

CHAPTER 25

LIMESTONE RENFREW OTTAWA-CARLETON UPPER CANADA

www.armch25osstf.com



Winter 2024-2025

As this newsletter is going out late in this year, I want to wish all our Members a happy festive season. This is the season of giving, many of us give to family and friends. I encourage you to also think of the less fortunate and think about giving your time or money to those in need. At the moment, my house is full of glitter, on me, the floor, everywhere – just the annual sprinkling of merriment!

I will be attending the Provincial ARM Council meeting at the end of November and am eager to share with my fellow ARM Presidents.

On **November 18**, a group of us met in Orleans for breakfast. It was hard to tear people away,



so many animated conversations. This is the part I enjoy, meeting our Members and getting to know them. Another breakfast in the East end is planned for **April 14, 2025**, go to our website to register.

On **December 10**, some of the Executive will be joining District 25 in Equity and Organizing training.

Hoping that members have signed up for the OTIP presentation in January. This is an informative session and always well attended. A breakfast will be served.

On March 27 at 10:30 a.m., we have a speaker on Zoom. Dave Arthur, who will speak to Canada's democratic process i.e. voting. A former educator, I am certain this will help you understand the various types of voting systems. See page 7 for more info.

Stay tuned for the spring/summer activities!

Dina van den Hanenberg

A couple of retired buddies went hunting.

After tramping through the woods for the day, Walt's friend clutches his chest before collapsing on the ground. Calling 911, he frantically explains his friend isn't breathing and appears to be dead.

The dispatcher asks "First, can you make sure he's dead?"

"Hang on," Walt said,

Then the echo of a loud gunshot...BOOM!

"Okay, now what?"



Who doesn't like a deal? Save with EdvantagePerks!

Hello members,

Don't forget that as an active ARM Chapter 25 member/employee, you have access to the EdvantagePerks program () courtesy of Ontario Teachers Insurance Plan group of companies ("OGC").

EdvantagePerks is a discount program that gives you access to discounted offers on products and services from many categories such as:

- **Travel:** vacations, hotel bookings, car rentals and more,
- **Entertainment:** attractions, and waterparks,
- **Shopping:** clothing, shoes, skincare and more,
- **Health & wellness:** gym memberships, and personal care products,
- **Insurance:** home and auto insurance,
- **Services:** moving, wills, financial and more,
- **Gadgets & Tech:** mobile phones and plans, appliances and more,
- & more

Every partner has their own Partner Page on the site, where you can view all details of their offer and instructions on how to redeem them. Most offers are redeemable online, some in-stores, few by calling the partner and there are few destination-based offers.

Examples of destination-based offers:

- **Deerhurst Resort** (Huntsville, ON)
- **Medieval Times** (Toronto, ON)
- **Great Wolf Lodge** (Niagara, ON)
- **Columbia Sportswear Employee Store** (London, ON)

Need gift ideas? You can shop and save online, and even ship across Ontario and Canada with most partners. Here

are some gift ideas:

- **Elva's All Naturals:** (online) items for you (all natural cleansers, shampoo, toners, etc.) and your home (all natural cleaners, dish soap, laundry soap, etc.)
- **Little Blue House:** (online) fun kids/family pyjamas, boxer shorts, aprons, notepads in holiday themes and other designs and much more.
- **Canada Golf Card:** (online) for the golfers on your list, a card that gives you discount at various golf courses in Canada, USA and Mexico.
- **Cocoon Apothecary:** (online and in-store) organic skincare

Note: Please keep in mind that the program's partners change from time to time, some leave the program and new ones join the program.

To view all available offers, you need to register for your EdvantagePerks account. Since May 2021, EdvantagePerks has a new registration and if you haven't registered for your EdvantagePerks account since May 2021, you can start by visiting [EdvantagePerks.com](#). You will need the following information:

- Your First Name
- Your Last Name
- Your Group Name: <<INSERT GROUP NAME>>
- Your EdvantagePerks Number: <<INSERT the type of ID numbers your members use as their EdvantagePerks Number (employee number, union ID number, membership number etc)>> Do not insert the actual ID#!

Should you experience any issues with the registration process, please visit the EdvantagePerks FAQs: [or](#), view the

'How to create your EdvantagePerks account' video:

If you have already registered your EdvantagePerks account, you will just need to login with your registered email and your password for all future logins. Login in here:

If you forgot your password, please use the 'Forgot Password' feature on the login page and reset it to continue:

While you are registering or if you have already registered, it's a great idea to subscribe for the **Stay Connected:** . Once you sign up, you will receive notifications about new partners and their offers, Limited Time Offers, contests and much more. In every email, there is always an 'Unsubscribe' option if you wish to no longer receive these notifications and you can also manage your preferences from your EdvantagePerks Account.

If you still find that you need further assistance, please reach out to the EdvantagePerks Call Centre directly. You can find the EdvantagePerks Call Centre contact information here:

When you email EdvantagePerks, please include:

- Your first & last name
- ARM Chapter 25
- Your EdvantagePerks #
- OSSTF membership number.

Hope you find this information about the access and benefits of the EdvantagePerks program to you helpful.

Happy shopping and enjoy your savings!

Thank you,

Your EdvantagePerks Group Administrator

ONTARIO SECONDARY SCHOOL TEACHERS' FEDERATION

Chapter 25 Active Retired Members

Breakfast Meeting

January 10

9 Corvus Court

Breakfast 9:30 a.m.

Guest Speaker 10:30 a.m.

Scott Westlake

Scott is “our man” when it comes to our insurance plan. He will be here to address any of our concerns regarding the changes made in the plan for 2025. When you ask questions at the group session please make them generic. He will be here at the end of the meeting to speak to members.



You can register for this event two ways. You can register through our website:

www.armch25osstf.com

You can email Norma Sharkey (riknor@rogers.ca)

ARM Chapter 25 Stands Against Hospital Privatization at Trojan Horse

ARM Chapter 25 Stands Against Hospital Privatization at Trojan Horse Ontario Tour

On November 1, ARM Chapter 25 joined the Trojan Horse Ontario Tour at the Perley Health Hospital in Ottawa to protest the Ford government's ongoing privatization of hospital surgeries. The tour, launched by the CUPE Ontario Council of Hospital Unions (OCHU-CUPE) and the Ontario Health Coalition, highlights the dangers of diverting public resources to for-profit clinics, which often results in higher patient costs and worsened wait times. A 15-foot Trojan Horse—a powerful symbol of these misleading promises—was a focal point of the event, representing the falsehood that privatizing surgeries will ease the strain on public hospitals.

John Jackson, OCHU Eastern Ontario VP, delivered a powerful speech underscoring the impact of privatization. He expressed the urgency of the situation, reminding us of the broken promises made by the Ford government, which once committed to

preserving public hospital services. Jackson detailed how these private clinics charge both patients and the government far more than public hospitals, with cases like the Don Mills Surgical Centre receiving \$1,264 per cataract surgery—2.5 times the cost of the same procedure in a public hospital.

Jackson warned that privatization also diverts essential staff away from public hospitals, worsening staffing shortages and creating a tiered system where those who can pay more gain quicker access. He pointed to the American healthcare system as a cautionary example of the risks of privatized care, with high debts and unequal access. Staffing shortages have increased by 534% since 2015, he noted, leading to hospital closures and prolonged wait times.

The solution, Jackson urged, is not privatization but reinvestment. Ontario's hospitals, underfunded and understaffed, need more resources. Investing in 16,000 additional hospital beds and filling staff va-

cancies could relieve wait times and improve working conditions for healthcare workers, who are increasingly overworked and undervalued.

Michael Hurley, a CUPE member since 1977 and president of the Ontario Council of Hospital Unions, also addressed the rally. Drawing from his long career in healthcare, Hurley outlined the devastating impact that privatization has on workers and the public healthcare system as a whole. His speech, as well as Jackson's, will be available for viewing on the ARM Council and Chapter 25 websites.

ARM Chapter 25 supports the protection and strengthening of Ontario's public healthcare system and stands with healthcare workers, patient advocates, and community members in the fight to preserve universal access to healthcare.

Les Robinson

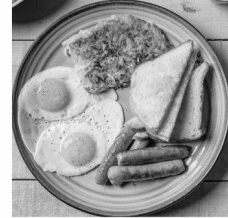
ARM Chapter 25



Ontario Secondary School Teachers' Federation

**Chapter 25
Active Retired Members**

**April 14, 2025
10 a.m.**



**Location To
Be Determined**

Enjoy breakfast on us!

This is an RSVP event

***Please register through our website no
later than April 7, 2025!***

***Go to the ARM Chapter 25 website:
www.armch25osstf.com and register in
Upcoming Events.***

***(If you do not have access to the
Internet, please contact Norma Sharkey
at 613-680-0117 before 7:00 p.m.)***

Looking forward to seeing you there.

October 25, 2024 Limestone



November 18, 2024 Ottawa East



Ontario Secondary School Teacher's Federation

Chapter 25 Active Retired Members

Canada a Democracy, eh?

Low voter turnout including among young people, wasted votes, strategic voting, negative campaigns, grossly distorted election results, false majorities, lack of fair representation for all voters, a fractious parliament with little cooperation, policy lurch. Do we have real democracy? 90% of other advanced democracies in the world do not use our first-past-the-post electoral system and experience little of this. We need electoral reform.

**A presentation by Dave Arthur
Via Zoom only
March 27 at 10:30 a.m.**

Dave Arthur was for many years a music educator, band director and science teacher in the secondary schools of Waterloo Region in Ontario. He has a Bachelor of Science in Physics from the University of Waterloo and a Master of Science in Music Education from the University of Illinois. Later in his career he became involved in environmental education, both locally and provincially. His passion has been music as a member of the Grand Philharmonic Choir, Wellington Wind Symphony and the KW Community Orchestra. In retirement he has also become very involved as a member of Fairvote Canada in advocating electoral reform.

This is an RSVP event.

Please register through our website no later than March 21, 2024:

<https://www.armch25osstf.com/>

You will receive a link for the Zoom presentation a few days before the event.



Elder Driving

If you observe that the older driver had problems like the ones mentioned above, consider taking these steps.

Schedule a check-up. A healthcare provider can tell you whether the older adult is physically able to drive safely. The provider can also advise you as to whether the older adult is taking any medications that could affect his or her ability to drive safely.

Get a vision test. An eye care professional, such as an optometrist or an ophthalmologist, should test the older driver's vision to make sure they are visually able to drive safely.

Have a professional evaluate the older adult's driving skills. There are professionals who specialize in evaluating whether older adults can drive safely. A driving rehabilitation specialist (DRS) is a professional who has the skills to evaluate an individual's overall ability to operate a vehicle safely. Based on the individual's performance the DRS will develop a plan, make recommendations about strategies, equipment, and provide training to improve a person's driving safety and overall health and well-being. However, there are not many DRS's in the United States. If you do not have access to a DRS in your area, an occupational therapist may also be able to evaluate many driving-related limitations.

Know when to have the conversation. Ask yourself: Do you feel comfortable letting the older



adult drive you somewhere? The answer may be a signal that it is time to start the conversation.

Enlist support. Talk to others in the older driver's circle. Ask them if they share your concerns about the older adult's ability to drive safely. Rehearse the discussion with them so you can be calm and caring. Depending on the circumstances, you may even want one or more of them to participate in the driving conversation with the older adult.

Make the conversation compassionate. You don't want to make the older adult feel like "everyone is ganging up on them," so make certain to frame the conversation in a supportive, concerned way. Don't let your anxiety or fear about addressing driving skills lead you to sound angry.

Discuss specifics, but avoid blame. Explain to the older adult why you're worried about his or her driving. Cite examples: "Dad,

you went right through a stop sign last time we drove together. And you forgot to use your turn signals." Or, "Mom, you got lost on the way to the supermarket." Be prepared for resistance and even anger. Driving represents independence to many older adults. When they think you might be taking away their ability to get around, they may become defensive, even irate.

Schedule time for another talk. If the older adult resists what you're saying or gets agitated, gently end the conversation. Let them take in what you've said, then revisit the topic a day or two later.

Ask for the older adult's opinion. Make sure to take the time to hear what the older person thinks about his or her driving ability and honest feeling of security behind the wheel. It's very possible that if you've noticed problems, he or she may have too, and may feel vulnerable.

Appeal to the older driver's sense of responsibility. If the medical professionals and the driving specialist you consulted agree that it's time for the older adult to stop driving, appeal to his or her sense of responsibility. Remind the older driver that driving poses a risk not only to self but also to others, who could potentially be injured – or worse – in case of a crash. Older drivers might want to think about how they would feel if they were to cause an injury.

Chapter 25 has developed, and continues to develop, a group of businesses and organizations which offer exceptional values to our members. However, those wishing to take advantage of these offers must be in possession of the Chapter membership card; the card issued by OSSTF does not apply since a similar card is carried by non-retired members of OSSTF. The following is the list of the affiliated organizations. Since new affiliated businesses are added from time to time, members should check their newsletters and our website for any new additions.

Capital Optical (all branches)

ARM membership cards must be presented at time of purchase.

Take advantage of Capital Optical's famous 2 for 1 + take \$25 off coatings.

Don't need 2 pairs, share the 2 for 1 with your loved ones or take \$150 off a single pair.

Looking to replace only your lenses in your current frames we will take 15% off lenses only.

Capital Optical will change its promotions from time to time, if the current promotion represents a better value than the discount the staff will extend these promotions to the membership. This benefit is available to all dependents of the card-holding member:

Preston Hardware

ARM membership cards must be presented to the cashier with your hardware purchase. 15% off the regular price. Items on sale (or "net") do not qualify.

Marshes Golf and Country Club

They will offer you a 15% discount on Marchwood guest fees (\$15.00 for nine holes and \$25.00 for 18 holes plus HST), not to be combined with any other promotion or offering, 7 days a week and only valid for the OSSTF card carrying member.

Terrace Green Bed & Breakfast

Winchester Ontario
www.bbcanada.com
15% discount from April to September
25% discount from October to March
W

Walgreen Automotive

105 Walgreen Rd.
613-836-7255
10% discount on wheel alignments

Safari Plumbing

69 Evergreen Drive
613-224-6335
Complete 323-Point Water System Inspection for only \$49.99.
We will conduct a thorough inspection of your home's entire plumbing system to help make

sure that minor annoyances (dripping faucets, running toilets) don't turn into major problems that could cost you a lot more in both money and aggravation.

Crystal Nails

Professional Nail Care
Porcelain, Acrylic, Gel, Pedicure, Manicure, Air-brush Desing & More...
1408 Stittsville Main Street
613-831-5881
10% discount on services and products
Note: as with our other affiliations, members must be in possession of the Chapter 25 ARM chapter card. The OSSTF card issued by OSSTF is not valid.

Hygiene Now

2722A County Road 43, Kemptville, ON
613-258-3200
Dental services include but not limited to, teeth cleaning, polishing, fluoride treatments, dental exams and teeth whitening. Services are 20-50% less than traditional dental offices. Excellent for those without dental coverage. ARM members dental plan accepted as are most major dental insurance plans.

Chapter 25 ARM members get a free new patient exam (value \$60) with your Chapter 25 Affiliation Card plus take advantage of the already lower fees. Call for an appointment. Extended hours and Saturday appointments available,

BioPed

Westgate Shopping Centre
10% Discount on Footwear

AutoRocha

Armacao de Pera
Automatic upgrade from A to B for ARM members.

Comfort Inn Kanata

We are proud to extend our LOYAL rate to Chapter 25 ARM and OSSTF members which is 15% off our "Best Available Rate". (Our Senior Rate is 10%). Your members can either call our hotel locally at 613-592-2200 and ask for the "LOYAL" rate,
Comfort Inn Ottawa West - Kanata
222 Hearst Way
Kanata, ON
K2L 3A2
Phone: (613) 592-2200
Fax: (613) 591-9600

Krown Rustproofing

2141 St Joseph, Orleans, K1C 1E7
613-837-8856
8 Cedarow crt, Stittsville, K2S 1V6
613-836-1101

\$20.00 off retail price on rust proofing, not combined with any other promotion. This is per vehicle.

Members must present their Chapter membership card when appearing at the counter.

House on McGill Bed and Breakfast

110 McGill St.
Toronto ON
416 351 1503
877-580-5015

Rideau Inn Bed and Breakfast

177 Frank St. (off Elgin)
877-580-5015
613 688 2753
www.mcgillbb.ca

Note for House on McGill and Rideau Inn:

ARM members are entitled to two different benefits. If the member is under the age of 65, the member receives a 15% discount off the rates. If the member is over 65, the member receives the seniors discount of 10% plus an additional 5%.

The agreement with the owner is firm. The members wishing to take advantage of these benefits must produce the Chapter 25 membership card which states the area to which the member belongs (Ottawa-Carleton or Upper Canada or Renfrew), the membership number and a valid expiry date. The ARM membership card issued by OSSTF is not valid. The purpose is to limit the benefits to retirees rather than those OSSTF members who are active in the schools.

For those familiar with Toronto, the House on McGill couldn't be more convenient. It is located on McGill Street which is one block south of Carlton at the corner of Church St.

Jeff Spidle

Information Technology Specialist
Jeff Spidle, IT Consultant. Computer Consulting and System Design. Remote Support or On-Site Service.

When you need help with your computer system, I am able to promptly connect to your computer fix almost every problem remotely. If a fix is not immediately possible, I will give you clear expectations and furthermore we can schedule an on-site service when physical interventions will be required
www.spidle.net
Specia Rates for C25 cardholders
ARM references available

continued on page 10

Urban Stone Surfaces

Urban Stone Surfaces is dedicated to servicing Ottawa home owners, designers, architects, developers and contractors with the finest selection and detailing of natural stone – granite countertop, quartz countertop and marble countertop. For your kitchen countertops, bathroom countertops, even walls and floors we have a vast array of the latest stone that can meet your style and requirements. We are dedicated to the craftsmanship and detail of our marble, granite, quartz along with providing outstanding customer service. You will find our team artistic, knowledgeable, efficient, and friendly. It is our vision to become the leaders in the natural stone industry 'Where Quality Meets Style'. At Urban Stone Surfaces, we comprise of over 35 years of experience in the Ottawa granite,

quartz and marble countertop industry providing the best in kitchen and bathroom countertops. Our expertise is one of the company's strongest assets and has enabled our business to rapidly grow. We pride ourselves on our artistic talent, fine skills in craftsmanship and ensuring your vision has come to fruition beyond your expectations.

154 Iber Rd #2, Stittsville, ON K2S 1E7

Special arrangements for C25 cardholders.
ARM references available

Electrician
Fred Muldoon
Cell: 613-301-9500
Home: 613-729-9418
Special rates for C25 cardholders
ARM references available

Dan's Tree Service
10% on tree trimming & tree removals. Also 15% on stump grinding.
danstree1@gmail.com
Card required
ARM references available

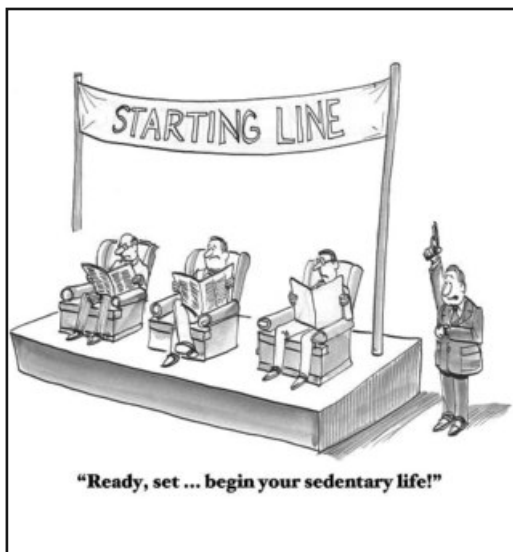
The Odd Job Man
There is no job too small for us
Patrick H. Bonded
613-220-5488
info@theoddjobman.ca
ARM references available



"We used up all of our retirement money. First our car retired, then our furnace retired, then our dishwasher retired...."



"The bad news is, the market threw a wrench into your retirement plans. The good news is, you can probably sell the wrench for \$10 on eBay!"



"Ready, set ... begin your sedentary life!"



"In appreciation for 25 years of service as a kindergarten teacher, we made you this gold watch from macaroni and glitter."