



Newsletter

Retired Teachers' Association

Vol 26 No 2 • June 2015

President's Message

Thomas Kendell

According to the weather forecasters this past winter this was the warmest one on record! As I write this message to you on the first day of spring there is much snow around from recent snowstorms. However, the days are much warmer and much longer now so by the time you read this message the snow will be gone, the spring flowers will have been in bloom and summer will be just around the corner. There are warmer days ahead!

The Provincial Executive held its first executive meeting for 2015 in Bonavista from April 21-22 at the Harbour Quarters Inn. At that time we conducted the first regular business of the Association since our Biennial Provincial Conference and Reunion in Corner Brook in October 2014. This was our first time meeting in Bonavista so we availed of the opportunity to meet members of the Bonavista Division of RTANL. The Executive were given an opportunity to attend a delicious dinner and social evening with members of the Bonavista Division and everyone thoroughly enjoyed the hospitality and camaraderie of this wonderful event. We sincerely thank Bonavista Division President and Executive member Beverly Fisher and her Division for a job well done. The afternoon bus tour of the town was especially enjoyable and many of us will be back when the weather is warmer!

As your president I was invited to attend the Biennial General Meeting of the NLTA in April to bring greetings on behalf of your Association. This was an opportunity for me to highlight the activities of our Association to active teachers and encourage them to join us when they retire. Our Association continues to have a great relationship with our active teachers' association. 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.

The RTANL has a link to the NLTA website. Just go to the NLTA website, 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 posted photos and video clips of the Biennial Provincial Conference highlights 2014. Our Association and Foundation newsletters, handbook, membership form, constitution and by-laws are all there.

The RTANL continues to be an active member of the Coalition of Pensioners, Retirees and Seniors. Meetings of the Coalition are ongoing and we have two members of our provincial Committee on this Coalition: Don Case and Doreen Noseworthy. 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 Public Sector Pensioners' Association scheduled Town Hall meetings throughout the province for March and April. Those forums were for the distribution of information and discussion of issues regarding provincial pension reform, the latest Alison Coffin Report on the Public Sector Pooled Pension Fund and other issues relating to pensioners. Those meetings were also open to the general public and generated good attendance.

The annual meeting of ACER-CART will be held again in Ottawa this year from June 5-6, 2015. The AGM sessions will take place at the office of the Canadian Teachers' Federation. Each province usually sends one voting delegate and an observer. As your President, I will attend along with your Secretary as observer. This meeting 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 Vol. I & Vol. II*. They are available from any member of your Provincial Executive or from your Divisions. They make an excellent gift 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 many years ago in rural Newfoundland and Labrador.

As we look forward to the coming months I would like to wish you all a great spring and a wonderful summer.

Provincial Executive 2014-16

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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

Tales Told by Teachers
Geraldine Wall (Chairperson),
Don White, Debbie Lewis-Clarke

Executive Handbook
Clayton Rice (Chairperson)
Don White, Don Case

ACER-CART ... Thomas Kendell (Director)
Don White (Observer)



ACER/CART website: www.acer-cart.org

TABLE OF CONTENTS

President's Message Cover

News & Views

Bonavista 3

Central 4

Con-Tri 5

Western 6

Bonavista, Oh Happy Sight! 8

Secrets of Centenarians 9

Keep Calm and Carry Yarn! 11

In Memoriam 15

ADVANCE NOTICE

**14th Reunion of
Retired Teachers
and RTANL
BGM 2016
Gander, NL
October 4-6, 2016**

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.

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.

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.)

NEWS & VIEWS

Bonavista Division

Beverly Fisher

Greetings from Bonavista Division! We hope that as you read this we are all enjoying the fact that spring has sprung and winter weather is long past. Since our last report, which appeared in the December newsletter, our Division has been very busy with meetings and other activities.

On October 29 we held our first general meeting for the year at Catalina Elementary School. During the first part of our meeting we dealt with our own business, one item of which was the BGM. Those of us who had attended the BGM in Corner Brook gave a report on our experience and encouraged those in attendance to accompany us to the next BGM. Our guest speaker for the day was Mr. Len Stratton, a retired RCMP officer and member of the Bonavista-Clarenville RCMP Veterans Association. His talk was on Safety and Security for Seniors, which covered telephone/internet safety, home and street safety, fraud, scams, identity theft, and other related concerns expressed by our members. It was a very informative session with lots of question and answer time. Following the meeting, we went to the Seaport Inn in Port Union for lunch.

Curling started at Cabot Stadium in October and a dozen or so of our members participated in the Thursday morning recreational sessions. We often ended these mornings by having lunch together at the various restaurants around town. On the weekend of March 13 we entered two teams in the funspiel sponsored by the curling league. We thoroughly enjoyed the games; one of our teams even progressed to the quarter finals.



President Beverly presenting a copy of *Tales Told by Teachers* to Mr. Len Stratton.

On November 18 a group of us drove to Clarenville for a bowling session arranged by our Recreation Committee. Before heading to Caribou Lanes, however, we met at Uncle Li's Restaurant for their delicious Chinese Buffet. Our day also included some shopping.



Bowling at Caribou Lanes.

Our Christmas Social was held at Skipper's Restaurant in Bonavista on December 1. The evening began with a cocktail hour and was followed by a delicious meal of roast beef/turkey, complete with salt beef, veggies and puddings. We did manage to make room for the blueberry/partridgeberry cheesecake dessert. Before we parted ways we were treated to the music of Jeff and Geralynn Reid.

An executive meeting was held at Randy Parson's home in Bonavista on January 15. At this time we discussed topics for our next general meeting and talked about our annual winter outing. We also made tentative plans regarding the Provincial Executive's visit to our Division in April, and decided that we would plan our spring banquet to coincide with their meetings.

Another executive meeting was held at Theresa White's house in Catalina on January 28. The main reason for this get-together was to plan for the visit of the Provincial Executive. Social Committee chairperson, Cheryl Stagg, also attended the meeting. We discussed the 'spring fling', and the menu and entertainment for the event. We also discussed things we could do to make their visit special, and decided that we would offer our guests a guided tour of the area.

Our general meeting of February 2 was held at the Seniors' Resource Centre in Bonavista. Here we were offered a tour of the new exercise facility adjoining the Centre and learned about the programmes offered through the Tip-a-Vista Association related to nutrition, exercise,

and healthy living. Eliza Swyers and John Norman, members of Tip-a-Vista, also discussed the proposed plan for the old high school and junior high school buildings on Coster Street to be used as a multi-purpose facility which will include a daycare centre. Before adjourning our meeting, we were reminded by one of our members that the following week was Teacher Appreciation Week so, after some discussion, we decided to send a cake to each of the staffs of the five schools in our division. Following the meeting, we spent a few hours at the Resource Centre playing cards and games.

On March 9 we held an executive meeting at Sandy Carpenter's home in Bonavista. During the meeting we planned our next general meeting and reviewed our plans for the visit of the Provincial Executive.

After a few cancellations because of weather, we finally got our day on the pond. On March 24 a group of us gathered at Princeton Pond, where we were met by our Recreation Committee chairpersons Gord Fudge and Joe Greene, and their assistant, Tom Reynolds, who took us by skidoo first to Gord's cabin and then on to our trouting destination. Only one trout was caught, but our spirits were not dampened. The committee had a fire going and we had a great boil-up. The day wasn't about the catch; it was about the camaraderie and getting out in the great outdoors.

Our most recent general meeting was held on March 26 in the Resource Centre at Matthew Elementary School in Bonavista. Guest speaker for the day was John Norman, a member of the Discovery Geopark Committee. John gave a very informative presentation on the unique geology of the upper Bonavista Peninsula, and its 200 million year storyline of geological history. The committee has been working to earn for the area the designation of a UNESCO Geopark. There are presently 88 UNESCO Geoparks in 27 countries in the world; there are only two in North America, both of which are in Canada. John also offered to take us on guided hikes to some of the sites that would make up the Geopark. Following the meeting, we went to lunch at PKs Restaurant.

We are certainly looking forward to the remainder of our year. Our executive will be meeting soon to finalize our activities, which include a general meeting, a trip to Clarenville for bowling, a social, and a hike or two. The visit of our Provincial Executive was definitely a highlight, as our members got to put faces to the names they see in the Newsletter and the Executive got to learn more about our Division and to meet our members. It was certainly a busy spring!

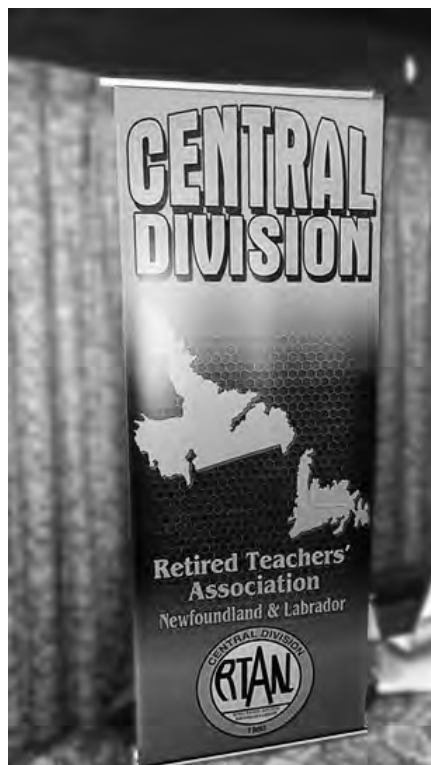
Central Division

Thomas Kendell

Spring has sprung and therefore we turn our thoughts to warmer days ahead and away from the snowstorms of March. However, as I write this message to you as President of Central Division my thoughts are directed towards our Division and upcoming meetings for the year ahead.

Our Division started up again in April with an executive meeting on the 1st with a regular meeting on the 15th in Gander. We have five executive meetings and five general meetings with a banquet in June. This year will be our 35th year for our annual dinner and dance which will be held at Hotel Gander on June 10th.

The Public Sector Pensioners' Association had scheduled Town Hall meetings throughout our Division for the end of March. We had a good turnout for those meetings scheduled for Springdale, Grand Falls-Windsor, Lewisporte, Gander and Clarenville. Those forums were for the distribution of information and discussion of issues regarding provincial pension reform, the latest Alison Coffin Report on the Public Sector Pooled Pension Fund and other issues relating to pensioners. Those meetings were also open to the general public.



Central Division banner.

We published our Division Newsletter, the *Cornucopia*, in October 2014. However, because of the rising costs of postage, this edition was not mailed out to our members. For those members who would like a hard copy delivered to them, please contact a member of the executive; however, it is available online through the RTANL link on the NLTA website at www.nlta.nl.ca. I would like to



President Tom presenting guest speaker Mayor Claude Elliott with *Tales Told by Teachers*.

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 effort on Calvin's behalf.

We will soon be publishing Volume III of our Book of Remembrance which includes the obituaries of teachers who taught with our division. It does not seem that long ago that we published Volume II of over 200 obituaries in 2011. We are following a different format in this publication. In Volume II we had a bound hard copy book but in this volume we have decided to go with a loose-leaf binder version, which is less expensive and can be easily added to. In it you will find names and photographs of teachers who have taught in Central Newfoundland communities from the Baie Verte Peninsula in the west to Chance Cove in the east. These men and women devoted their lives and careers to teaching in our province and many taught in communities that are no longer in existence. We want to honour those pioneers who went before us in the teaching profession and remember them in a Book of Remembrance.

Our Division continues to give generously to the Retired Teachers' Foundation. Every year we donate around \$3,000 to the Foundation from In Memoriam donations, C.L. Buffett Award, Volunteer of the Year awards, auction sales, individual donations and ticket sales. I would like to thank everyone who contributes to this very worthwhile cause. This money goes to children's charities throughout the province and it is well appreciated.

We still have a number of books *Tales told by Teachers Vol. I and Vol. 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 have recently returned from warmer climates 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.

We continue to be active and involved as a Division and are always trying to encourage more retirees to join us. Our meetings are the third Wednesday of the month at Hotel Gander and they are always announced on the radio. So come out and join the team in 2015!

Con-Tri Division

Pauline Welsh

Greetings to all from Con-Tri Division! We hope you have had an enjoyable winter.

We held our annual Christmas banquet on December 2 and had a remarkable turnout. Thank you to all members who attended and we hope you had an enjoyable evening. We were fortunate again this year to have our Provincial President, Tom Kendell, in attendance. Thank you for taking time from your busy schedule to be with us. Congratulations are also extended to Mr. Warren Hudson who received his 90+ certificate which was accepted by his son on his behalf.

Our Division is currently preparing for our Spring Barbecue and Kitchen Party Event. This year we are looking at changing the venue to better accommodate our members since interest for this event has been steadily growing. The date has been set for May 26 and the location and other details will be announced to our members as soon as they have been finalized.



Some of our participants in the Not Back to School Walk in September 2014.

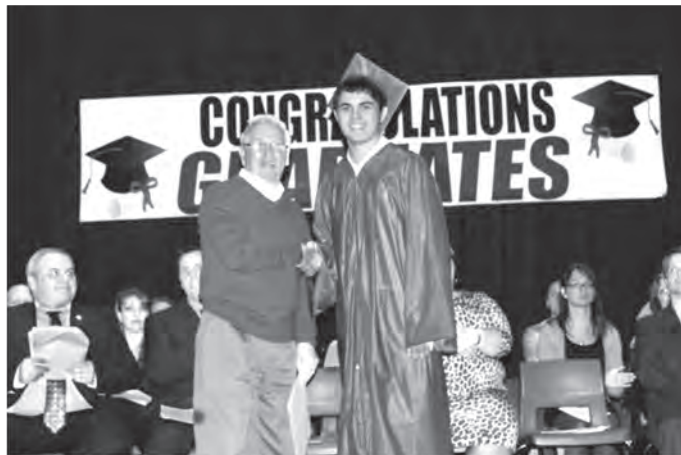
Congratulations to our high school scholarship winners for 2014! They were as follows: Christian Legge, Crescent Collegiate; Darci Ryan, Ascension Collegiate; Brianne Scott, Baccalieu Collegiate; and Mark Peddle, Carbonear Collegiate.



RTANL President Tom Kendell at the Christmas banquet.



Members of Con-Tri Division enjoy Christmas banquet.



Don Case presents Con-Tri scholarship to Mark Peddle from Carbonear Collegiate.

Our regular spring meetings started again on Thursday, April 16, 12:30 at Emmaus Café, South River. All members are encouraged to attend and any new members interested are more than welcome. We have an information session scheduled with Perry Downey, NLTA for October 8, 2015 for our members. The last information session that Perry did was on group insurance and how it applies to retired teachers. It was an excellent session with lots of useful information. This year's topic will be decided at our next meeting and members will be notified after that. We hope to see you there!

Any Con-Tri members who would like to be added to our e-mail list please contact Albert Legge at a.legge@eastlink.ca. Best wishes for an enjoyable summer everyone!

Western Division

Wayne Park

On behalf of Western Division, greetings retired teachers all across our beautiful province of Newfoundland and Labrador. I am delighted to address you through this forum.

WOW!!! Even though it's been a rough time contending with the snow around our neighbourhoods, this winter will soon fade to our memories and will be one for the history books. Where does the time go? My dad had a saying, "The days are long, but the years go fast." That has a great deal of truth as we daily shovel ourselves through this season. We all say the time goes fast when we are busy, and that's the case in Western Region. We've been extremely busy.

Western Division Executive has been meeting regularly to deal with the business of the Western Region. Thank you to Lorraine Gillingham for chairing a committee to update and reactivate our telephone tree. This is critical in communicating with the membership, and it helps realize one of our goals, which is to inform our members. As well, thanks to Lil Critch, Bernadette Miewald, and Glenda Belbin for assisting with this task.

On February 17, 2015, Vice-President Geraldine Wall presented Western Division Executive with our 'new' banner. All were impressed with the quality and more functional design of the banner. We will be very proud to display the banner at all upcoming events. Thanks Geraldine for your work on this acquisition.

The major thrust of recent meetings, that will continue until completion, is the establishment of a Constitution

and By-Laws for Western Division. Our Executive has been very diligent and focused on this task.

When completed, the Constitution and By-Laws will be presented to the general membership of Western Division for ratification.

One goal of the Constitution will be **to maintain and encourage registration and participation**. While our Executive has some strategies to obtain this goal, we are open to ideas of how other Divisions work towards this. Please contact any of our Executive members with suggestions.

In closing, and on behalf of Western Division Executive and members, I would like to acknowledge Roberta Pafford for her work with keeping the business of our financial matters. Thanks Roberta!!! As well, thanks to all members who follow the activities of our Region and the activities of the Retired Teachers' Association of Newfoundland and Labrador. Your support is much needed and greatly appreciated!!



President meeting with Western Division (l-r): Roberta Pafford, Lil Critch, Geraldine Wall, Thomas Kendell

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Bonavista, Oh Happy Sight!

Site of the April 2015 Provincial Executive Meeting



Secrets of Centenarians

Hector M. Earle

While most of us retirees can't expect to live to be one hundred, there are, however, certain things we can do to increase the odds of living long and enjoying that retirement we so deservingly are entitled to.

According to some health experts, living a long healthy life is influenced more by how you live than the genes you were born with. Genetic specialists estimate that the so-called longevity gene (that gene that you inherited from your parents and grandparents) only influences how long you live by less than 33 per cent. The rest is a result of habits and lifestyle.

Those of us who have been around long enough know that health fads come and go with changes and ideas coming full circle. Just go to any leading bookstore and you will find a myriad of books and magazines on conflicting ways to stay healthy with many of the stuff still waiting to be scientifically proven.

Perhaps then we should go to the living source of what it takes to live a long, healthy life, the people who had a lifetime to prove it - centenarians. After all, these one hundred plus people can speak with authority on the habits of living long for they are indeed living examples on the habits of longevity.

What then are the secrets of centenarians? According to Dr. William Sears in his book, *Prime-Time Health*, there are a number of commonalities and secrets of reaching the ripe old age of one hundred and beyond. The following are all longevity boosting habits that the majority of centenarians have in common:

They Move. Centenarians spend much of their day moving around, whether through physical exercise, in their garden or just plain old walking. They don't sit around letting their muscles weaken and joints to become stiff. Movement seems to be one of the major keys to their longevity, and increasing evidence suggests we need to move around as much as we need exercise.

They Love. They give and receive love and stay connected with their loved ones. Growing evidence shows us the importance of staying connected with family and friends and engaging in meaningful activities.

They're Lean. As they age, centenarians tend to maintain muscle and gain little body fat. This makes sense since maintaining muscle seems to strengthen the body and increase the metabolism.

They eat less. Centenarians tend to eat 10 to 20 percent fewer daily calories than people on a standard North American diet. This caloric reduction does not mean

forfeiting nutrition with eating less food but eating more whole foods and cutting back on the junk.

They graze. They eat smaller, nutritional meals more often and take more time to eat. Dr. Sears coined the phrase "Eat twice as often, half as much, chew twice as long." The keys to healthy eating are three words: *healthier, smaller and slower.*

They eat pure. They eat real foods (mostly fruits, vegetables, whole grains and fish) and shun processed, packaged foods and chemical additives.

They laugh. Centenarians have a tendency not to take themselves too seriously and enjoy themselves. Humour to them is very therapeutic. In other words, they still adhere to the old saying that "laughter is the best medicine".

They're spiritual. Faith, beliefs and practices are important to them. They enjoy a sense of spiritual belonging and live a purpose-driven life.

They're flexible. They accept the fact that gains and losses are part of life's journey and adapt to the inevitable changes that come their way. "The most adaptable live the longest," said Henry Rempel, who lived to be one hundred years old.

They serve. Volunteering and ministering to others' needs is high on their "to do" list. They have learned the wonderful rewards that come from helping others and seem to thrive on the helper's high.

They think. Centenarians stay engaged mentally and are not afraid to learn new things. They challenge their minds with reading and mental exercises such as Sudoku, crossword puzzles, and other problem solving activities. Staying alert mentally has kept their minds sharp.

They go slow. Okinawans, people who live on the Okinawa island of Japan, live one of the longest and healthiest lives in the world. Documentaries on these wonderful people show they are hard workers but take their time in completing their tasks. Lessons from the Okinawans teach us that we need to slow down and not get caught up in the "hurry sickness."

They rest. Quality sleep and periods of down time are very important. Centenarians have learned that the body needs times of rest for relaxation, reflection, repair and rejuvenation.

They're up. Numerous studies show that positive thinking and upbeat attitudes have tremendous benefits on our mind and immune system. Centenarians are

known to be positive thinkers, not worrywarts. They figure, "If I can't change it, I'm not going to worry about it."

They plan. Many of us when we retire go from the one extreme to the other. In other words, we go from an extremely busy, active life to one of idleness and ease. This may be good for the short term but studies have shown that even in our retirement, we need to plan for

this part of our lives and still be involved in meaningful activities. "I need a project" is a common refrain of most centenarians. They have a reason to wake up in the morning.

In short, centenarians seem to be active, healthy, engaged, focused and enjoy a long life of abilities and a short life of disabilities. Just what the doctor ordered!

Did you graduate with a degree from Memorial University's Faculty of Education in 1975 or 1990?

That's an anniversary worth celebrating...with a reunion! But to make it happen, we need your help! We are looking for outgoing and motivated alumni who are the planners, talkers, movers and shakers of your class to step forward and help plan and communicate your milestone celebration as a part of MUNdays 2015 this October.

If this sounds like you and you would like to get involved or learn more, please contact Meghan Collett at 709-864-2112 or mcollett@mun.ca ASAP. We would love for your class to be a part of the celebrations but we need dedicated volunteers to help lead your reunion.

20th

High School Reunion! For the Graduates of 1995

July 27 to August 2, 2015
in Labrador West

All graduates/teachers of 1995 from
JRS, LCC, Menihek are welcomed to attend.

For more details please email:
trinamyles@gmail.com



Go back—and help a child go forward.

Go back to when you were in school. We all had someone who inspired our future, encouraged our dreams and fueled our passions. Who was that mentor in your life? More importantly, will you be that person in someone else's life? Share an hour a week—go back and help a child go forward.

Find out more at www.helpingkids.ca or call Jennifer at 368-KIDS ----- **start something**



Teachers on Wheels is a community-based adult literacy organization that has been serving the Northeast Avalon since 1975.

Volunteer tutors are matched one-on-one with adults who are looking to improve their reading and writing skills.

For more information on volunteering,
call 738-3975 or visit our website at

www.teachersonwheels.ca

Thomas Dawe
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Keep Calm and Carry Yarn!

Myrtis Guy

My husband and I are fortunate enough in our retirement to spend some time each year on the Northumberland Shore of Nova Scotia, near the village of River John. One of the first connecting points for us when we came here four years ago was the River John Public Library, a bustling hub of activities for the community.

One day when I was visiting the library with my grandson I noticed an attractive poster inviting people to “come and share a yarn”. I read on and quickly realized the double meaning of the word “yarn”! Anyone interested in joining the group was invited to come to the library on Friday mornings and bring yarn, knitting needles, and crochet hooks! The following Friday morning I turned up at the library with knitting needles and yarn in hand. There were about six of us in the group that first morning, five women and one man. We learned that the woman who had posted the sign was indeed a person on a mission. She had been knitting for about two years for an organization called Knit a Square (KAS). It is a worldwide organization that accepts knitted and crocheted squares from crafters around the world. These 8-inch squares are mailed to South Africa where volunteers assemble them into blankets to be distributed to orphanages who care for orphaned or vulnerable children as a result of AIDS/HIV. What has grown out of that first meeting has been nothing short of amazing. Our group, now known as the River John Square Knitters, has about 20 knitters and crocheters, with our oldest knitter being 91! Some people do not attend our Friday morning get-togethers but send their squares along by others or drop them off at the library. Some members of our group knit for other organizations as well. One woman knits felted mittens and contributes the money to the Stephen Lewis Foundation which provides support to grandmothers in South Africa caring for their grandchildren. Others in the group, in addition to knitting for KAS, knit for children items that are distributed through the UN. Other people who are not so handy with knitting needles and crochet hooks contribute in other ways. Some spouses help out by unravelling knitted items for yarn to be reused or turning skeins of wool into small balls to be shared among our members. Our group no longer has to purchase yarn because people have been contributing their left over yarn from knitting/crocheting projects, yarn hiding in closets, and yarn bought at church sales. We now have a collection of knitting needles patrons can borrow from the library. We regularly receive monetary donations from individuals and organizations

to help with the cost of mailing the packaged squares to South Africa (about \$32 CDN to mail just under 2 kg). The synergy that has been created in this group is dynamic, inspiring, and uplifting. Our group has taken to heart both literally and figuratively a quote by the great Nelson Mandela that reads, “It is in your hands to create a better world for all who live in it.” I encourage you, especially if you knit or crochet, to check out the KAS website at www.KASCARE.org to learn more about the organization.

Besides the feeling that we are contributing to a great cause, the group get-togethers have other benefits that none of us had really considered as we continue to knit together at the library. We laugh a lot, we chat a lot, and we problem solve as we raise awareness for KAS by sitting in the library and knitting. It’s good for our mental health, our physical health, and our social health. The Washington Post, in its April 22, 2014 issue, carried an article that talked about the therapeutic value of knitting. It cites studies that have been done by occupational therapists and the Mayo Clinic that have found that those who engage in crafting activities were 30-50 percent less likely to have mild cognitive impairment than those who did not craft.

Apparently the rhythmic movements of knitting offer the same kind of benefits as meditation, can help alleviate the symptoms of depression, and improve motor functions. All that, in addition to the feeling of satisfaction one gets from seeing a project take shape. Some even refer to it as “yoga for the fingers”!

Who knew!

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
gilliandavidge@therooms.ca



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

Newfoundland and Labrador Retired Teachers' Foundation

The Newfoundland and Labrador Retired Teachers' Foundation honours the life and work of deceased Members and provides donations to various charities for children with special needs.

Funds are generated through annual donations from Provincial RTANL as well as the seven Divisions. Memorial donations are made by individual members for deceased friends, colleagues, and family members. The Foundation has also received bequests from wills and estates of deceased members. Various Divisions hold very successful annual fundraising activities. A sincere thank you is extended to all donors for your continued support. We are working toward another very successful year.

Memorial cards are available from any member of the Board of Directors and at various funeral homes throughout the province. Donations can be made at any time during the year and receipts for income tax will be issued.

The Board will meet in Corner Brook on June 1, 2015, to discuss various issues and determine which Charities will receive donations for 2015.



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**.



PWC Class of 1965

It's been fifty years since the Class of 1965 graduated from PWC and we have planned a get together and dinner to commemorate this occasion. We would like to extend the invitation to teachers who would have taught at PWC at that time. The anticipated cost for the event will be \$60 per alumnus and \$120 per couple.

Date: Sunday, July 19, 2015 at 5:30 p.m.

Location: Johnson GEO Centre
(175 Signal Hill Rd.)

For tickets, please call Lucia at 722-1525

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.



RETIRED TEACHERS, GET READY TO SAVE.

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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.

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 \$18⁰⁰ (*made payable to the Newfoundland and Labrador Teachers' Association*) to: The Bulletin Subscription, 3 Kenmount Road, St. John's, NL, A1B 1W1.



In Memoriam

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



<i>Edgar Abbott (Musgrave Harbour)</i>	<i>Mary Lundrigan (Burin)</i>
<i>George Anderson (Woody Point)</i>	<i>Monica McDonald (Stephenville Crossing)</i>
<i>Marina Bannister (St. John's)</i>	<i>Valerie Mullowney (St. John's)</i>
<i>Murdock Barnes (Old Perlican)</i>	<i>David Murphy (Conception Bay South)</i>
<i>Joan Barriault (Corner Brook)</i>	<i>Sr. Marie Aiden Murphy (St. John's)</i>
<i>Elizabeth Best (Grand Falls-Windsor)</i>	<i>Marcia Nanayakkara (St. John's)</i>
<i>Goldie Bradbury (Bay Roberts)</i>	<i>Dr. Jabez Norman (Catalina)</i>
<i>Ronald Brewer (Springdale)</i>	<i>Mary Norman (Jerseyside)</i>
<i>Howard Bugden (Corner Brook)</i>	<i>Lily Noseworthy (Grand Bank)</i>
<i>Gordon Clarke (Portugal Cove-St. Philips)</i>	<i>Doreen Penney (Paradise)</i>
<i>Ruby Clarke (Mount Pearl)</i>	<i>Lorraine Penney (Corner Brook)</i>
<i>Mary Collier (St. Alban's)</i>	<i>Elizabeth Piper (St. John's)</i>
<i>Sr. M. Casimir Crawford (St. John's)</i>	<i>Walter Porter (Corner Brook)</i>
<i>Alison Dale (St. John's)</i>	<i>Jeanette Pottle (St. John's)</i>
<i>Marion Davis (St. John's)</i>	<i>James Reid (South River)</i>
<i>Beverley Feltham (Lewisperth)</i>	<i>Martin G. Rowe (Glenwood)</i>
<i>John G. Feltham (St. John's)</i>	<i>Ruth Farnham Scott (Grand Falls-Windsor)</i>
<i>Robert Feltham (Heart's Delight)</i>	<i>Betty-Lou Slade (Halifax)</i>
<i>Elizabeth Fewer (Chapel's Cove)</i>	<i>Cecil Smith (Bay Roberts)</i>
<i>Samuel Fiander (Ramea)</i>	<i>Gordon Smith (Bishop's Cove)</i>
<i>Glenys Fleming (St. John's)</i>	<i>Sr. Margaret Smith (Avondale)</i>
<i>Reverend Reginald Frampton (St. John's)</i>	<i>Roseanne Sweeney (St. John's)</i>
<i>Marie Gale (Pollard's Point)</i>	<i>Sr. Eugenie Tapper (St. John's)</i>
<i>Norman Gillispie (Labrador City)</i>	<i>Sr. Francis Turpin (St. John's)</i>
<i>Archelaus Goodland (Musgravetown)</i>	<i>Norma H. Vincent (St. John's)</i>
<i>Carrie Hodder (St. John's)</i>	<i>Dorothy Walker (St. John's)</i>
<i>Sr. Shirley Hogan (St. John's)</i>	<i>Sr. Mary Walsh (St. John's)</i>
<i>Jasper Lake (Grand Falls-Windsor)</i>	

May They Rest In Peace



HAVE A WONDERFUL SUMMER

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.)

SAVE A STAMP !

If undeliverable, please return to:
Retired Teachers' Association of NL
3 Kenmount Road
St. John's, NL A1B 1W1

