



CHAPTER 3  
SUDBURY  
MANITOULIN  
@armosstfd3

**\*A rock that has been ground and polished into a semi-precious gemstone**

September 2020

### LEE'S BITS & PIECES

What a time to be retired! Imagine going into the schools now. It is a hard way to make a living when your own personal safety from the virus is at risk. Having this Minister of Education in charge of policy is beyond belief. I heard on TVO what Harvey Bischof, the OSSTF President, had to say and it made me shake my head. Harvey came on after the Minister who professed that the teachers' unions would not help with the back-to-school plans. Harvey politely told the Minister he was lying and that all 4 unions had begged to meet with him to give their input into the back-to-school plans but their offers had been ignored since March.

Our ARM face to face activities are curtailed until December. We tried organizing a breakfast get together this month to welcome the new retirees but could not do it safely with social distancing. I want to congratulate the following new retirees: Robert Arsenault, Jeanette Crabtree, Andre Daoust, Jane Hale, Karen Jones, Cheryl Lindsay, Sue MacRury, Bev McDermid, Cairin Nelson, Perry Sakki, Rachelle Urso, Peter Vigna, Heather Walker. We wish you good health and lots of joy and relaxation.



We must have an Annual General Meeting every year regardless of the Covid limitations. It is scheduled for Tuesday, October 6 at 11:00 am. It will be done on Zoom – Carolyn Otto is setting it up for us. All members are invited to attend. There will be more

information later in September on how you can attend on Zoom. Once Carolyn sets it up it is quite easy – a matter of putting in a password and clicking on the information on your screen.

This year we are looking for 4 volunteers to act as Members at Large. They will be members that will have input at our Executive meetings and will assist at our functions when needed. If you are interested in helping out, and would like more details I would love to talk to you. Please get in touch with me, [lferguson@isys.ca](mailto:lferguson@isys.ca) or call 705-675-1617 within the next 2 weeks.

Keep safe and well during these crazy times. What a great time to be retired!

In a typical back-to-school time, Active Retired Members (ARM) Chapter 3 would normally be inviting all new retirees to a celebratory breakfast/lunch



right after Labor Day, but because of the pandemic, we regret to say that we can't have that event this year. However...



We hope to be able to have a get-together with you in the future. You are on the contact list of our our monthly newsletter **The Tumbler** which helps retirees stay in touch and up-to-date with the news and events of interest to our members. Watch **The Tumbler** for information about sharing of our in-person activities again, or you can also check out our Facebook page @arnosstfd3.

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## PASSAGES

We extend our condolences to the family and friends of:

David Cole – February 27

Bob Tyler – May 17

Rod Albert – March 2

Nancy Craig – May 30

Kerry Wilson – March 2

Joan Gawalko – May 31

Shelley Page – March 9

Leo Leclair – June 15

Selwyn Sage – April 16

Cyril Power – July 4

Sherry Riddoch – April 25

Gerald McColeman – September 11

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## A WORD FROM OTIP

As our roads and sidewalks are beginning to fill with students walking and biking to school, it's a good time to review road safety practices. Pedestrians account for 14% of all serious road injuries and 15% of road fatalities; it is up to both drivers and pedestrians to help improve the safety of our streets for all road users. Here are a few tips for both drivers and pedestrians to keep in mind as we navigate our shared spaces. Learn more at:

[www.otipinsurance.com/article81](http://www.otipinsurance.com/article81)



## A WAY WITH WORDS

*He is a self-made man and worships his creator. –John Bright*

*Some cause happiness wherever they go; others, whenever they go. –Oscar Wilde*

*He has Van Gogh's ear for music. –Billy Wilde*



Robert Arsenault  
Jeanette Crabtree  
Andre Daoust  
Jane Hale  
Karen Jones  
Cheryl Lindsay



Sue MacRury  
Bev McDermid  
Cairin Nelson  
Perry Sakki  
Rachelle Urso  
Peter Vigna  
Heather Walker



Photo Source: Reddit

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### NOW YOU KNOW

Why do people who have cancer lose weight?

Cancer itself can cause weight loss because of the metabolic expenditure. Cancers in the GI tract especially around the stomach, pancreas and initial small bowel can cause anorexia (lack of appetite), early satiety (feeling full quickly) and nausea, through tumour mass taking up physical space in the gut, through chemical release and through invasion of the nerves supplying the gut. It is because of these effects that unintentional weight loss over a relatively short period of time sets off alarm bells and is seen as a "red flag symptom".

Treatments of cancer can also affect weight.

- chemotherapy can cause horrendous nausea and vomiting but can also strip away the lining of the bowel, causing inadequate absorption of your food.
- chemotherapy is also very metabolically demanding; by essentially damaging cells throughout the body (hence why hair falls out), the body is forced to replenish them, those using energy.
- Radiation treatments of the mouth, throat and chest can cause burns and scarring of the oesophagus and make it difficult or even uncomfortable to eat.
- Surgeries etc. are hugely demanding, not including bowel surgery affecting ingestion and absorption of food.

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### WELL DONE

This letter written by Lorne Romanko, an ARM District 3 member was read by Michael Enright on CBC radio during the Sunday Morning program.

Date: November 10, 2019 at 3:23 PM Subject: Israeli/Palestinian Dilemma

Hello Michael,

As I see it, when we calculate the equation of the real politick factors that determine the Israeli/Palestinian conflict, resolution of this conflict becomes mission impossible. The equation is:

Too much hostile history between the two peoples times expanding populations divided into too little land; result: an intractable impasse to ending this tragic conflict. Unless acceptable solutions to deal with these elemental factors can be created, I can see no end to this human tragedy.

Yours truly,

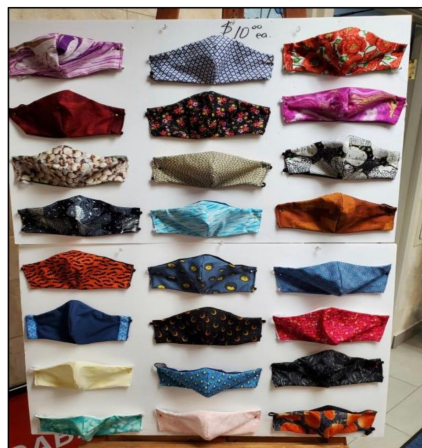
Lawrence Romanko  
Sudbury

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### MASKS

The newest fashion accessory! Masks are a fact of life for us right now. We wear them to protect ourselves and others from respiratory droplets.

If you are using a disposable mask remember that they are one use only. Why not use reusable masks to help with the environment and return to the adage we had before the pandemic came to: reduce, reuse and recycle.



They can be made or bought as a fun accessory that reflects you. If for example you are into a sport, wear a mask that carries your favourite team logo. If a child doesn't want to wear one find one that carries his or her favourite movie character or favourite activity. Or match it to your outfit as Nancy Pelosi has done. Reusable masks can and should be washed. The Centers for Disease Control and Prevention says that there is a right way and a wrong way to clean masks, however, and the health and safety of your family could depend on the masks being properly washed.

### **HOW TO PROPERLY CLEAN MASKS**

The CDC (Center for Disease Control and Prevention) outlines precise steps for getting face masks washed and ready for another wear.

Laundry machine:

You can toss masks in with your regular laundry. Use laundry detergent, and wash on the warmest water possible.

Wash by hand:

The CDC says you can wash masks in a solution of "5 tablespoons (1/3rd cup) household bleach per gallon of room temperature water." Soak the masks in the solution for five minutes, and rinse with cool water.



Dry:

You can dry face masks in your dryer on the highest heat setting, or you can lay masks flat to air dry. The CDC suggests placing masks in direct sunlight if possible.

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### **VICTORY FOR PATIENTS OVER PRIVATE CLINICS IN B.C. COURT CHALLENGE: HISTORIC VICTORY AGAINST PROFIT-DRIVEN HEALTH CARE**

Toronto – A ten-year legal attack launched by one of the largest private for-profit surgical centres in Canada seeking to strike down key protections for single-tier health care has reached a critical juncture. Today a B.C. Court ruled on the case upholding the provisions in British Columbia law that protect our system of public health care without extra user fees for patients.

The landmark ruling by Justice Steeves dealt a strong blow to the efforts of Dr. Brian Day and others advocating for-profit privatization of health care to undermine Canada's publicly-funded health care system. This decision ensures that access to health care will continue to be based on need and not on wealth. It has implications for the whole country and the Ontario Health Coalition has been following the case closely.

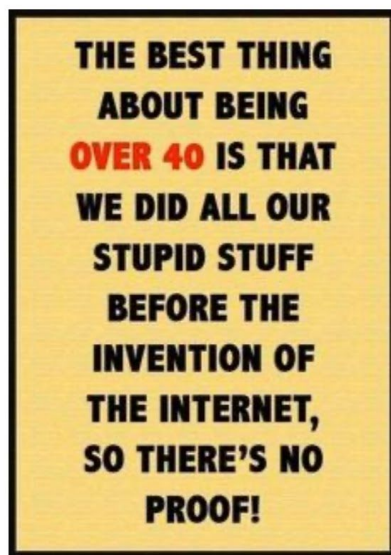
Canada's public healthcare system is based on foundational principles of equity and compassion that underlie the principles of the Canada Health Act and provincial legislation that is built upon it. The recent public health emergency caused by COVID-19 has underscored just how important our public health care system is. This decision protects our ability to endure crises without financial ruin and to care for one other into the future.

The B.C. Health Coalition and Canadian Doctors for Medicare were Intervenor in the court challenge. This is what they said:

“This is a historic victory against profit-driven health care in Canada,” said Dr. Danyaal Raza, Chair of Canadian Doctors for Medicare. “We know that single-payer publicly-funded health care is the fairest way to pay for health care, rather than forcing patients to pay out-of-pocket or buy private insurance. This case was never about wait times - it was always about profit.”

The sections of BC law that the private clinic operators sought to strike down are in place to preserve a public health care system for, in which access to necessary medical care is based on need and not an individual's ability to pay. This case has always been about increasing profits for doctors and investor-owned health care facilities.

“As a group of patients, doctors and health care advocates, we became involved in this case in order to defend and protect public health care,” said Edith MacHattie, co-chair of the BC Health Coalition. “This is a victory for everyone who uses health care in Canada. Even though the attack had been launched in BC, it took aim at the very heart of the Canada Health Act and every provincial health care insurance plan.”



### **SAVE LIVES...LET FAMILIES VISIT**

“When I left the Nursing Home after seeing my Dad, I cried all the way home. This is not the same man I saw some 4 months ago.” This is what one of our Family Council members told us after finally being allowed to have a face to face visit with her father.

There is no question that the prolonged lockdown of Long-Term Care (LTC) homes had a detrimental effect on many of its residents. We heard many upsetting stories during the summer months from families who were raising concerns about their loved ones being isolated. The voices of many professionals were also added to that of the families; imploring the government to open up the homes to visitors. All of these people were calling for the government to designate “Essential Visitors” access to their loved ones.

On September 2, 2020, the government released a new and a better-defined policy regarding Essential Visitors (“Resuming Visits in Long-Term Care Homes”). This policy clarified the difference between a casual visitor and an Essential Visitor. It also laid out the protocol for becoming designated as an Essential Visitor which would allow one to visit the home under all circumstances. This was good news as family members noticed significant declines in their loved one’s demeanour. Many residents lost weight, were less verbal, lost their appetite, and seemed to have lost interest in everyday activities. This vulnerable sector of our population paid the price once more for confusion, incompetence, and resistance to the pleas of families. Long-Term Care homes were stymied by government directives which were very restrictive. The answer from LTC homes was the same – our hands are tied by the government policies.

The question begs to be asked; if the homes noticed an obvious decline in a resident, why didn’t they contact the family and allow them access to face-to- face visits? The government’s answer is: “we have learned many lessons during the pandemic, and we hear your concerns.” Let’s hope that they have, and that they will react more quickly to the situations during a ‘second wave’, whenever it takes place.

I am sure that most family members would follow all the safety protocols to prevent being infected in order to visit their loved ones inside the home. It appears that under some circumstances, we must live with ‘mitigated risk’ rather than ‘zero risk’.

To view the policy regarding Essential Visitors; Google “Resuming Visits in Long Term Care Homes”.

Terry Martyn

Grand Family Council Greater Sudbury

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## WHAT ACTIVE RETIRED MEMBERS ARE DOING

The house is clean, clean, clean! All those mystery boxes in the garage and basement have been opened and sorted. The yard looks better than ever. We’ve reconnected with absolutely everyone. Now what? Here are some suggestions:

### INDOOR ACTIVITIES

#### Reading Recommendations:

By Lee Ferguson

**Forgiveness** by Mark Sakamoto 2018 Winner of Canada Reads - a family story of making peace with our past

By Pat Miller

**A Gentleman In Moscow** by Amor Towles - it was really good

By Val Lalonde

**The Last Hours** by Minette Walters. This is a timely read while we are in the middle of a pandemic in 2020. This is about the Black Death in 1348 that started in the port of

Melcombe in England. Unprepared for the virulence of the disease, and the speed with which it spread the people of the county start to die in the thousands. Most of the facts are true and taken from historical records, letters and journal entries from that time period. The main account is from journal entries made by Lady Anne who was married to Sir Richard from the estate of Devilish in Dorsetshire, in England.

Lady Anne is in charge of the estate while her husband is away. The story is about the steps she took to isolate and protect her community so they could survive. There are many obstacles she and her people had to overcome. Even though, they did not have the science or public health to guide them through a pandemic, some of the guidelines Lady Anne put in place are similar to what we are experiencing today - isolation, distancing, cleanliness.

This book presents an interesting comparison to our current pandemic state.

By Roma Shewciw

On internet, this newspaper article: *Huffington Post Burnout Is A Hidden COVID -19 Crisis, and You Might Have It*

### **Movie Recommendations:**

From Lee Ferguson

Netflix - Hilary a well done 4 part documentary on Hilary Rodham Clinton

From Pat Miller:

Series: Burden of Truth - it's Canadian and filmed near Winnipeg.

## **OUTDOOR ACTIVITIES**

Many retirees love to travel to countries far and wide. But now they can't! So be a tourist in your own neighbourhood. There are many one day trips that can be taken, in and around our area. For example there is (was) a chocolate factory in Gore Bay, a railroad museum in Capreol, and an excellent restaurant just past Hagar. Also there are many stores that you may have been curious about. Go and visit. Be a tourist in your own area.

Visit by Roma Shewciw

### **The Nickel Refillery**

At 227 Regent St., across from Lougheed's.

Since I have several empty containers that I don't want to throw out I decided to go and explore 'The Nickel Refillery'. I've always been curious about this store that promotes zero waste. They provide a diverse range of unpackaged products and products to reduce waste. You get to bring your own containers. Yes, I get to use my pretty containers. I don't have to throw them out.

I was greeted by 3 friendly young ladies who politely pointed me to a sink to wash my hands and





provided me with a clean hand towel. They let me browse, but because the shop is small they were able to be called to answer any questions I had. They were very knowledgeable and gave some good suggestions. The store is filled with a very wide variety of products; coffee, tea, soaps for personal use and washing machines, dog treats and personal care products. I ended up buying a product but because I only wanted a small amount to sample they provided me with a small container. I enjoyed my visit and would definitely recommend this store to anyone. I know that I'll be back.



Left to right Bridget Dobbin, Sarah Bird Cayligh Brûle

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**These sentences actually appeared in church bulletins or were announced at church services:**

*Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.*

*The church will host an evening of fine dining, super entertainment and gracious hostility.*

*Pot-luck supper Sunday at 5:00 PM - prayer and medication to follow.*



## OTIP WELCOMES YOU BACK WITH A CHANCE TO WIN \$10,000!

As a new school year begins, so does a brand-new contest from OTIP. We want to give you the chance to win \$10,000 in cash or 1 of 2 \$500 VIA Rail gift cards to help you get wherever it is that you want to go! You could buy that new car, save for your child's education, take a vacation or put a down payment on a new house, it is up to you!

To enter the contest for your chance to win, visit: [www.OTIP.co/get\\_you\\_there](http://www.OTIP.co/get_you_there)

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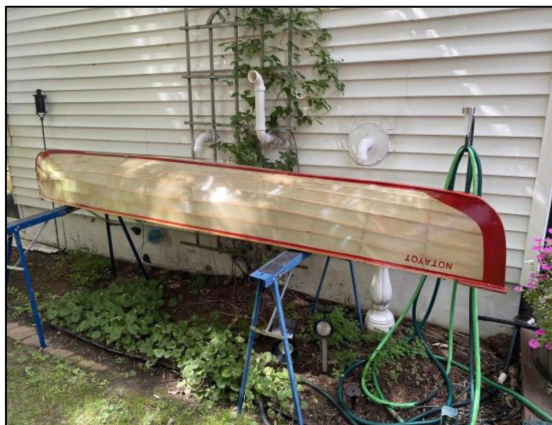
## PADDLING OUR BEAUTIFUL SUDBURY-AREA LAKES

by Carolyn Otto -August 2020

As a musician, I normally spend a great deal of time during the warmer months performing outdoor concerts. This year, of course, live performances have not been an option. With all this extra time on my hands, and wanting to take advantage of the beautiful summer weather (and get a bit more physically fit), I decided that it would be a great summer to explore the area around my home. I began to “virtually explore” the area using iPad apps and websites like Google Earth, Crown Land Camping, GoPaddling and Google Maps. I began to get some fresh air with a few short hikes, but I wanted to get to the lakes and get out on the water!



What better way to access our wealth of water-bodies than with a light boat or canoe that could be easily transported on the top of the car? It was time to get out my “Snowshoe 12” canoe, which had been hanging in storage for the past few years.



The history of my snowshoe 12 canoe began in the 1990's when a woodshop teacher colleague introduced a few of us to the plans for an 11'8" solo, ultra-light canoe, built on a geodesic frame and propelled with a kayak paddle. The appeal of an easy-to-build design was exciting and seemed manageable! We set to work cutting the wood materials, building the strongback and constructing the frames in the shop after work. In case you're curious about the technical details of this boat, they can be found at:

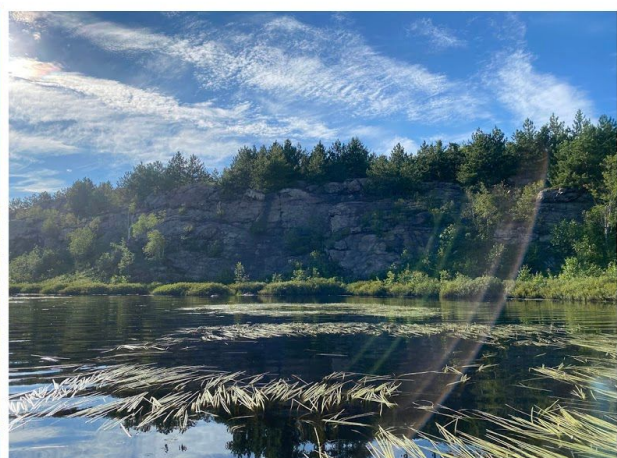
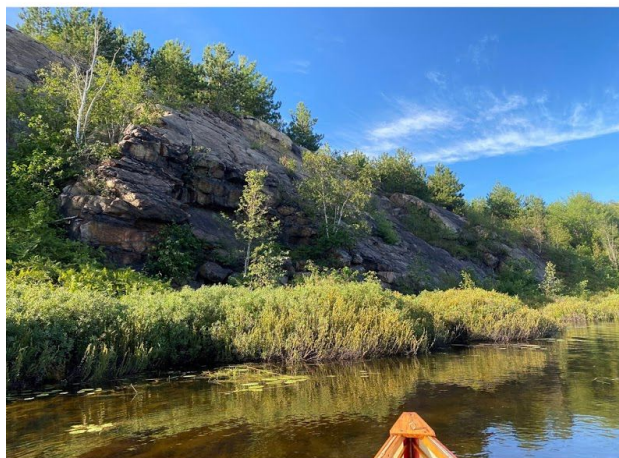
<https://gaboats.com/boats/snowshoe12.html>.

It was a great project and with just a bit of TLC, the canoe is still in great shape, even after nearly 30 years.

I got the canoe out of storage and started cleaning it and giving it a new coat of spar varnish. Once the reno was done, I couldn't wait to get back out there and find a lake to paddle. I began with the closest one, which was Ramsey Lake. My first day on the water was one of those beautifully sunny, dead-calm days that you usually get only as summer is waning. Those days always make me appreciate the warmth of summer all the more, as it means that fall is just around the corner.



My next excursion was on a slightly breezier day, so I thought I'd try a smaller lake than Lake Ramsey. I made my way out to the Lake Laurentian Conservation Area for the first time. I can't believe that I had never visited this hidden gem before! I had Lake Laurentian to myself, but because the water was so still, I could faintly hear the voices of hikers on the surrounding trails. The water glistened in the afternoon sun and I happily paddled and bobbed around. It was another wonderful day enjoying nature in Northeastern Ontario!

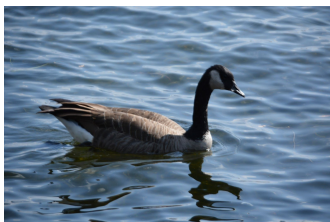


As a member of Kivi Park, I have been curious about Crowley Lake for a long time. It's nice to be able to find places to which you can drive right in, but I'm always cautious about my vehicle on back roads. On the next nice day, I put the canoe on the car, packed my gear and went for a drive. I needn't have worried...the road is quite good all the way back to the lake. It does narrow quite a bit, but there are lay-bys along the way that can be used to pull over and let other

motorists through. As I arrived at Crowley Lake's well-packed, crushed stone parking lot, I could see a family just launching a canoe at the shore. I got my canoe into the water and made my way up the shoreline. What a gorgeous spot! I decided to drop my paddle for a few minutes and drift along, trying my luck at fishing. My bait wasn't in the water more than a minute before I had a very good-sized bass on the hook. That first fish was quickly followed by four more of various sizes. I released all but the two largest fish. So glad that I renewed my fishing licence this year...it was definitely the best luck I've had in a long time! I spent another two hours or so paddling the shoreline, enjoying the scenery and solitude. I will definitely go back to investigate a couple of enticing portages in the area on my next visit.



I plan to squeeze every last bit of summer out of 2020 and I can't wait to explore more nearby lakes in the coming weeks!



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This newsletter was set up by Roma Shewciw, with help from Lee Ferguson, Jeannie Polegato, Pat Miller, Carolyn Otto, Val Lalonde, and Donna McKinnon. You can contact us at [rshewciw@gmail.com](mailto:rshewciw@gmail.com) or [lferguson@isys.ca](mailto:lferguson@isys.ca)

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