

Superannuated Teachers of Ontario

District 16 City of Toronto

January 1982

Newsletter

It is 1982, a brand new year to cherish and enjoy. The longest day is well past and each morning the sun will shine longer and brighter.

But there's another blizzard coming. Keep shovelling!

Said a member of S.T.O.
When shopping brought funds down low
Christmas is over
I've yet to recover
But escalation keeps me on go.

(dedicated to January)
with apologies to all poetry lovers

TO BRING YOU UP-TO-DATE

The Annual Meeting was held on Tuesday, October 20th, at the Board of Education. There was a fine crowd. A sincere vote of thanks to Harold Dean for his excellent slides and interesting commentary on India. Our members were most appreciative.

YOUR NEW EXECUTIVE

The new executive for 81-82 was elected October 20th. Your **President is Mary (Molly) Moore**. Molly retired as Head of Physical Education at North Toronto Collegiate. She will ensure that 81-82 shapes up as a very active year for District 16.

We also welcome to the executive, Geraldine Boone, as Assistant Secretary..

Club 16, our very busy Activities Branch, has a new President. We are delighted that Jean McEachern has accepted this big job. She will have a wonderful committee of very hard-working members. Do check out their activities. You are sure to find one you will enjoy.

N.B. SEE SEPARATE SHEET GIVING THE FULL LIST OF EXECUTIVE MEMBERS OF DISTRICT 16 AND CLUB 16
--

All members of S.T.O., District 16, will want to join in expressing our warm thanks to Bun Reid and Bea Machin for jobs well done. Bea has been President of Club 16 for three years, 1978 - 1981 and Bun has been President of District 16 for this past year 1980 - 1981. We do appreciate their time and efforts.

And to Cec Longmuir who leaves our executive after years of service, many, many thanks.

Clare Perry, Secretary - Treasurer of our parent Ontario S.T.O. reported to our annual meeting some interesting facts about pensions.

- Marion Tyrrell was one of our founding members. She and Murdoch McIvor were prime movers in obtaining escalation.
- We have had escalation in our pensions since 1975.

Clare gave us statistics from the Royal Report on the Status of Pensions:

- Public Plans - 94.8% of persons are covered
- Private " - 39.1% have benefits
- Public " - 83% have survivor benefits
- Private " - 21% have survivor benefits
- Public " - 81% are covered for disability C and CB
- Private " - 28% are covered for disability
- Public " - 96% have benefits of portability
- Private " - non-existent
- * Public " - majority enjoy automatic escalation to meet or help inflation
- * Private " - 95.2% - no automatic adjustment

* (We are fortunate people)

FURTHER FROM THE ROYAL REPORT

The Royal Report recommends that

- there should be parity between Public and Private plans
- the Public plans should not lead the Private plans
- the Public plans should be regulated
- the Public plans should have cost control
- there should be assurance that the taxpayer's cost of Public pensions should be fair

COST OF ESCALATION

Clare reported that since 1975 the cost of escalation alone for our pensions is \$826,000.000.00. (mounts up, doesn't it?)

MEMBERSHIP

Mattie Clark, our Membership Convener, reports that as of January 14, 1982, our membership in District 16 stands at 725. Congratulations!

Do bring a new member to our February 17th meeting.

NOTE - In February 1982, all S.T.O. (Ontario) members will receive a Life Membership Card from S.T.O. Ontario office. This card will be sent also to all new members when their application for Ontario membership is received.

FINANCES

Bill Whitehouse, our Treasurer, reports that we are quite solvent. We have over \$5,000.00 in our coffers. Bill is a good keeper of funds.

Clare Perry, Secretary-Treasurer of S.T.O. (Ontario) brought greetings from our parent organization.

He gave special thanks to District 16 (Toronto) members who spent hours mailing the Membership cards to our 17,000 Ontario members. Many thanks to Nort Heard and his committee members.

Clare congratulated District 16. We are the only district that holds a breakfast meeting. (We knew we were unique!)

Had you heard that the bird emblem of Alberta is the "Overhead Crane"?

ANNOUNCEMENTS

Margaret Smith, our Secretary, asked for volunteer help for the following:

"A History of Cabbagetown" is being written. Volunteers are needed to listen to tapes. If interested, call Margaret.

Molly Moore, our President, tells us that O.T.F. is looking for candidates to work in Transkei, South Africa. Term is 1 - 3 years. Free housing and subsidized airfare provided. Call Molly if interested.

Mattie Clark, our Membership Secretary, has two announcements:

"Re Membership" - There are a few people who are members of S.T.O. District 16 (our district) who have overlooked becoming members of S.T.O. itself. S.T.O. is the group that watches out for our interests officially. Recently all members of S.T.O. have been sent a permanent Membership Card. It is buff coloured. If you have not received one, you may be one of the persons who has overlooked becoming a member of S.T.O." If you call Mattie (923-4325), she will be glad to send you a form on which to apply for membership.

Re Memorabilia (Sounds like a disease)

"Don Nethery, archivist of the Toronto Board of Education is always eager for memorabilia of the Toronto school system. Please keep your old class pictures, staff pictures, reports, etc. etc. Take them to 155 College Street, basement floor, turn right from the elevators - or give Don a call, 598-4931."

AN ALARMING FACT

By 1990, the Teachers' Superannuation Adjustment Fund which supports our indexing of pensions will be paying out more in benefits than it receives in contributions. (And that's at 8%)

you're not just getting older,
you're getting better.

APRIL 30th
APPROACHETH →

Your morning smile

Making out an income tax form is a lesson in addition, multiplication and extraction.

Your morning smile

The futility of riches has been pointed out very plainly in two places — the Bible and the income tax form.

DID YOU MISS THIS?

Food and certain drugs don't mix, scientists say

WINNIPEG (CP) — Most people know better than to wash down pills with a bottle of beer or a slug of scotch. Booze and pills don't mix.

But food and drugs don't always mix either. Sometimes such mixing is fatal.

Foods dangerous to mix with certain medications include such nutritious edibles as broccoli, spinach, cabbage and lettuce. Combined with anti-coagulant medication, these leafy green vegetables can lead to a stroke.

It is only in recent years that researchers have begun to focus attention on the interactions of drugs and food, according to Dr. John Shaw of the faculty of pharmacy at University of Manitoba.

Such interactions become extremely important in an aging population such as Canada's because many people are on medication in their later years.

A typical label on a prescription drug tells the patient how many pills to take, and when — before a meal or after, in the morning, at bedtime and so on.

If there is some special restriction involving another drug, this would be explained by the doctor or pharmacist.

What doesn't always get through to the patient, however, is the interaction between nutrients and drugs.

Not only do some foods affect the way drugs behave, Dr. Shaw says, but some drugs affect the way the body uses food. If the patient is an older person who isn't eating well, certain types of medication can lead to vitamin deficiencies and poor nutrition.

Drugs can act in various ways to impair proper nutrition. Some hasten excretion of certain nutrients; others hinder absorption of nutrients; some interfere with the body's

ability to convert nutrients into usable forms.

For people taking drugs over long periods of time, food-drug interactions can lead to deficiencies, particularly in the elderly and in people on poor diets.

A number of drugs affect specific vitamins and minerals. For example, anti-convulsant drugs, used to control epilepsy, can lead to deficiencies of vitamin D and folic acid because they increase the turnover rate of these vitamins in the body.

Some drugs inhibit nutrient absorption by their effect on the bowel wall. Among these are colchicine, a drug prescribed for gout, and over-the-counter mineral oil, used as a laxative.

Dr. Shaw emphasized how important it is that anyone taking tetracycline avoid all milk products. Serious consequences have been reported as a result of such a person eating just one cheese sandwich.

Following is a further guide to what foods to avoid when taking certain drugs. It was compiled by nutrition specialists with the Manitoba department of health and community services:

□ If you take erythromycin antibiotics, avoid caffeine, citrus fruits, cola drinks, fruit juices, pickles, tomatoes and vinegar. The antibiotics are destroyed by the excess stomach acid created when these foods are eaten.

□ Penicillin antibiotics: Avoid acidic foods and blue cheese, which neutralize the action of penicillin.

□ Tetracycline antibiotics: Avoid almonds, buttermilk, all cheeses, cream, ice cream, milk, pizzas, waffles and yogurt.

□ Anti-coagulants: Avoid beef liver, oils and green leafy vegetables containing vitamin K, such as Brussels sprouts, cabbage, Chinese cabbage, kale and spinach. Vitamin

K promotes blood clotting, so its addition to the body counteracts the effect of the drug.

□ Anti-depressants (MAO inhibitors): Avoid aged cheese (particularly brie, Camembert, cheddar, Emmentaler, Gruyere, processed American and Stilton), aged meat, anchovies, avocado, bananas, beer, broad beans, caffeine, chicken liver, chocolate, cola drinks, canned figs, mushrooms, pickled herring, raisins, sausages such as pepperoni and liverwurst, sour cream, soy sauce, Chianti wine, sherry and yeast extract.

□ Anti-hypertensives (for high blood pressure): Avoid natural licorice. Most licorice sold is artificial and therefore not harmful. However, imported licorice candy and flavoring from Europe are often natural. Also avoid the foods listed under anti-depressants.

□ Aspirin: Avoid acidic foods such as caffeine, citrus fruits, fruit juices, tomatoes, vinegar, cola drinks. The combined acidity of these foods with aspirin causes a buildup of stomach acid that can corrode the stomach lining and cause ulcers.

□ Diuretics: Stay away from monosodium glutamate, often used in seasoned salts, meat tenderizers, frozen vegetables and Chinese food. Also avoid natural licorice.

□ Levodopa (L-Dopa) used for treating Parkinson's disease: No high-protein diet or B6 for anyone on this drug. It's also recommended that the foods listed under anti-depressants be avoided.

□ Thyroid preparations such as Choloxin, Letter, Synthrod, Tapazole, Thiouracil and Thyrolar: Stay away from Brussels sprouts, cabbage, cauliflower, kale, mustard greens, rutabaga, soybeans and turnips. Substances in these foods inhibit production of thyroid hormone, reducing the effectiveness of the medication.

HELPFUL HINTS

Don't be caught with your lines undone. Learn the revised version of O Canada. Now you can sing out. (Monotones included)

O CANADA

O CANADA! OUR HOME AND NATIVE LAND!
TRUE PATRIOT LOVE IN ALL THY SONS COMMAND.
WITH GLOWING HEARTS WE SEE THEE RISE,
THE TRUE NORTH STRONG AND FREE!
FROM FAR AND WIDE, O CANADA, *
WE STAND ON GUARD FOR THEE.
GOD KEEP OUR LAND GLORIOUS AND FREE! *
O CANADA, WE STAND ON GUARD FOR THEE.
O CANADA, WE STAND ON GUARD FOR THEE.

LATER LIFE LEARNING COURSE

S.T.O. District 16 has been asked to join a committee seeking to develop a course designed for retired seniors. It would be very similar to the course presently run at Glendon College.

If New Horizons approves the funding, there would be three courses - Fall '82, Spring '83 and Fall '83.

If you would like to be on the mailing list send your name to
Mrs. Marvi Ricker
Community Relations Co-Ordinator
Simcoe Hall
University of Toronto
Toronto, Ontario M5S 1A1

Working with this Committee are Mattie Clark, Israel Gang, Jean McEachern, Walter Reid and Mary Thomas.

FUTURE MEETINGS

Our next general meeting will be Wednesday, February 17th, 1.00 p.m. at the Education Centre Conference Room. The speaker will be Jack Eastaugh, President of S.T.O., Ontario.

Come out and hear Jack tell about the Travel Club and S.T.O.

You will enjoy coffee and cookies arranged by our Social Convener, Anne Fraser.

MAY BREAKFAST

Tuesday, May 4, 1982 at the Royal York Hotel.
This is always a fun meeting and it is always a good breakfast.
Make up a group and come out.
Our Speaker - Duncan Green, former Director of Education, Toronto Board of Education.
Put this date on the calendar. You won't want to miss Duncan.

MEMBERSHIP - S.T.O. (Ontario)

For all retired teachers and widow/er(s) of teachers.

1. - Apply to S.T.O. (Ontario)
2. - Pay \$1.00 per \$1,000.00 of pension
3. - Join District 16 - S.T.O. (Toronto)
4. - Pay \$2.00
5. - You are invited to our three meetings -
October, February and the May Breakfast
6. - You are automatically a member of Club 16, too.
Enjoy its many activities.

GOODWILL

The Goodwill Committee headed by Laura Schissler continues its great work. Many contacts were made with our members particularly over the Christmas season. Many thanks!

Molly Moore,
President.

Mary Thomas,
Communications
Editor.

IN MEMORIAM

Douglas Balmer
Phyllis Bowland
J. Evan Cruikshank
Eva Fleming
Norman Perkins
Jean Todd