

Chapter 9 News

Save the Date

October 27th

ARM Take Out
Luncheon –
CONTACT

j29aharon@gmail.com

to order your regular,
vegetarian or gluten-
free meal by Friday
October 15th for pick
up at Ciaciario 12-1:30

Free for members
\$20 for social
members or partners

The Chapter 9 ARM
Executive has begun
planning for this year's
luncheons and a virtual
event, details of which
will be provided by email.

The ARM Chapter 9
Brick Ceremony will be
held on Friday,
September 9, 2022.

The decision to postpone
the 2021 date was made
with input from the
families of those
individuals being
honoured.

*You have to put off being young
until you can retire!*

-Unknown

In this issue

President's Message **P.1**

The Power of Two **P.2**

Did you know? **P.4**

President's Message from Bruce Awad

Since health restrictions have eased and allow for larger family gatherings I hope everyone had a wonderful Thanksgiving with family and friends and continue to enjoy good health. As the pandemic numbers decline in Windsor-Essex and the rest of the province, we must still be vigilant in following the restrictions suggested by our health professionals. We don't want to deal with a fifth wave of this deadly virus. I also hope everyone continues to comply and has received both vaccines.

Our Executive continues to meet virtually and will do so until the end of this year. We are likely to start face to face meetings again in 2022. We will notify the membership when we will resume our first Friday breakfasts and in person luncheons as well as face to face workshops. In the meantime we are organizing another free take out lunch in lieu of our winter face to face luncheon. The particulars of the free take out lunch you will find elsewhere in this newsletter. We are also organizing an anti-fraud workshop scheduled for November 9, 2021. We will send a mass email soon with the particulars. This will be a virtual workshop.

We continue our relationship with OTIP and I hope you find their information articles interesting and informative. Please be sure to read the latest from OTIP elsewhere in this newsletter. On the health benefits front, OTIP has informed us that effective January 1, 2022 they will be using Green Shield instead of Manulife for our ARM/RTIP retiree benefits. In November we will receive from OTIP the information for 2021 and an update on premiums and benefits.

Now that the federal election is over we will be having a provincial election on Thursday June 2, 2022. OSSTF is hosting an election readiness virtual conference on Friday and Saturday October 29th and 30th 2021. All ARM chapters across the province are allowed one person attend. OSSTF's goal is to defeat the Ford conservatives and elect a government who aligns with our education priorities. Over the coming months we will post election articles to keep you informed on OSSTF's strategies for the election. It's no secret that Doug Ford and his conservative government have weakened our health care system and education system. I hope you will consider participating in future events to help OSSTF achieve its education objectives. I will inform you when OSSTF has its complete education platform online so you can read it for yourself. You are always welcome to offer suggestions or input to help improve our Chapter.

Yours in Federation

Bruce Awad, President

www.armchapter9.ca

The Power of Two

A Submission by Toni Pecaski

One day, years ago, I walked into my guidance office, and there on my desk was a card. “To My Angel”, it read, and inside was a small magnet of an angel reaching toward a starry sky.

I was puzzled. I didn’t recognize the student’s name. He was a new English as a Second Language student, and I sought him out and thanked him.

To this day, I’m not clear what I did to inspire such a lovely sentiment. We’d had no in depth conversations at this point, so perhaps it was a welcoming smile or a friendly hello.

My yoga teacher, a wise elderly gentleman from India, gave advice that I have never forgotten. “Love people, and if you can’t love them, leave them be”. Love people...let’s be kind, compassionate, accepting of one another and see each other as friends whenever possible.

Over the years as a High School counsellor, I learned of the tremendous power and need for friendship.

One day, a despondent young man sat in my office, head bent, barely whispering. His girlfriend was with someone else. He was 18 years old and legally considered an adult. His parents didn’t speak English, and I was afraid for him to be by himself. He agreed to a referral to our school psychologist, and agreed to call the crisis numbers I gave him when he felt down.

“Do you have a friend who can go home with you and stay until your parents get home?” I asked him. I called into the friend’s classroom, and soon he appeared at my door. His big smile and his friendly demeanor radiated across my small office. Here were two young people from different parts of the world, from different cultures, from different ethnic groups. But, at this moment they were two human beings, friends, supporting, caring and looking after the other.

But, there’s also responsibility that comes with friendship. I’ll never forget the sad little girl sitting in my office, with a feeling of oppressive guilt that was literally weighing her down. Her good friend was depressed, and she felt it was her fault, because she couldn’t help her friend get better.

“But, you are helping her,” I said. “You are a wonderful friend. You’re here getting the help she needs.” I gave her the crisis numbers, and assured her I would follow-up with her friend and encourage her to see our school psychologist.

Many times in my career I saw troubled young people come to see me accompanied by a friend. In time, I realized that they were more than friends. They were the “family” support system that perhaps wasn’t available at home, during a time of great change and vulnerability. It was a humbling experience.

Today, many years later, the angel magnet sits on my fridge. A reminder of how our everyday interaction with others is so powerful. Whether, it’s a long friendship developed over many years, or a fleeting friendly gesture in our own little sphere of influence.

Samuel Johnson, a literary British writer in the 18th century, said that to neglect friendship was “to throw away one of the greatest comforts of this weary pilgrimage”. It was true then, and it’s true now. “Love people”, my yoga teacher said, “and if you can’t love them leave them be.

My Mother Gave Me Booze for Breakfast: A Humorous Look at my Boomer Life
by [Amazon.ca](https://www.amazon.ca)

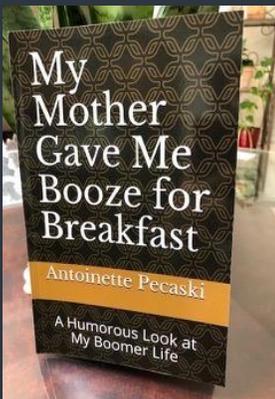
Learn more: https://www.amazon.ca/dp/B0948N6256/ref=cm_sw_em_r_mt_dp_5Y3WG1M8FWA1DY15W571

NOW AVAILABLE
FOR PURCHASE:

Chapter 9 News is grateful for the regular submissions from Toni Pecaski.

If you enjoy reading Toni’s work, she now has a book available through amazon.ca

The link for more information is found at the bottom of the page.



FINAL THOUGHTS FROM TONI PECASKI

Dear Reader: Even our furry pets need friends. Harlow, a 2-year-old Cavalier King Charles spaniel welcomed Ruby, the little kitten from the humane society. Even though they were from different species, he greeted her with dog kisses, and they became good friends on first sight. Human Beings could take a lesson. But, I wouldn't recommend the licking and sniffing part. That might not go over too well.



Tips to Stay Safe in Our Digital World

Cyber criminals have become increasingly sophisticated in ways to separate us from our personal information and our money. You may be familiar with the 'Service Canada' calls that threaten arrest if you do not send an overdue payment on a tax bill. I have received several of these calls over the years. They used to be from an actual person, but lately are obviously recorded. These calls were easy to spot on call display even if only a phone number appeared; however, more recent calls indicate that they are from the 519 area code. I tried using the block feature on my mobile phone so I would only receive calls from my contacts. The limitation was that I would miss calls from doctors' offices or some other party I would want to hear from. Sometimes if I am unsure, I will simply let the call go to voicemail. My reasoning is that if the call is of some urgency, the caller will leave a message.

Cyber criminal activity will now arrive on your cell phone not only by call, but via text, email and on a website. Most recently, I received a text announcing that I am entitled to a refund. The reason for the refund was not clearly stated. A link was provided within the text in order to start the refund process – usually the amount is between \$80 - \$140.00. **DO NOT CLICK ON THESE LINKS!** Simply delete the text. Some people have noted and blocked the number on their cell phone but often the perpetrators of these scams simply use new numbers. I noticed this summer an escalation in cottage rental scams online – a very sad outcome of our need for a change of scenery given the past 20 months. These types of transactions used to take place face-to-face, allowing for direct interaction between property owner and renter. Often now, a phone call is not even needed to make such arrangements.

Be cautious about to whom you provide your email information. One way to manage your privacy is to establish two email addresses – one you only use for online ordering. This way if you have any concerns about online activity, it will be much easier to delete a supplementary email account rather than completely eliminating and reestablishing a new email address.

Since there is so much use of password protection, it is important to find a way to store your various account passwords. You should also get into the habit of changing them on a regular basis. It would be extremely difficult to rely on your own memory! It has been repeatedly recommended that people stop using the same password for every account as so often we have heard the devastating consequences of doing this very thing.

The bottom line is that you need to be proactive and safeguard what you share online. Our phones and computers have introduced so much convenience into our lives – we can shop, bank and communicate quickly. We can save trips to stores and easily search for the availability of items we are looking for. However, with the benefits, as with anything else, come the risks.

Windsor Police Service website has great information on various scams that are operating in our area. Simply log onto their website, type in the search box the word "fraud" or "scams" and the categories of scams and a description of how they operate is provided. How they use the information obtained in the scam is also detailed. The RCMP also have an extensive section on fraud and scams on their website. If you believe you may have been targeted, please report it to the police so that they can update their information. Law enforcement may also use your information as part of a larger investigation and ultimately be able to lay charges.



Did you know...?

Essex County sits on the traditional territory of the Three Fires Confederacy of First Nations, which includes the *Ojibwa*, the *Odawa* and the *Potawatomie*. In Canada, the *Chippewa* are called the *Ojibwa*. The land acknowledgement of the Greater Essex County District School also refers to the *Huron/Wendat* peoples.

More recently, Windsor-Essex residents might be more familiar with the *Caldwell First Nation*. The local band government identifies itself as *Anishinaabe*.

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

Meet the 2021-2022 ARM Executive

Each edition of Chapter 9 News will feature information about Executive Members.

From founding ARM member Scott Hunt:

I started my career in 1966 at General Amherst High School. In 1970, I transferred to Sandwich Secondary. I retired in 1998 after 32 years. While I was at Amherst I started a history club. While at Sandwich, I also started a history club as well as coaching volleyball and hockey.

My career in federation started in the 70's when I became the PAC Chair in District 34. I went on to become the president of the district and led the first strike in Essex in the mid seventies. In 1980 at the time of the Diamond Jubilee of OSSTF, I got a group of members to prepare a history of District 34. On the provincial scene, I have served on the Political Action Committee. I worked on two Election Desk campaigns. The 1985 provincial election was fought on the issue of extending full funding to Catholic schools. I was able to recruit two citizens to run as independents.

I started the Windsor Essex Public Service Coalition in the 1980's. We organized political protests against Bob Rae after his Social Contract actions. We sponsored workshops that promoted our issues such as promoting quality public education, and protecting worker's rights. The Coalition also participated in the Days of Action against the Harris Government. We attended protests in Hamilton, North Bay, Sudbury and Windsor.

STAYING CURRENT



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

ARM Chapter 9 Twitter

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

ARM Chapter 9 Website

www.armchapter9.ca

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

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

If you have suggestions about what you might like included in the website please email armchapter9@outlook.com

November 9th Virtual Workshop

CANADIAN ANTI-FRAUD CENTRE

Watch for details about the November 9th virtual workshop being offered by the Canadian Anti-Fraud Centre on the following topics:

- Money Mule Awareness
- Recovery Pitch Scam
- Overview of Covid-19 Fraud

This session will be hosted by ARM Chapter 9 and will take place beginning at 6:00 P.M.

You will be able to join the presentation virtually using your home computer or by participating by calling in.

Don't miss this opportunity to learn more about the latest online and telephone scams.

The CAFC will present this important information and will then be available to answer any questions you may have.



Important Information From our friends at OTIP

4 ways to protect your car from vandalism and theft.

Your car is valuable, making it a prime target for vandalism and theft. In 2020, the top stolen cars in Ontario were the Lexus RX, Honda CR-V, Toyota Highlander, and Honda Accord, so if you own one of those vehicles you should take extra care to deter thieves.¹ Criminals steal or damage vehicles for a variety of reasons: to get access to valuables inside the car, to sell, to get somewhere or to commit another crime. The costs of these crimes add up — in Canada, auto theft costs Canadians close to a billion dollars a year.²

1. Park your car in a secure location

The best place to park your car is inside your garage with the garage door closed and locked. If you don't have a garage, park in a well-lit area. If you're parking outdoors on your own property, install a bright motion sensor light to deter thieves. You can also make it harder for thieves to tow your vehicle by using a parking brake and parking strategically. Park a front-wheel drive vehicle front first and a rear-wheel drive vehicle back first in your driveway.

2. Don't give thieves access to your keys

Always keep control of your keys. Never put your address and name on your keys – if obtained by a thief, they could use that information to find your house and steal your car.

You should also never warm up your car by leaving it running in your driveway unattended. Modern cars need less than 30 seconds to warm up even in cold weather, and your car's heater won't warm up significantly until you start driving. The best way to warm up your car is simply to drive it!

If you have a key fob, be careful of how and where you store it. Thieves have been able to use an electronic relay transmitter to amplify the fob's signal and get access to a car. Keep your key in a metal container or a key fob blocker pouch and store it away from windows and doors.

3. Keep your car tidy

A thief is more likely to break into your car if they see something of value that they can steal. Keep your valuables out of sight or store valuables in your home when possible.

4. Implement a security or tracking system

There are many different security systems available, such as after-market car alarms, wheel-locks and brake locks that will make it more difficult to steal your car. Even installing a small blinking red light on your dashboard can trick a thief into thinking you have an alarm and they will move on to avoid trouble.

There are also GPS tracking tags or devices you can install in your car so that if it's stolen, you can track your car on your smart phone and provide the location of your car to the police. Never pursue a stolen car on your own though – leave the apprehension to professionals!

Some insurers offer a discount for non-factory installed alarms or ignition or fuel disabling devices. If you're adding an anti-theft feature, call your insurance broker to find out what discounts are available.

If your car is vandalized or stolen, first take photos of any evidence or damage, gather any available security footage and ask neighbours if they saw or heard anything. Then report the crime to the police and ask for a crime reference number, as your insurer may request it.

If you have comprehensive car insurance, it typically covers damage due to vandalism or replacement due to theft. Check your own policy documents to confirm what is covered by your insurer. To get a quote for car insurance, call an OTIP broker today at [1-888-892-4935](tel:1-888-892-4935). If you have questions about your car insurance policy and its coverage for theft and vandalism, please call [1-888-494-0090](tel:1-888-494-0090).

Home delivery risks and how you can prevent them.

Taking more of your shopping online? You're not alone. E-commerce sales in Canada hit an all-time high in 2020 as many Canadians turned to online shopping and home delivery services during the pandemic.¹ While home delivery offers a safe and convenient way to receive your goods, it's important to think about the associated risks and what you can do to prevent them.

Stolen packages

You've likely heard of "porch pirates" – thieves who steal unattended packages left by couriers at customers' homes. According to a recent survey by delivery service company FedEx, one out of three online shoppers in Canada has had a package stolen off their doorstep.²

To prevent package theft, consider investing in outdoor security cameras or a video doorbell. The visible presence of these systems acts as a deterrent for would-be thieves and can help to capture their identity. You can also invest in a package lockbox, which conceals your deliveries from street view and requires a key for package retrieval. Include any special instructions for the courier, including how to access the lockbox, when placing your order. Most major carriers will also allow you to request a signature for delivery. If you're not home to sign for your package, it will be dropped off at the nearest post office or depot rather than left unattended on your porch.

Liability

If a courier or postal worker is hurt when making a delivery to your property, you could be held responsible. One of the most common liabilities when it comes to home deliveries is a slip and fall claim. Slip and falls involve a person tripping and falling due to a hazard created by the negligence of the homeowner or tenant. As a homeowner or tenant, it is your responsibility to keep your property and entranceways – such as stairs, walkways and driveways – safe for people to use them. Ensure there is a clear, even path to your home that is well-lit, regularly maintained and free of obstructions or debris. Consider installing a video system with a clear view of the pathway to your home, which can be used to protect yourself against fraudulent slip and fall claims.

Property damage

If a courier or postal worker causes damage to your property or something on your property during delivery, contact the courier company or postal service directly. If the property damage is significant, contact your insurance provider right away. Your insurer will advocate on your behalf and work with the post office or mail supplier to solve the property damage issue. Gather any evidence you have, such as surveillance camera footage and photos of the damage to support your claim.

Stay safe at home with the peace of mind that you, your home and your belongings are protected. Contact your OTIP insurance broker at [1-888-494-0090](tel:1-888-494-0090) to discuss your coverage options or call [1-888-892-4935](tel:1-888-892-4935) to get a quote for home insurance.

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

5 things you can do now to prepare your home for winter

Now that fall is officially here, many Canadians are busy enjoying all that the season has to offer. Between admiring the colour-changing leaves on a cool evening stroll and baking pies made with freshly picked apples, prepping for winter may be at the bottom of your fall to-do list. However, using the last of the year's warmer weather to prepare your home for winter cold could spare you a lot of trouble once the weather starts to turn.

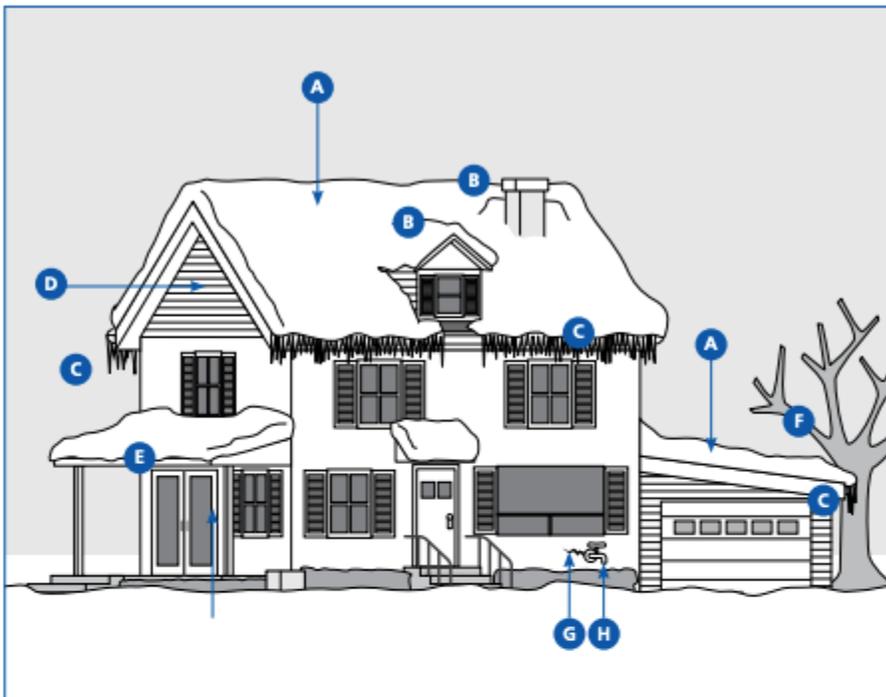
Here are five things you can do in the fall to get your home ready for winter.

1. Shut off and drain your outdoor water system.

To prevent pipes from freezing once the temperature drops, turn off your outdoor water system's shut-off valve and disconnect any hoses. Then, drain the hose bib and valve completely. Leave the hose bib valve open for the winter so any water that enters will drain rather than freeze. If you have an outdoor watering or sprinkler system, drain it according to the manufacturer's instructions.

2. Clear out gutters and downspouts.

A clogged gutter could cause water to back up and freeze. Use a clear fall day as your opportunity to clear out your home's gutters and downspouts and schedule any necessary repairs. Cut back overhanging trees or vegetation that could drop additional debris in your roof's draining system once the weather starts to turn.



- | | |
|---|--|
| <p>A Determine if the slope of your roof is susceptible to snow and ice build up (the flatter the roof, the more at risk).</p> <p>B Snow can collect behind roof obstructions and put stress on roof structure.</p> <p>C Examine roof edges for evidence of ice damming.</p> <p>D Explore inside your attic for any penetrations that could leak warm air into the attic. Also check to see that there are no big gaps in the insulation.</p> | <p>E Make sure gutters are clean from debris and properly drain.</p> <p>F Cut back any overhanging vegetation that could contribute debris to roof drainage systems.</p> <p>G Make sure to seal any exterior air leak that could expose interior piping to cold air.</p> <p>H Disconnect garden hoses and shut indoor valves that control water flow to the outside of the house. Drain the pipes between indoor valve and outdoor faucet.</p> |
|---|--|

GENERAL AMHERST HIGH SCHOOL PLANNING 100TH ANNIVERSARY

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

The event is being planned for May 14, 2022 and will include indoor and outdoor activities. The Town of Amherstburg is working with organizing committee members to stage a memorable celebration for all. A new name is being considered for the building which is being built to replace Western Secondary School and General Amherst.

Noteworthy Dates

Sunday November 7th

Daylight Savings Time
Ends

Clocks FALL back one
hour



Thursday November 11
Remembrance Day

In Memoriam

- **Simon Gignac**

Chapter 9 ARM was saddened to learn of the passing of Simon Gignac on September 1, 2021. 'Si' taught machine shop at General Amherst High School for 29 years but his greatest passion was working in his own little shop in back of his garage – always taking time to talk with former colleagues and students when they dropped by. He will be missed.

- **Grace Daypuk**

Chapter 9 ARM wishes to acknowledge the September 3, 2021 passing of Grace Daypuk. Her loss is felt deeply by her family and many friends. Former colleagues have commented on her sense of humour, generous heart and extensive knowledge. "She made the world a better place!"

Grace's memory will be celebrated by Chapter 9 ARM at the September 2022 ceremony where a memorial brick will be unveiled in her honour.

Chapter 9 News Issue 01 FALL 2021

2021-2022 ARM Chapter 9 Executive Members

President

Bruce Awad

Vice President

Jacques Aharonian

Recording Secretary

Suzette Clark

Treasurer

Dan Eberwein

Communications Officer

Patricia Morneau

Political Action Officer

Margaret Villamizar

Membership Officer

Brian Robinson

Member Services Officer

Margie Sciacca

Program Co-Ordinator

Jacques Aharonian

Members At Large

Rosanne Herold

Toni Michalczuk

Karen Tompkins

Scott Hunt

Sandra Sahli

MEMBERSHIP VOICE MATTERS!

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

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

Contributions for the Winter edition can be forwarded to armchapter9@outlook.com by January 31, 2022.

We look forward to hearing from you!