

# Chapter 9 News

## Save the Date

February 2<sup>nd</sup>

March 1<sup>st</sup>

ARM First Friday  
Breakfasts

WATCH FOR AN  
EMAIL to order your  
regular, vegetarian or  
gluten-free meal

Free for members

\$15 for social members  
or guests

April 10th

Luncheon at the  
Ciociaro Club

Free for members

\$25 for social members  
or guests

April 25th

Estate Planning  
Workshop

Free for members

Details for this event will  
be provided by email.

Future ARM Chapter 9  
Newsletters will be  
issued as the Spring  
Edition with our final  
Annual General  
Meeting Edition being  
sent before our June  
21<sup>st</sup> AGM.

Time moves in one direction;  
memory in another.

*-William Gibson*

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## President's Message from Bruce Awad

Dear ARM Chapter 9 members,

I hope everyone is staying warm and safe during this extreme cold spell. Please read the excellent articles from OTIP regarding "home heating safety tips" and "Blue Monday" on pages 10 to 13.

On December 6, 2023, we held our annual Holiday Luncheon at the Ciociaro Club. Once again, our members donated many items that were raffled off and raised \$520.00 for the Unemployed Help Centre and the food banks in Windsor and Essex County. As you probably know, the food banks are having difficulty keeping up with unprecedented increases in usage. Members also contributed an enormous amount of non-perishable food items and toiletries. The UHC is extremely grateful for your contributions during this time of need for the homeless and disadvantaged. Thank you to those of you who contributed to this worthwhile cause.

RTIP health plan members premiums have increased by 4.5% beginning January 1, 2024. Major health plan providers have averaged 6.5% increases in their premiums. OTIP has provided a few improvements to the plan. To hear more about the plan premiums and improvements, register for our February 2, 2024, breakfast as a member of the OTIP management team will be at the breakfast to talk about the plan and answer any questions you may have. Mark your calendars and watch for our email to register very soon.

Our Home Care Survey that was recently conducted in our chapter and district will soon be implemented across all ARM chapters and districts. This ARM Council initiative will provide the basis for a major lobbying effort to the Provincial political parties for the 2026 election in an effort to improve Home Care in Ontario. I will keep you posted once the surveys are completed and summarized.

Thanks to the efforts of Sandra Sahli our Community Advocacy Officer, you will find important information in this newsletter about Health Care issues and the work of the OHC (see page 2), the affordable housing crisis (see page 4) and our work supporting our local Windsor-Essex United Way (see pages 5, 6 and 7).

Any member who retired in 2019 or later, please read the important notice on page 10 regarding possible retroactive pay and possible adjustments to your pension.

Mark your calendars for April 25, 2024, for our Educators Financial Group workshop on Estate Planning. Corrinne Mallender will be presenting. You will need to register in advance. We will send a registration email a few weeks before the event.

Thank you for reading our award-winning newsletter. As always, your comments and suggestions are welcomed.

Yours in Federation, Bruce Awad, President

Email- [armchapter9@outlook.com](mailto:armchapter9@outlook.com) Website- [www.armchapter9.ca](http://www.armchapter9.ca)

## 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/>

Essex Facebook Page  
<https://www.facebook.com/WEHealthCoalition/>

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

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

# The Ontario Health Coalition Action Assembly

## A Report on Recent Events Submitted by Sandra Sahli, Community Advocacy Officer

OSSTF ARM Chapter 9 is a member organization of the Ontario Health Coalition (OHC). We want to keep you informed of upcoming events on these important issues.

The Ford government is trying to close and diminish our local public hospital services. They are privatizing and deregulating health care workforce. They are privatizing our core hospital services, long-term care, home care, primary care, Public Health. They are also building the infrastructure for private for-profit hospitals.

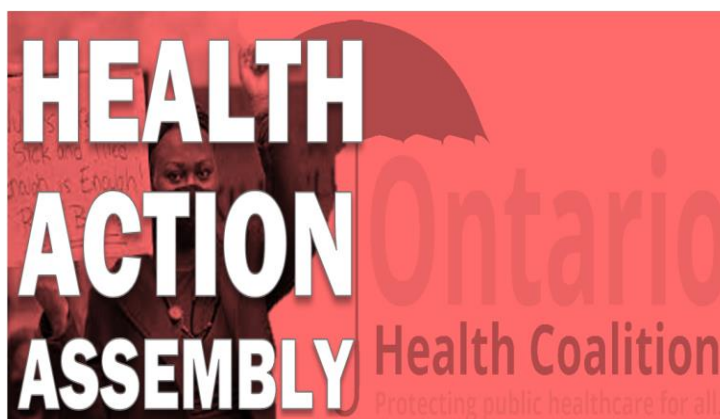
The Ontario Health Coalition's fightback is starting to see some success. In the early summer, the government reversed their decision to cut funding for locums to staff hospitals which was threatening services in rural and northern communities. The government was forced to open a non-profit urgent care centre in Minden to "replace" the closed emergency department. They spent the summer holding press conferences announcing public hospital funding and have funded out some hospital deficits caused by the high cost of private for-profit agency staffing. However, this is a tough government and they have not yet changed course on privatization.

Now, more than ever, we need fearless, strong, ambitious action to stop privatization and force the rebuilding of our public health care.

Each year, The Ontario Health Coalition invites everyone who believes in Public Medicare and wants to defend and improve it to attend a major strategy session. This year's Health Action Assembly and Annual Conference will be held in Toronto on January 20 & 21, 2024. Jacques Aharonian will be attending the meeting in person representing ARM Chapter 9.

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## CHAPTER 9 ARM PARTICIPATION AT THE SEPTEMBER 2023 RALLY FOR HEALTH CARE

Local ARM members took a stand for health care in September. Protesting the cuts to service are Jacques Aharonian, Sandra Marwood Pittman, Bruce Awad and Gunther Wolfe. Appreciation to OSSTF/FEESO provincial office which provided financial support for our participation. (Apologies to anyone who was not identified.)

## ARM Donation UPDATE: Music Express

Submitted by: Kathleen Reid Paterson

On behalf of the members of Music Express, I would like to thank you for your generous donation to our organization.

We use our donations to promote our efforts in the community and to encourage young people to continue their school music and arts programs as they continue their education.

This contribution assists our production of our annual Christmas show, which has been presented since 1980, under the direction of our founding Director Ernie Gerenda, who was Arts Coordinator with the Windsor Board of Education until he retired.

Our 4 shows, in December 2023, featured 9 local schools and helped us profit share with the schools for their music/arts programs!!

We changed our venue to Lakeshore St. Andrew's Church this year which gave us more room to allow the choirs to get ready and lots of parking for families.

We greatly appreciate the interest and support of our community patrons and thank you again for your kind donation to WCCB-Music Express.

We hope that you will be able to join us for our shows in 2024, which are held to support charitable groups in our community.



# Bringing Affordable Housing Home: An Action Plan for Housing Stability in Ontario

**Submitted by: Sandra Sahli, Community Advocacy Officer**

*Bringing Affordable Housing Home: An Action Plan for Housing Stability in Ontario* was developed by United Way Greater Toronto and features 7 recommendations that were crafted through a province wide consultation. United Way Windsor-Essex participated in this consultation by interviewing 9 housing sector partners locally and included their input to be considered in the report. The full report can be found at: <https://www.unitedwaygt.org/the-work/public-policy-and-mobilization/bringing-affordable-housing-home-an-action-plan-for-housing-stability-in-ontario/>.

## Recommendations:

1. **Land and Assets** - Federal, provincial, and municipal governments make surplus lands and assets available to non-profit and co-operative housing providers to grow deeply affordable and supportive housing options across Ontario.
2. **Investments** - Federal, provincial, and municipal governments increase investment in and improve greater access to financing for the development of affordable and deeply affordable homes across Ontario.
3. **Incentives** - The provincial government, in partnership with municipal governments, provides development incentives that prioritize non-profit housing organizations and establishes flexible programs that maximize the community housing sector's capacity to compete in the housing market effectively.
4. **Preservation** - The provincial government, in partnership with federal and municipal governments, provides consistent and predictable long-term funding to preserve existing deeply affordable housing and supportive housing options offered by the community housing sector.
5. **Supports and Protections** - All levels of government supply housing stabilization and eviction prevention supports and strengthen tenant protections to help renters access and maintain affordable and secure homes.
6. **Indigenous Housing** - The federal and provincial governments address and prioritize persistent housing and homelessness challenges faced by Indigenous Peoples through a dedicated strategy, programs and supports developed and implemented in partnership with Indigenous leaders, diverse Indigenous communities, housing providers, and all levels of government.
7. **Collaborations and Partnerships** - The federal and provincial governments coordinate housing strategies, plans and programs with municipal governments while promoting cross-sector collaboration and resource sharing.

Please note: there is a form at the bottom of the webpage for the report that allows organization leaders to endorse the report publicly. Through collective action, we can strengthen the backing of the report to help keep pressure on governments around this critical need in our communities.

As well, there is a link on the report webpage for individuals to send a message to their elected officials to request they take immediate action on addressing the affordable housing crisis in Ontario, particularly in partnership with the non-profit housing sector.



# United Way – Thank You and Upcoming Activities

**Submitted by Sandra Sahli, ARM Community Advocacy Officer**

## ***Thank You!***

I want to thank the members who have contacted me and made donations to United Way during our first annual ARM Chapter 9 United Way Donation Campaign held during November 2023.

By running an annual campaign, our ARM Chapter will help local kids find the path out of poverty. Our donations will empower kids to achieve their dreams and create a thriving community for us all. As your Community Outreach Officer, I will use our ARM newsletter to keep you informed on United Way's initiatives and how your donations are making a difference in our community.

Every dollar of your donation to United Way is invested right here in Windsor-Essex County to help children and their families forge a more prosperous future. United Way investments are rigorously measured for effectiveness and efficiency, ensuring together we are driving the most meaningful results and biggest possible impact.

If you missed our annual campaign, you can still donate by using this link:

[https://www.weareunited.com/donate/#gform\\_wrapper\\_24](https://www.weareunited.com/donate/#gform_wrapper_24).

When donating, please indicate you are a member of **OSSTF ARM Chapter 9** in the following section - - **Organization Name - If you're supporting a campaign, please indicate campaign name.**

As always, if you have any questions regarding United Way don't hesitate to reach out to me at [srsahli@hotmail.com](mailto:srsahli@hotmail.com) or 226-347-5776.



## ***Tampon Tuesday – Tuesday, March 5, 2024***

Tampon Tuesday is held annually on **International Women's Day**. This national event is delivered in cities across Canada in partnership with United Way, the Canadian Labour Congress and Bell Media. The purpose of this event is to raise awareness by collecting and distributing menstrual hygiene products to address the local need for such products at local food banks and community services.

The ARM Executive approved having our Chapter involved in this initiative by encouraging members to make donations of menstrual hygiene products. Your donations can be brought to our First Friday Breakfast on Friday, February 2<sup>nd</sup> and Friday, March 1<sup>st</sup>. If you don't attend our monthly breakfast, you can contact Sandra Sahli at 226-347-5776 or [srsahli@hotmail.com](mailto:srsahli@hotmail.com) to make arrangements to drop off your donation.

Further details about the Tampon Tuesday event to be held at the Harbour House Waterfront Eatery at 9550 Riverside Drive East will be provided in a separate email closer to the event.

## ***Update – Chapter 9 ARM Support for Program Changes at United Way***

At the AGM in June, the Executive recommended a plan to support United Way for 2023-24 budget year. The plan was approved and included the following recommendation:

### ***iMove for United Way (February-March)***

*This annual virtual event empowers participants to come together to support their own well-being, while raising money for Ignite Academy- <https://www.weareunited.com/igniteacademy/>. Ignite Academy provides out-of-school programming four days a week to help kids succeed academically, while wrapping other supports around kids and their families. For the past two years, the ARM Chapter 9 has been the Top Fundraising Team for this event. To get the team started, the Executive is recommending a donation of \$500.00. Members will be encouraged to join the ARM Chapter 9 team and/or donate to the team's efforts.*

Since our AGM, United Way has decided not to continue with iMove in 2024. Therefore, the Executive has approved that the \$500.00 allocated to iMove be used to buy books for the 2024 Book Drive for United Way. Here is a brief description of the Book Drive that was included in the recommendation last year. **Note, we will still ask our members to donate gently used children's books.**

### ***Book Drive for United Way – June 2024***

*Women United is a committed group of women leaders working together to advance and support the programs offered by United Way. Each year, this group hosts a book drive to collect books for United Way's summer programs. In 2022, 2500 books were collected and distributed at United Way's Summer Eats Program. This year at our June Friday Breakfast, members were encouraged to bring a new or gently used book(s) for a child (of any age) or an adult. This initiative encourages literacy for the entire household. Our members donated over 75 books at the June breakfast and your Executive is recommending that we continue our support for this initiative at the breakfast next June (2024).*

Please note that this reallocation does not alter the budget approved at the June 2023 Annual General Meeting. If you have any questions, please speak to an Executive member at any upcoming First Friday Breakfast.



## ***Dinner for Two Anywhere in the World Raffle***

United Way Windsor-Essex is selling tickets for their ***Dinner for Two Anywhere in the World*** (see the flyer in this newsletter). The tickets are \$10.00 each or 3 for \$25.00. The draw will be held on February 16, 2024, at 12:30 at the United Way office in Windsor. Here are the details for the prizes:

**Grand Prize** - Dinner for Two Anywhere in the World - includes airfare, accommodations, and dinner booked through Valente Travel (Maximum Value \$11,000 CAN)

**Second Prize** - J.P. Wiser's Whiskey Tasting for 20 at Hiram Walker and Sons in Windsor (Value \$2,000)

**Third Prize** - Caesars Windsor Staycation - Caesars Windsor Gift Card (\$200), two tickets to an upcoming concert at the Caesar Windsor Colosseum, and a gift (Total Value \$490)

**Fourth Prize** - Tourism Windsor-Essex Pelee Island's Follow the Flavours Culinary Tour - \$25 to 10 different restaurants to explore the cultural diversity of the region by taste (Value \$250)

Tickets can be purchased online - <https://www.weareunited.com/dinneranywhere/>.



LICENCE # M832685

**\$10/TICKET**  
**3 FOR \$25**



*Buy tickets!*

# Win!

**DINNER FOR TWO  
ANYWHERE IN  
THE WORLD**  
*& other great prizes*



*Grand Prize: Dinner for  
Two Anywhere in the World!*

**Includes: Airfare, Accommodations, & Dinner  
Booked through Valente Travel**  
(Max. Value \$11,000 CAD)

**BUY YOUR TICKETS NOW:**  
[weareunited.com/DinnerAnywhere](http://weareunited.com/DinnerAnywhere)  
OR CALL: 519-259-6164

*Only 6,870 tickets available!*

*Second  
Prize:*

**J.P. Wiser's Whisky Tasting for  
20 at Hiram Walker & Sons Ltd.**  
(Value: \$2,000 CDN)

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Island's "Follow the Flavours"  
Culinary Tour**  
\$25 to 10 different restaurants to explore  
the cultural diversity of the region by taste  
(Value: \$250)

**Draw Date: February 16th at 12:30pm**

Location: United Way, 300 Giles Blvd E, Windsor, ON N9A 4C4  
Winning tickets to be posted on [www.weareunited.com](http://www.weareunited.com)

**Thank you to our sponsors:**



**United Way  
Centraide**  
Windsor-Essex County

## **The Cuckoo Club**

**Submitted by: Toni Pecaski, Chapter 9 ARM Member**

I always got away with it.

As we sat at our desks she would go up and down the aisles, inspecting our splayed fingers.

“AH-HA, here’s another member of my Cuckoo Club!”, she would exclaim with a “Gottcha” kind of glee in her voice.

I suppose, we were lucky to have a school nurse in those days, but when you’re 10 years old, you don’t think of things like that.

I chewed my nails incessantly, but she never caught me. Apparently, I was a “neat nibbler” ...so she never caught on.

It was another story, when it came to checking my eyesight. She had a small office in the school, with a couch for a student who felt ill, and an enormous eye chart on the end of one wall.

I was nearsighted and needed glasses. But the horror of it all!

Glasses!

Four-eyes!

Do you remember the horn-rimmed glasses of that era? All I would have needed was an eye glass chain dangling from my glasses, an old cardigan, and the mandatory hair bun to complete the look. (My apologies to the many wonderful, kind and lovely librarians who guided me through my youth and beyond.)

Anyway, I remember the year I was in Grade 5, and she called me down for my annual eye test. I stood nervously by the door, while she instructed me to cover one eye and read the letters on the chart.

But, I had a secret plan. I had one “good” eye. With my “better” eye, I read the letters and memorized them. Then, when I had to read with my “weaker” eye, I recited the letters from memory. She never caught on.

Many, many decades later when I was accompanying my mother to a doctor’s appointment, I encountered our old school nurse in the waiting room. I thought I’d go over to say “hello”. I laughingly told her the story of how I had cheated on my eye exam, thinking these many years later she would be amused.

She was not.

Not a smile. Not a word. Not a reaction of any kind.

I had fooled her, and apparently, she was not the forgiving type.

In time, I eventually got glasses and contacts and Lasik surgery. But I can happily say, that I never became a member of her “Cuckoo Club”.

Oh...and I stopped biting my nails too.

Cuck-oo, Cuck-oo.







## Did you know...?

After a 230-year fight, Caldwell First Nation was granted reserve status. This important step meant that members of the nation could have a permanent home on the ancestral grounds they have been fighting for.

The Caldwell's lost land dates back to the War of 1812 when the British promised land in the Point Pelee area in exchange for support against American soldiers. The promise was never kept. The last of the Caldwell members were chased out of Point Pelee in the 1920's.

A 2010 land claim settlement resulted in the acquisition of approximately 80 hectares. Currently, there are 28 housing units being built for members to live in the area where local First Nation cultures and tradition were first built.

The homes, located around the Seaciff Drive area in Leamington, are expected to be completed by June. It is expected that more services will be available for the Caldwell First Nation Community.

Source: CBC News Journalist, Bob Becken

## International Women's Day

This March 8<sup>th</sup>, join the global celebration and play a part in helping forge gender equality! This day marks a call to action for accelerating gender parity.

Marked annually, International Women's Day (IWD) is a time to:

- Celebrate women's achievements
- Educate and raise awareness for women's equality
- Call for positive change advancing women
- Lobby for accelerated gender parity
- Fundraise for female focused charities

Gloria Steinem, world-renowned feminist, journalist, and activist has stated:

***The story of women's struggle for equality belongs to no single feminist, nor to any one organization, but to the collective efforts of all who care about human rights.***

According to the World Economic Forum, sadly none of us will see gender parity in our lifetime, and nor likely will many of our children. There is urgent work to do and we can all play a part!



## STAYING CURRENT



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

## 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.

Be sure to check the website for more pictures of ARM Chapter 9 events.

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

## February is Black History Month

Do you know about the pivotal role played by Windsor-Essex in the Underground Railroad Movement? There are many local historic landmarks and educational sites to visit in February.

The Amherstburg Freedom Museum will offer a wide array of Black History Month events. It is recommended that you reserve tickets ahead if you plan to attend.

You can also visit the Art Gallery of Windsor to view a display titled The Artists of Colour: Abstracted Realities. Only available until February 19th

ARM members can learn more to deepen our understanding of the impact of transatlantic slavery in Windsor and throughout Canada.

Visit the River Book Shop where speakers, guest readers and authors will be available to celebrate Black History Month.

To learn more, visit the **John Freeman Wall Historic Site** as well as the **Amherstburg Freedom Museum** and **Sandwich First Baptist Church**.



If you have suggestions about what you might like included in the website please email

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

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## **ATTENTION NEWER RETIREES**

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Anyone who has retired since 2019 will need to notify the board if their address or bank account information has changed; this will be important to receive any retro payments which also may result in a pension adjustment that will result from current negotiations.

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### **First Friday Breakfasts**

Have you joined us at Branch 594 for breakfast yet? We have a regular group of ARM members who gather to visit and enjoy a wholesome breakfast at the Royal Canadian Legion at 5030 Howard Avenue. Everything is free for ARM members, \$15 for guests and social members. **If you haven't done so, be sure to pay your 2024 membership fees and plan to come out in February, March, May and June.** First Friday breakfast will continue in 2024-2025.

### **Holiday Luncheon December 6, 2023**



Chapter 9 ARM members, including Cheryl Imeson, Jean Lin, Bruce Awad and his wife Val, once again gathered together to celebrate the season with one another. If you were not able to join us in December, we hope you are able to attend our upcoming Spring luncheon scheduled for April 10<sup>th</sup>.

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

## ***Turning up the heat: safety tips***

There's nothing like a home that's toasty and warm when the temperature starts to drop. But there are precautions to take in order to heat safely. Here are some handy tips to avoid ending up... in hot water.

### **Heating with wood**

There's nothing like the flickering flames and comforting smell of a wood-burning fireplace. But it's important to remain vigilant as poorly installed wood stoves and fireplaces cause countless fires every year.

#### **Ways to heat safely and efficiently:**

- Every year, hire a professional chimney sweep to remove any creosote (a by-product of wood combustion), which builds up in chimneys and only a good sweeping can clear away.
- Allow enough air to get in the chimney so fires burn properly. This encourages complete combustion and causes less smoke.
- Firewood and other combustible materials must be stacked at least a metre and a half away from the heating unit.
- Keep logs outside, away from the house, and cover them so they're protected from the elements. Wet wood burns badly and increases the formation of creosote.
- Only burn paper and wood in your fireplace. Anything else could release toxic fumes.
- Put ashes in a metal container with a raised bottom and keep it outside, away from combustible material, for at least 72 hours.

### **Is wood burning allowed?**

Before getting a new wood-burning heating unit, check that it bears the seal of the Canadian Standards Association (CSA) or the Environmental Protection Agency (EPA). Units certified by these organizations emit fewer toxic particles and consume up to 20% less fuel than conventional models. Check regulations in your town or province.

### **Electric heating**

Electric heating is the most popular method, but it's still smart to use it prudently.

#### **Some good habits to adopt:**

- Before the cold sets in, have your heating system inspected by a professional to ensure it works properly. This can help avoid unpleasant incidents.
- Dust your baseboard heaters carefully and check that nothing's fallen inside.
- Don't put anything on the baseboard heaters (such as damp mittens or socks), as objects in direct contact with the heat source could melt or catch fire.
- For the same reason, window coverings and furniture should be at least 10 cm from the heaters. You can buy wire curtain protectors—available at hardware stores and home renovation centres—that fit over the units and keep drapes clear, so they don't overheat.
- Avoid getting paint on baseboard heaters, as it can crack and catch fire.



## Precautions for space heaters

- Plug the unit directly into a wall outlet—avoid using an extension cord.
- Place the portable space heater out of reach of children and pets.
- Don't leave a working space heater unattended.

## Heating with oil or gas

Do you have a furnace, boiler, or fireplace? Here are some important points to watch out for.

### Maintenance is key:

- Get your heating system inspected every year, whether you have a furnace, boiler, or fireplace. Preventative maintenance carried out by a certified expert will give you peace of mind, as you'll know everything is in good working order.
- Give your heating unit enough clearance to ensure adequate ventilation. Air intakes and exhaust outlets must be kept clear to ensure the gases can circulate freely.
- Avoid covering the controls, air intakes, and exhaust outlets.
- Keep children away from the heating unit and ensure they don't touch the valves or controls.
- Clean or replace your heating unit filter in the fall, and clear snow from the exterior components in the winter.
- Is your unit making a funny sound? Call an expert in to inspect it. Remember that an ounce of prevention is worth a pound of cure!

## Do you have a gas fireplace?

- Before turning on your fireplace, be sure that it has been cleaned and inspected in the last two years.
- Check that the glass doors are airtight.
- Always turn off your fireplace before leaving the house or going to bed.

### Remember!

- The perfect time to check the batteries in your smoke and carbon monoxide detectors—and change them if necessary—is when you set your clocks back in the fall and forward in the spring.
- Each floor of your house, including the basement, must be equipped with at least one smoke detector, which should be installed in hallways and rooms.
- Every room with a gas or oil heating unit needs a carbon monoxide detector.
- Keep a fire extinguisher easily accessible and be sure you know how to use it.



# Blue Monday Survival Guide

Blue Monday – the third Monday of January – is cited as the most dismal day of the year. Despite its popularity, there's no scientific evidence that Blue Monday is inherently different from any other day. However, it's true that the winter months can pose challenges for many individuals, which can be attributed to certain factors:

- Poor weather conditions and less sunlight
- Accumulated debt from the holiday season
- Decreased motivation and productivity tied to New Year's resolutions
- An increasing sense of urgency to take action

Here are a few strategies to nurture your mental well-being during this time:

- **Take care of your physical health:** Physical and mental health are interconnected. If you have illnesses or vitamin deficiencies, consult your doctor to check if medication or supplements may be helpful.
- **Eat a balanced diet:** Many people eat excessively over the holidays and then go on strict diets. Instead, aim for well-balanced meals with plenty of fruits and vegetables and try to avoid foods that may affect your emotions negatively.
- **Balanced sleep:** Between 7 to 9 hours of sleep is adequate for most people.
- **Exercise regularly:** By practicing your favourite workout or exercising for at least 20 minutes a day, you can boost your mood and energy.

To help you navigate the winter months and combat those Monday Blues, here are some evidence-based tips from Starling Minds:

1. **Reframe failing as learning:** It's normal to set New Year's resolutions, but also understandable if you fall a bit short. A growth mindset allows you to view failure as an opportunity to learn and grow, rather than a sign of inadequacy.
2. **Break goals into smaller pieces:** Breaking a large goal into smaller, sequential steps can help it to feel less overwhelming.
3. **Reward yourself:** Rewards activate your brain's dopamine pathway, creating feelings of satisfaction and accomplishment. This increases your desire to repeat behaviours and raises self-motivation.
4. **Make progress:** Research suggests that progress is the strongest determinant of job satisfaction. This suggests that taking time to stop, acknowledge and celebrate small wins can help boost well-being and build a sense of personal momentum.
5. **Boost your dopamine and oxytocin levels:** Oxytocin is a hormone that is associated with social bonding and feelings of safety. If you're feeling isolated or lonely, some ways to boost oxytocin levels include:
  - Practicing self-kindness and self-compassion
  - Mindfulness meditation
  - Resting and sleeping
  - Sending a message expressing gratitude to people you care about

Dopamine, on the other hand, is associated with reward, pleasure and motivation. When we're down and demotivated, dopamine-boosting techniques can help us to overcome low motivational levels. For example:

- Physical exercise, movement or dancing
- Eating healthy foods that are high in protein and good fats
- Trying something new
- Practicing gratitude
- Celebrating small victories

Winter months can be hard, but adequate self-care, regular physical activity and social support can help prevent and manage mental health issues.

*Got a new job, moved into a new home or sold your car? Your insurance broker may not be the first person you think to discuss your life changes with, but in certain cases it's important to notify them as soon as possible.*

## Noteworthy Dates

**Sunday March 10<sup>th</sup>**

**Daylight Savings Time Begins**

**Clocks SPRING forward one hour**



**Monday February 19<sup>th</sup>  
Family Day**

**Friday March 8  
International Women's Day**

**Friday March 29<sup>th</sup>  
Good Friday**

**Sunday March 31<sup>st</sup>  
Easter Sunday**

## In Memoriam

- **Linda Daniels**

Chapter 9 ARM was saddened to learn of the passing of Linda Daniels on the 1<sup>st</sup> of December 2023. Linda was a Family Studies teacher at Century High School. She will be missed by family and friends. Chapter 9 ARM will pay tribute to Linda with a memorial brick at our September 2024 ceremony.

- **John Matus**

Chapter 9 ARM wishes to acknowledge the recent passing of John Matus. John was a staff member at Walkerville Collegiate where he taught physics and driver education. He also was a Guidance Counsellor.

- **Bertha Ferguson**

On January 1, 2024, a former teacher from Belle River District High School passed away. She is remembered for "her belief in the paramount importance of a good education".

- **Irene Andriash**

Irene Andriash, remembered as a beloved teacher at Riverside Secondary School and Vincent Massey, died on January 5, 2024. Her passing is felt by her family and friends and will be acknowledged by Chapter 9 with a memorial brick at our September 2024 ceremony.

## Chapter 9 News Issue 03 WINTER 2024

### 2023-2024 ARM Chapter 9 Executive Members

**President**

Bruce Awad

**Vice President**

Jacques Aharonian

**Recording Secretary**

Annette Nelson

**Treasurer**

Dan Eberwein

**Communications Officer**

Suzette Clark

**Political Action Officer**

Margaret Villamizar

**Membership Officer**

Brian Robinson

**Member Services Officer**

Rosanne Herold

**Community Advocacy Officer**

Sandra Sahli

**Program Co-Ordinator**

Jacques Aharonian

**Members At Large – four positions remain vacant**

Patricia Morneau

### MEMBERSHIP VOICE MATTERS!

This WINTER edition of Chapter 9 News is the third of five planned for this year. The final edition for 2023-2024 will provide information for the Annual General Meeting.

The Newsletter Editorial Team welcomes submissions for the SPRING 2024 edition.

Contributions for the Spring edition can be forwarded to [armchapter9@outlook.com](mailto:armchapter9@outlook.com) by April 19, 2024.

The final edition for 2023-2024 will provide information for the Annual General Meeting to be held on Friday, June 21st, 2024.

We look forward to hearing from you!