

Chapter 9 News

OSSTF – Active Retired Members

In Memoriams

ARM Chapter 9 is saddened by the loss of Vic Arkininstall, Tom Dearie, Robert Duxter and Sheldon Indig.

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President's Message from Bruce Awad

All of the chapter activities are still postponed due to the Covid-19 pandemic. With the new cases in decline and vaccinations being administered we look forward to some form of normalcy in the latter part of 2021. But this depends on all of us continuing to follow the suggested safety protocols. This also depends on whether or not the new variants of Covid-19 continue to spread. We are all nervous that a third wave will take hold. On a positive note, it looks like most of us should receive the vaccine by the summer months or sooner.

The one activity that did take place was our free lunch that was provided to all Chapter 9 members in December and was a success. 78 meals were given to members and spouses/significant others. The Chapter 9 ARM Executive continues to meet virtually and will be providing another free lunch on April 14, 2021. Details and instructions will be provided in a future email.

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Save the Date

- March 14 Change clock. Daylight Saving Time begins
- March 20 First day of Spring
- April 14 Drive-Thru Luncheon Ciociaro Club- tentative
- April 28 National Day of Mourning for killed and injured workers
- April 29 Tentative Health and Wellness Event for ARM members
- June 4 ARM Annual General Meeting – details to come

Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.

-Dr. Seuss, The Lorax

Holiday Take-Out Luncheon December 15, 2020

Since monthly Friday breakfasts and our holiday luncheon had been cancelled, the Chapter 9 ARM Executive arranged to offer a free takeout lunch for all full members. To comply with Covid-19 lockdown measures, staff at the Ciociaro Club did a fantastic job of preparing each meal and making it available to be safely picked up outside of the building.

Executive members were there to greet those who signed up for lunch keeping distanced for everyone's safety. In the spirit of the event, members were also provided with an ARM face mask and a bottle of hand sanitizer. The Executive is particularly grateful to Member At Large Rosanne Herold for sewing and preparing the masks for distribution.

ARM members who did not receive their mask and hand sanitizer will have another opportunity to collect these items at the Spring Luncheon event scheduled for April 14th.



In Memoriam

Victor “Vic” Arkininstall

The family of Vic Arkininstall announced his passing with heavy hearts in December 2020. Vic began his teaching career in England after serving in the British Army. He was an artist and “beloved high school teacher” having taught at Centennial and W.D. Lowe secondary schools. Former students described his enthusiasm about his subject that resulted in their own lifelong appreciation for art – a lasting tribute to his 40 years of combined service until his retirement in 1998.

Through his talents, his observations of people and nature were brought to life through his sketches. He enjoyed the gift of friendship, the love of family and is said to have had a special connection with his dogs. In lieu of flowers, his family asked that we “take a moment to see the beauty that surrounds you and reach out to someone you haven’t talked to in a while”.

Robert “Bob” Duxter

Bob passed away at home on April 3, 2020. Susan, his wife of fifty years, his sons and grandson were there with other family and his beloved dog Cocoa. Bob celebrated his 76th birthday in the summer of 2019 in the company of family and friends before being taken too soon by cancer. He was grateful to have enjoyed over 20 years of retirement.

During his teaching career he also served as president of the Men’s Teachers Federation. Following his retirement, he enjoyed golf and travel but also offered support to a local family following the tragic death of their 11 year old daughter. As a close friend, Bob Duxter spoke to the media about her unfortunate death in order to educate others about the dangers of the ‘choking game’. His strength and compassion were evident at this time. He will long be remembered for his many contributions as a teacher and citizen in his community.

The lives of Vic Arkininstall and Bob Duxter will be celebrated by Chapter 9 ARM at a September 2021 ceremony where a memorial brick will be unveiled for each of them in their honour.

Tom Dearie

After years of dedication to students, Tom Dearie retired from teaching at W.D. Lowe. He died unexpectedly on October 30, 2020. He will be remembered for his soccer coaching and being an avid curler in his local community. He was described as a loving husband, father and grandfather who will be missed.

Sheldon Indig

Chapter 9 ARM wishes to acknowledge the passing of Sheldon Indig on February 3, 2021. Initially, Sheldon taught history but is most remembered for his work in Special Education as a compassionate teacher who enriched the lives of many. He taught at several schools including Herman, Walkerville and Massey before his retirement in 2007. His many friends and loving family will miss him dearly.

President's Message Continued...

For those of you who purchase the ARM benefit package, you were notified that premiums were NOT increased for 2021 and there were improvements to benefits. To see the 2021 complete ARM benefit guide go here... <http://arm.otip.com/media/arm/ARM-GuideEN.pdf>.

To see the ARM-Competitor Plan comparison guide go here...

<http://arm.otip.com/media/arm/ARM%20Retiree%20Health%20Plan/EN/ARM-Competitor-Plan-Comparison.pdf>.

Provincially

Most of you will remember Brad Bennett who was District 9 President many years ago. Brad has recently been promoted to General Secretary of OSSTF, the top staff position in the Federation. Brad was hired to a secretariat position in the early 2000's then promoted to a Directorship, then to Associate General Secretary. In 2020 with the resignation of Pierre Cote, Brad was appointed General Secretary. Congratulations to Brad on his new position.

The ARM Council Biennial meeting was postponed last year and is rescheduled this year to May 7, 2021. The meeting will be held virtually. Chapter 9 representatives are, myself as President and delegates Jacques Aharonian, Suzette Clark and alternate Patricia Morneau.

OSSTF is building a new head office in Toronto. 60 Mobile Drive has been demolished and a new building is being constructed on same the property. Temporary offices are now located at 49 Mobile Drive in Toronto.

OSSTF has written Premier Ford demanding that support staff members in schools should receive the \$3.00 per hour pandemic raise that PSW's in long term care and community homes were offered. Read the entire letter at this link here <http://www.osstf.on.ca/news/premier-doug-ford-pandemic-pay.aspx>.

All four education affiliates, OSSTF, ETFO, OECTA and AEFO are strongly opposing the governments plan to postpone the March break and have sent a joint letter to the province. Read the complete letter at this link here... <http://www.osstf.on.ca/news/postponing-march-break-not-in-best-interest-of-students.aspx>.

Yours in Federation

Bruce Awad, President

www.armchapter9.ca

Consider Supporting the United Way

Chapter 9 ARM has received information about the need to support our local United Way's efforts to be sure young people can virtually access tutoring, mentorship and mental health programs. Tax deductible donations can be made through the website www.weareunited.com or by mail to 300 Giles Blvd East, Unit A1 Windsor ON, N9A 4C4

Things I Learned During The Covid-19 Pandemic

A submission from Toni Pecaski

There are things to learn even in the most challenging of times, and sometimes it's what we learn in those everyday moments of life that gives us a renewed perspective.

I learned to appreciate the big things. Like toilet paper, paper towels, hand soap. I nearly fell on my knees and wept, when I spotted a lone bag of bread flour on the grocery shelf.

I learned that woman does not live by bread alone. On my first foray to the grocery store I prepped like I was going out for a night on the town. Eye shadow, mascara, eyeliner, foundation, blush and, of course, lipstick. I looked in the mirror and said, "Where have you been?". No one in the store could see my efforts. But, it felt so "normal", even if it did look like I was robbing the place.

I learned to appreciate the really, really big things. The sight of my grandchildren's faces on Facetime, the sound of my grown children's voices on the phone, the warmth and support of my husband's presence, the sound of my friends' voices on the phone. My heart would swell with affection, my spirit parched with the need for friendship, for companionship, for a sense of normalcy.

When we could finally bubble, I learned to share my Italian heritage with my grandchildren (and appreciate it more myself). "Look," I said as I gave them each some homemade dough. As their little hands kneaded and shaped the dough, I told them about the small mountain village where I was born. "Nana taught me this when I was a little girl, and her mother taught her and her mother taught her, going back many generations in our family."

As we shaped the dough into pasta and gnocchi and lasagna noodles, I told them, "You know, they had to prepare their own food back then. There were no Sobeys' or Pizza Huts". I winked at them, "and that's how RaRa caught DinDin". But, I didn't tell them that when we got married I said to DinDin, "You do realize, that there are lots of Sobeys' and Pizza Huts!".

I learned to upgrade my computer skills. "You know," I said to my son on the phone, "I've learned to do all kinds of stuff online: order groceries, pay my bills, order our new printer, and (my chest nearly bursting with pride) I actually programmed our new printer to our computer!" I didn't tell him about the naughty words that assisted the process.

"That's great Mom. Welcome to 2004."

"Hey, listen", I said, "I did all my university papers on that old rusty Remington Rand typewriter in the basement. You probably don't even know what Whiteout is! "

I learned to channel my pioneer spirit. At the beginning of the pandemic, when we were afraid to venture out even to the grocery store, I learned to be resourceful. We needed hamburger buns. "No problem, I'll make them." Of course, they turned out like Frisbees and even the grandchildren wouldn't eat them. And they eat everything!

I researched how to make your own hand sanitizer, homemade soap and lavender oil. I thought it prudent to be prepared for anything.

I cut my husband's hair. He is a brave man. I viewed YouTube videos, bought barber scissors, and then kept my fingers crossed (obviously not literally). I'm happy to say he still has two ears and neither of them is pointy...although, I did stab myself a few times.

And I learned to find solace and hope in nature. When my Dogwood tree bloomed in May after almost dying the previous year (it had to be transplanted), I was overjoyed, and saw it as a sign of hope.

When I spotted a small green weed with its small white and yellow flowers, defying its bed of gravel, I took its picture. Its tenacity to survive, to thrive and to flourish despite its adversity was overwhelming. Now, its picture is memorialized on my fridge, a constant reminder of what hope and courage look like.

And, when the pandemic is over, and we are free again, I think we will all have learned, that there are no little things in life. We will look at the world, like my little green plant, with renewed vigour and courage and a better understanding of this gift of living.



Advice From OTIP

Tips for safer winter driving



As days grow shorter and temperatures drop, the winter driving season is upon us. Snowy roads can be slick and treacherous, and even the most experienced drivers can benefit from brushing up on winter safety tips after months of warmer weather. Review this checklist before the next winter storm hits to help keep yourself and others safe.

1. Equip your car with winter tires

Once the weather gets colder you should install winter tires. Winter tires are designed to give you increased traction in cold, icy weather and on snowy roads. Without them, you're more likely to lose control of your car or get stuck in bad weather. Don't forget to tell your insurance company that you have winter tires, as you could receive a winter tire discount on your car insurance premium!

2. Slow down and keep your distance

One of the most important components of winter driving is giving yourself more time to react. Slow down and increase your usual following distance behind other vehicles to give yourself more time to stop, in the event of an emergency. Don't use cruise control when it could be slippery, as it will increase the time it takes to react in an emergency. You should also brake and accelerate slower than you would on a clear day. Never slam your brakes, as that could initiate a skid.

Little ways you can feel calmer and stronger ...

- ✓ Take 5 minute brain breaks. Close your eyes and rest. Sit outside or go for a walk.
- ✓ Add flavour to your water to help you stay hydrated all day. Citrus, berries and mint might inspire you to drink more often.
- ✓ Make something. Create a photo album out of pictures you have stored away. Knit or crochet if it interest you. Adult colouring books have become more popular during the pandemic.
- ✓ Try a new recipe and use a new ingredient. A new flavour might transport you to another part of the world.
- ✓ Do a good deed. After cleaning your closet, donate your gently used items to a local charity.
- ✓ Plan a dream vacation. Even though we can't travel just yet begin to research hotels, restaurants and future sights to see.
- ✓ Look beyond the limits. Get creative and consider all the possibilities.

Advice From OTIP - continued

3. Review how to control a slide

Reviewing tips to get out of a slide and practicing them will help you react correctly if you get into a slide while driving. Review these infographics from [Canada Drives](#) and [CAA](#) to review the best way to get your car back under control if you get into a skid.

4. Clean off your car



Cleaning snow and ice off your car before hitting the road is important for your visibility and safety. Before you drive, clear all snow and ice off your windows, hood, taillights, headlights, roof, safety cameras and safety sensors. If you don't take the time to brush snow off your car, it can fall onto your windshield or blow into the car behind you. In Ontario, you can be fined if you cannot see clearly out of your front, front side and rear windows.

5. Top up your supplies

When driving in the winter, keep your gas tank at least half full in case of an emergency. Make sure you transition to winter windshield washer fluid with de-icer and keep an extra jug in your trunk. Check that your car emergency kit is stocked with

items such as blankets, food, flashlights, a first aid kit and other tools — review our [full list of items you need in your car emergency kit](#).

6. Plan your route ahead of time

Before you head out, check the weather so that you know what to expect. If it looks like it will be snowy or icy, plan to take main roads, as they are more likely to be well maintained. Give yourself extra time to get to your destination so you will have no need to rush and can take the time to clean snow off your car and drive safely.

Winter is also a good time to review your car insurance coverage. Make sure you have the coverage you need in case you do have an accident. To review your current OTIP car insurance policy, call [1-833-494-0089](tel:1-833-494-0089). To get a quote for car insurance from OTIP, call an insurance broker today at [1-833-615-9326](tel:1-833-615-9326).

Pictured below: Rosanne Herold and Brian Robinson December 15, 2020



Membership Voice

An Invitation to Members

This Winter edition of Chapter 9 News is the second of four planned for this year. The Newsletter Editorial Team welcomes submissions for our Spring edition.

Contributions for the Spring edition can be forwarded to armchapter9@outlook.com before April 2, 2021.

We look forward to hearing from you!



Newsletter Editorial Team
December 15, 2020

ARM CHAPTER 9 EXECUTIVE 2020-2021

President

Bruce Awad

Vice President

Jacques Aharonian

Recording Secretary

Toni Michalczuk

Treasurer

Dan Eberwein

Communications Officer

Patricia Morneau

Political Action Officer

Margaret Villamizar

Membership Officer

Brian Robinson

Member Services Officer

Margie Sciacca

Program Co-Ordinator

Jacques Aharonian

Members At Large

Suzette Clark, Rosanne Herold, Scott Hunt

IMPORTANT INFORMATION FOR MEMBERS

ARM CHAPTER WEBSITE

www.armchapter9.ca

The website has been recently updated and will begin to recognize the birthdays of Chapter 9 members each month. Although we can't celebrate with each other right now, this new feature will give us a chance to send birthday wishes each month. No ages will be revealed!

ARM CHAPTER 9 TWITTER

@ARMChapter9Win1

ARM CHAPTER 9 EMAIL

armchapter9@outlook.com