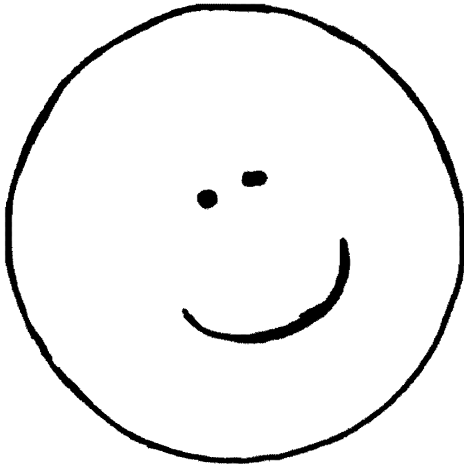


Superannuated Teachers of Ontario

District 16 City of Toronto

Newsletter

March 17, 1982



It's Shamrock Day -



Keep smiling - only 3 days to spring!

Greetings from S.T.O District 16!
It is almost time to think about
seeds, rakes, hoes and fertilizer!

TO BRING YOU UP-TO-DATE

The winter meeting was held February 17th
at the Education Centre. Our President,
Molly Moore, chaired the meeting. It was
good to see so many retirees. Thanks to
Anne Fraser for arranging coffee and cookies.

Our speaker was Jack Eastaugh, President of S.T.O. (Ontario). His
comments re District 16 certainly made us proud (and well deserved, too).

RE TORONTO DISTRICT

- "The Toronto group was responsible for the formation of S.T.O."
- "One of the foremost pioneers was Art McAdam of Toronto"
- "Art's drive, persistence and dedication played a major role in
pioneering S.T.O."
- "The original pioneers had an uphill fight working as they were
with a small group of unorganized people"
- "Toronto and North York have become two of the most vital branches
of S.T.O." (How did North York get in here?)

RE THE ESCALATION DEBATE (See January Newsletter)

Jack commented, -

"Some friends envy us"

"Some are bitter."

"Some feel that escalation is ridiculous"

"There is a move to go through O.T.F. to the Government for full
escalation" (Will working teachers agree to pay more?)

"Anyone would like full escalation?" "Is this the time?"

"Seniors enjoy some 'perks!'"

"Free O.H.I.P."

"Families grown up"

"Concessions re theatre and oil"

"Rebates re sales and income tax"

RE TRAVEL PROGRAM

Jack was Chairman of the Travel Committee of S.T.O. for many years. He certainly recommends it to all members.

"You will feel comfortable travelling with these groups"
 "Many new friendships are formed"

Harold Dean, our 2nd Vice President, tendered our thanks to Jack for keeping us up-to-date.

GOODIES FOR SENIORS

Senior Citizens take to travel with fresh energy, enthusiasm

By BEVERLY GRAY

In the past few years, that lively group known as Senior Citizens has taken to travel with more energy and enthusiasm than ever before. They have time, many of them have money, and age no longer seems to be a barrier to anything they want to do.

In fact, seniors have become so important on the travel scene that travel agencies have departments to deal with them, and all sorts of organizations, hotels, motels and scenic attractions offer discounts and other privileges recognizing them as important customers.

Among the travel discounts available to Canadians over 65 years of age, Air Canada gives a cut of 25 per cent on domestic routes any time of the year, but none on international flights. CP Air allows a 20 per cent discount on domestic routes, and Nordair allows 30 per cent off. In all cases, check to see whether special excursions may be even cheaper.

Some European airlines also give discounts to seniors. They include British Airways, with its 30 per cent discount on domestic routes. Sometimes there are conditions imposed, however;

discounts may be restricted to travel on certain days of the week, or certain seasons, and travellers may have to stay away for a minimum period and not longer than a specified maximum.

In some places, the age of seniority varies; in some states it is 55 years — which takes in an ever-increasing proportion of the population.

Via Rail gives a discount of one-third on basic fares of more than \$4, except between Christmas and New Year's. Ontario Northland Railway and its associated bus services cut their fares in half for seniors. Voyageur Bus Lines offers 50 per cent off every day of the week except Fridays and Sundays; Greyhound offers a 10 per cent discount on Monday to Thursday travel and Gray Coach has a similar discount on any day.

Amtrak, in the United States, has a 25 per cent discount for seniors on fares that are more than \$40 one way; it does not apply on Metroliner service, and as with Via, it does not apply to sleeping car or chair accommodation fares, nor to meals.

Wherever they go, seniors should arm themselves with a senior citizen card, and use it as proof of age. In some European countries, such cards can be purchased to cover many discounts, and in Switzerland a card provides lower hotel rates in the off-season.

Some countries demand a photograph with the card.

In Ontario, seniors can get a useful membership card by applying to the Ontario Senior Citizens' Privilege Card, Box 21000, Terminal A, Toronto M5W 1Y5, telephone (416) 965-9337. For foreign countries, travel agents or national tourist offices can supply details.

Remember, travel agents are not mind readers. But most of them are responsible, caring people who want their clients to enjoy themselves, and who will do their best to make that possible.

Beverly Gray has written on travel for The Globe and Mail for the past 25 years, and is well known for her popular weekly "Ask Away" column in the travel section.

CLUB 16

Hope you took advantage of the winter program of Club 16. You had a choice of any or all of 22 activities to enjoy in February and March. No other club offers so much! Thanks go to Jean McEachern and all her great workers.

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.

LATER LIFE LEARNING - FIRST SERIES - FALL '82

Several executive members continue to work with the Community Relations Department of the University of Toronto and other Senior organizations to develop an inexpensive University course for retirees. We expect the course will be supported by a New Horizons grant. Here are the details so far.

| |
|---------------------------------|
| <u>CONTACT</u> |
| Mrs. M. Ricker |
| Community Relations Office |
| Simcoe Hall - U. of T. 978 6564 |

- Topic - Introducing Canada
- When - Thursday, September 16 - December 2
- Where - Town Hall, Innis College, St. George St. and Sussex Ave. (St. George subway station)
- Cost - \$12.00 for 12 lectures (An offer you cannot refuse)
- Who - Any interested person - no educational requirements

Lectures will be given by University of Toronto lecturers. There will be no assignments or examinations. A one-hour lecture will be followed by a one-hour discussion. (Your chance to air your opinions!)

Here are some of the lecturers and areas of discussion: D. Gorman (Geology), D. Kerr (Geography), K. Hare (Geography), B. Martin (Anthropology), F. Hawkins (Political Economy), M. Bliss (History), R. Vipond (Political Economy), M. Watkins (Political Economy) and D. Morton (History) - (Program is not complete yet)

Later Life Learning Lecture Series
c/of Community Relations Office, Simcoe Hall
University of Toronto, Toronto, Ont. M5S 1A1

Please enrol me in the Later Life Lecture Series - "Introducing Canada"

Name
(Please Print)

Address

..... Telephone

Enclosed is a cheque (\$12.00) payable to Later Life Learning Lecture Series (dated May 1, 1982)

In case of emergency please contact
(Name) (Telephone)

GOODWILL

This Committee is one of our most active groups. Do report any cases of sickness to them. Call Laura Schissler or any member of her Committee. They are doing a great job!

MAY BREAKFAST

Our next meeting will be on Tuesday, May 4th at the Royal York Hotel. The food and company will be great. Make up your own group and join your friends.

Jot May 4th on your calendar now and come out to hear Duncan Green former Director of Education.

See separate notice for details.

A LITTLE HISTORY

John Ball was the first Chairman of the Social/Activities group now called Club 16. He gave many years of dedicated work to the Club and still does. (Thanks John!)

Molly Moore,
President

Mary Thomas,
Communications

IN MEMORIAM

Catherine Docter
Duncan MacDonald
Olive McQueen
Marion A. Tyrrell (First Secretary-
Treasurer of
Provincial S.T.O.)

Ethel Wright