

# NEWSLETTER



## *President's Message*

Seniors skewered! The new formula for paying Pharmacare premiums based on combined incomes and then charged individually, is outrageous. Fortunately our President, Jim Kavanaugh, and Vice-President, Bill Berryman, were both in positions on the Seniors Advisory Council to know that the government had not used the recommendations or suggestions put forth by most of the Council, but followed their own agenda. This shameful "money grab" has jeopardized any respect I have had for Premier McNeil and Health Minister Glavine, and potentially, may lead to political suicide for the Liberal Party.

Yes, the Pharmacare Program does need overhauling, and this may require higher premiums, but tripling them is ridiculous. We seniors are on fixed incomes and any increase, whether it's on food, power, heat, etc. has a greater impact on us than those still in the work force. And yes, we may need more prescriptions as we age - that's a fact of life. But remember, we are still tax payers sharing the cost of everything that keeps our communities and province running smoothly.

**On Wednesday, February 17, seniors' groups will again meet with the Deputy Minister of Health** and hopefully we will find out if a more sensible and viable financial solution can be found for Pharmacare and those that use it. Results from this meeting will be conveyed to you promptly. Don't forget that the RTO website will also be used by our President to communicate results and opinions. Included at the end of this newsletter is a list of contacts you may wish to use to express your concerns.

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*Antique Valentine's Day postcards from Bill Butler's Collection*



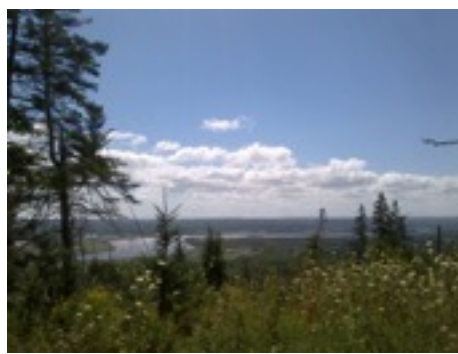
LOGO - Just a rough draft. Colours are similar to the provincial logo.

## New Website -OURS!

Meet Koenraad, Jessica, Cassidy, Melanie, Devyn, and Amelia - six NSCC students who are in the process of designing a website for our RTO Branch. They have been busy since January making sure that the website will help us to stay connected and up-to-date on member achievements and activities as well as RTO news and events.. They have designed a logo for us which the executive all approves - hopefully you will too - and they are working hard to ensure that the site is easy to use, practical and attractive.

Looking attractive is the reason you were asked to submit photos of Annapolis County. On the home page there will be constantly changing pictures that highlight the beauty of our county in all seasons. More are still welcome so please send them. Anybody have some of our fishing communities?

With the help of their instructor, Sharla Rolfe-Hunter, the website should be finished by the end of April and we will have a “grand” unveiling at our AGM, end of May



Photos submitted by our members - Sharon Hawboldt, Mary Lou Rockwell and Neil MacNeil

## Wellness Expo

Due to the overwhelming and positive response from our members, a Seniors Wellness Expo is now being organized. Mark this date on your calendar - **Thursday, April 28, 2016**. The Expo will be held at the **Family Centre** of the **Middleton Baptist Church**. It is an ideal location with a large parking lot at the rear. All facilities are on one level including a full- size gym and a large kitchen which can accommodate cooking classes and provide snacks and beverages throughout the afternoon for all attendees. Tentatively we are planning to hold the event from 1:00 - 4:00 p.m. Detailed information will be passed on to you in early April.

### Travelling South??

1. *Don't forget your sunscreen. SPF 30 is enough to protect you from 97% of the sun's harmful rays, but make sure you get the kind labelled **Broad Spectrum** which filters both UVA and UVB rays. Apply generously and frequently.*
2. *Travel Insurance - Don't rely on that credit card you used to pay for your trip. It most likely won't cover you if you have reached age 65. Call to find out.*



### **Annapolis River Festival - July 16, 2016** **Bridgetown Jubilee Park**

It may seem early to promote a summer event, but this is such a good one, and several of our RTO members are involved. Last year's River Festival, the first, was a great success, but improvements will ensure this year's event will be fantastic! For example, there will be twice as many dragon boats and more opportunities to be part of a racing team. (*These races were crowd and competitor favourites. Anybody want to be on a team?*) Canoe races, kayak and canoe displays, and games and activities for the children will be part of the festivities. Tantalizing aromas from the 16+ teams competing in the all-day smoked ribs competition will whet your appetite for a pulled pork or sausage on a bun, or perhaps a rib dinner with all the fixings, all available throughout the day. What would a Nova Scotia festival be without music? From mid-morning to the end of the event, there will be a variety of live music performed on the stage. This is going to be so much fun. Watch for posters and press releases or go online to [annapolisriver.ca](http://annapolisriver.ca) for more information.

## DRIVING COURSE FOR SENIORS



Darrell Warren and Ellen Corkum-Warren,  
Discover Driving School

Much has changed since we first got our driver's licenses - the cars, the highways, the speed limits, and the rules of the road. A **free** one-day classroom course, sponsored by the province, is now offered to seniors 65 and over to review safe driving practices and ensure they are aware of new rules. Many who have taken this course have been impressed with how valuable it has been.

Driving schools provide the instruction, but a group, such as our RTO Branch, coordinates the session - collecting names, and contact numbers of those who would like to take the course. Usually courses are held in the spring and fall.

If you are interested in taking this course, please let me know and we will see if one can be organized for us. If you were able to attend our last RTO meeting, you met Darrell Warren and his wife, Ellen Corkum-Warren of the Discovery Driving School. Their brief presentation on safe winter driving was excellent. If it is any indication of what they can offer in the seniors course, it will be very worthwhile.

## \$Programs/Initiatives Fund\$

We have applied for a grant from the RTO Programs/Initiative fund to help cover the expenses of the Wellness Expo. The provincial Finance Committee meets this month to consider our application

## Computer Course?

Nick Karamanos has offered to teach three possible Computer Courses:

- *Tablets and Chromebooks- Alternatives to Laptops & Desktops* (1 day)
- *Computer Troubleshooting and Optimizing* (1 day)
- *Beyond Windows: Using Linux As Your Computer System* (5 three hour sessions)

A detailed description of each of these is available if you are interested. Money might be available from the Programs/Initiatives Fund for a group of our members wishing to take any of these courses, but we would not be able to apply till next year.





*Eric Brown and the many beautiful hand-made cards*



*Bill Hirtle admiring Mary Billard's fabric handicrafts*

## Meeting & Craft Fair

Our November meeting had a full agenda. The small craft fair with its variety of wares provided by members Mary Billard, Bill Butler, Elizabeth Pelham, Bonnie Hatt and Eric Brown, gave everybody a chance to mingle and catch up. This was followed by an informative and well-received presentation by retired teachers and now owners of Discover Driving School, Darrell Warren and Ellen Corkum-Warren. As usual, a delicious lunch was provided by the End-of-the-Line Pub before our meeting. The afternoon ended with us all getting a chuckle from Barbara Trask's quilt paralleling her teaching career to the stages of an apple - from blossom to core.

### FYI - Provincial Newsletter

The provincial newsletter, **The Retired Teacher** will be out shortly. Please watch for these things:

- **School Day Memories** - write about a retired NS teacher who affected your life
- **McMaster Optimal Aging Portal** - I know, sounds like a sci-fi experience, but it isn't and is a very valuable program for seniors.
- **Conserving Energy** - wellness topic

**CONTACT INFORMATION**

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Retired Teachers Organization website.....[rto.nstu.ca](http://rto.nstu.ca)

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Jim Kavanaugh, our President, member Seniors Adv. Council.....[jkavanaugh@ns.sympatico.ca](mailto:jkavanaugh@ns.sympatico.ca)

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Bill Berryman, our V.P. & Chair -Seniors Advisory Council....[bberryman@nstu.ca](mailto:bberryman@nstu.ca)

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GOVERNMENT:

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