks as one grows older, while lifestyle habits become more influential.

The last myth they busted was the saying, "The lights may be on, but the voltage is low." This false myth leads society to believe that the elderly suffer from inadequate mental and physical abilities. Such need not be the case. Scientists have come to understand that senility does not come with old age; it comes from poor health practices.

Sooner or later we're all going to get old. We might as well enjoy the ride and learn how to enjoy those well-earned years. After all, the question of how old you are is not as important as how healthy you are. Although we can't control the ravaging of time, we can however control our own health habits. As a starting point we can stay active physically and mentally, eat a well-balanced diet, exercise daily and get plenty of rest.

Another key factor is to be current and up to date on health issues and lifestyles. Health fads come and go but if we stick to sound, time-proven health practices backed up by solid research, then we should at least maintain a reasonably healthy life even into old age.

Travelling, hobbies and having good social and family connections are also important. Take advantage of these opportunities. Also, having a positive outlook is extremely important, and it is the area over which we have most control. One cause of discouragement and

depression at any age is the loss of self-worth. In our retirement years it can be more devastating, because many begin to feel they are no longer needed. That is simply not true! Those feelings can be overcome by concentrating on helping others and practising our faith and values more.

Another way to begin is by not focussing on the past where your old job defined you, but look forward to the future by participating in meaningful activities, meeting people, making friends, and volunteering our services. A purposeful, driven life gives you many reasons to get up in the morning.

Make that commitment today and prove to yourself that indeed you really can improve with age and become that healthy senior you were meant to be.

Hector M. Earle is a recently retired teacher and lives in Stoneville, NL.

The Corpus Christi Lifelong Learning Summer School at Cambridge UK

August 31 – September 13, 2014

Over two weeks participants take four courses, each comprising nine hours of teaching in small classes. Various courses are offered in History, Literature, Art History and Architecture. Course material is accessible to all, and only an interest in the subject is required. There are no exams; participants study for the joy of learning.

For more information visit www.corpus.cam.ac.uk/lifelong-learning/ and contact Dr. Nick Godfrey, the Summer School Coordinator, at lifelonglearning@corpus.cam.ac.uk with any questions, or to simply register your interest in this or future programmes – we will be adding further opportunities for lifelong learners in due course.

INTERESTED IN BEING PART OF THE LARGEST HUMANITARIAN ORGANIZATION IN THE WORLD?

If you are looking for opportunities to give back to your community, meet new people, build skills, or have new experiences, volunteering with the Red Cross could be the right place for you.

Our new Community Transportation program is looking for volunteer drivers to provide clients with rides to and from medical appointments, the grocery store, bank, and other essential activities. A volunteer shift is typically 2 to 4 hours during regular office hours, Monday to Friday between 8:30 a.m. and 4:30 p.m. Volunteers will have access to a Red Cross vehicle to provide drives.

For more information **contact Clarice LeGrow at 758-8412 or nlvolunteers@redcross.ca.**



**CANADIAN
RED CROSS**



Spanish Studies in Cuba (Havana)

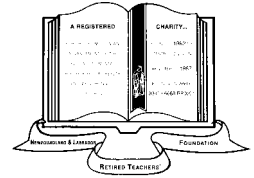
\$2,500.⁰⁰ Cdn. for 4 weeks
Hotel with breakfast and dinner,
tuition fee (**airfare not included**)

CONTACT:

250-478-0494
ssic@telus.net



Nominating Committee for Elections (RTANL and RTF)



In October 2014, RTANL active members present at the October 1 morning session of the Association's BGM will elect the Provincial Executive for 2014-16. Also, at the Retired Teachers' Foundation BGM on October 1, the active members present will elect the Foundation's Board of Directors for 2014-16.

All members are encouraged to offer themselves for office or to nominate members for any position on the Provincial Executive or on the Foundation's Board. 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:

President, Vice-President, Secretary, Treasurer,
and four Members-at-Large

Elected Positions on the Foundation's Board:

Chairperson, Vice-Chairperson, Secretary,
Treasurer, and three Members-at-Large

Nominating Committee for 2014:

- Francis Reardon, Western Division (Chair)
(709) 634-3975
reardonfr44@gmail.com
- Calvin Wheeler, Central Division
(709) 257-3140
lurlcal@nl.rogers.com
- Bridget Kelly, Coast of Bays Division
(709) 538-3254
bridgethkelly@gmail.com

WORLD WAR II ESCORTED TOUR: CANADIANS & THE ITALIAN CAMPAIGN

November 3-16, 2014

Join us as we follow the young Canadians in the First Division from their landing in Sicily, through the battles for the Moro River, Ortona, and the Liri Valley, on to the Gothic Line, finishing near Ravenna at the Savio, Lamone and Senio Rivers. **Note:** tour revolves around participation in the Remembrance Day Ceremony, Moro River Cemetery on November 11.

Contact Ellison Travel & Tours
800-265-7022 or vacations@ettravel.com

Visit www.ettravel.com/escorted for tour details.

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.

ADDRESSES • ADDRESSES • ADDRESSES

If you have a change of address or know of a retired colleague not receiving correspondence from the RTANL, please advise your Division President, and RTANL Treasurer c/o 3 Kenmount Road, St. John's NL, A1B 1W1 or clayton@warp.nfld.net.

We would really like to keep our mailing list up to date so that members are informed and we avoid mail returns.

Your cooperation in this matter would be much appreciated.

REMINDER re DECEASED MEMBERS

Please notify your Division President 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.

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.

Talk about the right insurance for RTANL members



Lisa from
Johnson Insurance
Service Representative

Great insurance advice. Tailored to you.

Johnson is proud to be the preferred insurance provider for RTANL members. We offer superior insurance coverage that's right for you.

Home and Auto Insurance

1-855-516-5597

(Group ID Code: 61)

MEDOC® Travel Insurance

1-866-606-3362

Preferred
Extras for
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Members

Call or visit us today.

www.johnson.ca



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***Additional 5% Home Insurance discount for MEDOC® Travel Insurance Policyholders.**

Home and auto insurance is available through Johnson Inc., a licensed insurance intermediary, also operating as "Johnson Insurance" in NL, NS, PE, NB and ON. Policies are primarily underwritten by Unifund Assurance Company (Unifund). Unifund and Johnson Inc. share common ownership. Auto insurance not available in BC, SK and MB. An alternate plan is available in QC. *Home insurance discount for MEDOC policyholders available for Unifund policyholders only and not available in Quebec. MEDOC® is underwritten by Royal & Sun Alliance Insurance Company of Canada and administered by Johnson Inc. MEDOC® is a Registered Trademark of Johnson Inc. Johnson Inc. and Royal & Sun Alliance Insurance Company of Canada share common ownership. Eligibility requirements, limitations and exclusions may apply. MVM.04.2014

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.



Please be advise that the Teacher Discount List can be accessed on the RTANL Link on the NLTA website (www.nlta.nl.ca). Go to Links, R for Retired Teachers' Association, and then click "Retired Teachers' Discount List".

Letter Box

Letter Box – allows our members to contribute to this newsletter. We are pleased that many of our members continue to respond with articles, stories, and letters and we look forward to receiving many more.

Please send your submissions (*preferably in electronic form*) to Don White, don.white01@bellaliant.net or 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.

RTANL Biennial Award for Service

All members are asked to note that the closing date for nominations for the RTANL Biennial Award for Service has been extended to **June 30, 2014**.

Details on nominating and a Nomination Form are included in this issue of the Newsletter.

Information is also included on our website.

Tales Told By Teachers Vols. I & II

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

This is it!

And what a bargain: only \$12.⁹⁵ retail but special price of \$10.⁰⁰ for retired and active teachers*!

*(*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: clayton@warp.nfld.net; (709) 782-8914

Thomas Kendell: tkendell@nf.sympatico.ca; (709) 489-2929

Don White: don.white01@bellaliant.net; (709) 368-7269

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

NOTE: We have only a few copies of Volume I remaining. To avoid disappointment you may wish to purchase yours soon. No further printing is planned in the immediate future.

The Bulletin

To receive a yearly subscription to *The Bulletin* from the NLTA, send your name and mailing address, along with a cheque or money order for \$18.⁰⁰ (*made payable to the Newfoundland and Labrador Teachers' Association*) to: The Bulletin Subscription, 3 Kenmount Road, St. John's, NL, A1B





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 should be received **no later than May 30th** of each BGM year.

Instructions for Completing Nomination Form:

1. Complete **both pages** of the attached Nomination Form.
2. Mail the Nomination Form to:
Chairperson, Biennial Award Committee
Retired Teachers' Association of Newfoundland & Labrador
NLTA Building, 3 Kenmount Road, St. John's, NL A1B 1W1

The Selection Process:

1. The **Biennial Award Committee** (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.

**The Retired Teachers' Association of Newfoundland and Labrador
Biennial Award for Service**

Nomination Form

Date of Nomination: _____

About the Nominee:

Nominee's Name (*in full*): _____

Maiden Name (*if applicable*): _____

Complete Address: _____

Home Telephone No.: _____

Number of Years Teaching: _____

The Nominator(s):

Names(s): _____

Home Telephone No(s): _____

Please Note: Approval for submission must be given by the nominee.

**Nominee's volunteer activities and number of years of involvement
are to be given on page 2 of the Nomination Form.**



RTANL Biennial Award for Service Nomination Form (page 2)

Reminder: Please do not write the nominee's name or division on this form.

Details of the Nominee's involvement in (a) Retired Teachers' Association of Newfoundland & Labrador and (b) Retired Teachers' Foundation.

Position(s) held with the Provincial Executive, Divisions, Regionals and/or Retired Teachers' Foundation.

Please give **the number of years of involvement** for each volunteer activity listed.

Position	Division	Provincial	Foundation
A. President			
B. Vice-President			
C. Secretary			
D. Treasurer			
E. Committee Member			

Any other RTANL involvement: _____

(If more space is required, attach separate sheet to form)

In Memoriam

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



<i>Doral Abbott (Bonavista)</i>	<i>Sylvia LeGrow (St. John's)</i>
<i>Martha Andrews (St. John's)</i>	<i>Margaret MacIennon (Sydney, NS)</i>
<i>Alfred Anstey (St. John's)</i>	<i>Ethel MacNeill (St. John's)</i>
<i>Gerald Batstone (Valleyfield)</i>	<i>Roy Mercer (Bay Roberts)</i>
<i>Evelyn Casey (St. John's)</i>	<i>Bernadine Murphy (Placentia)</i>
<i>Lillian Collins (St. John's)</i>	<i>Amy Nicolle (Rocky Hr)</i>
<i>Trevor Collins (Hare Bay)</i>	<i>Veronica Nofall (Fleur De Lys)</i>
<i>Marion J. Crocker (Curling)</i>	<i>Brendan John O'Brien (St. John's)</i>
<i>Marie Dalton (Clareville)</i>	<i>Sr. Mary Luke Parsley (St. John's)</i>
<i>Nathan Fudge (Halifax)</i>	<i>Oscar Parsons (Small Point)</i>
<i>L. Eileen Gibbons (Corner Brook)</i>	<i>Marion J. Penney (St. John's)</i>
<i>Patrick Hanrahan (St. John's)</i>	<i>Theodore Pike (Harbour Grace)</i>
<i>Dolorosa Hennessey (Grand Falls-Windsor)</i>	<i>Gordon Pittman (Ottawa)</i>
<i>Owen Heber Hewitt (Joe Batt's Arm)</i>	<i>Evelyn Roach (Coley's Point)</i>
<i>Carol A. Hiscock (St. John's)</i>	<i>Sidney Shears (Rocky Harbour)</i>
<i>Sr. Rita Johnston (St. John's)</i>	<i>Audrey Stroud (Grand Falls-Windsor)</i>
<i>Myles Kennedy (British Columbia)</i>	<i>Claude W. Taylor (South River)</i>
<i>Jean Knight (Morton's Hr)</i>	<i>Wayne Whitten (St. John's)</i>
<i>Grace Layman (St. John's)</i>	

May They Rest In Peace

Retired Teachers' Association of Newfoundland and Labrador

Thirteenth BGM and Reunion

September 30 - October 2, 2014 • Greenwood Inn & Suites, Corner Brook

Join the Team in 2014

EARLY BIRD registration deadline is **August 22, 2014**

All persons registered by August 22 will be eligible for one of two Early Bird Draws.

(Your registration fee (minus \$5.00) will be refunded after October 10, 2014 if you are unable to attend the Reunion.

Deadline for refund requests is September 26, 2014.)

Deadline for Registration is September 19, 2014

Reunion Fee (per person): September 30 – Dinner: \$25.00 • October 1 – Banquet: \$25.00

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

Accommodations

Individuals must make their own arrangements for accommodations. The RTANL has booked a block of rooms at the Greenwood Inn & Suites, Corner Brook, Tel: 709-634-8141 or toll free at 1-800-399-5381.

When you reserve, please request RTANL rates.

For more information contact:

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

We are looking forward to seeing old friends and meeting new ones.

TENTATIVE AGENDA

Tuesday, September 30:

3:00 - 6:00 p.m. Registration and Getting Acquainted
7:00 p.m. - Dinner and Social Evening
Introduction of Candidates for
Provincial Executive 2014-16
Early Registration Draws

Wednesday, October 1:

9:30 a.m. Opening of BGM
12:00 p.m. Lunch provided
1:30 p.m. Retired Teachers' Foundation AGM
and Election of Board of Directors
for 2014-16
4:00 p.m. Service of Worship
7:00 p.m. Banquet/Dance

Thursday, October 2:

9:00 - 10:30 a.m. Completion of Unfinished Business



Please DETACH and return with registration fee

Name of retired teacher: _____

(include maiden name if applicable)

Division: _____

Full name of guest (if applicable): _____

Mailing Address: _____

Place(s) taught: _____

Amount enclosed: \$ _____

Please check: Dinner Banquet
 (80 plus) Guest

Please remit fee *by cheque payable to RTANL to*
3 Kenmount Rd, St. John's, NL A1B 1W1

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

Join the Team in 2014 Corner Brook, Sept/Oct 2014

Meet "old" friends and make new friends.

Plan to attend the thirteenth BGM and Reunion

September 30 and October 1 & 2, 2014
Greenwood Inn and Suites, 48 West Street,
Corner Brook, NL, A2H 2Z2

(Greenwood Inn and Suites has an Indoor Swimming Pool!)

www.greenwoodcornerbrook.com; 1-800-399-5381

Early Bird Registration Deadline: August 22, 2014

Registration forms available from RTANL Newsletter
December 2013 and June 2014 or at:

www.nlta.nl.ca

(follow the link to the RTANL page)



Thirteenth BGM and Reunion

THE RTANL IS GOING GREEN

If you would prefer to receive future copies of the RTANL Newsletter in **electronic format**, please send an email to **mail@nlta.nl.ca**.

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.)



HAVE A WONDERFUL SUMMER