

**Save the Date**

June 10, 2022

ARM Chapter 9  
Annual General  
Meeting

To be held virtually

If you are interested  
in a position on the  
Executive,  
**CONTACT**

519-567-8671

[j29aharon@gmail.com](mailto:j29aharon@gmail.com)**DON'T  
FORGET TO  
VOTE****June 2, 2022**  
Ontario General  
ElectionThe ARM Chapter 9  
Brick Ceremony will be  
held on Friday,  
**September 9, 2022.****In this issue**President's Message **P.1**Ontario Health Coalition **P.3**OSSTF Election Readiness **P.5****President's Message from Bruce Awad**

Health restrictions imposed because of the pandemic have eased considerably, however, the latest spike in cases continues to be a concern. Although many have abandoned social distancing and masks and are willing to gather in large crowds, some of us remain cautious about the spread of this potentially deadly disease. As we slowly return to our face-to-face activities, we understand that some of you are still not willing to attend in person yet, we respect that. Case in point, we held our first Friday breakfast in over two years on April 1, 2022, at the RC Legion branch 594 and 30 people in total attended, much less than expected given the fact that the breakfast was free of charge for members. Our upcoming luncheon on May 3, 2022 (free of charge) will probably reflect similar numbers. We will continue to provide the breakfasts and luncheons for free for the remainder of this year. Hopefully the covid numbers will lessen and more of you will be comfortable attending face to face activities.

The provincial election is a month away and polls are indicating a conservative majority. OSSTF's political strategy is to defeat the Doug Ford conservatives or at least reduce them to a minority government. Another four years of conservative government will wreak havoc for health care, education, and public services. Please get out and vote. Click here <https://www.osstf.on.ca/public-education/strengthening-public-ed-rebuild-ontario.aspx> to read OSSTF's strengthen public education document.

OSSTF has endorsed the four local NDP candidates:

Lisa Gretzky – Windsor West  
Gemma Grey-Hall – Windsor Tecumseh  
Ron LeClair – Essex  
Brock McGregor – Chatham-Kent-Leamington

On Friday May 6, 2022 from 3:00 pm to 6:00 pm we are all invited to meet the four local NDP candidates at the Ciociaro club. This Federation Friday event is sponsored by OSSTF and ETFO. Pizza will be provided and there will be a cash bar. I look forward to seeing many of you there.

On the healthcare front you must listen to the OHC short video on public health care in Ontario. Click here to watch..

[https://youtu.be/gnaF\\_vuiRfI](https://youtu.be/gnaF_vuiRfI)

OSSTF, Arm Council and most of the ARM Chapters have endorsed the OHC's *Mass Joint Statement on the Ontario Provincial Election, Key Health Care Issues*. Please read the joint statement later on in this newsletter. Please visit the OHC website for informative articles on public health care <https://www.ontariohealthcoalition.ca/> .

ARM teacher members will be happy to know the OTPP is fully funded for the 9<sup>th</sup> consecutive year. Click here to read the 2021 annual report <https://otpp.com/content/dam/otpp/documents/otpp-2021-annual-report-eng.pdf> .

ARM support staff members will also be happy to know that OMERS is celebrating its 60<sup>th</sup> anniversary in 2022 and had another very successful year in 2021. Click here to read the OMERS 2021 annual report <https://www.omers.com/sites/2021-highlights/highlights.html> .

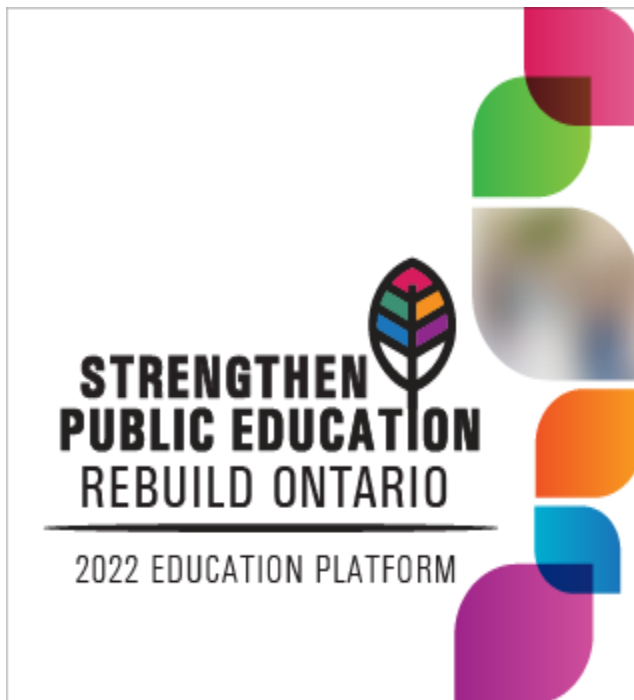
Thank you. Your thoughts and suggestions are always welcome. Please stay safe and take care of one another.

Yours in Federation,

Bruce Awad, President

Email: [armchapter9@outlook.com](mailto:armchapter9@outlook.com)

Website: [www.armchapter9.ca](http://www.armchapter9.ca)



On March 15, 2019, The Ford Government laid out a plan to cut millions of dollars from public education. They will do this by increasing class sizes from Grades 4 - 12, removing special education funding, and requiring all high school students to take four online courses. This destructive plan will pull thousands of teachers and support staff out of our schools, providing less individual support for students, reduced access to student courses and programs, and fewer educators to volunteer their time to support extra-curricular activities. This multi-million dollar cut to public education will be devastating for our students.

We need to enhance and improve funding for public education to ensure all students, from kindergarten through to post-secondary, get the support and services they need to be successful.

**Let's work together to improve our world-recognized publicly funded education system. We can't do that by cutting it.**

## ONTARIO HEALTH COALITION

### Head Office

15 Gervais Drive,  
Suite 201 Toronto, Ontario  
M3C 1Y8

Tel: 416-441-2502 Email:  
[ohc@sympatico.ca](mailto:ohc@sympatico.ca)

Office hours:  
09:00-17:00 Eastern  
Standard Time

### Windsor-Essex Chapter

Windsor Facebook Page  
[https://www.facebook.com/  
windsorhealthc/](https://www.facebook.com/windsorhealthc/)

Essex Facebook Page  
[https://www.facebook.com/  
WEHealthCoalition/](https://www.facebook.com/WEHealthCoalition/)

Patrick Hannon  
519-944-9549  
[patrickjhannonm@gmail.co  
m](mailto:patrickjhannonm@gmail.com)

Tracey Ramsey  
519-995-0239  
[traceyramsey200@gmail.co  
m](mailto:traceyramsey200@gmail.com)

# First Friday Breakfast & Luncheon Returns!

ARM Chapter 9 was pleased to hold its first in-person gathering for the membership on Friday, April 1st.

This event also allowed everyone the opportunity to make a substantial donation to the Ukraine Canadian Congress – something that many Canadians have embraced as a worthy cause deserving of support. Together, ARM Chapter 9 members made a generous contribution of \$1,355.00

Covid-19 has interrupted our ‘First Friday Breakfast’ tradition since the start of the pandemic. As many of our members are now vaccinated, the ARM Executive decided to resume this social activity for those who were interested in participating. Our first in person luncheon was also held on May 3<sup>rd</sup>. Those in attendance enjoyed these first two opportunities to gather together. Your ARM Chapter 9 Executive looks forward to hosting more events during the



**We hope to see you at one of our upcoming events!**

## **OSSTF ARM Chapter 9 Endorses the Ontario Health Coalition's Joint Statement**

The Ontario Health Coalition (OHC) is working diligently to stop the unprecedented privatization of our health care services, including making health care and long-term care key issues for the upcoming provincial campaign. To this end, OHC has asked their member organizations to sign on to a Joint Statement. OHC will hold a press conference on Wednesday, May 4<sup>th</sup> at 10:00 AM outside the Ontario Legislature (Queen's Park, Toronto) to release the Joint Statement. This is the same day the writ will be dropped kicking off the provincial election campaign.

The Executive of the OSSTF/FEESO Active Retired Members (ARM) Chapter 9, Greater Essex recently approved the following motion endorsing the OHC Mass Joint Statement.

***BE IT RESOLVED that OSSTF ARM Chapter 9, Greater Essex sign on and endorse the Ontario Health Coalition's Joint Statement on the Ontario Provincial Election, Key Health Issues as outlined in the email received from the Ontario Health Coalition on April 13, 2022.***

**APPROVED**

The following is the OHC Preamble and Joint Statement endorsed by your Executive:

### **Preamble**

The crisis that COVID-19 has presented, cast an unflinching light on all of us. Heroic efforts have been made by public health, public servants, public hospitals, and hundreds of thousands of health care workers at every level. Selflessness and self-sacrifice have been demonstrated by so many. Our public health care system and our society have shown extraordinary resilience even after decades of planned undercapacity.

Like nothing we have experienced, COVID-19 has brought to the forefront the immeasurable value of public health care in Canada and its foundational principles of equity and compassion. Through the pandemic we have been moved by the countless acts that we have witnessed of care, social solidarity and love by families, communities, local businesses, our health care institutions.

At the same time, COVID-19 has laid bare unconscionable inequities and shortfalls in care for the elderly; patients waiting for diagnosis, treatment and care across our health care system, people with chronic conditions and the immunocompromised; low income and racialized communities; and other vulnerable people who face discrimination. In particular, the suffering of the residents and staff in long-term care has indelibly marked the soul of our province.

It is in the memory of those we have lost, and in support of those who have experienced the terrible toll of COVID-19 in our province, that we issue this statement. We hope that it will contribute to righting the injustices they have experienced and will result in fundamental reform of and improvements to health care in our province.

### **Joint Statement**

We the undersigned call on all political parties in Ontario to commit to the following in this provincial election: Unprecedented for-profit privatization of our health care is underway and being planned, including the for-profit privatization of public hospital services such as surgeries and diagnostics, privatization of an entire new generation of long-term care, privatization of the last remaining public parts of home care, privatization of COVID-19 testing, privatization of vaccinations, privatization of the planning functions of our civil service. We are asking all political parties to commit to immediately stopping the privatization of health care. As a priority, all parties must make concrete urgent plans to safeguard and expand our public and non-profit health care institutions and services.

Decades of austerity budgets and downsizing have reduced our health care services beyond anything supported by reason or evidence. Ontario funds our health care at the lowest rate of any province. We fund our hospitals at the lowest rate in the country and as a result we have the fewest hospital beds left per person of any province. We have the fewest nurses per person. These are political choices - to prioritize tax cuts for the wealthy and corporations over the people of Ontario leaving patients suffering with long waits, neglect, woefully inadequate care. We are asking all parties to make a commitment to bring Ontario's funding for health care up to the average of the rest of Canada, as a priority.

More than 4,500 residents in long-term care have died of COVID-19 alone. That does not capture what must surely be thousands of others who died, as a result of horrific negligence yet care levels have not improved. There has been no accountability. Comprehensive surprise inspections have not been reinstated. Not one single LTC home operator has been fined or lost their

license, not even the very worst of the for-profit corporations responsible for the deaths of thousands of frail elderly residents in their care. Now, the government is midway through giving more than 18,000 beds paid by public dollars to the same for-profit chains in 30-year licenses. The suffering in long-term care requires an unequivocal commitment to “never again”. We demand that all political parties:

- Commit to a minimum requirement of 4-hours of care per resident per day, in each and every long-term care home. It is not acceptable to set that this as an unenforceable average province wide.
- Reinstate the comprehensive inspections that were cancelled by the current government and conduct a surprise inspection of every home within one year.
- Hold operators responsible for egregious negligence and non-compliance, including meaningful fine, revocation of licenses, and criminal charges where warranted.
- Recognize, respect and uphold the human rights of residents, including the right to have family caregivers, the right to consent to care, the right to be treated with dignity and quality.

Public Medicare in Canada is founded on the deeply held belief that we all have an equal right to care. That care is based on our medical need, not our financial standing - based on our human dignity. Our governments are supposed to be stewards of that public health care system – protecting it and nourishing it for future generations. We demand that every party commit to upholding the principle of single-tier health care and stop two-tier charges for needed health care services in private COVID testing & other private clinics that are a result of the erosion of our public health care services.

Ontario is one of the wealthiest provinces, in one of the wealthiest countries in the world at one of the wealthiest times in human history. There can be no excuses; there can be no more redirection of the resources of our society overwhelmingly to those who are already the wealthiest. We cannot go back to the same patterns of growing inequality and inadequate care before the pandemic. Let us together safeguard our principles and rebuild a health care system in the public interest to serve Ontarians for the next generation.”

### **ARM Chapter 9 Team Named Top Fundraising Team for *iMove for United Way* Event**

This year, the Executive of ARM, Chapter 9, Greater Essex approved registering a team for United Way’s second annual virtual fundraiser, *iMove for United Way* held from February 22 to March 6, 2022. The ARM Chapter 9 team had four members: Bruce Awad, Robert Dunlop, Sandra Sahli and Karen Tomkins. Although our team was small, we received incredible support and were the Top Fundraising Team raising \$4,370! As well, two of our team members, Bruce Awad and Sandra Sahli were in the Top Ten Individual Fundraisers.

In total, the 2022 *iMove for United Way* raised \$40,320 for youth mental health in Windsor-Essex, surpassing the \$40,000 goal set for the event. The money raised will support local mental health programs and services. As retired teachers and educational workers, we know first-hand how important the availability of mental health services are to the success of students.

Mental health supports are delivered through United Way’s On Track to Success program, mentoring and out-of-school programs, and family counselling programs delivered through Family Services Windsor-Essex. Watch a video at - <https://www.youtube.com/watch?v=NoBprX6muvY> - to learn more about the impact of the On Track to Success program.

---

*Thank-you to the ARM members, our families and friends who generously donated to our ARM Chapter 9 team.*

*Well Done Everyone!*

---





**National Indigenous Peoples Day is celebrated every year on June 21<sup>st</sup>.**

It is an official day of celebration to recognize and honour the heritage, cultures and valuable contributions to society by First Nations, Inuit and Metis peoples.

Learn more by reading these works by First Nations & Metis authors:

Tanya Telaga – [Seven Fallen Feathers](#)

Jesse Thistle – [From The Ashes](#)

Danielle Daniel - [Daughters of the Deer](#)

Michelle Good – [Five Little Indians](#)

***This information is provided in support of Truth & Reconciliation with Indigenous Peoples.***

## OSSTF Election Readiness

CPAC (Communication & Political Action Committee) regional meetings were held virtually during the evening of March 25th and the morning of March 26th.

Keynote speaker Eric Grenier, former CBC polls analyst, kicked off this event by providing some context for the upcoming provincial election. He outlined the top four issues for Ontarians are:

- 1) Healthcare (always one of the top two)
- 2) Housing affordability
- 3) Covid 19
- 4) The Economy

***Education is second to last in polling with poverty and homelessness coming in last.***

The Conservative floor remains high in Ontario. This fact combined with the history of one term governments being very rare favors a second term for an education unfriendly government. Recent polling has also revealed that PC supporters are more decided about their vote whereas NDP and Liberals are waiting to see who is the best PC opponent. Of course, we know that trends can change quickly, even in the last weeks before an election.

Later in the evening, meeting participants had an opportunity to hear from Steven Del Duca, leader of the provincial Liberal party, Mike Schreiner of the Green Party, and Andrea Horvath, NDP party leader. All presented as highly education friendly, specifically supporting elimination of EQAO, funding improvement for staffing and mental health supports. All of the leaders discussed mental illness being the shadow pandemic.

What can we do as individuals to support the OSSTF objective to elect an education supportive government?

- attend regional rallies and events such as on May 1 rally in Windsor;
- become informed about local political candidates;
- help out with local campaign activities;
- individuals can make donations to campaigns ;
- use Twitter key hashtags! #OSSTF #FEESO #OurVoteOurVoice #YourVoteYourVoice



## STAYING CURRENT

ARM Chapter 9 has a number of ways you can stay informed about things that matter to our membership.

### ARM Chapter 9 Twitter

ARM Chapter 9 has an account that monitors relevant sources for news and items of interest for our membership. Follow @ARMChapter9Win1

### ARM Chapter 9 Website

[www.armchapter9.ca](http://www.armchapter9.ca)

The Chapter 9 website contains information for Retired members of OSSTF. Current and previous newsletters can be found along with details about the work of your Executive.

The website has been created in an easy-to-navigate format offering our membership uncomplicated access to its content.

If you have suggestions about what you might like included in the website please email [armchapter9@outlook.com](mailto:armchapter9@outlook.com)

## Windsor-Essex County Health Unit

The WECHU continues to play a significant role in supporting local residents during the pandemic.

Fourth doses of the COVID-19 vaccine are now available for Adults 60 years & older as well as First Nation, Inuit and Metis adults aged 18 & over.

Information about expanded access to COVID-19 Antivirals can be found on the WECHU website. You can also contact 519-258-2146 for more info.

Our public health unit still offers regular updates about case numbers, local hospitalizations and deaths. Vaccination rates are also issued regularly.

If you want to receive these updates, go to their website at <https://wechu.org/cv/local-updates>

At this time, information is being provided by WECHU on weekdays at noon. Hopefully, we are nearing the end of the pandemic but if you want relevant local numbers, this is one of the better sources.



# **Important Information From our friends at OTIP**

## **5 easy ways to refresh your home for spring on a budget**

With the cold weather behind us, it's the perfect time to spruce up your home's interior in preparation for the warm and bright season ahead.

**Here are 5 easy ways you can freshen up your home this spring on a budget:**

### **1. Clear out the Clutter**

After months of hiding from the blustery cold weather, it's time to let in that fresh spring air and have the interior of your home feel as light and airy as the spring breeze outside. Decluttering your home and moving towards a more minimalist style will instantly make your living space feel brighter and more open.

### **2. Embrace Colour**

One of the most effective ways to revitalize your home's interior design is to add a splash of colour to an otherwise neutral room. A fresh coat of paint can really do wonders when it comes to refreshing your home – whether you decide to re-paint an entire room or to add one bright accent wall.

If you rent your home, or just don't feel like cracking out the paint roller, you can try adding a colourful furniture piece, accent rug, throw pillow, or curtains for the same instant brightening effect.

### **3. Incorporate Natural Elements**

Spring is a great time to fuse some elements from the outdoors with your interior décor. Fresh flowers and plants are an easy way to breathe new life into your home. If you don't have much of a green thumb, there are pretty convincing artificial plant arrangements and table terrariums available that will work just as well. You could also consider integrating natural wood and faux fur décor items for an earthy, rustic feel.

### **4. Freshen Up Your Frames**

A quick and cost-effective way to make the interior design of your home feel new again is to rearrange your frames and prints. You can easily find different sized frames at secondhand stores and garage sales that you can use to create a trendy gallery wall. This popular décor trend is a great conversation piece and the perfect way to display your favourite photos and prints. You can paint the frames all the same colour for a sleek, modern look, or keep them diverse for a more eclectic style.

### **5. Keep it Cozy**

Your home should be the place where you feel the most comfortable and relaxed. Just because the weather's warmer doesn't mean you have to give up your cozy pillows and throws. Instead, try swapping them out for lighter fabrics and colours, or even a daring print. A pastel knit throw and some floral-patterned pillows will add a touch of welcoming softness to your décor.

## **Shrink your electricity bill and carbon footprint with these environmental upgrades**

Many Canadians try to recycle, compost and cut down on water use to reduce their environmental impact. However, one of the largest aspects of your environmental footprint is actually your home's energy use. For those looking to reduce their home's energy consumption, the Canadian government has begun offering grants of up to \$5000 that can be used towards the installation of energy-saving projects<sup>1</sup> including solar panels, high-efficiency water heaters and improved insulation, as well as \$600 of coverage for EnerGuide evaluations to help you plan your retrofits.<sup>2</sup> Learn more about these environmental upgrades and how to insure them.

### **Solar panels**

The popularity of solar panels is on the rise across the country - according to Canada Energy Regulator, generation growth of solar energy in Canada from 2005 to 2015 increased by 2344%.<sup>3</sup> Solar panels may seem expensive up front, but they do pay off in the long run - the average pay back period for solar shoppers is about eight years.<sup>4</sup> In addition, you can rest assured knowing the planet is benefitting from your use of a renewable energy source.

When you include solar panels in your home insurance coverage, most damage that might happen to the attachments are covered. This typically includes accidents caused by wind, hail, lightning, vandalism, broken tree limbs and fire.<sup>5</sup> In the event that your solar panel is placed on a separate building (like a garage or barn), there is a set limit of coverage for those structures which you should check before installing. Special additional coverage may be helpful here, so talk to your insurance broker to explore your options. Finally, to avoid unnecessary risks, make sure to use an alarm system to prevent theft and ground your panels to avoid damage from lightning.<sup>6</sup>

### **Water heaters**

Many homeowners don't know that water heaters over 10-12 years old need to be replaced. If you don't upgrade to a new water heater when it's time, your home insurance has the ability to deny coverage for any water damage it may cause. Replacing your old water heater with a newer energy efficient model can significantly reduce your heater's electricity use. As the heater ages, lime deposits building up at the bottom of the tank can begin reducing its efficiency by as much as 20%.<sup>7</sup> Look for an ENERGY STAR® qualified heater to find a new unit that's energy efficient.

The certification plate on your water heater will tell you when it was manufactured. If you're not sure if it needs to be replaced, check your home insurance policy or call your insurance provider to confirm how often the water heater must be replaced in order to be covered.

### **Insulation**

When it comes to insulation, there's a lot of things you can do, even on your own, to make your home more energy efficient. Adding in extra insulation or replacing your existing insulation with new insulation that has a higher R-value (the measurement of how well it keeps in heat) can make a big difference. Insulating your attic, ceiling, exterior walls, crawl space, basement, and water heater are great places to start.

You can also improve the insulation of your home by making it as airtight as possible. Sealing doorways and windows with rubber weatherstripping and installing thicker curtains is a great way to prevent air leaks while keeping cold air out during the winter.<sup>8</sup>

Before you start your environmental upgrades, it's a good idea to get an EnerGuide evaluation of your home first so that an expert can advise you on what upgrades your home needs. Then once you've decided on the upgrades, make sure you inform your insurer of your plans so that they can adjust your home insurance coverage if necessary. For more details on the federal grant, visit this guide on [how to apply to the Canada Greener Homes Grant](#).

If you have questions about your current OTIP home insurance policy, call [1-800-267-6847](tel:1-800-267-6847). If you would like to get a quote for home insurance, connect with an OTIP broker today at [1-866-561-5559](tel:1-866-561-5559).

If you enjoyed reading this article, [subscribe to OTIP's e-communications](#) and more news like this will be delivered straight to your mailbox. Plus, you will be entered for a chance to win a \$500 gift card!

## **GENERAL AMHERST HIGH SCHOOL PLANNING 100<sup>TH</sup> ANNIVERSARY**

Early plans for the 100<sup>th</sup> Anniversary event will offer former students and staff a final chance to explore the school before it is replaced with a new building. Decade rooms are being created to offer an overview of the school's history.

The event is being planned for May 14, 2022 and will include indoor and outdoor activities. The Town of Amherstburg is working with organizing committee members to stage a memorable celebration for all. A new school being built to replace General Amherst and Western Secondary will be known as North Star High School in recognition for the importance of the Underground Railroad when people in slavery followed the North Star to freedom, many remaining here in Essex County.



## Noteworthy Dates

May 23<sup>th</sup> - Victoria Day

June 19<sup>th</sup> – Juneteenth Day

June 21<sup>st</sup> – Summer Solstice

July 1<sup>st</sup> – Canada Day

August 1<sup>st</sup> – Civic Holiday

September 5<sup>th</sup> – Labour Day

September 22 – Autumnal Equinox

September 30 – Truth & Reconciliation Day

## In Memoriam

- **Joy Del Col**

Chapter 9 ARM was saddened to learn of the passing of Joy Del Col on March 10, 2022. Joy was a respected teacher at Essex District High School for many years. Her generosity and selflessness was valued by all. She will be missed by her family and her lifelong friends in education.

- **Victoria Giroux**

Chapter 9 ARM wishes to acknowledge the April 15, 2022 passing of Vicky Giroux. Her loss is felt deeply by her family and many friends. Former colleagues and students she connected with remember her for her educational contributions – earning her the Prime Minister’s award and the Marshall McLuhan award for excellence in education. She is also remembered for her local service as Vice President of District 1 Windsor – Teachers Bargaining Unit - OSSTF.

## Chapter 9 News Issue 03 SPRING 2022

### 2021-2022 ARM Chapter 9 Executive Members

**President**

Bruce Awad

**Vice President**

Jacques Aharonian

**Recording Secretary**

Suzette Clark

**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**

Rosanne Herold

Toni Michalczuk

Karen Tompkins

Scott Hunt

Sandra Sahli

### MEMBERSHIP VOICE MATTERS!

This SPRING edition of Chapter 9 News is the third of four planned for this year. The final edition for 2021-2022 will provide information for the Annual General Meeting.

The Newsletter Editorial Team welcomes submissions for the FALL 2022 edition.

Contributions for the Fall edition can be forwarded to [armchapter9@outlook.com](mailto:armchapter9@outlook.com) by , October 1, 2022.

We look forward to hearing from you!