



Newsletter

Retired Teachers' Association

Vol 28 No 2 • June 2017

President's Message

Doreen Noseworthy

My dear friends and colleagues in retirement, I have so many things I would like to share with you in this newsletter. However, instead of writing a message, I thought I would share with you my report to ACER-CART, the Canadian Association of Retired Teachers. I will proudly present this report, on your behalf, at our meetings in Ottawa, June 1-3, 2017. It is because of ACER-CART that we have the political leadership, knowledge and support to challenge our politicians, both federally and provincially. The other strength we have on our side is our partnership with the 14+ retiree groups/associations known as the Coalition of Pensioners, Retirees and Seniors Organizations of Newfoundland and Labrador. This will become

abundantly clearer when you have read the report.

At this time, I would like to take the opportunity to wish each of you a very pleasant, healthy and safe summer. I look forward to meeting with all Division Presidents in the fall and visiting the remaining divisions and their membership, with whom I haven't had the pleasure to visit, as yet, over the coming year.

Yours in retirement,
Doreen



The RTANL Newsletter is Going 100% Electronic



NOTICE

This June 2017 issue (Vol. 28, No. 2) of the RTANL Newsletter marks a monumental shift for our newsletter as it is the last printed edition of our publication. Starting in December 2017, the RTANL Newsletter will become a 100% electronic publication. The decision to stop producing a printed copy was not an easy one; however, like many other organizations, we were faced with the reality of ever-increasing print and postage costs.

If you are currently receiving the newsletter electronically, you don't have to do a thing. If we don't have your e-mail address, **please send an email to rtanl@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.) By providing your email address we can also ensure that you receive important information between newsletters (i.e. Group Insurance, Pensions, etc.)

Don't have an email address? No worries! Our newsletter is also available on our link on the NLTA website at **www.nlta.nl.ca/rtanl**. If you do not have access to the Internet, you may continue to receive a printed copy by contacting Clayton Rice, Treasurer, RTANL, c/o 3 Kenmount Road, St. John's, NL, A1B 1W1, Tel: 709-782-8914.

We hope you feel as good as we do about our decision to go green and we invite you, if you haven't already done so, to join us in the digital age!

Provincial Executive 2016-18

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Provincial Executive Standing Committees 2016-18

Table Officers . . . President, Vice-President,
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Benefits Beverley Fisher (Chair)
Don Carter, Clayton Rice

Finance Clayton Rice (Chair)
Albert Legge, Doreen Noseworthy

Liaison Doreen Noseworthy (Chair)
Albert Legge, Don White, Clayton Rice

Newsletter Don White (Chair)
Clayton Rice, Doreen Noseworthy

Biennial Award Albert Legge (Chair)
Sharon Penney, Debbie Lewis-Clarke

Provincial Executive Ad Hoc Committees 2016-18

BGM/Reunion: Doreen Noseworthy
(Chair), Beverley Fisher & Debbie Lewis-Clarke
(Co-Chairs of Reunion), Clayton Rice &
Don White (Co-Chairs of BGM)

Political Action (Coalition)
Sharon Penney (Chair), Doreen Noseworthy,

**NLTA Group Insurance Managers
RTANL Representative**
. Doreen Noseworthy

Tales Told by Teachers
Don Carter (Chair), Debbie Lewis-Clarke,
Beverley Fisher, Don White

Handbook Don White (Chair),
Albert Legge, Sharon Penney

ACER-CART Doreen Noseworthy
(Director), Albert Legge (Observer)



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

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ADVANCE NOTICE

**15th Reunion of
Retired Teachers
and RTANL
BGM 2018
St. John's, NL
October 2-4, 2018**

NLTA Website

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

ADVERTISING POLICY

We accept ads to be published 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.

NEWS & VIEWS

Avalon East Division

Nina Beresford

Greetings to all our retired teachers from your friends at Avalon East! I realize it is spring but the fog that we have keeps us looking for our socks and puffy jackets. We have to travel farther west to feel the heat of the sun and warmth of the earth. Anyway, the birds are chirping and the poor little crocuses and tulips are raising their stoic little heads. Let's hope better weather is on its way so that we can get out and enjoy it real soon!

This has been a great year and hard to believe we are getting to the last event of the year. Our Social Committee, under the direction of Mary Purchase and Denise Barbour, have worked very hard to change things up a little to encourage more of our newer members to come join in the activities prepared for all our retired teachers.

In the fall, close to 90 people enjoyed a refreshing walk along the Manuel's River Trail with our knowledgeable guides, Dianne Pelley and Eleanor Power. We returned to the Hibernia Interpretation Centre for an informative study of the geological development of the area and a presentation and film given by Rod Taylor showing this development. This was followed by a delicious lunch prepared by the catering staff of Coffee Matters. Though this did replace the Octoberfest Luncheon, everyone who attended enjoyed the outing and the opportunity to meet up with great friends as they strolled the river trails.

Christmas was all aglow as nearly 20 entrepreneurs set up their tables and prepared to sell their handicrafts. It was very obvious that there are many talented retired teachers, for the quality and variety of sale items were remarkable. Following the Craft Sale more than 300 retired teachers attended the delicious Christmas Luncheon at Holiday Inn. Santa found his way and greeted the guests, many prizes were distributed and Doreen Noseworthy led us as Christmas songs were sung to put us all in the spirit of the season. Special thanks to the three people – Paula Cramm, Pat Hayden-Ryan and Sid Wolfrey – who donated items for the ticket sale with all proceeds of \$1,368 going to the Retired Teachers' Foundation.

On February 24, 2017, we held our Annual Fun Day at which approximately 125 retirees came together at Bally Haly Golf and Curling Club to enjoy Bridge, other card games and board games. All members enjoyed lunch, reconnected with friends and many were

lucky enough to receive beautiful prizes. We thank Sue Wade very sincerely for her commitment in securing and providing amazing prizes for all our events.

Our next and final event of our year is our Annual AGM on June 5, 2017, and this year it will be followed by a Spring Luncheon at Royal Canadian Legion Branch 1, Blackmarsh Road. Mr. Gary Summers has been invited to come along and provide some wonderful magical entertainment. Make sure you are there, so check your flyers.

Our Social Committee is presently finalizing plans for next year, so stay tuned and make an effort to join in the fun. If you have suggestions, please feel free to pass them along to our Chairs – Mary Purchase marypurchase@nf.sympatico.ca and Denise Barbour da.barbour@hotmail.com. They would be pleased to hear your suggestions.

Banner for Retired Teachers' Foundation for Children's Charities

This year the Avalon East Division donated to the Retired Teachers' Foundation for Children's Charities a banner and portable stand to use at various events to help people become aware of how their raised and donated funds are being distributed to help so many children in need throughout the province. We thank Dianne Squarey for her work and continue to support the Foundation in every way we can.

Visitations

During the past year, Gloria MacDonald and Sharon Reddy continued to make contact with approximately 12 retired teachers who were hospitalized, recovering at home and those presently residing in retirement and nursing homes. They also visited funeral homes and attended funeral services for up to 21 retired teachers who passed away. Sympathy cards were also sent to family members on your behalf.

It is mainly through personal contact that they are made aware of retired teachers from Avalon East who are ill or have moved into retirement or nursing homes. They also rely on newspaper obituaries to obtain the names of retired teachers who have passed away. Unfortunately, they often miss out on making contact because they are unaware that some of our colleagues are in need of a visit or that they are deceased.

If you wish to pass on a name please contact **Gloria** (gloriam9@nf.sympatico.ca) or Sharon (**Sharon. reddy@nf.sympatico.ca**) and they will gladly pay a visit or send a card on behalf of RTANL Avalon East.

We sincerely thank Gloria and Sharon for their commitment and care of those who are ill or deceased. This is a very important service on your behalf. Thank you.

Going Green

Cynthia Fardy continues to work on two important initiatives – Going Green and our Books of Remembrance.

Currently we have about 25% of our members registered to receive their Avalon East newsletters on line. We are encouraging all members to sign up electronically so that we can cut down on the costs of mail-outs and also afford you the opportunity to receive important notices or reminders as they arise.

1. Email your request to: rtanl@nlta.nl.ca
2. In the subject line, type: RTANL Newsletter – Avalon East Division
3. Please include your name, your regular mailing address for our records, and your email address.

Book of Remembrance

If you know of any of our members who are deceased please be sure to send them along to **Cynthia Fardy** at **c_fardy@hotmail.com** or **368-6717**. We ask that all new submissions be sent with the name and contact info of a family member of the deceased. That would make things so much easier for us to collect information for the Book of Remembrance.

We extend our sincere thanks to Cynthia for pursuing every avenue to further these initiatives. Thank you also to all members of the executive for their constant support and dedication while working on behalf of all retirees of Avalon East.

The Executive of Avalon East Division extends a special welcome to all new members and new retirees. We hope you take advantage of the opportunity to participate in the many social activities offered throughout the year and use this organization as an avenue to stay connected with your peers. If you are visiting from another district, we would love to see you as well. Please come along and join us. We would love for you to attend any or all of our events throughout the year. Enjoy a wonderful, bright and relaxing summer.

Bonavista Division

Beverly Fisher

Greetings from Bonavista Division! We hope that when this newsletter arrives we are all enjoying spring, and that the long hard winter is just a bad memory. Since our last report, which appeared in the December news-

letter, our Division has been very busy with meetings and other activities.

Skipper's Restaurant in Bonavista was the venue for our Christmas Social on December 8. Nearly half of our members, and their spouses, attended what has become our favourite event of the year. The evening began with a cocktail hour and was followed by a delicious roast beef/turkey dinner, complete with salt beef, veggies, puddings and dessert. Before we parted ways, we were treated to the music of Harvey Mouland and Lisa Phillips.

On January 31, we held a general meeting at Catalina Elementary School. Following the business portion of our meeting, Bonnie McGrath, Manager of Carlson Wagonlit/Harvey's Travel in Clarendville, gave us some wonderful advice on travel. After the meeting we ate lunch together at the Seaport Inn. As the winter raged on many of us wished we had taken advantage of her expertise!

Our first executive meeting of 2017 was hosted by Barbara Duffett at her home in Catalina on February 8. At this time we completed plans for our next general meeting and discussed dates for a winter outing and a games afternoon.

February 22 was the perfect day to be out and about, and it certainly was a great day to get together for a winter adventure. We met at Roseann Ryder's cabin on Clark's Pond Road at 10:00 a.m., and from there, skied, snowshoed or drove on skidoo to Tea Pond. There we spent a good part of the day ice fishing. Only one trout (a big one though) was caught, but that didn't cast a shadow on our day. When we tired of fishing we retired to the side of the pond where our Recreation Committee, Gord Fudge and Joe Greene, had a fire lit and seating arranged. We shared what we had brought... salt fish, beans, bologna, sausages, flats, etc., toasted bread over the open fire, and had a cup of tea. We left the pond with our fill of good food and good memories.



Enjoying a Boil-up.

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 one of the various restaurants around town. On the weekend of March 31, we entered three teams in the funspiel sponsored by the curling league. Twelve teams started the round-robin portion on Saturday morning; games were to have begun on Friday night but had to be postponed because of a major snowstorm. None of our teams made it to the championship round but we all had a lot of fun taking part in the event.

Matthew Elementary School was the setting for our final general meeting of the year. Dr. Chris Prior, Chiropractor at Therapy Works, attended this meeting and gave us some insight into his work. The Q & A period that followed was very helpful and informative. We followed his visit with our business meeting. Before adjourning the session we presented a cheque to the Assistant Principal, Patrica Hewitt, to be used for the school's Breakfast Program.



Linda Hicks presenting a cheque for Matthew Elementary's Breakfast Program to Assistant Principal, Patrica Hewitt.

The executive gathered again on April 11 at Hotel Bonavista for a breakfast meeting. Items included on the agenda were setting dates for bowling in Clarendville (which went ahead on April 25), a games day that had been postponed earlier, and our spring banquet. We also made plans to meet later in the spring to create a schedule of events for next year.

On behalf of the 94 members of Bonavista Division I wish you all a safe and restful summer. Let's hope the weatherman rewards us for enduring the cold, the snow, and the winds of recent months!

Burin Division

Deborah Lewis-Clarke

Greetings to all from the Burin Division. Winter is finally over! Well, not really because as I look toward the hills from my sunroom, I see snow flurries heading our way! After all, it is April and this is our spring. We did manage to get through the winter on the Burin Peninsula. We started the cold weather with an executive meeting

in November. This gave us a chance to plan for the cold months ahead and we started with a Christmas luncheon. This is always a beautiful occasion as it is a way to start the Christmas season. This social takes place at the Marystown Convention Center and it is always very well attended. This is our second year for this function and I am pleased to say that this will continue for years to come. If you have not attended, I strongly recommend putting it on your calendar for next year.

In December, we held our Christmas dinner and dance. This function is also very well attended. It is always a great opportunity to catch up with everyone, as we socialize in a private room before the buffet dinner followed by an evening of dancing. This function does seem to grow each year and everyone looks forward to this event – another one to include on your calendar!

During the cold winter months it is often difficult to get people together for a meeting. Travelling on the Burin Peninsula can be very challenging at times and this winter was no exception. We are also finding that a number of retirees are now travelling to the sunny south to escape our winters. This seems to be more appealing as we suffer through each winter. Some of us will definitely be looking for a possible location for winter 2018.

Winter luncheons are the best! We did manage to get out to a local restaurant once a month for a chat and a "feed." We welcome one and all! It is held on the first Friday of each month. The place changes but it is always announced at the end of the meal where the next gathering will be. The number of retirees at our luncheon has greatly increased and we look forward to this each month. We never know how many will be there but that doesn't matter because we love a good laugh and great food. The place is also posted on our Facebook page. If you are not a member, just send a message to Steve King or myself and we will add you. This is a private group whereby only members will see what is posted. This is also a great way to keep informed. Join today!

A general meeting was held April 20 in Marystown. This was followed by a wine and cheese social. Even though the turnout was not substantial, it was productive and as the saying goes, "if you build it, they will come!" We need to try and remain active in our division. Hopefully we will see more members at our next event. We are planning to have another meeting and social in May or early June, and possibly in another community outside of Marystown. Travel is always an issue for us.

From our meeting, I would like to mention a couple of things. First of all, it is with great sadness that we an-

nounce the passing of our vice president, Mike Haley, who passed away January 11, 2017. A large number of teachers, along with friends and family, attended his memorial service in Lamaline. We were very pleased to provide an honour guard for Mike and he surely will be missed. Due to a position being vacant on our executive, the remaining executive decided to appoint Steve King as vice president. Steve accepted this position and will be on the executive until elections in April 2018. In addition, a new director has been appointed to the executive. Due to the vast size of our division, we feel the need to have members in different areas to keep everyone informed of events happening. Jackie Maloney has accepted the position of director for "down over the road." We are very pleased to have Steve and Jackie with us. Congratulations!

At our meeting, a motion was passed to purchase a new flag and stand. It is very important to display our flag at events and the time has come to modernize how we do this. Hopefully at our next function, we can unveil our new flag. I am also pleased to announce that the Burin Peninsula Hospital Auxiliary has agreed to display the book "Tales Told by Teachers, Volume II" in their gift shop. This book will make a wonderful gift, costing only \$10.00.

The Burin Division Executive is always trying to encourage more retirees to join. Please feel free to put forth suggestions as to how to get people involved. The executive and I look forward to hearing from you. If you find yourself travelling to the Burin Peninsula in the near future, please feel free to contact myself or members of the executive to make your trip more enjoyable. Have a great summer!

Central Division

Thomas Kendell

It was a long cold winter in 2016-17 in Newfoundland and Labrador but we look forward to warmer days and 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 and enjoy the outdoors. Snow still remains on my lawn in May but some of my spring bulbs are in bloom, especially the crocuses! They are a hardy bunch!

After our November 2016 meeting we take a break during the winter months and resume our meetings in April. However, we had our traditional "Old Christmas Night" dinner at Sinbad's on January 6, 2017.



Our Division started up again in April with an executive meeting on the 7th at the Brittany Inns in Lewisporte and a regular meeting on the 19th in Gander. I was the guest speaker for the afternoon session and gave a talk on gardening in Newfoundland and Labrador and related some of my experiences in backyard gardening.

We have five executive meetings and five general meetings with a banquet in June. This year will be our 37th year for our annual dinner and dance which will be held at Hotel Gander on June 14.

Our second executive meeting was held on May 1 at Lilly's Landing with a general meeting scheduled for May 17 at which time we will put our final plans in place for our June Banquet. Our guest speaker in May will be speaking on a topic quite timely and relevant to our members on "Long Term Care Facilities and Personal Care Homes."

We are working on our Division Newsletter, *Cornucopia*, and hope it will be ready to send to the printers by the end of August. I would like to express our Division's thanks and appreciation to Calvin Wheeler from Botwood for all the work 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.

Central Division has compiled three volumes of the Book of Remembrance in "loose leaf" and Calvin has already completed 127 obituaries and another 6 or 7 in the works for Volume IV. It is hoped to have the book finished by the end of 2017. In those volumes you will find obituaries of teachers who taught in Central Newfoundland communities from the Baie Verte Peninsula in the west to Chance Cove in the east. They are the men and women who 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 in the teaching profession who went before us and remember them in a Book of Remembrance. If you

have any information on teachers who have passed away in Central Newfoundland, please pass along notification of their deaths to Calvin at lurcal@nl.rogers.com.

We still have a number of *Tales Told by Teachers, Vol. II* available through our central executive at \$10.00 each. Please contact any member of the executive if you are interested in purchasing a copy. We have contacted the local NLTA branches to encourage them to purchase those books as a gift for retiring teachers.

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, in all community newspapers from Clarenville to Springdale and on Rogers TV so all retired teachers are always welcomed to come out and join us.

Con-Tri Division

Don Case and Isabelle Cole

"Goodness is the only investment that never fails."

Warm spring greetings from the retired teachers of the Con-Tri Division. By the time this newsletter is printed winter should be far behind us and we should be enjoying some spring-like, maybe even summer-like, temperatures!

Our 28th annual Christmas Banquet and Dance was held in late November at Fongs in Carbonear. As usual, we had a great turnout and a great time of fellowship together. We were more than pleased to have our Provincial RTANL President, Doreen Noseworthy, and her husband in attendance. Doreen brought greetings from the Provincial Executive and updated our membership on Executive activities as well as her visit to ACER-CART. Sharon Penney presented Doreen with a donation to the RTANL Foundation in honour of her visit with us.



Sharon Penney presents Doreen Noseworthy with a donation to the RTF.

Each year at our Christmas Banquet we have a Toonie Drive in aid of the Foundation. We also collect non-perishable food items for a local food bank. This year's recipient was the Salvation Army Food Bank in Lower Island Cove. Joyce Roberts presented retired teacher Viola Butt with her

90+ Honorary Membership Certificate. Maureen Robinson presented Gerald and Rose Andrews with a \$200 scholarship for Dzogazde School in Ghana. Each fall we present scholarships of \$200 each to a student of each of the high schools in our area. The winners for 2016 were: Adrienne Thorne, Baccalieu Collegiate; Mackenzie Collins, Ascension Collegiate; Lucas Higdon, Crescent Collegiate; and Emma Haraga, Carbonear Collegiate. We also present two awards of \$100 each and an inscribed shield at the Kiwanis Music Festival Grand Concerts in Carbonear. This year's recipients were: Saint Francis Primary Choir for Best Performance by a Primary Choir; and Amalgamated Academy Glee Club for Best Performance by an Intermediate Choir.



Joyce Roberts presents Viola Butt with her 90+ Certificate..

We are currently finalizing plans for our Spring Event – another opportunity to get together for food and entertainment.

The dates for our upcoming events are as follows: Monday, May 15 – our second Spring Meeting; Tuesday, May 30 – our Spring Event; Thursday, September 7 – our Not Back To School Walk; Tuesday, October 10 – our Fall Executive Meeting; Tuesday, October 17 – our first Fall Meeting; Tuesday, November 14 – our second Fall Meeting; Tuesday, November 28 – our Christmas Banquet and Dance. All members are encouraged to attend and participate in our various activities.

Wishing everyone a great and warm summer!

Western Division

Wayne Park

By the time you read this, Good Friday and Easter Sunday will have come and gone. We will be likely looking 'down the barrel' at summer. However, it is still nice to mark times in the school season because the school seasons are consistent and have lots of overlap. When I wrote this report, Easter holidays were just a few days away and what comes to mind is:

THERE WAS A TIME.... there was a time!!! A time I'm sure you can all relate to. That time, each year, when Thursday was the last day of school before Good Friday, which was the start of the Easter vacation. The

excitement had been building for teachers all during the long, hard winter. Everybody had worked hard and the much-anticipated break was well deserved.

The students were certainly excited during these pre-break days. The Easter theme was always a great one for arts and crafts. Children got to work with construction paper, straw, and coloring tools to shape, cut, glue, and decorated fine Easter baskets for moms and dads, or grandparents. The 'icing on the cake' was when the teacher produced the big stash of miniature Easter egg chocolates, bought with their own money, to hide in the straw of the baskets. Of course, the Easter theme was taken across the curriculum, from language arts to math; it's just the art experience excited the children so much more.

Parents appreciated the Easter break as well. It was a time for connecting with family and an opportunity to relax and get together. The parents liked it because the Easter Bunny did not create the same financial pressures as Santa Claus...a few Easter chocolates compared to expensive Christmas gifts... but all would agree, Easter was an equally pleasant time. A few parents and children went on vacation. Most stayed close to home and got ready for the rebirth of SPRING, which would make you jump up and down inside...and outside too!!

There was a time when my Easter break was a three-day weekend and then off to St. John's for the Newfoundland Teachers' Association (NTA), which later became the Newfoundland and Labrador Teachers' Association (NLTA), Annual General Meeting (AGM), which later became the Biennial General Meeting (BGM). The debate around the business of the NLTA and the elections of the Executive (especially the President) to run the business was always enjoyable and very important to our Association. I am proud of my many roles of involvement over the years.

What do we do now that we are retired teachers? That's easy. We try to be involved as much as we can. We stay in touch by staying informed on what is happening in education. We marvel at 'new' teachers and how they face challenges, albeit different, just as we faced challenges. We marvel at 'new' teachers as they move the education system to the next level, a level above where we passed it to them. As well, hopefully we continue to be involved in life to create new memories, so that one day we can say fondly of these days present....THERE WAS A TIME!!!

One such time to acknowledge is the recent meeting of the Provincial Executive in Corner Brook. Western Executive and members were delighted to host a Welcoming Social for Provincial President Doreen Noseworthy

and Executive Members. It was a great evening and we appreciated the fellowship opportunity and certainly look forward to future TIMES.

In closing, RTANL-Western Members please watch for our soon-to-be released Western Newsletter. I especially draw your attention to the list of name and series of phone numbers of contact people in the many different regions. The contact persons can be a liaison to Western Division Executive for any questions or concerns. Thanks to the folks who volunteer in this capacity.

ALL THE BEST TO ALL!!!

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Retired Teachers' Association of Newfoundland and Labrador

ACER-CART Report 2017

Doreen Noseworthy, President

1. Major Federal Concerns of RTANL:

- a) National Health Care Strategy
- b) National Health Accord
- c) National Seniors Strategy
- d) National Pharmacare Strategy
- e) Bill C-27
- f) GIS Back Payments and Possible Effects on Seniors
- g) Amalgamation of OAS and GIS
- h) CPP Enhancement
- i) Spousal Benefits from CPP and OAS
- j) Seniors Advisory Council

2. Major Federal Advocacy Initiatives:

A. We are proud to say that RTANL participated in the Declaration Concerning a National Health Care Strategy and endorsed it as a signatory. We also shared it with the NL Coalition of Pensioners, Retirees and Seniors who eagerly endorsed it on behalf of every senior, pensioner and retiree in the Province. The Coalition representatives also met with the three Members of Parliament representing the Avalon Region – Mr. Ken McDonald, Mr. Nick Whalen and Mr. Seamus O'Regan, and their PAs – to discuss this and other national issues, as mentioned above. At that meeting, all the above-mentioned issues were addressed and we were given assurances that they would be brought to the attention of the Prime Minister and the respective Ministers responsible for each one.

B. A subsequent, rather short, meeting followed in January, before the Members returned to Ottawa for the reopening of the House of Commons. Aside from the Health Accord, which NL and NS had already agreed to by then, the Federal MPs basically noted that the other issues were works in progress.

- MPs had made their points to their counterparts in Ottawa about the difficulty of GIS Back Payments for some seniors who, if paid in a lump-sum payment, would be placed in a higher income tax bracket for that year and could, therefore, lose many of the benefits they currently

received, i.e. drug cards, income supplement benefits.... taking them, possibly, another two years to be able to have them replaced. Payments received. Nothing done to date.

- They also attempted to explain the benefit of Bill C-27 and how it would not interfere with those already in receipt of pensions. We, however, have our own thoughts on that one and will continue to rally against it as well as continuing to support our Canadian counterparts and Federal Pensioners in whatever way necessary.
- Promised to look into spousal benefits of CPP and OAS. Should not be seen as an expense to Government but rather, a saving. People in better position to remain independent and don't end up in Old Age/Nursing Homes being paid for with Government monies.
- No explanation of "enhancement" available. Plan to be phased in by January 1, 2019. Increase of up to one third (25% - 30%) of income would come from CPP. Should revisit so that all seniors have enough for a reasonable quality of life... based on real numbers of inflation... Cost of Living, not Canada Price Index. Consider doing an analysis of savings to Government of a Seniors Price Indexing.
- Coalition asked that protection would be placed on CPP under "Trustee" format to prevent Government from "dipping into" funds for General Revenue, e.g. EI Fund.
- Seniors Advisory Council: So many questions about this. Does it still exist? What is its real agenda/mandate? How does one access it or become a member? To be investigated by MPs; response pending.
- National Seniors Strategy: Has to involve the three levels of Government. Currently there is "no connect" between them. Can't work without collaboration. Each operating on their own agenda is a recipe for failure. Need definition

of “affordable” acceptable by all three levels. Tremendous need for “affordable housing for seniors”, particularly in NL. Some housing developments in St. John’s constructed under this “umbrella” yet, not one senior resident housed in them; thus emphasizing the need for more collaboration and more careful placement of residents for whom these dwellings were intended.

- National Pharmacare Program would give Government more control over Pharmaceutical Companies, would be so much more cost effective to consumers and would save Government millions of dollars annually. How could we not do this? To be further investigated by MPs.
- Amalgamation of OAS/GIS connected to Bill C-27. Appears to be long term (approx. 10 yr.) plan to gradually get rid of Defined Benefit Plan pensions without any current DBP members involved in these discussions or decisions to alter the plan. Need to ramp up concerns over this and again, support our Canadian counterparts and Federal Pensioners, retired and active.

3. Major Provincial Concerns of RTANL:

- a) Provincial Home Support Program
- b) Seniors Advocate
- c) Health Care
- d) Long Term Care
- e) Pharmacare
- f) Seniors Housing
- g) Home Assessments/Evaluations
- h) GIS Back Payments
- i) Hydro Rates and Effects on Seniors
- j) Dietary Needs of Nursing Home Residents

4. Major Provincial Advocacy Initiatives:

- A. Representatives of the Coalition met with the Principle Consultants on February 12, 2016, in a three-hour meeting that included many topics impacting health care services for seniors and related social and community programs, including the existing Provincial Home Support Program. The new Provincial Home Support Review was subsequently published and submitted, by Deloitte, to the Department of Health & Community Services on July 12, 2016. The review Report was available online sometime during the last week in September of 2016. Having discovered this, we proceeded

to study the Report very carefully and did a summary review of it on behalf of the Coalition.

- B. Following the release of the Provincial Home Support Review, the Coalition requested a meeting with the Minister of Health, Dr. John Haggie, and the Minister of Seniors and Aging, Sherry Gambin-Walsh. The two major areas of concern were: i) Provincial Home Support Review; and ii) Seniors Advocate. Meeting was granted for November 15, 2016 with Minister Haggie, Minister Gambin-Walsh, their PAs and four representatives of the Coalition. It was a very cordial meeting and much ground was covered. The Coalition Summary Review was submitted and our position on, and understanding of, how the Seniors Advocate Office and position would operate was made very clear. All other areas of concern were briefly discussed as well. The meeting ended with an assurance of the establishment of the Seniors Advocate’s Office and Position, and a subsequent meeting, at the call of the Ministers, to update us on events as they unfolded.
- C. Prior to release of Budget 2016, Coalition Reps were asked, by Government officials, to attend a meeting at Confederation Building with Minister of Health, Dr. Haggie, and Minister of Finance, Cathy Bennett. Discussed our ‘wish list’ and state of financial affairs of our Province. Coalition was asked to prioritize items in order of importance. Top two items were Home Care Strategy and implementation of Seniors Advocate. As the meeting ended, we were thanked for all the things the Coalition was doing on behalf of seniors.
- D. Following the 2016 Budget Presentation in House of Assembly, the Coalition Representatives were once again called to a meeting, at the request of Minister of Finance, Cathy Bennett. Attending that meeting, along with Minister Bennett, were Minister Haggie, Minister Gambin-Walsh, their PAs and the four Coalition Reps. The Minister of Finance had a PowerPoint presentation explaining where the Province was financially, how it got there and Government’s plan to correct the situation. Hence the need for the drastic measures taken by Government in this current Provincial Budget. This was the presentation they were planning to take to the major stakeholders throughout the Province and we were the first group to see it.

E. Another meeting was subsequently requested, this time by Minister Gambin-Walsh. She wished to clarify, with the Coalition Reps, the exact criteria for the establishment of a Seniors Advocate, were they to pursue this as a government. Lists of recommendations were shared but the major issue had to be that the *Office of the Seniors Advocate be an Independent Commissioner of the House of Assembly*. This meeting was followed up by a second meeting, the following week. This time, Minister Gambin-Walsh presented us with the written legislation, Bill 64, which would hopefully be presented in the House that week. Sure enough, Bill 64 was introduced before the House recessed for Christmas.

- As you can see, we have had a very busy fall. RTANL is one of the key members of the Coalition. As a group of retired professionals, we stand tall and proud on our own. As a political force, however, we stand much taller and prouder as members of the larger group of pensioners, retirees and seniors – The Coalition. Together, we have gained the trust and respect of the general public, of our independent associations and of both levels of Government. Truly we can say, *“Together we stand, divided we fall”*.
- We have not done this alone, I might add. We’ve had a lot of help along the way, not the least of which has come from our own National Association – ACER/CART. The NL Coalition started gaining momentum during the Federal and Provincial Election Campaigns in 2015. The booklets that were printed and distributed to each member-organization within ACER-CART were the driving force behind the successful Candidates Debates at both levels of Government and in both elections in the Province of NL and we, as members of the Coalition, were the benefactors. We had a clearer idea of the issues and what we needed to do to have them addressed. Thank you to Jo-Ann Lauber and the B.C. Retired Teachers Organization and to ACER-CART for being so willing to share this strategy with the rest of the country.

5. Since being elected President of RTANL in October 2016, I found myself very busy with the many tasks of Office, such as: restructuring the various Standing and Ad Hoc Committees; hosting the ECRTO Conference which was held in Newfoundland in October 2016; looking closely at our current Constitution

and By-Laws with a view to identifying any areas that may be in need of change or update; keeping in touch with our parent association, NLTA; preparing for my first executive meeting, as president; meeting with the President and Executive Director of the NLTA with a view to the kinds of ways our membership could be of assistance to them as they entered this current round of negotiations with Government; inviting NLTA President Jim Dinn to attend our Executive Meeting in Gander, to address these concerns with the RTANL Executive; Chairing my first Executive Meeting as President; preparing my first newsletter message to the members; working with the Newsletter Committee, helping to ensure that our newsletter is in the hands of retired teachers in a timely manner; visiting and addressing two Divisions of RTANL during their Christmas Socials; dealing with emails and phone calls from members who require assistance or direction on personal/professional matters; attending the NLTA BGM 2017 and bringing greetings on behalf of all retired teachers in NL.

While attending the NLTA President’s Banquet at BGM, I was presented with *“Honourary Membership in the Newfoundland and Labrador Teachers’ Association, in recognition of my significant contribution to the cause of education”*. In the presence of my family, many honoured and esteemed guests, all delegates to BGM, Past Presidents, Past Executive Directors, NLTA staff members and past Honourees of the Association, the Award was conferred upon me by President Jim Dinn and a beautiful oration about my life and career was delivered by Duncan Ford. It was the most humbling, yet most gratifying experience of my career and I will treasure it forever.



6. **Motions to ACER-CART AGM 2017:**
There are none.

Don't Fade Away

by Hector M. Earle

The idea of retirement tends to push some into discouragement and despair. After all, who are you when you no longer define yourself by your job? It can be a troubling passage for some and perhaps a little scary as one slides from the grand stage of public domain into the anonymity of private life. Still, others see retirement as an exciting time of rediscovery and renewal. They see this stage of life as a second chance for new opportunities and ambitions, a kind of liberation from the routines of a scheduled and structured life. They are now masters of their own destiny and can now renew themselves and find a new identity in life.

While retirement can be a life-alternating experience from an overly busy life to endless leisure, one should not allow boredom and inactivity to set in. The important thing is to be engaged in worthwhile activities that will give you reasons and purpose to get up in the morning.

There are many things you can do to maintain your identity into retirement. Among them are:

1. **Consider retirement as a new beginning.** Make this period of your life as a time to start new things; a new-found time to do the things you always wanted to do. For me it was writing. I always wanted to be a published writer but I just could not find the time during my busy teaching career. Now I can choose my block of time for writing, along with any other activity of my choosing.
2. **Remain active.** The temptation to take it easy and do nothing after retirement can be very enticing. A sedentary life is not only hard on the body, but the mind as well. By remaining active, you can take control of your physical health and well-being. Research has shown that a healthy body facilitates a healthy mind. Consider joining a gym class, old timer's hockey, yoga or any other healthy activity of your choosing. This will not only help you physically, but will help you socially as well to meet new people and maybe get reacquainted with old colleagues.
3. **Be engaged in worthy causes.** By committing yourself to helping others, you will find purpose and meaning in retirement. Do your little part to make the world a better place. That is not to say you weren't involved in helping others during your career, but now you have more time to focus on your volunteer activities.

4. **Get a hobby.** Hobbies are a wonder way to allow your mind to focus and relax. The important thing though is to choose one you will enjoy. For me it's growing things. I love to see things grow. Every spring I can't wait to set my little vegetable garden. For others, it could be woodwork, collecting antiques or artwork. By pursuing a hobby, you'll be able to do something that makes you feel good.

5. **Don't act your age.** Unless you have some physical challenges or medical condition, don't allow yourself to fade away. Just because you are retired does not mean you must act like you're ancient. I don't mean you must try and compete against teenagers in a basketball tournament, but don't slow down to a crawl either. Go hiking, ice skating or simply travel. For me it was biking, kayaking and rollerblading. It keeps me young at heart and maintains my youthful attitude.

6. **Maintain a positive attitude.** It's so important in retirement to maintain your upbeat attitude and energy. Without a positive attitude, you can slip into depression and stagnation. Spread your joy and happiness to others and be a beacon of light and shine.

7. **Be your personal best and finish strong.** Now is the time to take control of your life and realize you are here for the long haul. People today retire around the age of 55 and have likely worked for 35 plus years and can expect to live to be at least 80 or older. That means many people can expect to enjoy over 25 years in retirement. Its paramount then for you to do the things that keep you healthy and be engaged in the things that you enjoy.

In conclusion, retirement should not be viewed as the end but the beginning. The important thing is to find a healthy balance between leisure and work that will permit one to enjoy the fruits of your labour yet allow you to still be engaged in meaningful activities to keep your mind and body active.

I guess when all is said and done, coming to terms with this phase of life is not so much as viewing retirement as a period ending a sentence, but a comma, briefly interrupting a sentence that has more to say.

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

Computer Vision Syndrome

by Beverly Fisher

Computers are an important part of our lives, so it's no surprise that research shows a rise in the detection of visual problems associated with computer use. Conditions such as nearsightedness or farsightedness, astigmatism or presbyopia, or eye muscle misalignments or deficiencies, can affect how efficiently and comfortably you can work at a computer screen. But people with perfect vision may also experience symptoms of Computer Vision Syndrome; it comes from improper computer use.

Common symptoms of Computer Vision Syndrome include headaches, eye strain, eye irritation, blurred vision, excessive tearing or dry eyes, pain in the eyes, and excessive blinking. If you are experiencing any of these symptoms, mention them on the next visit to your Optometrist. He/she may ask you a series of questions relating to your computer use, such as how many hours per day you use your computer, how far away is the screen from your eyes, the type and location of lighting in your computer area, and the size and type of monitor you use.

Here are some simple suggestions to help reduce the risk of Computer Vision Syndrome. Position your screen about an arm's length from your eyes and about 20 degrees below eye level and keep your room lighting the same brightness as your computer screen (don't stare at your monitor in a dark room). Minimize reflected glare on your screen by using dimmer switches on lights and protective anti-reflection coatings on your glasses. Blink fully, people tend to blink less than half as often during computer use, which can result in dry eyes. Use the 20-20-20- rule, every 20 minutes take a 20 second break and focus your eyes on something at least 20 feet away. When you next visit your Optometrist, ask for anti-reflection coatings on your glasses, which can be applied at the time of manufacturing to protect your eyes from bright/flickering light. While these are general recommendations, everyone's visual system, visual demands, and ergonomic environment is different. Your Optometrist can evaluate, analyze and prescribe a course of action based on your particular needs.

Information in this article was taken from a pamphlet produced by Doctors of Optometry Canada. For more information on eye-related topics contact nl.doctorsofoptometry.ca or facebook.com/AskADoctorofOptometry.

RTANL Newsletter Submissions

Our members are invited to contribute to their newsletter. We are pleased that many of you continue to respond with personal articles, stories, and letters of interest and we look forward to receiving many more.

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

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

Don 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.



JOB OPPORTUNITIES

From time to time your Provincial Executive receives requests to advertise "job opportunities" which may be of interest to our retirees. We view these as potential "Benefits" to our members and therefore deem them important to include in our Newsletter. Often though, we receive such queries between our newsletter publishing dates, so to be timely for our members we have decided to include them on our website. It is suggested that members check our website from time to time to view these ads.



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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

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.

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**.



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IMPORTANT NOTE FOR RETIRED TEACHERS re: GROUP INSURANCE

All information regarding the NLTA Group Insurance Program will now be sent directly to all members of the program (active and retired) electronically, as well as placed on the NLTA website for access. Given the ever-increasing costs of postage, no longer will direct mailing be an option. Any changes to the insurance program will also be provided to the Retired Teachers' Association for inclusion in their Newsletter. If you have an email address and have not already provided it to the NLTA, please do so as soon as possible by emailing: mail@nlta.nl.ca or by contacting the NLTA office at 709-726-3223 or toll free in the province at 1-800-563-3599. If you do not have an email address, please contact the NLTA office.

TEACHING OPPORTUNITIES AVAILABLE!



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Heather Meaney
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709.753.0218

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Volume I in 1998 and Volume II in August 2010.

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

THE JOAN BURKE MEMORIAL UNIVERSITY SCHOLARSHIP

The family of the late Joan Burke has established a scholarship at Memorial University in her memory. The scholarship will be awarded to students in the Faculty of Education who, during their course of studies, are assigned an internship in the classroom. When funds reach a level that the earned interest can pay a scholarship of up to \$1,500 to a deserving student, the scholarship will be awarded in consultation with the Burke family.

Joan, who passed away in 2011 with a major illness, was a teacher with 30 years of teaching experience. She always thought that interns were very helpful to teachers in the classroom and played an important role in the development of the children. Joan was a dedicated teacher and loved her profession and always wanted to give back. Her family decided to honour that wish and have organized an annual walk for Joan, usually in September around Quidi Vidi Lake. The walk usually raises between \$1,500 - \$1,700 annually; however, donations may be made at any time in Joan's memory as follows:

Cheques should be payable to Memorial University of Newfoundland and mailed to:

Rollie Burke

105- 27 Rhodora Street

St. John's, NL A1A 0M8

Or donations can be sent directly to the Alumni Office at Memorial University,
Attention: the Joan Burke Memorial Scholarship

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 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. **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.

Retired Citizen's Association of St. John's FREE Activities

The Retired Citizen's Association of St. John's provides the following **free** activities for retirees: exercise (twice weekly), bridge (Tuesday afternoon) and two guitar sessions (Tuesday and Thursday morning).

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

SAVE THE DATE!

Curtis House 50th Anniversary Reunion September 22-23, 2017

It's been 50 years since women first settled into Curtis House in Paton College – their home away from home at Memorial University. To celebrate, we are planning a reunion of those who stayed at Curtis House at any time from **September 1967 to December 1971**. It will be held in St. John's, September 22 and 23, 2017 – and promises to be a fun-filled weekend to renew friendships.

For further information contact:

Bea Courtney

bcourtney@ggi.nf.ca

Tel: 709-687-2261



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0226_17

In Memoriam

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



<i>Maxwell Adams (Tilton)</i>	<i>Sr. Rosalie Morrissey (St. John's)</i>
<i>Doris Andrews (St. John's)</i>	<i>Lloyd Martin (Goobies)</i>
<i>Roy Baker (Bonavista)</i>	<i>Marguerite Martin (St. John's)</i>
<i>Margaret Bennett (Conception Bay South)</i>	<i>Donald Murphy (Vancouver, BC)</i>
<i>William Blundon (Chapel Arm)</i>	<i>Peter Harris Noftle (Bloomfield)</i>
<i>Leslie Brown (St. John's)</i>	<i>Douglas Power (North River)</i>
<i>Clara Case (Mount Pearl)</i>	<i>Veronica Power (St. John's)</i>
<i>Leveson Cocarell (Bishop's Falls)</i>	<i>Norm Purchase (Eastport)</i>
<i>Barbara Coles (St. John's)</i>	<i>Elizabeth Quick (Okotoks, AB)</i>
<i>Daphne F. Collins (St. John's)</i>	<i>Marcella Quinlan (St. John's)</i>
<i>Maud Collins (Dover)</i>	<i>Clarence Riggs (Glovertown)</i>
<i>Melvin Critch (Dunville)</i>	<i>Raymond Riggs (Bay de Verde)</i>
<i>Desiree A. Dichmont (Carbonear)</i>	<i>Eli Rogers (Brig Bay)</i>
<i>Vera Dicks (St. John's)</i>	<i>Warren Rose (Hampden)</i>
<i>Emma Drodge (Hillview)</i>	<i>Sr. Pius Shea (St. John's)</i>
<i>Edna Grace Earle (Bay Roberts)</i>	<i>Austin Stewart (Glovertown)</i>
<i>Mary Loretta Fitzgerald (St. John's)</i>	<i>Hector Swain (Mount Pearl)</i>
<i>Marjorie Rose Freeman (St. John's)</i>	<i>Margaret Thorne (Grand Falls-Windsor)</i>
<i>Viola Gillingham (Carmanville)</i>	<i>Olive Troake (Summerford)</i>
<i>Sr. Perpetua Gosse (St. John's)</i>	<i>Roy Trowbridge (Whitby, ON)</i>
<i>William Greeley (Upper Island Cove)</i>	<i>Raymond Tucker (St. John's)</i>
<i>Michael Haley (Lawn)</i>	<i>Linda Vatcher (Corner Brook)</i>
<i>Barbara Hall (St. John's)</i>	<i>Sr. Lillian Wakeham (St. John's)</i>
<i>Mary Haynes (Halifax, NS)</i>	<i>Dr. Alice Wareham (St. John's)</i>
<i>Ann Hearn (St. John's)</i>	<i>Rose Warren (New Perlican)</i>
<i>Audrey Hiscock (Bishop's Falls)</i>	<i>Gilbert Wells (Gander)</i>
<i>Bernice Hogan (Carbonear)</i>	<i>Lorna Whalen (St. John's)</i>
<i>Linda Janes (Grand Falls-Windsor)</i>	<i>Genevieve Wheeler (Corner Brook)</i>
<i>James King (Berwick, NS)</i>	<i>Kathleen E. Willis (Moncton, NB)</i>
<i>Roseanne Linehan (Mount Pearl)</i>	

May They Rest In Peace

HAVE A WONDERFUL SUMMER



If undeliverable, please return to:

Retired Teachers' Association of NL
3 Kenmount Road
St. John's, NL A1B 1W1

