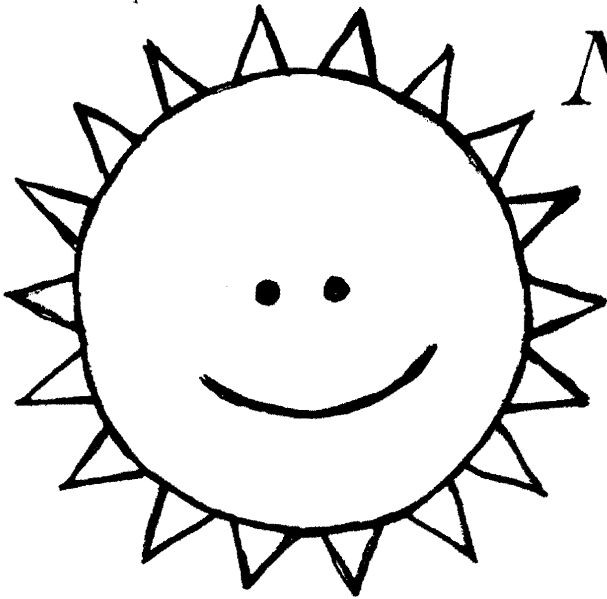


# Superannuated Teachers of Ontario

District 16 City of Toronto

## Newsletter

April 1984



TO ALL MEMBERS OF DISTRICT 16

### An April Morning

Once more in misted April  
The world is growing green.  
Along the winding river  
The plumey willows lean."

Bliss Carman

Greetings and salutations!  
The robins are back. The sun has  
returned. It's time to get back

to basics - fertilizers, seeds, topsoil and growing beans.

### TO BRING YOU UP-TO-DATE

The winter meeting was held February 8th at the Education Centre. Our President, Harold Dean, extended a warm welcome to all our members but especially our new retirees. It was good to see so many members out to welcome Mr. D. McArthur, the new Director of the Ontario Teachers' Superannuation Commission.

### CHANGES IN SUPERANNUATION

Bill 148 - the revised Teachers' Superannuation Act contains some clauses that will affect S.T.O. members.

1. Allowances (superannuation and disability) are paid as from September 1, 1984.
2. But are paid to retirees as of May 31, 1982 (?)
3. Basis of computation will now be 5 years instead of 7 years (born too soon)
4. A survivor's allowance is now payable on remarriage.
5. From September 1984, current teachers will pay an increase of .9% of salary to the Superannuation Fund.

### THE 26TH SENATE

Will be held Tuesday, May 15th. News of the proceedings will be in the Fall Newsletter.

### HOWLERS

"Dear school - Peter has boils you know where - Please excuse."  
"Chris can't come to school. He has a acre in his side. (Hectare would be funnier?)"

FROM THE MEMBERSHIP CONVENER - MOLLY MOORE

As I receive your membership forms, many of you write messages on them which indicate the close bond that exists in our organization. I would like to pass on these messages to you.

KUDOS to Elizabeth Patterson and the Goodwill Committee -  
 From Ethel McKay - "Having been confined to my home for the past 2½ years, I have appreciated the visits and cards from your group."  
 From Blanche Macklin with apologies for late enrolment - "Have been forgetful I guess and am among your oldest members having celebrated my 91st birthday last October 28th. I have, through the years, received lovely cards and messages and I wish to thank all, through you, for their kindness."

Other messages which indicate that desire to belong -  
 "Am unable to attend meetings because of my wife's illness."  
 "Have moved out of town but still wish to get all the news."  
 And from all the ones who were in China, Australia, cottages, Europe etc. etc. or just forgetful in October and November.  
 "Sorry to be late - thanks for the reminder - and no penalty."

As of March 1, our membership totals 626 including 26 new retirees. If you have any questions about District 16 (Toronto) or Club 16 don't hesitate to call any member of the Executive (see your January mailing for numbers). We shall do our best to answer your questions or refer you to the Commission if we cannot do so.

Hope to see you at the May Breakfast at the Royal York.

BARGAINS

One of our members called re the possibility of publishing a small list of bargains and discounts for bulk buying from wholesalers. Perhaps 3 or 4 members of District 16 would be interested in working on such a service for our Club. It would entail phoning and compiling information the week before our Fall Newsletter goes out. Anyone interested?

CENTRE FOR RESEARCH IN HUMAN DEVELOPMENT (Erindale Campus, U. of T.)

Studies of Age Differences in attention and memory have been conducted since 1977 to develop theories on "how memory works". 400 Senior Citizens from Mississauga have participated. Anyone over 60, interested, please call Lily Moysiuk at 828-5447.

**Your morning smile**

The Lord's Prayer contains 56 words, the Ten Commandments 297 and a U.S. Government order setting out the price of cabbage 29,111.

DID YOU KNOW?

What are Wandering Spirit, Contact, Inglenook, S.E.E.D., and S.O.L.E.?

Answer - Toronto Public Schools  
 (Alternative that is!)

SENATE RESOLUTION

The provincial executive on behalf of the Health Services Committee be asked to communicate with the Minister of Health to request that extra billing of senior citizens by doctors not be allowed.

## THE DOCTOR GAME



by W. Gifford-Jones, M.D.

# Salt is ally of hypertension

Doctors should tell Canadians the truth about hypertension. Some doctors say they don't know the cause of hypertension. The culprit is salt, far outweighing stress, obesity and a sedentary lifestyle.

Salt is composed of sodium chloride and sodium is the culprit. The human body needs 200 mgs. of sodium a day.

We consume an average of 12,000 mgs. a day.

Excess salt retains water causing tissues to expand, squeezing blood vessels and increasing blood pressure.

How do we get so much sodium? (Most of it unwittingly.)

The major source, commercially prepared foods, disguise or do not list salt contents.

One popular hamburger contains 500 mg. of sodium.

Frozen peas contain 100 times as much sodium as fresh peas.

Canned peas contain 200 times as much as fresh peas.

Two slices of white bread contain more sodium than an ounce of salty potato chips.

An ounce of corn flakes has twice as much sodium as an ounce of salted peanuts.

3½ oz. of pretzels - 7,800 mg. of sodium; bacon - 2,555 mg.;

dill pickles - 4,000 mg.; regular soy sauce - 6,082 mg.; green

olives - 2,400 mg.; processed cheese - 1,421 mg.; canned soup and powders - over 1,000 mg. of sodium.

### WHAT TO DO THEN?

Remove the salt shaker from the table. Use less salt in cooking.

Avoid salted peanuts, pretzels and potato chips.

Avoid products that list salt or sodium additives near the top.

Eat fresh produce.

Bon appetit!

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### CLUB 16

Hope you took advantage of the great programs offered by our Social Club 16. Jean Watson and her leaders offer Bridge, Needlecraft, Socials, Local History and Travel. No club offers more.

A warm welcome awaits you at St. Margaret's Church on Avenue Rd. north of Eglinton, on the first Monday of each month. The May Social will be May 7th at 1.30 p.m. Don't forget to reserve your place for the Day trip to Heritage Farm on May 30th.

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### FOR NEW RETIREES

Remember your teaching affiliate reimburses you for payment of the first year S.T.O. membership fee. Apply to your affiliate.

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### BIRD EMBLEMS

B.C.- No strike Logroller

Quebec - Fleur-de-lis Oiseau (No English translation)

GOODWILL COMMITTEE

This is one of our most active committees. Elizabeth Patterson, who heads this committee needs more volunteers especially men to phone, visit and write to our members who are ill or in need of support. Do offer your help to Elizabeth (231-7460).

|                      |                           |
|----------------------|---------------------------|
| <u>MAY BREAKFAST</u> |                           |
| Date -               | Tuesday, May 8, 1984      |
| Time -               | 9.00 a.m.                 |
| Place -              | Royal York Hotel          |
| Speaker -            | Rev. Canon George Young   |
|                      | Make up a party and come. |
|                      | Bring a new member.       |

VOLUNTEERING

Are you interested? Here is a worthy cause.

Meals on Wheels - St. Luke's Church, Sherbourne and Carlton  
Time - 11.00 a.m. to 12.15 noon  
Drivers and runners are needed  
Delivery of 8 - 12 meals  
Monday, Tuesday, Wednesday, Thursday  
Call Jean Mautner, 924-9619

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Have a good summer. See you in the fall.

President  
Harold Dean

Newsletter  
Mary Thomas

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IN MEMORIAM

Henry Armstrong  
Lucy Dickson  
Harold Footitt  
Mabel E. Gillespie  
Frances Harrison  
Esther E. Jamieson  
Gladys Kitney  
Eva Love

Clara Lyons  
Ruth Marlow  
Bessie McLellan  
Grace Morton  
Maude O'Reilly  
Muriel Paren  
Ruth Reynolds  
Margaret Sweetlove

Margaret E. Wright