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2010 ACER/CART Delegates



## **Johnson Inc.**

As a member of the Retired Teachers' Association of Manitoba, you can take advantage of Johnson Inc.'s Preferred Service Home Plan. As a group member, you can enjoy the benefits of preferred rates, better coverage, and excellent service.

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This information is provided courtesy of Johnson Inc. Home insurance primarily underwritten by Unifund Assurance Company (Unifund). Johnson Inc. and Unifund share common ownership.

### **BENEFITS INFORMATION SESSION**

Do you have questions about the RTAM Insurance Plans?  
An OPEN FORUM will be held on: **Tuesday, October 12, 2010**  
MTS Auditorium at 191 Harcourt Street, Winnipeg, MB  
Presentation begins at 1:00 p.m. Coffee will be served.  
Register at [rtam@mts.net](mailto:rtam@mts.net). Limited to first 125 Registrants.  
Please title "OPEN FORUM"  
or phone 889-3660 or 1-888-393-8082

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## Free Public Service Announcements

Not-for-profit organizations who wish to place public service announcements, volunteer opportunities with service groups, school or teacher reunions are encouraged to do so. Submissions are printed free of charge.

## Thanks For Your Contributions

We would like to thank all those who contributed material for KIT. When sending in files please **use Word, black ink only and no formatting. Please keep writing.** Photos: 1500 pixels or professionally developed.

## INSIDE THIS ISSUE

- **President's Message** ..... 3
- **ACER-CART Options** ..... 4-5
- **Life Members** ..... 6
- **Committee Chairs, Members** ..... 6
- **2010 Chapter Presidents** ..... 7
- **Chapter Reports** ..... 8, 9, 11
- **Election Report** ..... 12
- **Board of Directors** ..... 14-19
- **Benefits** ..... 19
- **Snowbirds** ..... 21
- **Louisa Loeb Reunion** ..... 23
- **Travel Seminar** ..... 24
- **Wellness Seminar Registration** .... 27

### Hello Retired Educator, & ACER-CART watchers

The Spring Newsletter has been posted to the website.  
 Follow this link to take you to the page.  
<http://www.qparse-apperq.org/e/newsletter.shtml>



# PRESIDENT'S MESSAGE

Richard R. Benoit

I hope you all had a wonderful summer relaxing at your favourite locations, visiting with children, grandchildren and friends and admiring the marvels of nature unfurl. Even though retired, we are still preparing for another fall, winter and spring of activities, hobbies and tasks that will challenge, stimulate and motivate us during these seasons. It seems that our challenges and proposed undertakings will keep us as occupied, if not more, than when we were in the educational system.

Your Board members are also in awe regarding the challenges that lie ahead. There are so many areas to work in and so many avenues to explore, so many deadlines to meet and numerous venues through which we can help improve the quality of life for all members – be they very active and still in the prime of life or less fortunate and less mobile than they would wish.

2010 – 2011 will surely witness Board members working long hours preparing strategy and then implementing those strategies in preparation for the provincial elections in October 2011. This election presents us with true opportunities to seek to advance our causes. Pensions and COLA certainly must be very high on our list of priorities. We, Board members and members at large, must meet our politicians, our candidates, the political parties and explain in a clear and concise way our beliefs, our plight and our aspirations. In so doing we must try to reach out and penetrate through the press corps, the media. We must communicate with our friends and neighbours and attend town hall meetings, barbeques and any other forum open to us. Our purpose

is not to nag or be seen as negative but rather to inform, develop relations and let society at large know that we have played a vital role in the development of our province and country and that we continue to exist and contribute. We cannot forget our colleagues, the teachers, who are presently in schools continuing our work and building on the foundations laid by ourselves that will lead to a still better quality of education in the future.

To do so, we must be confident in ourselves and exuberate this quality. We must be positive and not defeatist. After so many years of experience, we all realize that attitude and openness to hope, the attempt to play active roles are essential. It is our choice. Do we opt to become whiners and choose the status quo or . . . do we at least become excited by the challenge ahead of us and pursue this challenge?

Our issues are not only limited to pensions and such related aspects. There is so much at stake in this 2011 election regarding senior wellness, health care and improvement in our quality of life as age imposes new restrictions in every aspect of our lives. If pensions are of lesser interest to some of us, then we can envisage serving to improve our lifestyle and those of our members who are less fortunate and unable to fend for themselves as much as they would wish. Attention must be paid to the plight of those of us who are caregivers and to members of the sandwich generation who must tend to both children and parents.

Friends and colleagues, elections come every four years and provide all of society the window to expose their concerns, their solutions for improvement. Individually and in a concerted, organized way, let us voice the priorities of retired teachers and of seniors in general.

Your Board also will be very preoccupied with benefits, with wellness, with im-

proved public relations, with cooperation and dialogue with other groups in education and seniors in general. Local chapters play a vital role in our organization and while this has been emphasized in the past, it can never be repeated too often. We also need more chapters. Together as individual members, as chapters and as a provincial organization we must seek to move forward, not backward. We can only do this by cooperating closely with each level and each other. We work for the benefit and improvement of our organization and thus ourselves. We cannot afford to waste energy quibbling amongst ourselves and therefore not presenting a positive united front. The common good always should precede personal agendas, personal likes and dislikes. We either constitute a team or a disparate group of individuals all aiming in different directions and defeating our goals for existing and contributing so much effort.

Please communicate with your Board of Directors. Please let us know of your accomplishments, large and small, and your preoccupations. We cannot act in a void, in isolation from each other.

This year I will insist on visiting every chapter so that we can really get to know each other and face the future in a united, unified way. I hope to start in the north and then move throughout southern Manitoba, Brandon and greater Winnipeg.

Enough has been written. We must and will now proceed to action. We must move forward and we must do all of the above in a manner which is exciting, challenging and stimulating for all of us. We can choose between being losers and groaners or winners and proud and positive contributors. As teachers who have always encouraged, accompanied and played the positive role, I am most confident this is what we will opt to do during the rest of our 2010 – 2011 year.

# OPTIONS - SUMMER 2010

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## 2010 AGM

The 19th ACER-CART Annual General Meeting, held on June 4-5, 2010, was preceded by a special information session held on the afternoon of Thursday, June 3. An information handout on federal Bill C-516 (Guaranteed Income Supplement changes) was reviewed by Regional Representative-Québec Ed Zegray. This was followed by an informative session on lobbying by John Staple of the Canadian Teachers' Federation. At the AGM 13 (of 14) retired teacher organizations in Canada gathered at the Ottawa Marriott Hotel in Ottawa to address various reports and resolutions from the Executive and Member Associations. Delegates also renewed acquaintances, met new friends, shared ideas, and reported on the activities of their associations since the last AGM.

A major portion of the meeting was used to discuss events and issues of the member associations based on well developed written reports from each. Johnson Inc.'s Lori MacDonald-Blundon gave a presentation on "Cross Canada Drug Costs and Plan Coverage" which was both informational and concerning. A new AGM Handbook binder format was introduced this year.

### Recipients of the Certificate of Service this year were:

Patricia Bowslaugh (RTAM)  
Patrick Brady (BCRTA)  
Fred Herron (STS)  
George Little (NBSRT)  
Patricia Steele (QPARSE)

## 2010-11 Election of Officers

The annual election returned all but one of the previous executive officers: Vaughn Wadelius (RTAM) from The Pas, MB remains as president. The four Regional Representatives are Atlantic: Dr. Thomas Gaskell (RTO-NSTU) from Little Bras d'Or, NS; Québec: Ed Zegray (QPARSE) from Montréal, QC; West: Dean McMullen (ARTA) from Vermilion, AB; Ontario: Brian Kenny (RTO/ERO) from Dryden, ON was newly elected and is the 2010-11 vice-president. The past president is Helen Biales (RTO/ERO) from Windsor, ON. The executive is supported by Executive Director Norbert Boudreau with secretarial assistance provided by CTF support staff person Lynne Richard, and financial management by CTF's Debbie McCarthy.

## Committee Reports

Regular annual reports from the ACER-CART committees, provide a view of the many efforts during the 2009-10 year to advocate and publicize the positions proposed by ACER-CART.

### Communications Committee (Vaughn Wadelius, Chair)

The website is a source of communication and information, with updates done regularly to the standard website pages. Visits since its development are approaching 7000. Information releases on our issues are circulated and put on our website, including any briefs to government. The Summer edition of the ACER-CART newsletter OPTIONS is produced for use by member associations.

A special Directors' website access page for AGM documents was used again in 2010 to provide access to AGM documents in advance of the meeting. In addition, this feature was used to deliver the Executive Director's Quarterly Reports. The committee produced an ACER-CART logo banner, an information pamphlet to promote our association at events we attend, and service certificates for presentation at the AGM to departing Directors.

### Health Services and Insurance Committee (Thomas Gaskell, Chair)

This committee, with a focus on the issues of the Canada Health Act, developed a paper reviewing the necessity of supporting the development of a national pharmacare program. It raised the concern of the growing efforts to privatize Canadian health care, and the wide variation in the cost to seniors of provincially approved generic prescription drugs.

### Legislative Committee (Helen Biales, Chair)

A full review of our policies was completed, and most were affirmed. A revised Reserve Fund policy was approved at the AGM. It set upper limits on the size of the Fund. Also presented and approved were policies outlining the process in case of the dissolution of ACER-CART, the duties of the Regional Representative, and the use and protection of our logo. Policies are to be reviewed at least every five years, and a new format was produced for distribution to the Directors.

## Pension and Retirement Income Committee (Arnold Hull, Chair)

This committee took direction from a 2009 AGM resolution that we lobby the federal government for a National Securities Regulator and prepare a paper supporting this issue. Copies were forwarded to various federal ministers and member associations, requesting their support. A summary report article “Are Canadians at Risk of Out-living Their Retirement Savings” has also been approved and distributed.

### Other Action Taken in 2009-10

ACER-CART is a member of the Congress of National Seniors Organizations (CNSO), and President Wadelius participated in its executive discussions on federal issues. A response was produced to the National Seniors Council Report (“Canada’s Aging Population”), and to the Special Canadian Senate “Report on Aging”, and distributed to the appropriate federal Ministers. Direct contact with various ministers was also used by ACER-CART. A revitalization of the CNSO is underway.

### ACER-CART Positions Taken

Motions were passed at the 2010 AGM directing the organization to:

- Seek trademark protection for the ACER-CART logo
- Clarify budget lines for regional and national representation
- Extend the budget line for development of communications in both official languages
- Lobby the Government of Canada to:
  1. restore funding to the “Lest We Forget” program
  2. increase the CPP/QPP, OAS, and GIS benefits and to take measures to protect seniors from living in poverty
  3. change tax legislation to allow charitable donations up to \$1200 be accorded the same treatment as political contributions
  4. support Bill C-516 to improve the GIS, and ask member associations to contact their MPs to do the same.

Pursue with other seniors’ groups the goal of lobbying the federal government on the issue of investment fraud against seniors

Referred to the executive for a feasibility review were the issues of the poverty among retired teachers in Canada, and membership in the National Pensioners and Senior Citizens Federation.

### 2010-11 President Vaughn Wadelius Comments



As we enter our 20th year as an association, we can be proud of our efforts over the years to promote issues affecting retired teachers. Equally important is the forum we provide for the exchange of ideas among our member associations, and with like-minded national groups of seniors. In gratitude to the support of ACER-CART Directors and Officers over the years we have set out to develop a database of their names and service, and this June we began presenting a Certificate of Service to more recent directors retiring from the Board.

Our new Ontario Regional Representative, Brian Kenny, has ably stepped in to replace Arnold Hull who has been ill for several weeks, but is now well on the road to recovery. Brian himself also recovered from a serious accident this year and these incidents were suitable backdrops to the 2010 AGM presentation identifying the great discrepancies in calamitous illness drug coverage across Canada.

This year we made additional efforts to provide our communications equally in French and English. Executive Director Norbert Boudreau was tireless in following up on this task with memos, letters and documents so delays were minimized.

Some lobbying efforts and goals we identified at the AGM work best when all our member associations and affiliated organizations communicate with a common position to government. We will work to include, with our requests for member assistance, some support materials such as background papers and briefs.

**RETURNING TO TEACH?**  
Visit [www.traf.mb.ca](http://www.traf.mb.ca) for more information.

## LIFE MEMBERS

March 2010

Eva Bonkowski, Riverton  
Raymond C. Davis, Winnipeg  
Evelyn G. Dempsey, Carberry  
Elizabeth M. Lavender, Winnipeg  
E. Jean Young, Brandon

April 2010

Catherine Kerr, Kelowna

May 2010

Peter E. G. Kallos, Winnipeg  
Nancy Kozak, Dauphin  
Gladys Patmore, Melita

June 2010

Sydney J. Chapman, Winnipeg

July 2010

Elizabeth E. Beauchemin, Winnipeg  
Martin D. Chalaturnyk, Brandon  
A. Jean Hanna, Portage la Prairie  
Édith I. Martin, Winnipeg

August 2010

Mabel I. Agar, Kamloops  
Eldeen M. Henderson, Winnipeg  
Jessie E. Metcalf, Brandon  
Jonina E. Wood, Winnipeg

### **NORMAL SCHOOL**

CLASS of 1955-1956, 55<sup>th</sup> Reunion  
May 28, 2011

PNS site on Shaftsbury, Banquet  
A time of sharing experiences,  
reminiscing and celebrating.  
The Committee is trying to contact  
all members.

Send names and addresses and  
request for information

55<sup>th</sup> PNS Reunion, Class of 1955-56  
330 Montrose Street, Winnipeg, MB  
R3M 3M8

or email: [pns55reunion@gmail.com](mailto:pns55reunion@gmail.com)

# COMMITTEE CHAIRS & MEMBERS

## **AGM & Elections**

Pat Bowslaugh, Brandon (Chair)  
Abram Wiebe, Steinbach and  
his committee  
Carol Gillis, RTAM Office

## **Benefits**

Pat Bowslaugh, Brandon (Chair)  
Brian Paterson, Brandon  
Maureen Recksiedler, Stonewall  
Gerry Melnyk, Interlake  
Bill Taylor, Brandon  
Jag Malik, Gilbert Plains

## **Bylaws & Policy**

Rosalie Bornn, Dauphin (Chair)  
Rita Warriar, Dauphin  
Mary Pankiw, Winnipeg  
Ray Sitter, Brandon  
Jag Malik, Gilbert Plains

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Vel McAdam, The Pas  
Ron Kalinchuk, Virden  
Guy Hansen, Thompson

## **Political Action**

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Guy Hansen, Thompson  
Anne Monk, Winnipeg  
Marvin Krawec, Portage la Prairie  
Tom Cameron, Carievale  
John Sushelnitsky, Portage la Prairie  
Dick Marshall, Winnipeg

## **Educational Advocacy**

Vel McAdam, The Pas (Chair)  
Rosalie Bornn, Dauphin  
Peggy Prendergast, Winnipeg  
Mary Pankiw, Winnipeg  
Jacquie Field, Winnipeg

## **Membership & Chapters**

Ray Sitter, Brandon (Co-Chair)  
John Sushelnitsky, Portage la Prairie  
(Co-Chair)  
Ron Kalinchuk, Virden  
Rosalie Bornn, Dauphin  
John Solomon, Swan River

## **Officers**

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Mary Pankiw, Winnipeg  
Jag Malik, Gilbert Plains  
Rita Warriar, Dauphin  
Pat Bowslaugh, Brandon

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Bill Cann, Winnipeg  
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William Taylor, Brandon  
Mary Pankiw, Winnipeg

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# OK-RTAM CHRISTMAS LUNCH



## THE RWTA SPRING OUTING

Submitted by Joan Anderson

The planned spring Riverboat cruise and Lower Fort Garry expedition had to be cancelled when the Red River was still at flood level on the excursion date. Bessie Marie Hill valiantly organized an alternate trip for June 17 and it turned out to be a terrific day!

We left for Austin about nine on a spiffy Moose Mountain bus with our driver, Larry, at the controls. The day was dull with ominous black clouds hovering, not a propitious beginning, weatherwise. We did have some showers on the road, but Bess kept us interested with facts about the towns we passed. Headingly, St. Francis Xavier, The White Horse Plains, Elie, Oakville, High Bluff, Portage la Prairie and MacGregor were all early Manitoba settlements, and each has an important history.

We arrived at the Austin Agricultural Museum about 10:00 a.m., and were greeted by our guide for the day, Tiffany Williams, dressed in pioneer costume. She gave us some of the history of the Museum, all of which is staffed by volunteers. Our first stop was at the artifacts building, where we

were able to see large and small items used by our pioneers. There were displays of transportation methods, machines and items used in all types of farming, and a great variety of household equipment. "I remember this," was heard very often!

We were very well fed at Austin by the Womens' Auxilliary, with drinks, muffins and cookies mid-morning, a lovely lunch with strawberry shortcake for dessert and afternoon tea with warm cinnamon buns. Most of us probably ate sparingly the rest of the day!

After lunch, we toured the very interesting Homesteaders' Village, where homes, shops, a livery barn, blacksmith's shop, post office and stores were open for touring and picture taking. There's a railroad station and water tower, brought to Austin by the CPR, and an enormous collection of tractors, including the world's largest farm tractor, "Big Ben."

Our weather for this jaunt in the area was wonderful, cloudy, but without rain (and with very few mosquitos).

It was a thoroughly enjoyable day of reminiscing and learning. I think



many of us are planning to go to Austin again at the end of July during the four days "Threshermens' Reunion and Rodeo."

Our trip back to Winnipeg was wet and stormy and we felt very grateful to have had such an interesting and rain-free day. Thank you Bessie Marie and Delores Tutkaluk for another adventure and a splendid excursion.

# RETIRED TEACHERS' TOUR-2010

Story & photos submitted by Ed Arndt

“Rain, rain go away, Come again another day, Our Retired Teachers want to play!”

These words in the above variation of an old Mother Goose Nursery Rhyme may very well have played in the minds of Alice Olive and Louise Downing, the organizers of this year's Southwest Assiniboine Chapter of Retired Teachers' Association Bus Tour. Despite quite a spate of rain prior to and following June 15, (the day of our tour), the morning of June 15 dawned bright and sunny with nary a rain cloud in sight as some 53 retired teachers and their guests boarded a Brandon Bus Lines Coach with Hans Gantenbein once again at the controls.

This year's tour destinations took us north of Virden. Our first stop was the town of Russell where we got to view the Boulton Manor, built in 1894 by Major Charles A. Boulton of Northwest Rebellion fame. Major Boulton gathered a body of men from among his neighbours in Russell and Birtle to form the “Boulton Scouts” who saw action at Fish Creek and Batoche during the Northwest Rebellion (1885). Also, we got a chance to get a very “quick peek” at the “Red House” in Russell, the oldest remaining house in Russell, built in 1888 of bricks hauled by ox cart from a brick kiln at Asessippi by William Barrett-Lennard. According to our tour photographer, this quick peek at the “Red House” gave a whole new meaning to the term, “drive-by shooting!”

As we turned on to Main Street in Russell we were treated to an impressive view of “The Russell Arches.”

These eight wooden arches installed over the town's main street were originally part of the supporting structure of the arena in Dauphin and were “rescued” as the old arena was being demolished. It was discovered by a local Dauphin resident that the 32 ply nailed wooden laminated arches were originally made by a former Russell business, the Glu-Rite Rafters Company, owned by Carl Mantie. It was a “Homecoming” for the rafters. Before leaving Russell we got an opportunity to view and photograph the Russell War Memorial.

Then it was on to Inglis to visit a unique National Historic Site, a sight once common on the prairies, five “Prairie Sentinels,” five “Prairie Giants,” five grain elevators, all in a row. Here we were shown an introductory video featuring the intricate inner workings of a grain elevator prior to be given a guided tour of several of the elevators which brought back many fond memories to the members of our tour group.

From Inglis we journeyed several miles to the north where we stopped for a brief tour of the Frank Skinner Arboretum where we attempted to navigate some of the trails aboard our 55 passenger bus. This attempt severely challenged the driving skills of our bus driver, Hans, as he had to back up some distance after discovering we were on some “dead end” trails. May I suggest that if any of our readers are planning on touring this arboretum, plan on either hiking, cycling, or use one of those little smart cars. I rather suspect the planners of these trails did not envision tour buses utilizing them.

After a lunch stop at the Roblin Motor Inn, we were on the road again. Our first afternoon stop was The Keystone Pioneers Museum, a few miles east of Roblin along # 5 Highway. This museum features pioneer agricultural artifacts, a large collection of old machinery, a log cabin used by forest rangers in the Duck Mountains, Makaroff Church built in 1901, a working sawmill, theme rooms and much more. This museum was of special interest to several of our tour

*Continued on p. 10*

2010 Southwest Assiniboine Chapter of Retired Teachers' Tour Participants - June 15.



## Retired Teachers . . .

Continued from p. 9



Former Goulter School Principal, Joyce Cawston displays an old Rural School Register used at the Cupar One Room Rural School #1633 (1911-1966). This register was on display in the "Classroom" theme room at the Keystone Pioneers Museum located east of Robin, Manitoba.

participants who were originally from the Roblin area.

As we passed through the town of Grandview we took a few moments to drive by and view the "Grandview Gardens" and then continued on to Gilbert Plains where we turned north to our next destination, the Negrych Homestead, located some 15 miles to the northeast in the R.M. of Gilbert Plains (SE 14-27-22W). This farmstead was developed between 1897 and 1910 by Wasyl and Anna Negrych and their children. It possesses the oldest known residence in Manitoba built in the Ukrainian vernacular tradition, as well as the most complete set of original pioneer era farm buildings. It was designated a Manitoba Provincial heritage site in 1992. The ten surviving buildings were constructed almost exclusively of natural materials gathered on the homestead. The structures feature many examples of ingenious folk design and quality craftsmanship associated with the self-reliant tradition of Ukrainian peasant society, such as the handcrafted wooden hinges and

latches. In 1991, Gilbert Plains area residents organized to preserve and restore this homestead as a tribute to the Negrych Family and the Ukrainian pioneer experience in Manitoba.

Our final stop on our tour was the Fort Dauphin Museum, where in addition to viewing the artifacts and buildings on display, we were treated to tea and biscuits served by museum staff dressed in period costumes. Prior to leaving Dauphin, we took a few minutes to view Dauphin's picturesque Ukrainian Orthodox Church. After a busy day of viewing and learning, it was time to head south towards home by way of Ste. Rose and Neepawa where we stopped for dinner at Mr. Ribs Family Restaurant.

Thanks are extended to the tour organizers and to all those responsible for assisting in organizing this tour by providing site information, etc. This includes, among others, but not limited to, the Senior Citizens of Banner County Inc., the Roblin & Shell River Economic Development Board and the Keystone Pioneers Museum.

## YE OLDE RUSTY CLASSIC 2010

Tom Ulrich

On Tuesday, September 7th, 2010, 160 retired teachers and their significant others invaded the shores of Lac du Bonnet to pit their skills against the challenging Granite Hills Golf Course. While the weather was a bit mixed, the beauty and challenge of the golf course won out over a few minor squalls, and all enjoyed a great day. While some may not be as proud of their scores as others, all expressed their appreciation for a great layout in a beautiful location.

While golf scores varied substantially, special recognition needs to be given to the foursome of David Martino, Terry Mayor, Don Tougas and Judi Lidstone who posted a score of 62 (-10) as the low score of the day. Also demanding of our collective awe was the exploit of Ed Richenhaller who scored a hole-in-one on the 17th hole.



Congratulations Ed!

Following the round of golf the group convened in the banquet room for a delicious steak dinner (or chicken or salmon for those preferring something other than steak) and the announcing of the various winners. Appreciation

*Continued on p. 11*



## Ye Olde . . .

*Continued from p. 10*

was expressed to the staff of Granite Hills Golf Course for their outstanding hospitality, excellent service and the donation of several of the prizes and gifts for participants. Also worthy of an appreciative note was Sobey's for their provision of recyclable grocery bags that were used for the distribution of small tokens and souvenirs for each foursome.

Our day came to an end with Pat Angers extending an invitation to all to reconvene at the Neepawa Golf and Country Club September 6, 2011, for the Ye Olde Rusty Classic 2011. In recognition of their undertaking this task the "Olde Rusty Putter" was presented to him and his committee for safekeeping for the coming year. Mark your calendars and watch future issues of KIT for further information and registration. Ye Olde Rusty Classic 2010 Organizing Committee of Tom

Ulrich, President, Paul LaRivière, Treasurer, Roger Anton, Jean Gisiger and Ed Labossière would like to thank all participants for helping make this a successful tournament. Special thanks to Jean Gisiger for making initial arrangements with Granite Hills Golf Course and for his wise counsel as we proceeded with our preparations for the day (this was his third stint on an organizing committee for this event).

See you all next year in Neepawa!

# The Retired Women Teachers' Association

Submitted by Barbara McDole (Past President)

We are inviting all you newly retired women out there to join our organization. This being our 60th Anniversary, we are planning four more terrific luncheons and two very entertaining roadtrips. Our luncheons are held at the Masonic Centre, 420 Corydon Avenue. The membership cost is ONLY \$7.00 per year. For more information, contact our membership chair, Emily Williamson, 310 Raquette Street, Winnipeg, MB R3K 1N6 or [emiwill@mts.net](mailto:emiwill@mts.net).

## Membership Meeting Dates & Outings:

**September 23, 2010:** (Outing) Wawanesa and Carberry; 1800's Criddle Vane Homestead

**September 30, 2010:** Buffet Luncheon & Fashion Show: Fashions Through the Ages

**December 2, 2010:** Served Christmas Luncheon: Program - "Bell Ringers," Linda & Louise

**February 17, 2011:** Buffet Luncheon: Program--Active Aging Fitness, Candace Swick

**April 14, 2011:** Served Luncheon, AGM, Program: To Be Announced

**June, 2011:** Outing: Date and Itinerary To Be Announced

## Executive Committee 2010-2011

<b>Past President:</b>	Barbara McDole
<b>President:</b>	Mary Pankiw
<b>Vice-President:</b>	Dolores Hebert
<b>Recording Secretary:</b>	TBA
<b>Corresponding Secretary:</b>	Cecile Alarie-Skene
<b>Treasurer:</b>	Hazra Khan
<b>Club Notices:</b>	Diane Bewell, Ruth Hartnell
<b>Social Committee:</b>	Bessie-Marie Hill, Betty Brownlee, Louise Burton, Phyllis Kalinsky, Pat Opalka, Lynda Tunny, Dolores Tutkaluk
<b>Tickets:</b>	Birdielyn Gray, Claudia Jaresch, Kathleen Parums
<b>Pensions &amp; RTAM:</b>	Peggy Prendergast
<b>Pianist:</b>	Bernice Giesbrecht
<b>Visiting:</b>	Dolores Hebert, Leota Turner
<b>Publicity:</b>	Barbara McDole
<b>Membership:</b>	Emily Williamson
<b>Archivist:</b>	Jean Leighton
<b>Honorary Greeter:</b>	Mildred Bjarnason

# CONNIE'S STORY

Guy Hansen

The union movement in the United States was obviously failing. Ronald Reagan had declared the air traffic controllers strike illegal, and then fired them, thousands. The northeastern states were being referred to as the "rust belt".

The Teamsters were trying to turn the tide. They decided to focus on the High Schools; they wanted the youth of North America to appreciate the social contributions that the labor movement had made.

The University of Wisconsin was famous for its Labor Studies; a course was outlined. The best historians, lawyers, human rights and social activists in the country were the instructors. Teachers from all over the States and Canada were invited. School curriculum was written, the Teamsters paid the bill.

Folk knew that I wanted to take some uplifting stories back to the Thompson Teachers' Association. "Have you talked to Connie yet?"

## And this is Connie's story:

Connie seemed to be a really average lady, no extra flash or dash. She had been teaching in Milwaukee in the catholic school system. For Martin Luther King Day she led a class discussion about human rights and social unrest and hung his picture on the wall. It was, after all, a national holiday.

She probably knew that there would be trouble. Regardless of how the system had been initiated, it was now for "whites only"; non-whites could not afford to attend Connie's school.

The picture of a black leader on the wall of her classroom was an affront to the administration, the church hierarchy, and the other teachers.

She was soon asked to not attend the next Teacher Appreciation Day luncheon, hosted by the parents. She was hip checked in the hall by other teachers. The janitors stopped replacing her light bulbs, and as her room and her future grew dimmer, she would sometimes finish off a word on the blackboard with her finger; there was no chalk.

Eventually, Connie started her own picket, in front of the school, at lunchtime, her own time. Looking for any

support she could find, Connie went to the local Teamster hall; they printed brochures and held an open meeting on her behalf. A very old Polish priest, a favorite of the people, started to walk with her.

But other forces were at play. The Teamsters obviously had strong union views, but many were also committed church-goers. The Bishop (I believe he was a bishop, or maybe he was just a church appointed superintendant) had long standing in the community. Teamster support for Connie started to diminish rapidly.

Connie was fired. One of the reasons given was that she had picketed her workplace. (Connie had never stopped working).

But the International office of the teamsters had been monitoring this issue very closely. It could not accept the fact that someone had been fired for exercising their right to free speech, as well the right to demonstrate in public. Such a precedent would really damage the union movement. There was now more pressure on the local Union Hall, and on the school system as well.

The Bishop was soon replaced.

As Connie told me this she would stop and smile, sometimes at me, sometimes just recalling recent events. She was so quietly confident in what she had done.

*Continued on p. 20 "Connie"*

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## ELECTION REPORT

Pat Bowslaugh, Elections Chair

Although we are just beginning the major work for the 2010-2011 year, it is time to look ahead to our next Annual General Meeting which will be May 10 and 11, 2011, Steinbach. Many times, our members wonder how one goes about making nominations. Probably the first step is to begin thinking about a plan right now. Look around the room at your next chapter meeting and then begin asking people you know to be thinkers and doers and who may only need to be asked!

Forthcoming editions of KIT will continue to contain reminders followed by nomination forms. We will also remind you about the bylaws and policies regarding nominations. Please . . . in the meantime, see who would be willing to let their name stand as one of the "up to" twenty RTAM Board members. Happy hunting!

# BENEFITS COMMITTEE UPDATE

Pat Bowslaugh, Benefits Chair

Any members who subscribe to an RTAM Benefits Plan will have received a package from Johnson, Inc., explaining the changes that will become effective November 1, 2010. For all RTAM members (including those who do not subscribe to a Johnson plan), the following points of information are offered:

## A) Extended Health Care (EHC)

This is a group plan option. There are two choices:

1. Core Plan: This plan offers \$500.00 coverage for prescription drugs. This means that although your prescriptions may be more than \$500.00, 80% of the total will be covered to a maximum pay out of \$500.00 per person including non-formulary drugs.

2. Enhanced Plan: This plan offers full coverage for prescription drugs up to the point where Pharmacare commences payment. (Your premium is based on the verification of your Pharmacare base which you must submit to Johnson.) The prescription drugs are then covered to a maximum of \$10,000.00 per family including formulary drugs only.

In addition, both plans offer varying degrees of support for eleven paramedical services: vision care, hearing aids, hospital supports (semi-private/private rooms), private duty nursing, Post Hospital Home Care, ambulance.

Please note that the previously offered \$1 000.00 and \$1,250.00 choices are no longer available. The reason for this happening is simple: the plans were not financially viable. All those enrolled in these two plans will now be part of the Core (\$500.00) Plan unless they ask Johnson to be enroll in the Enhanced Plan.

Please remember to show your Johnson EHC card when receiving any medical interventions. In this way, you receive the coverage for which you are paying.

B) Travel Insurance: There are four main enhancements to the travel plan:

1. the base coverage is now 62 days (instead of 30) at a minimal increase of \$1.00 to \$6.00 per month. (Top up coverage remains available up to 182 days)
2. there is now lost / delayed luggage coverage (\$350)
3. lifetime maximum benefits increased from 1 million to 2 million
4. trip cancellation / interruption increased to \$7,000.00 per trip

Your Sigma Assistel card (phone # 1-877-775-3695) must be carried with you whenever you travel . . . even from province to province!

NOTE:

**All renewals have now been moved from September 1, 2010, to November 1, 2010.**

Contact Johnson as your membership / coverage will be automatically enhanced unless you indicate otherwise. There are seven Benefit Plans offered by RTAM:

1. Extended Health Care:
  - a) Core Plan
  - b) Enhanced Plan
2. Travel Emergency Benefit
3. Dental Care
4. Life Insurance:
  - a) Guaranteed
  - b) Term Life
5. Long Term Care
6. Stand Alone Trip Cancellation/Baggage Insurance
7. Home Insurance

Check the RTAM Plan Website: [www.johnson.ca/rtam](http://www.johnson.ca/rtam)

Johnson Benefit Services: Toll Free: 1-877-989-2600

Johnson Claims: Toll Free: 1-877-413-6599

More questions? There is a Power Point Information presentation available for chapters/groups. Contact our RTAM office at 1-888-393-8082 or 889-3660

## MANITOBA TEACHERS' COLLEGE

### Class of 1958-59

Plans are underway for the Class of 1958-59 to celebrate our 52nd year reunion.

Winnipeg, MB on May 25, 2011

Emily Jansen-Williamson: (204) 837-5668 or

Marge Hatch-Coleman: [coleman3@mts.net](mailto:coleman3@mts.net).

### URGENT NOTICE RE: RTAM TRAVEL HEALTH INSURANCE.

By motion of the RTAM Board, the proposed change regarding "coupling" of the Extended Health Care (Base Plan) with Travel / Trip Cancellation Insurance will not be implemented at this time.

# RTAM 2010-2011 BOARD OF DIRECTORS

## Richard Benoit

### President

*Winnipeg, Manitoba*



Richard was elected to the RTAM Board of Directors in 2006. Since then he has been active on many committees including Public Relations, Benefits, Pensions, AGM, Political Action and Bylaws and Policy, having chaired the latter three for one year. In 2009-2010 he served as President of RTAM.

Born and raised in southwestern Manitoba, Richard was a teacher, principal, secretary-treasurer and superintendent of schools in both Manitoba and Saskatchewan. As well he taught Educational Administration at the University of Regina and retired as professor and administrator from the College universitaire de Saint-Boniface after twenty years of service.

Richard has been or is active on many Boards of Administration including Child and Family Services of Central Manitoba (chair for 6 years), Child and Family All Nations Coordinated Network (ANCR) and Parish Board of Administration (chair for nine years) and many other organizations. He was very involved in many professional committees at the local or provincial levels of MTS or STF, MASS, College and University of Manitoba committees in the faculties of Education and Graduate Studies.

Richard has enjoyed his experience as Chair of RTAM last year and is looking forward to continue collaborating with the Board and the entire membership in promoting the causes of RTAM for the coming year, if elected.

Richard and his wife Lucille (who retired in 2008 after 40 years in education, the last 27 as an administrator) are enjoying retirement and are very proud of their daughter Lauranne who is presently in her fourth year of teaching.

## WESTWOOD COLLEGIATE 50<sup>th</sup> REUNION

October 7, 8 & 9, 2010

For further information or to register go to:  
[www.westwoodreunion2010.ca](http://www.westwoodreunion2010.ca)



## Mary Pankiw (nee Hrenchuk)

### Vice President

**B.A., B.Ed., M.Ed., Ph.D.,  
F.C.C.T., A.C.C.M.**

*Winnipeg, Manitoba*

I was born and raised in Winnipeg where I received my early education. After Grade 12 I attended Normal School and graduated with a first class teaching certificate. I taught four years in rural Manitoba and then joined Winnipeg School Division No. 1 where I taught until retirement. My career of 42 years spanned all levels of the public school system.

Combining career, motherhood and study, I earned my B.A. at the University of Manitoba. In 1967 I received Canada's Centennial Medal. Widowed when the youngest of my five children was three, I completed my B.Ed. In 1972 I earned my M.Ed. and was the first female to enroll full-time in the Faculty of Educational Administration at UM. In the summer of 1976, I studied at the Taras Shevchenko University in Kyiv, Ukraine, then under U.S.S.R. In 1978 I earned my Ph.D at the Ukrainian Free University in Munich, Germany. I served on the Senate of University of Manitoba from 1982 to 1998.

I have chaired professional committees, worked to further language and music education along with multiculturalism and advocated for issues at all levels.

As an elected delegate of the National Council of Women of Canada I attended the International Women's Conference in Kyiv, Ukraine, 2006. I am a Past President of the Council of Women of Winnipeg and the Ukrainian Canadian Women's Council. In 2005 I was honoured in the area of the English-Ukrainian Bilingual Program by the Osvita Foundation of Manitoba.

I served on the National Council of The Canadian College of Teachers as Vice-President and Councillor (Western Region) and received the honour of F.C.C.T. (Fellow of Canadian College of Teachers)..

Currently, I am a member of the City of Winnipeg's Seniors' Advisory Committee to the Mayor, and serve on

*Continued on p. 15*

Continued from p. 14

the Selection Committee of Citizens' Hall of Fame. I am President of the Councils of Women of Manitoba, Life Members Association, and most recently, President of the Retired Women Teachers' Association of Manitoba.

This past year as a RTAM Board member, I served as Vice-President and a member on the Bylaws and Policy, Educational Advocacy and Travel committees. I welcome the challenge to serve the RTAM membership for another term.



## Rita Warrian

### Secretary

*Dauphin, Manitoba*

Rita lives in Dauphin, Manitoba.

She last taught in Dauphin, retiring after twenty years in the Dauphin Regional Comprehensive Secondary School where she taught Family Studies and English.

She was previously a member of the RTAM Board for six years, two as Chair of Public Relations and four as Secretary. From 2008 to 2010 she was a member of the Bylaws and Policy Committee during the updating of the RTAM Bylaws and the Policy Handbook. At the 2010 AGM she was again elected as Secretary.

## Jag Malik

### Treasurer

*Gilbert Plains, Manitoba*

After teaching for 26 years in Gilbert Plains Collegiate I retired in 1995 and decided to live in the town of Gilbert Plains.



During my teaching years I was involved with the Local Division Association of Manitoba Teachers' Society in various capacities and served on the MTS Executive 5 years.

I became an RTAM Board member in 1997 and have served as Treasurer since 1999. I take this opportunity to thank you for your support during these years and ask for your continued support for another term as RTAM Treasurer.



## Pat Bowslaugh

### Past President

*Brandon, Manitoba*

For almost forty years Pat was an educator in Brandon School Division both as a classroom and substitute teacher, and laterally as principal at three different schools. She served as Brandon Teachers' Association President as well as being on numerous MTS committees, chairing several both locally and provincially. She is currently a Sessional Lecturer at BU Faculty of Education, the institution at which she initiated the work to implement the Masters in Education program.

Since retirement, she has been an RTAM Board member chairing Educational Advocacy, Chapter Formation and Elections as well as being part of the Benefits Committee and Pension Committee. For the past two years Pat served as RTAM President and is now past president.

She is also a past president of the Westman Retired Educators Association continuing as part of the Executive Committee for that chapter. Pat also served a four year term as trustee for Brandon School Division.

Pat believes strongly in the RTAM organization and is passionate about the COLA situation. On behalf of all teachers, both active and retired, on several occasions has presented at Legislative Committee regarding this concern. Most recently she presented on Bill 8.

Pat volunteers extensively in the community as part of the Western Manitoba Science Fair Committee, Rotary Club, IODE, Trinity Church, and is currently Past President of the University Women's Club. She and her husband love to travel and treasure times with the families of their two adult sons, especially their three granddaughters.

## TWO COPIES OF KIT IN ONE HOUSEHOLD

If you wish one copy withheld, contact [www.rtam.mb.ca](http://www.rtam.mb.ca), or call 889-3660 or toll free 1-888-393-8082. Give the full name and address to be deleted so the right copy gets held back.



## Rosalie Bornn

*Gilbert Plains, Manitoba*

In June 2006 I retired from a 35 year teaching career in the Manitoba public school system. Throughout my career I volunteered my

time to serve on MTS committees at both the local and provincial levels. Upon retirement it seemed only natural to channel that energy into the group that represents the needs of retired teachers by joining RTAM.

I am currently serving as President of my local retired teachers' association as well as completing my second term as a Director of RTAM. My two years on the RTAM Board have been a huge learning curve. I am presently a member of the joint Membership/Chapter Formation and Liaison Committee and the chair of the Bylaws and Policy Committee. With your support at this AGM I am prepared to commit fully to another year of service as a Director of RTAM.

I reside in rural Dauphin with my husband, Will and my canine pal, Kipper.



## Guy Hansen

*Winnipeg, Manitoba*

I spent most of my life in Thompson. For many years I was a member of the Thompson Labor Council. I have a strong

belief in Collective Action. After a particularly disastrous relationship with our local School Board, I initiated a system whereby teachers would interview potential board members, collate the information, decide collectively which candidates would be best, and vote collectively. It worked.



## Wayne Hughes

*Winnipeg, Manitoba*

I have had the pleasure of being on the RTAM Board for the past 4 years. My involvement has been on the political

action committee, pension committee, travel committee, AGM committee as well as a committee of one to deal with some of the office equipment.

The past year has seen some real successes as with the Schreyer Salute as well as some new initiatives to address the current situations with MTS and the Government.

Our future direction needs to be contact and giving information to active teachers who as we all know will also retire at some time! To this end, I have put my name forward for another term as director.



## Ron Kalinchuk

*Virden, Manitoba*

Ron has served on the RTAM Board for the past two years. He has been the Website Committee Chair for both of those years and has also served

on the Membership, Chapter Formation and Liaison/Membership, and Public Relations.

Ron has served as the Webmaster for the website and has been trying to develop a new look for the website. The work is an ongoing task and involves trying to preserve the good "old" material as well as adding new material as it becomes available.

Things like posting pdf files of KIT are a major goal and all the past issues of KIT are slowly being added to the new site so they will be available to all.

Ron would like to become more pro-active in keeping the site relevant and updated and realizes there are many improvements to be made to the currently revamped site.

Ron wishes to have his name stand again for a Director, so that he may continue his work on the website and continue to interact with a great group of retired teachers working very hard for the rights that we all deserve. Ron represents the Western part of the Province and would like to continue serving as another representative from outside the great Perimeter Wall. (No slight intended for the many excellent and talented members from the great city of Winnipeg – you have been an inspiration to me!)

Ron asks for your continued support to make it possible for him to serve yet another year on the RTAM Board.



## Barbara McDole

Winnipeg, Manitoba

### Education

- Education Certification 1A at University of Manitoba, 1966
- B. A. – University of Manitoba, 1974
- B. Ed. – University of Manitoba, 1977

### Career:

- Taught 33 years Virden and Louis Riel – Grades 2-8 (1966-1999)
- Participated in U. of M./St. Vital Student Teaching Project
- Piloted Nelson Reading Program (Toronto) – gave in-services city wide and wrote the Grades 4 and 5 correspondence reading programs for the Department of Education
- Liaisoned with C.N.I.B. and Autistic Society to create programs and teaching strategies for children
- Initiated student portfolio reporting and provided training for other educators
- Worked with consultants at UCLA regarding open area classrooms
- Created and implemented the “Architour Program” for grade 6 students with the help of Certified Winnipeg Architects
- Organized, planned and facilitated winter and summer camps for grade 6 students

### After Retirement:

- 2 years private tutoring
- 4 years faculty advisor in Education, U. of M. for after-degree students
- Implemented a dog therapy program in Louis Riel School Division after training with her Pyrenees dog “Bear” with Manitoba Search and Rescue. Will expand on this program 2010-2011
- Served as Vice-President (2 years) and President (2 years) with Retired Women Teachers’ Association of Manitoba
- Presently is Past President of RWTA and sits on the Wellness Committee of RTAM

My husband, Bill McCance, who is a retired financial analyst, and myself, have five children and two grandchildren.



## Anne Monk

Winnipeg, Manitoba

I have served as a director on the RTAM Board for seven years. With my focus on pensions, I have served as member and chairperson of the

Pension Committee and have represented RTAM on the Teachers' Pension Task Force. I believe my experience in pensions, having served ten years on the TRAF Board, including time as vice chairperson and acting chairperson, and six years on the board of its investment management subsidiary, including time as chairperson, has enabled me to be a resource for the Board on pension matters.

Additionally, I have served in other capacities - as member of the Political Action and AGM Committees and as Vice-President for two years.

My teaching career was spent in the Winnipeg School Division and I reside in Winnipeg.



## Peggy Prendergast

Winnipeg, Manitoba

Peggy Prendergast, Winnipeg, Formerly a teacher in Winnipeg School Division.

I have been associated with RTAM for the past ten years, first as a member of the Benefits Committee (which dealt with pensions then), and then as Vice President and President. I was appointed as Executive Director in 2000 and served in that capacity until I again became an elected RTAM Board member.

Over the years I have been on the Pension Task Force, a member of the Editorial Committee, helped with authoring Ready, Set Retire, involved in the membership committee and most recently I chair the Wellness Committee.

Currently I am a member of the Pension Committee and the Political Action Committee. My commitment to RTAM is twofold: assisting the Board in solving the COLA issue and in providing help to our members in the area of social, emotional, physical, intellectual and spiritual wellness.

## Maureen Recksiedler

*Stonewall, Manitoba*

I grew in Winnipeg but have lived in the Stonewall area for more than 20 years.

My teaching career began in a one-room school. I also taught in St. James Assiniboia and Interlake School Divisions. One of the highlights of my career was teaching for two years in Zambia in a teacher training college.

I was active in the Interlake Teachers' Association for many years. I held various executive positions and served as president for one year. After retiring, I joined our local RTAM chapter and became an IRTAN. I have been an executive member for several years including one year as president. In 2007 I became an RTAM director, serving on the Wellness, Travel and Benefits committees. I feel confident that I can make a positive contribution to the RTAM board in 2010 and 2011. One of RTAM's important roles is negotiating to obtain a full COLA payout. Other roles are ensuring our members are informed on issues important to their financial and social well-being and offering benefits like travel and health insurance. Working with colleagues to promote the interests of our members is my goal as an RTAM director.



## Ray Sitter

*Brandon, Manitoba*

In my previous life, I have been a teacher and an administrator of a school in Brandon. Some of the activities I participate in are: volunteer with the Cancer Society driver program in Brandon; work with Habitat for Humanity as a member of their Building Committee, their Family Selection Committee as well as being a worker on site. My wife and I drive for Meals on Wheels and work with the Brandon Economic Development Board as Tourist Greeters. I am a member of the local retired teachers group and also of the Seniors for Seniors organization in Brandon. In my spare time I like to make wine. Seeing the latest COLA, the wine comes in handy.

My interest has always been in resolving the COLA issue. This issue has been central to my involvement with RTAM. I have been a member of RTAM since retiring and almost half a dozen years ago, I became a member of the Board.

Since that time I have been on the Political Action Committee and this year the Pension Committee. My goal has not changed.



## Doreen Sage

*Neepawa, Manitoba*

From Swan River, and after teaching in the rural area, took a Business Education Course and worked for McLeods and

Eatons. Went back to teaching and taught Business Education in Swan River and Neepawa.

I have been on the RTAM Board for several years, as a member of the Finance Committee and Group Benefits Committee. I was the Chair of the Finance Committee, but because of changing needs of RTAM members, the committee was renamed Wellness. I organized many Wellness Seminars throughout the province. I moved to the job of Editor of KIT eight years ago. I have found this to be most rewarding and I hope to be able to continue.

I live in Neepawa with husband Ed Sage. I do a variety of volunteering and spend time gardening.



## John Sushelnitsky

*Portage la Prairie, Manitoba*

John grew up in Bois-sevain, took his B.A. at Brandon College ('64), taught two years in Tanzania, got his Teaching certificate ('67) at the U. of Manitoba and taught in Portage la Prairie until 2003. He served the Manitoba Teachers' Society in many capacities throughout his career and was given a life membership in 2004.

He joined the RTAM Board four years ago and has served on the Membership, Wellness and Political Action Committees as well as heading the Public Relations Committee each year. He enjoys music and has started two bands that entertain at senior centers. Sports have always been a big part of his personal and teaching activity, and he continues to enjoy tennis.



## William Andrew Taylor

*Brandon, Manitoba*

I was born in Portage la Prairie; raised on a farm in High Bluff; started my education in a one-room school. I attended high school in St. Mary's la Prairie and

Portage Collegiate, attended Manitoba Teachers' College and am a graduate of University of Manitoba and Brandon University.

I was thirty-four years with the School District of Mystery Lake, City of Thompson. During this tenure, I accepted three overseas assignments and exchanges: Three years with DND Schools in Germany; Commonwealth Exchange to Bangor, Northern Ireland (one year); and Germany-Canada Teacher Exchange Programme to Kassel, Germany (one year).

After retiring, I spent one year teaching English in a K-12 public school/teacher training centre, in Atlacomulco, Mexico. I then retired to Brandon and have since been volunteering for the city's major sporting events, tutoring, and volunteering for charity groups. I travel around the world in the winter months and am a constant gardener in summer. I have attended many of the numerous night classes at the University and Assiniboine College-- languages and culinary arts.



## Tom Cameron

*Carievale, Saskatchewan*

I taught in the Flin Flon School Division until 1986, at that time, my wife and I returned to the family farm in southeast Saskatchewan.

While at Flin Flon, I chaired the local Policy and Personnel Committee for two years. I also served two years as the collective Bargaining Co-ordinator for the nine Northern Divisions.

Since moving back to Saskatchewan, I have remained involved in education. Being involved with community has always been important to me. It has been my privilege to contribute to our local Credit Union Board, Church Board and Recreation Board.

I have also served on a Number of Provincial and Federal Advisory Boards and Committees in the Agricultural Field. From 2001 to 2004, I was a member of the Board of Directors for Saskatchewan Wheat Pool-AgPro. My District included not only Southeast Saskatchewan but also Southern Manitoba.

I look forward to working with RTAM on behalf of all retired Teachers.

# MEET RTAM'S BENEFIT PLAN PARTNERS

Over the next few issues of KIT the Benefits Committee will provide articles to you detailing the ongoing updates to the RTAM Group Benefits Program.

This article will outline the RTAM Group Benefits Program partners. The RTAM Benefits Committee has partnered with each of the following organizations to deliver to the RTAM Members valuable benefits services and support.

Johnson Inc. is our group benefits consultant and plan administrator. Johnson Inc., founded in 1880, is based in St. John's, NL, and is one of Canada's top 10 benefits consulting firms. Representatives from Johnson Inc. meet with the RTAM Group Benefits Program Benefits Committee on a regular basis to review plan experience, and to respond to our suggestions and determine the kind of plan design changes that may be required. In addition, Johnson

Inc. also provides benefits administration and Extended Health Care and Dental Care claims adjudication services for the Group Benefits Program. In addition, Johnson Inc. enrolls RTAM Members in the Group Benefits Program and answers any inquiries members have.

Desjardins Financial Security (DFS) is the core underwriter of the RTAM Group Benefits Program, and insures the Extended Health Care, Dental Care, and Travel Emergency benefits. Desjardins' head office is located in Lévis, QC. DFS is the fourth largest group benefits provider in Canada.

Sigma Assistel is the Travel Assistance partner with Desjardins for the Travel Emergency benefit. Sigma Assistel staff are available 24 hours a day, 365 days a year to assist you

*Continued on p. 20*

## Meet RTAMS . . . *Continued from p. 19*

in the event you experience a medical emergency while travelling abroad. Sigma Assistel is located in Montreal, QC.

Manulife Financial insures the Voluntary Life Insurance and Long Term Care insurance benefits. Manulife is one of Canada's top-three largest group insurance underwriters. Manulife's head office is in Kitchener-Waterloo, ON.

ETFS provides specialized travel insurance and travel assistance. ETFS is the provider of the new stand alone Trip Cancellation/Interruption/Delay Insurance available to RTAM Members. ETFS' corporate headquarters are located in Sherbrooke, QC.

Unifund Assurance is the home and auto insurance provider for RTAM members. Unifund Assurance is located in St. John's, NL, and is owned by The Johnson Corporation, which is a part of the RSA Group, one of the world's leading insurance companies. More information on each of the RTAM Group Benefits Program partners may be found at their respective web-sites:

<b>Johnson Inc.</b> www.johnson.ca	<b>Desjardins Financial Security</b> www.desjardinsli- feinsurance.com	<b>Manulife Financial</b> www.manulife. com
<b>ETFS</b> www.etsinc.com	<b>Sigma Assistel</b> www.assistel.com	<b>Unifund Assurance</b> www.unifund.ca

## Connie . . . *Continued from p. 12*

Connie was a single mom. She had two teenage sons to feed, to put through school. Connie had needed that job. I felt that I was in the presence of a truly great woman; I listened and listened, thought and thought. One person can make a difference. Connie did.

We, too, can make a difference.

We are a much larger group than just Connie. We have 7500 members. Look ahead.

**FOR RENT:** two bdrm house, Victoria, winter; Edna Fikowski, 1209 Deeks Place, Victoria, BC 250-472-3833

## DEAR POPPY

Mary (Hrenchuk) Pankiw

Dear poppy, petalled blood-red,  
You are the living symbol of our dead;  
Honoring those who lives did give,  
So that you and I all could live.

Dear Poppy, 'twas many years ago -  
The war left scars of sadness, pain and woe  
Mothers to many sons tearfully bid good-bye  
Never on them again did they set eye.

Dear poppy, I was but a little boy,  
Whose daddy had sent him a Christmas toy.  
I would have been so happy to have seen my dad.  
But that was one gift of joy I never had.

My brothers tall and young did go  
To help Dad out to fight the foe.  
We hoped and prayed they would return.  
They never did -for them we yearn.

No longer am I a little boy -  
I have grown with pain, sorrow and joy,  
When Remembrance Day with its memory rolls by,  
My heart is filled with anguish, and I silently cry.

Dear poppy - standing silently - guard them well.  
As you sway among the dead, my message tell.  
World - be filled with peace and good-will.  
Live and let live - no longer needlessly kill.

Wars may come and wars may go -  
They only bring tragedy sadness and woe.  
Dear poppy, petalled blood-red,  
Let peace proudly reign for the blood nobly shed.

**The Salvation Army STEP Literacy** program is looking for volunteer tutors to work one-on-one or in small groups with their students. The literacy program works with adult learners. Volunteers are needed on weekday mornings. If you are interested in hearing more about this opportunity, please call Mandy at 946-9141.

# INFORMATION FROM THE CANADIAN SNOWBIRD ASSOCIATION

The Canadian Snowbird Association is a 70,000 member, non-profit, non-partisan advocacy and member service organization representing Canadian travellers from across the country. The CSA works in partnership with government and business to educate and advocate on behalf of all travelling Canadians, helping to ensure access to safe, healthy travel with no restrictions on freedom of movement.

The CSA relates the following points:

1.) Canadians can stay (at the discretion of U.S. authorities) in the U.S. for no more than 182 days in a 12 month period without a special exemption. This is a U.S. law.

2.) 8840 form or Closer Connection Form: Canadian residents who winter in the United States are technically subject to U.S. federal income tax if they meet or exceed a specific number of days in the U.S. in any one year. This "substantial presence test" is based on a calculation that is completed on the 8840 form related to your travel to the U.S. over the past three years.

It is important to note that becoming a U.S. taxpayer is not conditional on receiving U.S. based income but also by being physically present in the United States for more than a certain time each year. Taxation in the United States is based on worldwide income just as it is in Canada by the Canada Revenue Agency.

Generally speaking, if you consistently spend four (4) months or more each year in the United States, your total score on the "substantial presence test" makes filing the form mandatory to avoid paying U.S. income tax. If your three year calculation score falls below the threshold, it is your choice whether to submit the form or not. The form may be downloaded from our website at [www.snowbirds.org](http://www.snowbirds.org). We also recommend that you fill out the 8840 form if you own property in the U.S. Both spouses need to fill out the 8840 form.

3.) We advise members to make a binder before entering the U.S., consisting of: 8840 form; copy of your health insurance; if you have a U.S. bank account it is a good idea to photocopy the last statement, (U.S. customs always wants to know how you will support yourself while in the

U.S.); enclose the last power bill or telephone bill to show customs that your principal residence is in Canada.

4.) If you are stopped by a state trooper you may be asked for your proof of insurance on your vehicle. Check with your insurance company for your proof of insurance.

5.) All important documents should have the same name: e.g. W. Robert Smith

6.) When you buy automobile insurance, make sure it covers the time you will be travelling in the U.S.

7.) With the large insurance claims in the U.S. you should have at least five million liability insurance on your car.

8.) Hot Zone: is the area one hour from the border. If you stayed one hour from the border for any length of time, they might delay you as they check under the car for drugs or money.

9.) Canada and the U.S. do share information. A lady from Canada, who winters in Texas, extended her stay longer than the 182 days and was flagged going through the border. She was denied entry into the U.S. for five years.

10.) The bigger custom stations have the technology to hear what you are saying in your vehicle one kilometer from the border.

11.) Always tell the truth at the border with regards to alcohol, tobacco, prescription drugs bought in Mexico and improvements to your vehicle, computer, etc. If you don't tell the truth and they check and find something you could be placed under the watch list and you will be checked each time you enter or leave the U.S. and Canada.

12.) Health Insurance : always get health insurance when travelling out of Canada; the provincial governments pay a fraction of the cost that a U.S hospital charges. This year the average cost per day in a U.S. hospital is \$13,900.

13.) The custom agents have the last word, what they decide is law so only answer the questions asked of you.

14.) Canadians cannot work in the U.S. unless you have a green card or work visa. Working on a golf course as a marshal is considered working. If you were to be reported, you could be expelled from the U.S.

If you have a Canadian Club or Canadians in your park (community) in the south, call the CSA office at 1-800-265-3200 and ask for a Director to come to your Park (community) to make a presentation.

FREE RETIREMENT KIT: just call our office and ask for a free retirement kit. Please indicate to our CSA office your mailing address.

# RELIEF WITH REFLEXOLOGY & REIKI

Susan Rowley

Do you experience chronic pain or have health problems such as arthritis, depression, diabetes, allergies, asthma or a heart condition? You may be surprised to learn how reflexology and reiki can help with these and many other health concerns.

Reflexology is a holistic form of healing. It is based on applying pressure to reflex points on the feet, hands or ears which connect to all parts, glands and organs of the body. In doing so, it is possible to stimulate the body's natural healing abilities and return the body back to its normal state of balance. It improves circulation, aids relaxation and is good for the whole body.

Having good circulation is key to proper health, as your blood carries nutrients and oxygen to the various parts of the body. When there is a problem or blockage in a certain part, it shows up as calcium deposits or uric acid crystals in the feet, which feel like coarse sand to the reflexologist's touch.

The pressure of reflexology breaks up these calcium deposits and uric acid crystals, thereby improving circulation and restoring the body to health.

According to reflexology theory, there are zones similar to Chinese meridians that run from the toes and fingers up to the top of the head. By applying pressure to a place in one of these zones, the reflexologist can affect healing in all of the organs along its length.

Similar parts of the body can also be massaged to affect healing in other parts - ie: the elbow is related to the knee and the wrist is related to the ankle.

While there are no adverse side effects due to reflexology, a person may experience a very brief "healing reaction", whereby the body expels toxins in order to heal itself. This may be in the form of things like a runny nose, diarrhea, or flatulence. Most people find a session rejuvenating and relaxing and often feel like taking a nap afterwards.

Treatments for acute conditions can be as often as once every 24-48 hours. For chronic conditions, once a week is beneficial and once a month is suggested for preventative maintenance.

Reiki is another form of healing similar to practices known as therapeutic touch and laying on of hands. The practitioner invites the power of God or the universal power of light and love (however you perceive it), to flow through them and into the recipient's chakras or energy centres. These chakras relate to various organs as well as colours, tones, foods and affirmations that one can meditate on.

Reiki is very relaxing and some people even have spiritual experiences during a session. It is also very effective for pain relief.

If you are interested in knowing more about either of these treatments, contact Susan Rowley, Registered Canadian Reflexology Therapist, Reiki Master, at 799-9398 or email: susanrowleyca@yahoo.ca

## Wanted: Volunteer Puppeteers for Camp Quality Puppet Program

Camp Quality Canada is starting a Puppet Program in Winnipeg, Manitoba, in 2011, and we are seeking volunteers for our Puppet Team.

Using a life size puppet, the volunteer will perform within a group to children in a school environment. There are two elementary plays that explain in a holistic way the changes and feelings that a child experiences when they have cancer or another serious illness. The program works with the school's curriculum incorporating character development, focusing on the virtues of compassion, courage, respect, kindness and helpfulness. The puppeteers do not have to speak during the performances as the scripts have been pre-recorded onto a CD using children's voices. The puppets then lip sync to the CD. Our volunteers really enjoy the program and have fun both as a group and with their young audiences. It is a very worthwhile and rewarding program.

To view a video of the Puppet Program please visit:

[www.campquality.com](http://www.campquality.com)

If you are interested in becoming a volunteer puppeteer and/or would like to attend the info session please email **Michelle Lawrie** at michelle@campquality.com or phone 1-866-738-8011

# SIXTH ANNUAL LOUISA LOEB PERMIT TEACHERS' REUNION

Karen Boughton

July 15, 2010, approximately 100 people gathered at the Victoria Inn, Winnipeg. Some were there to renew acquaintances from previous reunions. Several others came for the first time and enjoyed meeting those from previous teaching times as well as meeting many new people who had been part of the thousands of permit teachers from years in the 1930's to 1960's. All reported having an enjoyable time. These reunions are becoming quite popular for the visiting opportunities as well as hearing stories of other permit teachers' experiences. This year focused on Inspector Stories, though there were other stories as well. Most of the stories others could readily relate to, making it a fun time recalling old memories in some ways common to all.

As well, there was an orchestra consisting of Peter Twerdun, Paul Kereliuk and Len Oystryk. They played at times during the day and provided dance music toward the end of the day. This orchestra was excellent. Some years we have a sing song or other entertainment that can be pleasing for all. The entertainment varies.

Until these reunions were begun by Dr. Louisa Loeb, no one, even those who had permit taught at the ages of 16 or 17, had any idea of the number of young people who

accepted the responsibility of going wherever they were sent to teach in rural areas, mainly to one-room schools. Most had six weeks training, but some went out without even having that much. Some years there were 800 or more schools taught by young people of this age group. Our stipends would be a little more or sometimes less than \$1000.00 a year, depending on the level of education.

The committee members for this event were: Theresa Antoniuk, Janet Klimchak, Margaret Lesperance, Andy and Edith Alexiuk, Keith and Karen Boughton, Wally Stoyko, Lawrence Suchar and Anne Yanchyshyn. Unfortunately, Wally and Anne left the committee for the coming year.

Others who have served for a few years wished to retire from it, but felt they would not be able to because there would be too much work for the few left to manage. We are hoping other permit teachers will agree to volunteer for a time as we move along so that this reunion will be able to continue.

If anyone knows of other permit teachers, it is hoped you will pass on the information in the KIT to them so they might also come out and be part of this special day in July of 2011. (see notice in this issue)

## WINNIPEG ART GALLERY

Retired teachers are invited to join a dynamic team of dedicated volunteers at the WAG but don't take my word for it. Retired teacher Marcia Brierley tells you more.

Dear Retired Teacher:

Before I had even retired, I knew I would miss interacting with children. As a teacher, I took my class on yearly field trips to the WAG and always found it a stimulating and exciting adventure. Each trip reinforced the value of exposing children to art in real life and gave my students a new sense of freedom in their own work.

Volunteering at the WAG is fun. During the past three years, I have met interesting people and had the ability to develop a deeper understanding of the art. With each new exhibit, the

artist, curator or a member of the staff takes the volunteers through the show and teaches them about the works. It's interesting to learn what makes an artist tick and how they develop their work, but even more exciting is sharing this knowledge with the students.

Once a mandatory training program has been completed, it is up to each volunteer to identify what age group they want to guide and how often they want to become involved.

As a retired teacher, it's rewarding being able to use my skills, with no report cards, to inspire children while developing my understanding of the exhibits at the WAG.

Marcia Brierley, Retired Teacher

To join our team or for more information please call Youth Programs Education Coordinator Aline Fréchette at 204.789.1763.

# TRAVEL SEMINAR

Mureen Recksiedler, Chair, Travel Committee



On a beautiful spring afternoon, a large group of retirees were treated to two very interesting presentations. The first presenters, Glenn and Noreen Duncan, showed us their photos and shared their experiences as volunteers in Sri Lanka. They travelled with a Canadian charitable organization, Developing World Connections, based in Kamloops, BC. This group offers volunteering opportunities in a



number of countries throughout the world. The Duncans had a very positive experience and encouraged the group to follow their example.

The second presenter at the seminar was Joan Whiston, the president of the Genealogical Society of Manitoba. She gave us a concise overview of how to get started on our family research and the many resources available for our use to help us along the way.



Joan had some good advice on doing research when you travel to discover your ancestral roots. There were several useful handouts for the group to take home.

The committee will meet to consider the suggestions and responses on the evaluation forms from those in attendance. This information will certainly help us when we plan the next travel seminar.



Photo of Richard Benoit (RTAM) being presented with a Certificate of Service by ACER-CART President Vaughn Wadelius at the June, 2010, Annual General Meeting. The Certificate was received on behalf of Pat Bowslaught in recognition of her service to ACER-CART. Pat represented our association at the ACER-CART AGM from 2008-2009.



Lorne Lisik and Lorna Rothwell, OK-RTAM co-presidents.

## Living on Vancouver Island or the Gulf Island?

Join RTAM Chapter called *VanIsles*.

Contact: Valerie Davies 250-468-7539 val\_air@telus.net

Jim Reid 250-248-8992 jrreid@shaw.ca

## Volunteer Adventure Package in Uganda, Africa

BenefacTours, a Canadian company, is offering 15 day/14 night group volunteer and safari packages, for the following dates:

February 5 - 19, 2011; July 9 - 23, 2011; October 8 - 22, 2011

Customized packages also available.

Prices - Double occupancy - \$1700 USD per person,  
Single occupancy - \$1945 USD per person  
(Note - minimum group size 4)

Phone: 1-877-687-0555 or 604-685-0555

PAID AD

Web: [www.benefactours.com](http://www.benefactours.com)

### Get Involved. Join MADD Winnipeg Chapter

#### **Stop Impaired Driving and Support Victims of this Violent Crime**

Volunteers are needed for the many activities of the MADD Chapter. We have many opportunities to present at educational institutes, Drivers' Education classes, businesses, organizations, health safety days and other events, as well as other activities.

#### **HELP US**

Save Lives and Make Our Roads Safer

Contact MADD Winnipeg Chapter  
**204-896-6233**  
202 -2621 Portage Avenue  
President *Doug Mowbray*

## SOUTHEAST & WINNIPEG BRANCH OF THE MANITOBA GENEALOGICAL SOCIETY

The Branch offers presentations of interest to beginning and experienced genealogists. Presentations will begin on September 14, 2010, and run through until June. Check the MGS website for times and specific programs. Follow the link to Southeast & Winnipeg Branch.

[www.mbgenealogy.com](http://www.mbgenealogy.com)

### **SEVENTH ANNUAL LOUISA LOEB**

#### **PERMIT TEACHERS' REUNION**

Where: Viscount Gort Hotel

When: Thursday, July 14, 2011

Time: 11:00 a.m. to 4:00 p.m.

All teachers who taught on PERMIT are welcome to attend.

Further information to follow

Contact Keith Boughton at 204 - 253 - 4262

### Looking for a volunteer tutoring job?

#### **JOBWORKS ADULT LEARNING CENTRE**

in Winnipeg requires tutors on an ongoing basis in the following subjects:

Math Precalculus 40S; Physics 40S; Chemistry 40S;  
Math Consumer 40S; English 40S

- We ask for a two hour commitment per week for at least one trimester.
- You would work with two students, one hour each.
- Criminal Record Check and Child Abuse registry check required. (We pay for these)

For more information about Jobworks, please see our website: [www.JobworksSchool.com](http://www.JobworksSchool.com)

For more information about tutoring, please contact **Louise Evans, Counsellor**

[levans@jobworksschool.com](mailto:levans@jobworksschool.com) / Phone:204-453-8351

FOR SALE: One Bruno Model VSL-670 Curb Sider Crane (Scooter Lift OR Wheelchair Lift), \$1000 obo One Bruno Lift Bracket for a Power Wheelchair,\$200 obo Both for \$1100, 204-233-9249 or [nick.a@shaw.ca](mailto:nick.a@shaw.ca)

PAID AD

## **COSTA RICA AND CUBA CULTURAL TWO WEEK TOURS**

Maximum 21 people, Fully Escorted from Winnipeg

We offer "experiences" that put you in touch with the local people, as well as seeing the important sites.

#### Cuba departure dates:

Central Cuba January 30 and

February 27, 2011

Western Cuba March 6 - 20, 2011

Eastern Cuba February 8, 2011

#### Costa Rica in Depth:

February 25, 2011 - one departure only

#### River Cruising:

The Legendary Danube: June 8 - 19, 2011

Including 3 nights in Prague!

Book your cruise by October 13, 2010

and save \$1000.00 per couple.

Visit [www.cubadiscoverytours.com](http://www.cubadiscoverytours.com), [www.costaricatours.ca](http://www.costaricatours.ca)

Or [www.mcphailtravel.net](http://www.mcphailtravel.net) for details or

call for information and a brochure. 1-800-417-0250

McPhail Travel K-435 Rosser Ave., Brandon, MB

Join one of our hosted departures! All departures shown are hosted by retired teachers, educational administrators, or professors.



  
PRINCESS CRUISES  
*escape completely™*

**HOSTS: Brian & Brendene Barkley**



## NEW ZEALAND & AUSTRALIA CRUISE

Aboard the Diamond Princess

**January 26 – February 10, 2011**

*(1 nt. Auckland, 12 nt. cruise, 2 nights Sydney)*

AUCKLAND • TAURANGA (ROTOROA) • CHRISTCHURCH • DUNEDIN  
FIORDLAND NATIONAL PARK • HOBART • MELBOURNE • SYDNEY  
Great Barrier Reef option



**TRAFALGAR**

**HOSTS: Marian & Gary Perrett**



## WONDERS OF ANCIENT EGYPT

with Trafalgar Tours

**January 31 – February 12, 2011**

*5 nights land, 7 night Nile Cruise*

CAIRO • LUXOR • ASWAN • MEMPHIS • EDFU • GIZA • DENDERA  
KOM OMBU • SAKKARA With option to ABU SIMBEL



 Royal Caribbean  
INTERNATIONAL

**HOSTS: Peter & Geri Spencer**



## DUBAI, INDIA & U.A.E.

Aboard the Brilliance of the Seas

**March 20 – April 10, 2011**

*9, 14, or 21 night combo*

9 NIGHTS: DUBAI • MUSCAT • FUJAIH • ABU DHABI • DUBAI  
14 NIGHTS: DUBAI • MUSCAT • COCHIN • GOA • MUMBAI (BOMBAY) • DUBAI



 SCENIC TOURS  
*The Ultimate Touring Experience*

**HOSTS: Roberta and Fred Rosenblatt**



## GEMS OF THE DANUBE

with Scenic Tours

**May 27 – June 7, 2011**

*3 nights Prague, 7 night cruise, 1 nt. Budapest*

CZECH REPUBLIC • GERMANY • AUSTRIA • HUNGARY



 Holland America Line  
*A Tradition of Excellence*

**HOSTS: Peter & Geri Spencer**



## VOYAGE of the VIKINGS

Featuring ICELAND & GREENLAND • Aboard the Maasdam

**July 22 – August 9, 2011**

*1 night Boston, 17 night cruise*

BOSTON • QUEBEC • NEWFOUNDLAND • GREENLAND  
3 days ICELAND • INVERGORDON • EDINBURGH • AMSTERDAM



 AMA  
WATERWAYS

**HOSTS: Jane McGrigor & Lon Brandon**




## RUSSIAN WATERWAYS

**September 8-19, 2011**

*11 night cruise on the Volga*

ST. PETERSBURG • SVIRSTROY • KIZHI • GORITSY  
YAROSLAVL • UGLICH • MOSCOW

VISIT [www.cwtgroups.ca](http://www.cwtgroups.ca) for all the details and more departures or contact:  
CarlsonWagonlitTravel  for a detailed brochure

444 St. Mary Ave., Winnipeg, MB R3C 3T1  
Toll free: 1-800-661-3193 or (204) 336 7227

PAID AD

**SPIRIT'S CALL CHOIR** invites teachers with a song in their heart to sing for joy. Recipient of the 2010 Mayor's Volunteer Service Award, Spirit's Call Choir has raised over \$100,000.00 for local charities and is a non-audition, community choir that sings for local and global harmony Sunday afternoons at 603 Wellington Crescent, Winnipeg. For more information call Margaret, 488-0078.

## PARTNERS FOR LEARNING

*- The Educational Specialists -*  
Winnipeg teachers are invited to apply for part time tutoring during the school year. Please contact Louise Carson at 475-2199 or fax resume at 477-1124. We look forward to hearing from you!

PAID AD

We had a Great Time in Brandon on June 1 to 3, 2010  
We missed you, even after 55 years!  
You will soon have another opportunity to celebrate with former classmates.

### THINK 2013

Next reunion for the graduates of 1955 will be in Winnipeg in the summer of 2013.

This is your

### AMBER ALERT

Many more details will follow in upcoming KIT Newsletters.  
Details to follow: Exact Date, Hotel Location, Costs  
Contact Persons, etc. to follow.

## MANITOBA NORMAL SCHOOL REUNION

Class of 1952-1953  
Winnipeg, Manitoba  
September 12, 13 & 14, 2011  
Canad Inn, Polo Park

Bessie Marie Hill: 477-4580 or Eileen Sokalski (Swan)  
Contact your friends. Details later.

## WINDSOR PARK COLLEGIATE

**50th ANNIVERSARY**  
**Weekend of May 13th, 2011**

We are looking to invite as many former staff as possible. If you are a former WPC faculty member or have contact information as to how to locate any former staff, please contact us at the school 256-7316 or e-mail sandi.wagner@lrsd.net or shauna.bunting@lrsd.net

# WELLNESS SEMINAR

**"MANAGE LIFE CREATIVELY – MAKE MONEY"**

Date: **Wednesday, October 27, 2010**

Place: *McMaster House*

Time: 9:00 a. m. - 2:30 p. m.

Registration: 9:00 a. m. Please register as soon as possible. Registration will be limited to 60 participants and will be accepted on a "first come, first served" basis.

Highlights:

- Information booths by senior-serving organizations.
- Interesting volunteer opportunities.
- GOURMET LUNCH

Program:

9:30 – 9:40	Opening remarks
9:40 – 10:40	More than Nutrition – Cooking/eating for ONE or TWO
10:40 – 11:00	Health Break
11:00 – 12:00	Living Creatively in Retirement - Peggy Prendergast
12:00 – 1:30	Gourmet Lunch
1:30 – 2:15	Fashion for Less with Midge from "Second Sensations."
2:15 – 2:30	Closing Remarks

## WELLNESS SEMINAR REGISTRATION FORM

Participant's Name	
Address	
City/Town	
Postal Code	
E-mail	
Phone	

Please Send \$20.00 cheque payable to RTAM to: Maureen Recksiedler, PO Box 744, Stonewall, R0C 2Z0. Deadline: October 21, 2010. One form per participant. (After the deadline: - Please phone 204 467 8518 to enquire about space or email greck@xplornet.ca.)

The Wellness Committee believes these wellness seminars provide RTAM members the opportunity to experience hands-on and participation activities in the areas of: physical, emotional, spiritual, educational and social development.

# Coming Events

October 12, 2010      Benefit Information Session  
October 27, 2010      Wellness Seminar

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All materials for the next issue of  
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typed and e-mailed to [dsage@mts.net](mailto:dsage@mts.net)  
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