

STO/ERO

16

SUPERANNUATED TEACHERS OF ONTARIO  
Les Enseignants Retraites de L'Ontario

DISTRICT 16  
CITY OF TORONTO

President: Arlene Freeman 630-3672

Newsletter Editor: Ruth Lindsay 491-9947

March 1996

### PRESIDENT'S MESSAGE

**Greetings!** The February deep freeze that we experienced only served as a blanket for the chill that has been spread over us by the now infamous **Bill 26 "The Omnibus Bill"**. According to the Provincial Executive they are: "...certain that members of S.T.O./E.R.O. understand that Bill 26 in its current form" (i.e., just prior to legislation) "will have a profound negative impact on seniors." **What can YOU do?...write your MPP** in an attempt to convince the government to change Bill 26 so that it helps (not hurts!).

Briefly, the issues which concern us are:

- ...Local Municipalities Given Greater Powers to Tax
- ...Local Health Services and Hospitals Threatened
- ...Public Service Pension Plans Amended Retroactively  
(Is the Teachers' Pension Plan Next?)
- ...Right to Confidentiality re Health and Other Personal Information Removed
- ...Changes to Ontario Drug Plan for Seniors

Winter is almost over (I'm writing this in February) and we are looking forward to the signs of spring: the snowbirds (and the winged ones!) returning, the anticipation of walking outdoors, gardening, golfing and other simple pleasures such as sitting outside with that early morning "cuppa" and the newspaper. Hope springs eternal!

**Keep well! Keep informed! Keep in touch!**

**Arlene S. Freeman**

### DATES TO REMEMBER

- April 11, 1996 - Executive Meeting
- April 17, 1996 - Special Meeting: Metro Consumers for  
Community-Based and Long Term Care
- May 2, 1996 - Spring Luncheon
- May 9, 1996 - Executive Meeting
- June 6, 1996 - Next Newsletter Mailing
- June 13, 1996 - Executive Meeting

**FROM YOUR HEALTH REPRESENTATIVE**

**Medical Premiums as Tax Deduction**

The premiums for the three S.T.O./E.R.O. Health Plans qualify as a medical expense and are tax deductible if your total medical expenses for the year exceed 3% of net income or are in excess of the amount capped by Revenue Canada.

Medical expenses are those costs that come out of your pocket. Some examples:

- \* deductibles
- \* amounts not covered by your group plan
- \* premiums (including those paid for supplementary out-of-province/country insurance)
- \* fees paid to health professionals other than a medical doctor, e.g., naturopaths, chiropractors, therapists, Christian Science practitioners, psychologists, etc.

If you and your spouse both have taxable income, there is more advantage in the lower-income spouse claiming all the medical expenses for both. You can also include the medical expenses of your dependent children and other dependents.

Expenses don't have to fall within the calendar year. You may use any one-year period that ends some time in the calendar year 1995.

If you are able to claim the premiums for income tax purposes, the following information will enable you to calculate the total amount of premium you paid in 1995:

**Monthly Premiums - January to December 1995**

	<u>Single</u>	<u>Couple</u>	<u>Family</u>
Semi-Private Hospital	\$15.49	\$30.96	\$36.37
Extended Health Care	\$26.00	\$52.00	\$62.40
Dental	\$32.53	\$64.14	\$79.78

**Note:**

The above premiums do not include Provincial Sales Tax. The tax applicable (if any) to your province of residence should be added.

Receipts for the medical premiums are NOT necessary. When claiming these premiums you should **attach a note to your income tax return indicating that the plans are underwritten by the Maritime Life Assurance Company and quoting the policy numbers of the plans in which you are enrolled: i.e., Semi-Private Hospital #983429; Extended Health Care #983430; Dental #983431.**

Receipts for all other medical claims are necessary. It is wise to keep copies of all your receipts.

For more Health Information please see page 4 of the Winter 1995/96 S.T.O./E.R.O. Newsletter/Bulletin.

**MEMBERSHIP**

Welcome to more 1995 Retirees:

**Maxine Goldberg, David Legget, Ken Moores, Sandra Robson and  
Anne Cecilia Vizintin.**

We now have 1,196 members.

**CLUB SIXTEEN BULLETIN**

All functions take place at St. Margaret's Anglican Church at the corner of Avenue Road and Burnaby Blvd., one block north of Eglinton Avenue West. Monthly Socials and Travelogues will take place in the large room upstairs.

**APRIL 1996**

**MONTHLY SOCIAL**

Apr. 1 - Monday - 1:30 pm                      Convenor: John Terry - 444-9656  
"China - A Modern Perspective" - Frances Chambers

**BRIDGE**    Apr. 2, 16, 30 - Tuesdays - 1:30 pm              Convenor: John Lane - 486-0697

**CRAFTS**    Apr. 23 - Tuesday - 1:30 pm                      Convenor: Nell Godfrey - 695-3408

**TRAVEL**    Apr. 24 - Wednesday - 1:30 pm                      Convenor: Val Fiedler - 510-1861  
"Hiking & Sightseeing in Britain" presented by Norman Day

**MAY 1996**

**MONTHLY SOCIAL**

May 6 - Monday - 1:30 pm                      Convenor: John Terry - 444-9656  
"Powers of Attorney for Property & Personal Care" - Ted Mills

**BRIDGE**    May 7, 21 - Tuesdays - 1:30 pm                      Convenor: John Lane - 486-0697

**CRAFTS**    May 28 - Tuesday - 1:30 pm                      Convenor: Nell Godfrey - 695-3408

**TRAVEL**    May 22 - Wednesday - 1:30 pm                      Convenor: Val Fiedler - 510-1861  
"Transportation in Britain - Canals, Trams, etc." - Brian Jarvis

Anyone wishing to present a programme for our October '96 - May '97 season please call Val Fiedler (416) 510-1861. Thank you to those who gave our varied and delightful shows this year.

**TORONTO NORMAL SCHOOL  
50TH ANNIVERSARY REUNION  
CLASS OF 1946-47**

**DATE:    OCTOBER 19, 1996**

**LOCATION:    TORONTO AREA**

**PLEASE CONTACT:**

Beth (Knowles) Langford    - Tel: (416) 223-3050 / Fax: (905) 799-1454  
Eldred Cook                      - Tel & Fax: (905) 270-5597  
Mike Lennox                      - Tel: (416) 621-6797  
Don Holmes                      - Tel: (416) 265-4551  
Don Chambers                    - Tel: (905) 889-9274

## ANNE FRASER

**Aunt Nan, Miss Fraser, Anne with an "e", and The Cookie Lady** are some of the names given to this most gracious lady.



Anne comes from a close-knit Scottish family. Each of "**Aunt Nan's**" nieces, nephews, great nieces and great nephews, as well as many other babies, have a special hand-made blanket made with Anne's loving hands. The summer cottages in Baysville are cozy havens for Anne's family and friends.

Many of Toronto's Central Tech co-workers and students often meet with "**Miss Fraser**" for lunch or a cup of tea. Her twenty years at this large secondary school are fondly remembered because the "Home Economics" department was the hub of activity, of laughter and of caring.

"Miss Fraser" was principal of Eastdale Vocational School for girls. Her school reflected a homey atmosphere where students learned to respect the staff members and each other. Again, Miss Fraser's office was a hub of activity, of laughter and of caring.

"**Anne with an 'e'**" was a Co-ordinator in the Special Education office of the Toronto Board. She was responsible for the secondary programs in hospitals, and classes for physically handicapped students and those with high risk medical conditions. She has continued her interest in these young people by spending two or three days a week

working as a volunteer at Bloorview Children's Hospital as well as Hillcrest Rehabilitation Centre. In her spare time she drives friends to appointments, lunch or theatre, a trip to Stratford, Niagara-on-the-Lake or other cultural centres in southern Ontario.

"**The Cookie Lady**" is the S.T.O./E.R.O. name for Anne. she not only plans the lunches for District 16 functions, but she also prepares the coffee/tea and cookie trays for all our Executive meetings, our Mailing days and Club Sixteen activities. Anne arrives at St. Margaret's Church long before these meetings start, has the kettles boiling and greets people as they arrive. She is the primary provider of the warm hospitality that sets the stage for all the District 16 S.T.O./E.R.O. activities.

**We thank you, Anne, for your warmth, your help and your friendship.**

**Submitted by: Betty Chandorkar**

## POINTS TO PONDER

***The man who says it cannot be done is often interrupted by someone who is doing it.***

***Faith can move mountains, Doubt can create them.***

**HEAR YE! HEAR YE!**

**Come out and enjoy a lively musical evening with your friends and former colleagues.**

**THE TORONTO CHORISTERS**

Their **Fourth Annual Concert** will be presented:

**Wednesday, May 8, 1996**

**7:30 p.m.**

**Rosedale Heights Secondary School  
711 Bloor Street East  
(opposite Castle Frank subway station)**

**Parking: On school grounds**

**Admission: \$7.00, includes refreshments**

**Tickets: Available at the door or from the Members of the Choir**

**For further information, contact Director Jim Maben at (416) 255-4193**

**Come walk with us...**

**FIRST ANNUAL S.T.O./E.R.O. SPRING HIKE**

Here is an opportunity to accommodate all the people who, over the years, have requested that you "take a hike".

**Wednesday, May 1, 1996**

**Crawford Lake Conservation Area  
(approximately 60k from Toronto)**

- Details:**
- 1) Meet at Yorkdale at 10:00 am. We will car pool from there.**
  - 2) Bring water, lunch, a hat, and bug repellent.  
Wear sturdy shoes (see\*), and dress for the weather.**
  - 3) Hike will take about 2 hours, not including the lunch break.**

**Route:** Our trek takes us over a segment of the Bruce Trail. The varying terrain includes an elevated boardwalk around Crawford Lake, natural earthen hard-packed trails through woodlands, meadows, and a pine plantation; past lush wetlands, ending with an optional rocky trail along the brow of the Niagara Escarpment, affording a spectacular vista of the Nassagaweya Canyon.

**Fee:** \$3.75 and \$2.00 for seniors.

**To Register:** Please call Art Bussey (416) 487-9271 before April 15.  
Final arrangements will be provided prior to hike date.

\* Those wishing to take the optional route must wear hiking boots and use a knapsack.

OF CONCERN TO US WHO LIVE IN METRO

S.T.O./E.R.O. District 16  
invites you to a workshop on  
**LONG-TERM CARE SERVICES IN THE COMMUNITY**

NETWORK GOALS

1. To actively promote the involvement of Metro Toronto consumers in planning and governance of community-based long-term care.
2. To communicate with consumers and the general public about community-based long-term care issues.
3. To bring concerns and recommendations to government regarding quality of community-based long-term care and to influence the direction of long-term care policy and legislation.

**APRIL 17, 1996**

**9:30 am - 11:30 am**  
**(Refreshments at 9:30/Workshop at 10:00)**

**6th Floor - Auditorium**  
**Toronto Board of Education**  
**155 College Street**

VOLUNTEERS NEEDED

**Toronto Board of Education**  
**Clothing Exchange**  
**at**  
**Ursula Franklin Academy**  
**(previously Brockton High School - Dufferin St./Bloor St.)**

**Needed: 2 adults 1 day a week 1:30-4:30 pm May and June**  
**Responsibility: Supervise two secondary school-age students at the clothing exchange.**  
**Contact: Sandy Best (416) 363-2813 (messages will be recorded)**

IN MEMORIAM

S.T.O./E.R.O. District 16 extends condolences to families, friends and colleagues of those deceased. May we, together, share in the mourning of the loss and in the celebration of service rendered.

**John Russell Ball**  
**Martha Maud (Mattie) Clarke**  
**Arthur H. Edwards**

**Ernest E. Maynard**  
**Jean McGregor McDonald**  
**Marlene (Marly) Risk**