
After School

armchapter12.org

Volume 19, Issue 2, May 1, 2017



Ontario Clean Air Alliance Outreach Director Angela Bischoff outlines the dangers of Pickering Nuclear station

Photo by Neil Walker

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Editorial Chatter

Manfred Netzel leads off in this issue with a consideration of ethics in public life.

Our recent presentation, in Toronto's west end (Six Points), considered Alzheimer's disease and other forms of dementia. Jade Mance of the Alzheimer Society taught us about the signs of approaching dementia, the ways of avoiding dementia and the supports available for afflicted individuals and their families.

On February 15, Angela Bischoff of the Ontario Clean Air Alliance gave us the evidence against extending the lifespan of the Pickering nuclear station. Not only did she present the evidence of both the outrageous cost of nuclear power generation, but also its long-term effect on health.

The editor had to do a mea culpa for cutting Karma Naik out of a picture; the story appears on page 8.

Jim Loftus tells us of the success of ARM's sporting events: golf tournaments, golf school, and curling bonspiels.

With photos of the winners and a photo of a presentation to one of our sponsors, he shows us the spirit of friendly competition.

Allan Hux takes us on a gastronomic tour of the Factory Girl gastro pub in Toronto's east end, Broadview and Danforth to be exact. He and his spouse enjoyed the food and drink and he is planning a second visit with any ARM members who wish to accompany him on May 26.

Michelle Barraclough, traveller, writer and photographer, tells us of and shows us the beauty of Antigua, Guatemala, and Mexico. A great story and beautiful photos.

David Schreiber's review of *Heisenberg's War* tells us of the scientist who may have been working on an atomic bomb for Germany in World War Two. Werner Heisenberg may have been working on the bomb, or working out how not to make the A-bomb. The review tells us of a fascinating tale.

You Are Invited

***After School* needs articles, photographs, drawings, poems, other works of art, opinions**

Please feel free to share your ideas, art, and experiences with other ARM Chapter 12 members.

Submit your work to editor Neil Walker, nwal.42@gmail.com

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After School **Volume 19, Issue 2, May, 2017**

After School is the official publication of Active Retired Members of the Ontario Secondary School Teachers' Federation, Chapter 12 Toronto (ARM C12)

Opinions expressed in *After School* are those of the author and do not necessarily reflect the policies of ARM Chapter 12 or of the Ontario Secondary School Teachers' Federation.

Submissions are always welcome but will not be returned. All submissions are subject to editing for length and style while respecting the author's intentions.

Editorial Team: Michelle Barraclough, Larry French, Allan Hux, Jim Mile, Manfred Netzel, Ed Preston, Paul Rook, David Schreiber, Neil Walker

Newsletter Contact Information

nwal.42@gmail.com

Calendar

Wednesday, May 3, 2017. TVO Host Steve Paikin talks about Ontario politics. He will present highlights from his two books, *Bill Davis, Nation Builder, Not So Bland After All* and *Paikin and The Premiers*. Copies of the books may be purchased at \$40 and \$20 respectively. Registration 10:00 am. Presentation 10:30 am. Luncheon, \$20. Latvian Centre, Credit Union Drive. Call Jim Loftus to confirm attendance, 416-447-0811.

Wednesday, May 17, 2017. OTIP Information Workshop. Registration 10:00 am. Presentation 10:30 am. Luncheon provided. 60 Mobile Drive. Lower Level – Erie Room. Call Jim Loftus to confirm attendance, 416-447-0811.

Wednesday, May 24, 2017, ARM's Annual Spring Golf Tournament, on the Challenge Course, Rolling Hills, Warden Ave, north of Stouffville Road, Gormley. Registration at 10:00 a.m. Shotgun Tee-Off at 10:00 am. \$70 fee includes 18 holes of golf, cart for two, BBQ luncheon of chicken, salads, vegetable plate, assorted cookies, coffee or tea, taxes, gratuities and prizes. Proceeds of a 50/50 raffle and a silent auction are donated to the Swing For Kids children's charity. Send \$70 per golfer, by cheque, to Jim Loftus, 301-7 Roanoke Rd. Toronto, ON, M3A 1E3. Cheques should be mailed by May 19, 2017 and made payable to ARM Chapter 12. Call Jim Loftus for additional information at 416-447-0811.

Wednesday, May 31, 2017, ARM Chapter 12 Annual General Meeting, 60 Mobile Drive, Lower Level, Erie Room. Guest Speaker Gail Nyberg, Executive Director of the Daily Bread Food Bank will address the issue of poverty in Toronto and what we need to do to address this problem.

Call Jim Loftus to confirm attendance, 416-447-0811.
ARM Chapter 12 Stratford Festival Trip Wednesday, June 28, 2017 has been cancelled. Organizer Karma Naike writes:

An Apology

As the organizer of Chapter 12's annual Stratford Shakespeare Festival Theatre Trip, I regret having to announce the cancellation of the June 28, '17 trip. I appreciate the wonderful members and friends who have participated over the past 16 years, friends and acquaintances enjoying spectacular performances, and the togetherness of folks at lunch, and on a quaint town outing.

I want to specially thank the members who signed up for this year's event so far, eager responses. However for different reasons the number is low and so is my projection. It would be too costly for C12 to sponsor an undersubscribed trip.

And because we've had memorable times at the unique Stratford theatre experience, I hope we do it again.

Out of Town Events

Chapter 9 (Greater Essex-Windsor)

April 26 Transition to Retirement Workshop 4:45 - 7 pm OSSTF D9 Office 547 Victoria Ave., Windsor. Contact: Jacques Aharonian (519) 948-7570 x234 or armchapter9@outlook.com

May 5, June 2 & First Friday Breakfast Breakfast starts @ 9 am Lumberjack Restaurant 475 Tecumseh Rd E, Contact: same as above

June 9 Chapter Annual General Meeting @ 10 am OSSTF D9 Office 547 Victoria Ave., Windsor (There will be a free pizza lunch afterwards) Contact: same as above

Chapter 11 (Thames Valley)

April 26 Chapter Annual General Meeting @ 10 am Best Western Lamplighter Hotel & Conference Centre 591 Wellington Rd, London (Guest speaker and there will be a free lunch buffet afterwards) Contact: Mary Lou Cunningham (President) armpresident@osstf11.com

Chapter 13/ 16 (Durham/York)

June 7 Inaugural Chapter Annual General Meeting @ 4 pm Stouffville District HS 801 Hoover Park Dr, Stouffville (Help launch a new ARM Chapter into action!) Contacts: Cyndie Jacobs (cyndiejacobs1@gmail.com) or Colleen Ireland (colleen.rireland@gmail.com)

Chapter 18/21 (Upper Grand / Hamilton-Wentworth)

May 23 Hamilton Cemetery Tour & Luncheon @ 10:30 am Meet @ Hamilton Cemetery 777 York Blvd. (near Dundurn Castle), Hamilton. (Lunch is planned nearby afterwards) Contact: Milt Payne (President) milt_payne@hotmail.com

June 18 Annual Chapter Spring Social @ 12 noon Burangas Restaurant on the Beach 380 Van Wagens Beach Rd., Hamilton Contact: same as above

Chapter 22 (Niagara)

May 10 Chapter Annual General Meeting @ 10 am OSSTF D.22 Office 1877 Merrittville Hwy, RR1 Font Hill Contact: Ray Marshall (President) rmarshall23@gmail.com

May 16 Chapter Monthly Breakfast @ 9:30 Angel's Diner 395 Ontario St., St. Catherines. Contact: same as above

June 20 Chapter Monthly Breakfast @ 9:30 Pelham Street Grille 1507 Pelham St., Font Hill. Contact: same as above

Chapter 29 (Prince Edward-Hastings)

May. Regular breakfast meeting.

June 15 Canada 150 Picnic @ Sugarbush Winery in Prince Edward County. Details still to be finalized. Contact Jim Stewart (President), armdistrict29@gmail.com

In Search of the Ethical

Personal and public actions speak of the loss of ethical judgment

BY MANFRED NETZEL, PRESIDENT, ARM CHAPTER 12

Recently, I have been appalled by the numerous examples of blatant unethical (even mendacious) statements and behaviour by local, national and international political leaders reported in the electronic and print media. To begin, I checked the actual meaning of the word “ethical” in my own dictionary, and came up with the following:

ethical adj.: of, or relating to, or in accordance with accepted standards of conduct and the determinants of moral codes to evaluate right and wrong, especially as they relate to a profession or position of public trust.

The dictionary went on to describe the name of a movement known as Ethical Culture founded in New York in 1876, whose members stress to this day the inviolability of both human personality and the relation of human to human as the essential human problem. So, how have our leaders in Toronto, Ontario, Canada and the world that we elect or appoint strayed so profoundly off the moral and righteous path in the 21st century?

Of course, such behaviour is not limited to just our political elites, but rather can be witnessed or personally experienced in everyday situations. My own example could be the neighbour whose vehicle’s rear license plate mysteriously has only one letter clearly faded to the point of illegibility – targeted wear and tear to avoid any camera detection or scanning for electronic tracking on tolled highways, surely not! The common tales of increased fare evasion by unscrupulous TTC users has only increased with faulty PRESTO technology and the progressive-minded expansion of free fares for children truly under the age of twelve. Of course, these are relatively minor examples when compared to the often egregious acts by local, national and international politicians and persons in positions of public trust as the dictionary defines. Let me just address a few cases of such unethical actions, as compared to others who have made great personal sacrifice in order to remain ethical and principled.

Needless to say, the most obvious example of ongoing unprincipled (even outright lying) behaviour resides in the American White House. As Donald Trump approaches the first 100 days of his presidency, his recent flurry of policy reversals about Syrian military intervention, vilification of China, disrespect of NATO, opposition to US low interest rates and raising the national debt, while also muting harsh criticism of NAFTA and the tense relationship with Mexico. Of course, any or all of these current positions could change again since Trumpian pragmatism is always unpredictable and, as some insiders claim, is based on the last person or TV news show that the President has witnessed at the end of each workday, as weekends seem to be reserved for rounds of

golf in Florida.

By comparison, we can see principled behaviour by Americans such as Senator Bernie Sanders, the state Attorneys-General in six US states who challenged the two failed attempts by the administration to invoke a Muslim travel ban, and even the four sitting Republican governors who openly rallied against the repeal of Obamacare despite great pressure from the White House not to do so.

The recent decisions and actions by political leaders in our own country have also caused me and many others great distress and cynicism due to a real and perceived lack of ethics. There has already been much disbelief about the unilateral decision made by the prime minister to abandon the clear and repeated election pronouncement during the 2015 federal election that the current 19th century-based voting system would be reformed and its replacement implemented in time for the 2019 election. It did not help that the all-party parliamentary committee took almost a year to develop, study and complete a set of recommendations, presented to a rookie and over-whelmed minister who then openly rejected their work and was followed by the PM’s formal rejection in February along with a another new ministerial assignment.

About the same time, Canada refused to participate in a UN initiative involving over 120 other member nations to renew the effort to limit and seek eventual global nuclear disarmament, claiming that it contravened the mandate of NATO membership. However, the Netherlands (also a NATO member) had no similar concerns and thus is a willing participant of the UN initiative. Let’s hope that this overt disagreement over future nuclear proliferation will not play into the hands of the erratic leader of North Korea.

Lastly, the very recent bestowing of a rare honorary Canadian Citizenship upon the courageous and principled teenager Malala Yousafzai has raised expectations for Canada to actively promote the cause of female equality and greater opportunities for female education as Trudeau acts in the capacity of G-7 president in 2018. Whether adequate funding will be available to meet Canada’s obligations to this cause might be questionable after the 2017 Liberal budget did not include predicted measures such as raising the capital gains tax or closing the stock option loophole which allows high income earners to avoid paying some income tax by receiving part of their salary in company stocks. In the words of former NDP leader Ed Broadbent, another principled Canadian, Trudeau and his finance minister, Bill Morneau simply chickened out. Should the aggressive Trump Administration’s policy of pressuring its NATO allies to

increase their military spending to the expected 2 per cent of national GDP continue, the likelihood of Ottawa in future also having enough social spending resources becomes even more doubtful.

In Ontario, we are currently politically blessed with a very unpopular majority Liberal government that is desperately developing policies and making ongoing funding decisions so as to have a real chance at re-election next year. Unfortunately, the recent announcements to increase educational funding by 4 per cent (double the rate of inflation), extend teachers' and other educational workers' contracts until 2019, and reduce hydro-electric bills for consumers and small businesses by imposing tax and energy delivery cost cuts while continuing the folly of long-term nuclear plant refurbishments are clearly and unethically motivated by short-term political gain and continued Liberal governance. At the same time, the ongoing partial selling-off of public assets like Ontario One (Ontario Hydro before 1995) and Ontera (a Crown telecom company which provides local and long distance telephone, data and Internet service throughout northeastern Ontario) has only offered the treasury one-time revenue injections at the expense of long-term energy and communications security and more stable consumer prices. For Toronto, the unexpected decision from Queen's Park to deny city council the power to impose road tolls on the Gardiner Expressway and DVP, in order to not displease the GTHA (905/289/705) commuter voters has further limited our city's ability to close the revenue gap for important investments in social housing, public transit and decaying infrastructure. More ethical behaviour by Premier Wynne and her government since her re-election in 2014 may have avoided the unprecedented levels of voter popularity, under 15 per cent, that she is currently facing.

When one considers the growing lack of ethical behaviour at the local level, one must look no further than the political theatrics related to the Scarborough subway debacle. Although this started under the buffoonery of former Mayor Rob Ford, it has certainly not abated under the leadership of John Tory. Despite the rhetoric used by advocates that the one-stop (6.2 km long) subway line connecting the existing Kennedy Station to the Scarborough Town Centre about its projected usage being the "busiest" in the entire TTC system, it ignores the fact according to staff studies that the \$3.35 billion project will make it the longest single-gap run with a projected ridership in the rush-hour period of just 7,400

people in the busiest direction by 2031. If true, that would be well below the minimum threshold of 15,000 riders and maximum capacity of 36,000 people. Thus, this approved extension would have a lower ridership than even the current white elephant of the TTC, the five-stop Sheppard Line 4. It has also become public that the mayor's office actively lobbied the owners of the Scarborough Town Centre to openly advocate for more support of the new subway line. So why is it still going ahead, as so vigorously lobbied for by Mayor Tory and his key ally, Scarborough Councillor Glenn De Baeremaeker? How about the upcoming 2018 municipal election with a possible mayoralty challenge from Doug Ford? What about a coming realignment of municipal ward boundaries for the 2018 election to be finalized by City Council in early June? The likely changes would see three more wards created in downtown Toronto and North York, to reflect booming population growth in these areas. Does this worry the mayor and his subway allies about losing some voting clout on City Council?

In conclusion, I hope that my opinions have stirred some awareness, if not concerns, in you the readers and members of Chapter 12. If so, then I can claim some success in my purpose. At best, I wanted to counter the view expressed by a famous historical figure, Vladimir Lenin, when he reportedly said, "an insistence on telling the truth is merely a bourgeois prejudice," while also lauding the strategic value of lies. Since this is also the last issue of *After School* before the Annual General Meeting and subsequent summer break, I want to express my deep thanks for your ongoing support and hope that you and your loved ones have a happy and healthy summertime.

In Federation,

Manfred Netzel

PS As you again peruse and enjoy this excellent issue of *After School*, I wanted to give a special recognition of our Editor's recent 75th birthday. Neil has been offering his creative and editorial skills and talents through this publication for over six years. Now it is our chance to thank him for his efforts, as well as wish him all the best in the new year of life ahead.

— MN

Didn't receive After School? Changed your address? New phone number? Forgot to renew your ARM membership for 2017?

Just call Giovanna Papatheodorou, 416-751-8300, to update your ARM Information.

“What’s Wrong with Grandpa?”

The older you are the more likely it is that you’ll develop dementia

BY JIM MILE

“He says he wants to play a game with me, then turns away and forgets. Later, he asks who I am.” I was about six years old when I questioned my Dad about Grandpa. He said Grandpa was just old and forgetful and that I shouldn’t worry about it. It seemed normal for old people. A couple of years later, he told me Grandpa was in his second childhood. Today, I believe my grandfather had dementia, probably Alzheimer’s. Now we have a name for the disease that most of us have seen in our families and it is scary. Maybe, I will get it too.

It’s certainly very possible, according to Jade Mance, Public Education Coordinator at Alzheimer Society of Toronto. She was ARM12 guest speaker at the luncheon held at the Canadiana Restaurant in Etobicoke on April 19. In fact, she says, the older you get, the more likely it is that you’ll develop dementia.

Dementia is a catch-all phrase for a series of symptoms. There are two kinds of dementia: reversible and irreversible. Reversible dementia is caused by medication, alcohol, and diet. It can be eliminated by getting rid of the causes just listed. Irreversible dementia cannot be cured; it is progressive. There are five common types, the most common is Alzheimer’s. Sixty-four per cent of dementia sufferers are over 65 years of age. The other four kinds relate to various parts of the brain and deterioration there results in inappropriate behaviour, motor (movement) problems, and memory loss, among others.

Irreversible dementia is progressive and degenerative and there is no known cure.

The cause is still uncertain but it brings about the obstruction of brain cell communication and eventual death of brain cells. The brain actually shrinks by up to about a third and holes like Swiss cheese appear where brain cells used to be.

The disease usually starts in the hippocampus, a portion of the brain which stores new memories. In sufferers this disappears first. Other parts of the brain are affected next: language, planning, judgement, spatial location, logic, vision and mobility become obvious, and finally swallowing and breathing are impaired, leading to death.

There are warning signs: the first three that often appear are increasing memory loss, struggle with familiar tasks and language difficulty.



Presenter Jade Mance tells us the facts on dementia and the supports available for its victims and their families

Mance emphasized that we should not panic if we notice that our memory is not as good as in our youth. Some memory loss as we age is normal.

We all want to know the risk factors. They include: age, family history and head injury. Some things can be done to reduce the risks: challenge your brain by new and trickier mental tasks, eat better, exercise, visit friends and finally “avoid a blow to your head”

The Alzheimer Society of Toronto (416-322-6560) produces several very helpful brochures, enlarging on the points mentioned above. They provide free counselling, education and support groups.

Science has advanced much beyond my grandpa’s second childhood label, considered common for old people. No cure yet, but there are institutions where staff understand and care for afflicted patients. Still scary, but we can do some things about this disease.

Renewable Energy vs. Nuclear Power in the Climate Era

Ontario Clean Air Alliance makes the case for closing Pickering

BY ALLAN HUX

Angela Bischoff, the Outreach Director of the Ontario Clean Air Alliance (OCAA), made a compelling and passionate presentation to ARM members at our meeting on February 15, 2017.

The OCAA was founded in 1997 by Jack Gibbons, a former Toronto Hydro commissioner, who remains the chair of the board. The OCAA is a coalition of about 90 health and environmental groups who advocated for the complete elimination of coal-fired electricity in Ontario. This took 17 years to accomplish and is a very important step forward for Ontarians. However, the battle to improve Ontario Power Generation's (OPG) environmental record and to control costs remains a real challenge.

Bischoff presented us with some key questions. How clean is nuclear energy? How safe is nuclear power? How significant is nuclear power's share of the total cost of electricity in Ontario? Does Ontario have cleaner energy options? Does Ontario have cheaper generation sources to produce or purchase electricity for Ontario homes, businesses and public institutions? Should Ontario invest the large sums of capital required to refurbish the Darlington and Bruce nuclear reactors? Should Pickering be decommissioned at the end of 2018 when its current licence expires or extended another decade as per OPG's request? Who really is promoting nuclear power and why?

Many of us believe that nuclear power is clean energy. As Canadians some of us were proud of the scientific and engineering innovations behind the Candu reactor (it's not leading in anything). Compared to coal and gas, nuclear does not contribute significantly to greenhouse gas emissions. However, as Angela reminded us, nuclear power plants do not last forever. Nuclear reactors are designed to work for 30 years. When we include the requirement to mine, refine and transport uranium and the construction and decommissioning of power plants there are collateral contributions to greenhouse gas emissions. The major issue facing Ontario today is what to do with the reactors at the Pickering nuclear station, and the waste. They were built in 1971 and their licences have already been extended several times. OPG is applying to extend them till 2028 and the Ontario Clean Air Alliance is advocating against extension on safety, economic and environmental grounds.

We are all aware of the major nuclear plant accidents at Three Mile Island, USA, Chernobyl, USSR, and Fukushima,



OCAA Outreach Director Angela Bischoff outlines why it is time to ditch the Pickering dinosaur

96 % water and Quebec that is 98% water power.

The Pickering Nuclear Station is one of the world's oldest and largest nuclear stations, and it's surrounded by 2.2 million people (within 30 km). Even if you love nuclear power, you've gotta admit that Pickering is in the wrong location. Plus as OCAA points out, it's subsidized a billion dollars a year because of its high fuel and operating costs. "Wanna lower electricity rates? Close Pickering" says Bischoff.

The Ontario Clean Air Alliance believes that Ontario has sound economic and environmental alternatives to extending Pickering's licence. Besides wind, solar and conservation, Quebec has a massive and growing surplus of water powered electrical energy which can be purchased currently for 3 cents per kilowatt hour on the spot market and 5 cents per kilowatt hour in a long term contract. Cornwall, Ontario has been purchasing their power from Quebec for years and their residential and commercial rates are much lower than those in the rest of the province. At 5 cents / kWh, Quebec

Hydro is dramatically cheaper than the 16.8 cents per kilowatt hour that OPG is requesting for its nuclear power by 2026. Furthermore, Pickering is currently dependent on natural gas back up 30 per cent of the time to maintain power output which adds to our carbon footprint. Meanwhile, opposition to wind and solar projects around the province has led to the cancellation of many renewable energy programs.

So who really is behind the push to extend the Pickering licence and to refurbish the Darlington and Bruce nuclear reactors regardless of the cost? Did you see the six page “Nuclear Power” advertising supplement published in *The Globe and Mail* on Thursday, February 23, 2017? The web diagram asks the rhetorical question, “Why are we investing so heavily in nuclear, and what’s in it for us?” Their answers are: “Global competition, Leadership opportunity, Mining, Transportation, Environmental protection, Advanced materials, Clean energy, Health care.” The supporting articles are written by scientists with Atomic Energy of Canada and Canadian Nuclear Laboratories. There are full page

ads sponsored by OPG, the International Brotherhood of Boilermakers, Iron Shipbuilders, Blacksmiths, Forgers and Helpers, and the Power Workers Union. Angela Bischoff noted the concerns of workers and unions about the potential loss of jobs. OCAA is advocating for “immediate decommissioning” of nuclear stations after shutdown rather than have them sit idle for 30 years before decommissioning, which is OPG’s plan. Immediate decommissioning is the International Best Practise and would provide a fair transition for the workers. Immediate decommissioning of Pickering would create 32,000 direct and indirect jobs.

Developing clean, sustainable, economical electricity in Ontario is a complex question. The campaign among stakeholders, interest groups and concerned citizens has started in earnest. The Ontario Clean Air Alliance invites you to review their scientific studies and reports on their website and to sign their online petition at Close-Pickering.ca. Angela Bischoff provided us with an excellent primer on the issues. Over to you, citizens of Ontario.

Wait a minute! Did you forget? You have something planned on May 31!

It is the 18th Annual General Meeting of ARM Chapter 12. You will enjoy the reports; Guest Speaker Gail Nyberg, who is Executive Director of the Daily Bread Food Bank; the elections, where people line up to serve you in the coming year; and an excellent BBQ and social following the meeting. \$30 all in. A cash bar for those so inclined.

Give Vice-president Jim Loftus a call to let us know that you are attending. 416-447-0811.



The Gang’s All Here Now

In our last issue we ran this picture of our Holiday singers without Karma Naiké, the singer on the right. Since Karma, who does so much to make the Holiday Luncheon a success, was not wearing a Santa hat, our editor mistakenly removed her from the group. Apologies all round. And yes, Karma Naiké is clearly singing with the group as they perform.

Applauding ARM'S Sporting Participants and Supporters

Golf and curling bring out the best in ARM members

BY JIM LOFTUS



Jim Loftus presents Curling Bonspiel's first prize winners' gifts to Jim Youngson, Sam Murakami and Tore Erikson



Jim Loftus presents gifts of appreciation to Educators Finance Group representatives Kola Deri and Amedeo Perfeto

ARM's Indoor Golf Training Programs, golf tournaments and curling bonspiels continue to provide excellent opportunities for ARM members, their family and friends, and ARM program supporters such as Educators Financial Group, OTIP/RAEO and Teachers Life, to participate in sporting activities.

These activities enable each participant to experience a totally holistic employment, development and enjoyment of a healthy body, mind and spirit. As well, the sporting activities challenge each participant to increase and enhance their knowledge, skills and competitiveness, to excel and, hopefully, become a winner at some level in a particular activity.

In that regard, the snapshots included herein recognize the winners and ARM supporters with Educators Financial Group, at ARM's 2017, 10-week Indoor Golf Training Program and the March 20, 2017 Curling Bonspiel. Thanks to Ernie Eason for the photos.



Jim Loftus presents the most improved golfer prize to Dick Dahl

Factory Girl

193 Danforth Avenue, Toronto, 647-352-2799 <http://www.factorygirlrestaurant.com/>

BY ALLAN HUX (416) 487.8255 OR ALLANHUX@SYMPATICO.CA

I would like to thank Neil Walker for nominating two pubs on the Danforth and I invite you to nominate your favourite pub now.

In my view there are at least eight key criteria that must be considered when reviewing a pub. These are: the brews, fare, service, location, atmosphere, design/layout/décor, price, and accessibility and I will address them in random order.

Neil Walker kindly nominated two Danforth Avenue pubs last year and I called both of them as my wife and I planned a Saturday evening dinner date. Louis Cifer is a craft brewery a little further east on the Danforth, but they didn't accept reservations for parties under six patrons and I had trouble hearing the server over the background noise of enthusiastic Toronto sports fans cheering on the Raptors and gearing up for the Leafs' playoff game. I decided to save Louis Cifer for a future visit over the lunch hour. When I called Factory Girl they were pleased to take my reservation for 7 p.m. and off we went on the subway.

Factory Girl is a pleasant walk east from the Broadview subway station along Danforth Ave. just past The Danforth Music Hall. It turns out that the name of the pub comes from a Rolling Stones song when the current management took over the establishment from The Willow seven years ago. There apparently is no link to the Danforth's working class past. Pop culture reigns.

There are a number of pubs and restaurants along this section of the Danforth and some people were sitting outside sipping their drinks, chatting and watching people. Factory Girl also has an outdoor sitting area but we opted for indoors on this April evening. In addition to the sidewalk seating, Factory Girl has four indoor sitting areas and in warmer weather a rear outdoor patio. The pub is a narrow building, but the four areas are pleasant and intimate and help break up the sound. The front area has tables for two and a number of these can be combined to accommodate parties of up to eight patrons. Unfortunately, this is the only area that is wheelchair accessible as the next areas are down two steps and of course the washrooms in these older buildings are in the basement down thirteen stairs in this case. The second area includes the bar with stools, two TVs and six booths. Past the kitchen area is another larger sitting room with tables and a back party room that a family had reserved for a get together. We sat at a booth in the bar area where we could see the TVs but didn't have to listen to them as the house policy is to show the games with the volume off. This is unique in my experience and very considerate for people who actually plan to have a conversation over dinner.



The selection of spirits, wines and beers is very extensive. Many of the wines are available only in bottles, but the choice from different countries is decent. There is a range of craft and imported brews and so we decided to experiment with one imported and one local craft beer. The 20 oz. Canadian Cameron draft was great and cost \$7.45. The imported 20 oz. King Ludwig Belgian brew was excellent and called for a second at \$9.03 per glass. This was the first time I ventured to try an imported beer on my pub tours and I highly recommend King Ludwig.

There is a wide range of fare to choose from including salads, sandwiches, special pizzas, and entrees. Denise ordered the large grilled, eggplant sandwich with the Factory salad which was delicious. For vegetarians this is an attractive option. I was intrigued by the spinach salad and a sandwich to go with my beers so I explained my onion allergy to our server. She said that they could prepare the pulled pork sandwich and the spinach salad, which was a substitute for the regular side salad, onion free. I also ordered the sweet potato fries since I really like them and not all pubs or restaurants offer them. I highly recommend the pulled pork sandwich with its delicious, mild sauce and of course it was piled high with shredded white cheddar cheese. One caveat is that the prices are on the higher side of the spectrum with the pulled pork sandwich and separate spinach salad costing \$18.09 and the grilled eggplant with the special Factory salad \$23.00. The spinach salad with feta cheese, almonds and dressing is outstanding. I will return to Factory Girl for this feature along with a brew or two when ARM members gather there on Friday, May 26 at 1 p.m.. Email or call Allan to confirm your attendance so that we can reserve seating. Please join us.



Four important steps for hiring a renovation contractor



Do you have a renovation project on your to-do list this summer? If you are going to hire a contractor to help you complete it, there are a

few important steps you need to take.

Most of us have heard a contractor horror story through a friend, family member, or have seen it on a home improvement show. Many things could go wrong. Whether it's work not performed to code, not meeting your desired specifications, unexpected delays, or costs going way over budget, home renovations can be a stressful endeavour.

A survey by the Canadian Mortgage and Housing Corporation reports that of the 40 percent of Canadian households who renovate their home, about three quarters hire a contractor. Here are four important tips before you do:

1. Ask for referrals: Know someone who reno-

vated their home? Ask them to refer contractors that they've used and had great success with – especially on similar projects.

2. Look for consistency and permanence: The ideal service provider would have a physical business office and has been in business for a number of years under the same name.

3. Do a legal check: Ensure contractors are licensed by your province and that they have the proper insurance – meaning they are covered if they are injured during the project.

4. Notify your insurer: Contact your insurance broker to discuss whether the renovations will require an adjustment to your home policy.

OTIP is here to answer any of your questions; give us a call today at 1-800-267-6847.

A Teachable Moment

A not so usual winter escape – teaching, learning and travel

BY MICHELLE BARRACLOUGH

It is the time of the year when anyone who can escape to the warmer climes, does. Canadians with a view for adventure tend to visit places like Guatemala and Mexico. Each country has its own merits and drawbacks, but for my money the Latin American people are the biggest draw. They have warm hearts and a friendly disposition and welcome strangers to their land.

My annual trek to Guatemala was enlivened by an after school project, working with junior high students who were part of “Creating Opportunities for Guatemalans.” Vickie Horsfield, a Canadian, has started this project in a small village close to Antigua, Guatemala. The students are generally indigenous children who have an ambition to succeed. There are boys and girls, some healthy, others with serious diseases such as haemophilia, but all are wonderful.

Normally, my winter vacation is rest and relaxation. I have friends in Antigua, so lunches, dinners and entertainment are definitely part of the picture. But, this year, I found an organisation where I could make a small contribution to the local population. The local indigenous Mayan population do



La Merced in Antigua



Jacaranda tree in bloom in Antigua

not have the same access to education as their city siblings. I had five weeks to present a science topic in English. So I chose composting with worms, vermicomposting. This topic

had its challenges. The first one, was getting red wiggler worms, or as I learned, *los lombrizes rojos*. Facebook provided an answer as I posted the request and a generous man responded by giving me worms. I was so excited that I told my taxi driver that we were picking up worms. He couldn't quite understand, why I would go out of my way to pick up these particular worms. So I embraced the challenge and explained, in Spanish, what I was using them for. Or at least I thought I did. I have learned, that in any foreign language, what you think you are saying and what you are actually saying, are not necessarily the same thing. The kids as well, were a bit suspicious of my worms and approached with caution. However, once we had our feedings and had worked with them for awhile they got their hands well into it. In fact, a rivalry developed between the two groups as to how many eggs there were in each bottle. And an official count was demanded on the final day.

Once my five weeks had been completed, we had a bit of a celebration where the kids insisted on putting the candles on



Museum of Popular Art in Mexico City

the cake and they all blew out the candles. I found out that as these kids come from families of 10 or 11 or so, they did not have birthday parties. This opportunity presented itself and they were going to enjoy it.

Antigua itself is a UNESCO heritage site, so we have cobbled stone streets, ruined churches, abbeys and convents. Surrounded by volcanoes, one of which, Fuego, was extremely active and watching it, by itself, was an evening's entertainment. This time of year, the jacarandas were blooming in Antigua. So this beautiful purple flower crowning numbers of trees all over Central America and Mexico, made a very strong impression on me.

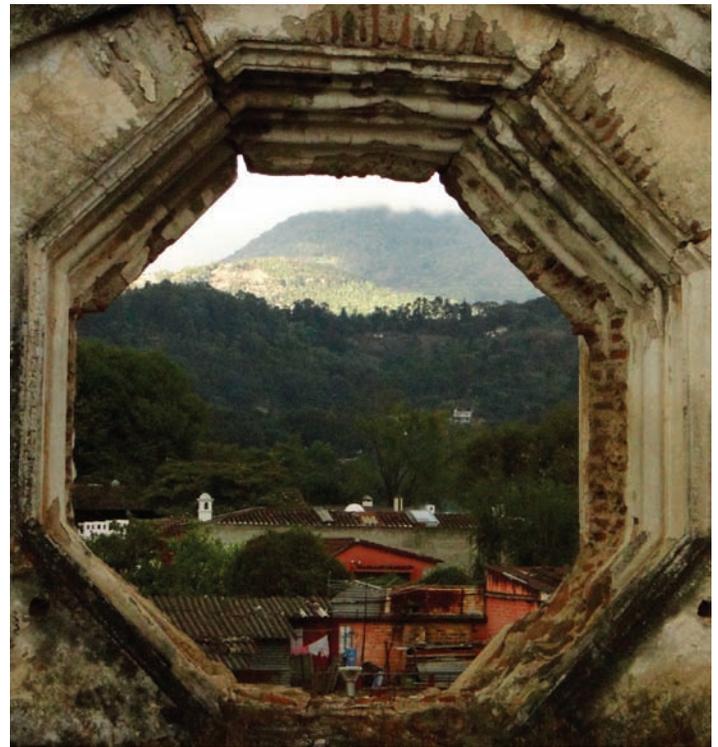
When given the chance I attended the symphony in Guatemala City and Mexico City. Both orchestras were fabulous and for about four dollars, how could you possibly lose?

Once I left Antigua, I flew to Mexico City. Here there was so much to see I was overwhelmed. It is definitely an under-valued city, with much to offer. Along with my friend, Linda, we explored the pyramids just outside the city. Here the Pyramids of the Sun and the Moon dominate the city of Teotihuacan. The city was built before the Aztecs, around 300 BC, by people of Mesoamerica. There are many theories as to who built the city, but its scale caused the Aztecs to think that it was built by the gods. The later Aztecs believed that the large buildings were built for the giant first rulers. The Aztec

royalty came to Teotihuacan to worship, as they believed that all of the gods sacrificed themselves to start the sun moving at the beginning of the Aztec fifth world.

We were also fortunate to be able to visit the Bazaar Sabado, an artisanal market, open only on Saturday in Mexico City. Rather bohemian, it had all the wealth and pageantry of a medieval fair. Some beautifully hand crafted silver jewellery and intricate pottery. We also managed to take in a couple of piano concertos at the Bellas Artes theatre and a fabulous symphony concert.

To round off my vacation, I spent a week at the beach, in Puerto Escondido. The pace of life slowed right down and I enjoyed long walks on the beach, before going to a cafe for a leisurely breakfast. Here you could enjoy a freshly roasted coffee, fresh juice and some wonderful pastry. My favourite was the chocolate-filled croissant at Cafecito.



Window on the world

Additionally there are all kinds of side trips from bird watching to swimming in the pitch black lagoon, known to have crocodiles, albeit small ones, with phosphorescence glowing water from the dinoflagellates. And in case you were wondering, I let a few of the other tourists get into the pitch black water, and hearing no screams, I followed. No need to take unnecessary risks.

I enjoyed dining, swimming and releasing turtles on the beaches. And for the next week, did little or nothing. Feeling relaxed, I headed home, for what I was hoping was spring. Well we all know how that turned out. Anyway, as I sit here remembering my winter vacation, I am also planning a short trip to Spain in the fall to do part of the Camino. There is always a new adventure around the corner.



Everyone's birthday!



Sunset at the Pilas (local washing area)



Jade vine in the Garden of Hope a NGO in Antigua



Inside the Bellas Artes theatre

Considered

Heisenberg's War:

The Secret History of the German Atomic Bomb. By Thomas Powers

REVIEWED BY DAVID SCHREIBER

A Founder of Modern Physics

By the late 1930s Werner Heisenberg's fame as one of the founders of modern physics was firmly established. His paper on the uncertainty principle, published when he was 26, revealed an amazing, fundamental feature of the subatomic world. Our knowledge of the physical world, he announced, would never be complete, because in principle it is not possible to know both the position and momentum of a particle (or better, that the more precisely we know its position, the less precisely we can know its momentum, and vice versa). In 1932 he was awarded the Nobel Prize for Physics "for the creation of quantum mechanics."

His work, combined with that of his mentor and friend, the towering figure of Niels Bohr, formed the background to a series of historic debates Bohr held with Einstein about how to make sense of the bizarre findings of modern quantum mechanics. While Einstein argued powerfully for the idea that fundamentally the physical universe is comprehensible, governed by causality and predictability, that "God does not play dice with the universe," Bohr, to the satisfaction of most physicists, refuted him, arguing for the "Copenhagen interpretation" of quantum mechanics, an idea he shared with Heisenberg, the view that the physical world is indeterminate, governed not by certainties and traditional causality but ultimately by probabilities.

On a tour of America in the summer of 1939 Heisenberg was repeatedly invited by various scientists he met there to emigrate, as many of them had done, and make a clean break from Hitler's Germany. While despising Nazism, Heisenberg felt bound by a deep loyalty to his native country and replied rather optimistically that he was needed at home to offer a voice of reason, to "create islands of decency," to protect young German scientists from conscription, and to keep German science on the right path in the face of appalling nonsense about "Jewish science."

The Most Dangerous Man in Germany

A month after his return home hostilities broke out, and soon thereafter Heisenberg was made leader of atomic research in Germany. Although scientists outside Germany struggled to maintain contacts, friendships, and a semblance of internationalism, their efforts wobbled under the pressures of war. To some, Heisenberg, who they feared might put an atomic bomb in the hands of Hitler, became "the most dangerous man in Germany because of his brain power." Ever since, suspicion has hung over his name. How morally

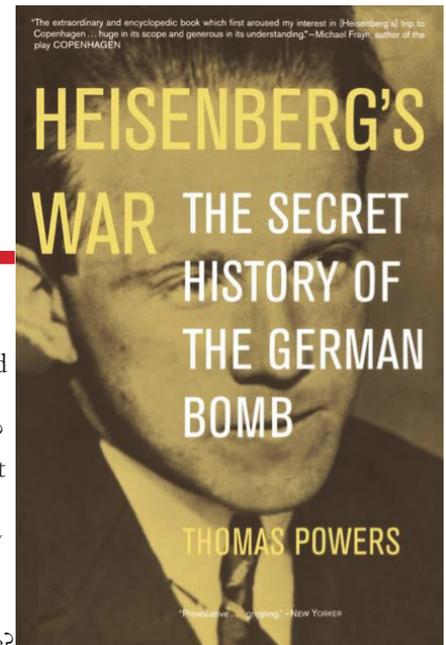
compromised was he by working under the Nazis? How committed was he to developing a German atomic bomb? How far did the project get? And even—was the failure of Germany to produce an atom bomb the result of his scientific incompetence?

In *Heisenberg's War: The Secret History of the German Atomic Bomb*, a work of extraordinarily detailed research, Thomas Powers sorts through a vast range of sources to answer those key questions. The weighing of evidence is subtle and complex, but the conclusions Powers comes to are clear.

Hero or Traitor?

Powers provides evidence that Heisenberg did deliberately prevent Germany from working on an atomic bomb, although after the war he was not entirely forthcoming about his role. In the early years of fission research, soon after it was discovered in 1939 by Otto Hahn, all scientists acknowledged that, if a bomb were feasible, developing it would require a gargantuan, resource-draining effort. As the war began, German scientists agreed that such an effort would take too long to produce results before the war was over. In June 1942 Albert Speer called a crucial meeting between government officials and scientists to determine whether Germany should pursue an atomic bomb (about the same time, incidentally, that the Manhattan Project got underway). Heisenberg addressed the meeting, clearly spelling out all the difficulties. Soon afterward, all work on a German atomic bomb came to an end, with nuclear research restricted to small-scale work on an "energy machine" or reactor. Heisenberg had managed, in Powers's words, "to guide German atomic research into a broom closet where scientists tinkered until the end of the war." Germany's stockpile of uranium was used to make armour-piercing shells.

Was Heisenberg simply being realistic in his assessment for Speer, or was he deliberately discouraging bomb development? After the war Heisenberg maintained that he had honestly believed a bomb to be impractical at the time, adding that German scientists were thus "spared the moral decision" of whether to work on a bomb. (On August 6, 1945 he and the other German scientists being held in detention in Britain



were stunned by the news of the Hiroshima attack, shocked that American scientists had worked on the bomb and horrified that President Truman had used it to destroy a city.) Yet Powers points out that Heisenberg's post-war account omitted important details. What he had told Speer may not have been untruthful, but it was carefully crafted to dampen interest. While outlining the extreme difficulties of separating the fissionable U-235 isotope from uranium, Heisenberg did not mention the relatively easier path to a bomb using plutonium. Asked whether a nuclear explosion might set the entire world on fire, he did not rule it out as a possibility. His talk emphasized all the difficulties and, most important of all, buried in technical language the most alarming possibility, the mere fact that there was an outside chance that someone—if not Germans, then Americans—might build a bomb for use in the war. Phrased differently, his presentation could have put Speer on high alert and ensured that Germany would set to work full bore on an atomic bomb. The crucial moral decision had, in fact, been made by Heisenberg and his colleagues, and they had chosen to block Hitler. His fudging of that fact after the war was probably an attempt to escape being branded a traitor by some of his countrymen.

During the war Heisenberg made a number of very risky



Replica of the 1945 German experimental nuclear pile at Haigerloch. Uranium cubes hang over the reactor vessel clad in 10 tons of graphite acting as a neutron reflector.



Heisenberg and Bohr in Copenhagen in the early 1930s

efforts to let Allied scientists know that Germany was not working on a bomb. His intention—his “vague hope,” as his wife described it—was that he might inspire all scientists everywhere to refuse to work on a bomb, thus preventing the horror of a world armed with nuclear weapons. The hope, however, was as naive as it was vague. Americans, especially the émigré scientists who had fled Nazism, distrusted him for remaining behind, wondering whether his assurances were aimed at stopping Allied efforts, thus clearing the way for Germany to become the sole nuclear power. The mere mention of a bomb by Heisenberg prompted the Allies to undertake the most intense efforts to find information about a German bomb program—the American effort, under General Groves, chief of the Manhattan Project, never relaxing an iota until Germany was occupied and its last laboratory was inspected.

Kill or Kidnap?

In its 500 pages *Heisenberg's War* covers a great deal of material other than Heisenberg and the moral culpability question. The SS came close to arresting him twice. There is the adventure-movie story of the attacks on the heavy water production facility in Norway (*The Heavy Water War*, a Norwegian series on Netflix gives a too-dark portrayal of Heisenberg). Heisenberg's famous visit to Bohr in 1941 is given close scrutiny. The visit led to such a chill in their relations that it never fully rewarmed; it has been the subject of endless comment, including in the 1998 play *Copenhagen*. Powers's conclusion is that the break occurred, first, because Bohr was shocked to hear his old friend speaking of atomic bombs and, second, because he was deeply angered by several pro-German remarks Heisenberg made about the necessity of occupying various European countries, including Denmark, and the great good Germany was doing for Europe by attacking Russia. With supreme insensitivity he once remarked how much better off Europe would be dominated by Germany than dominated by Russia.

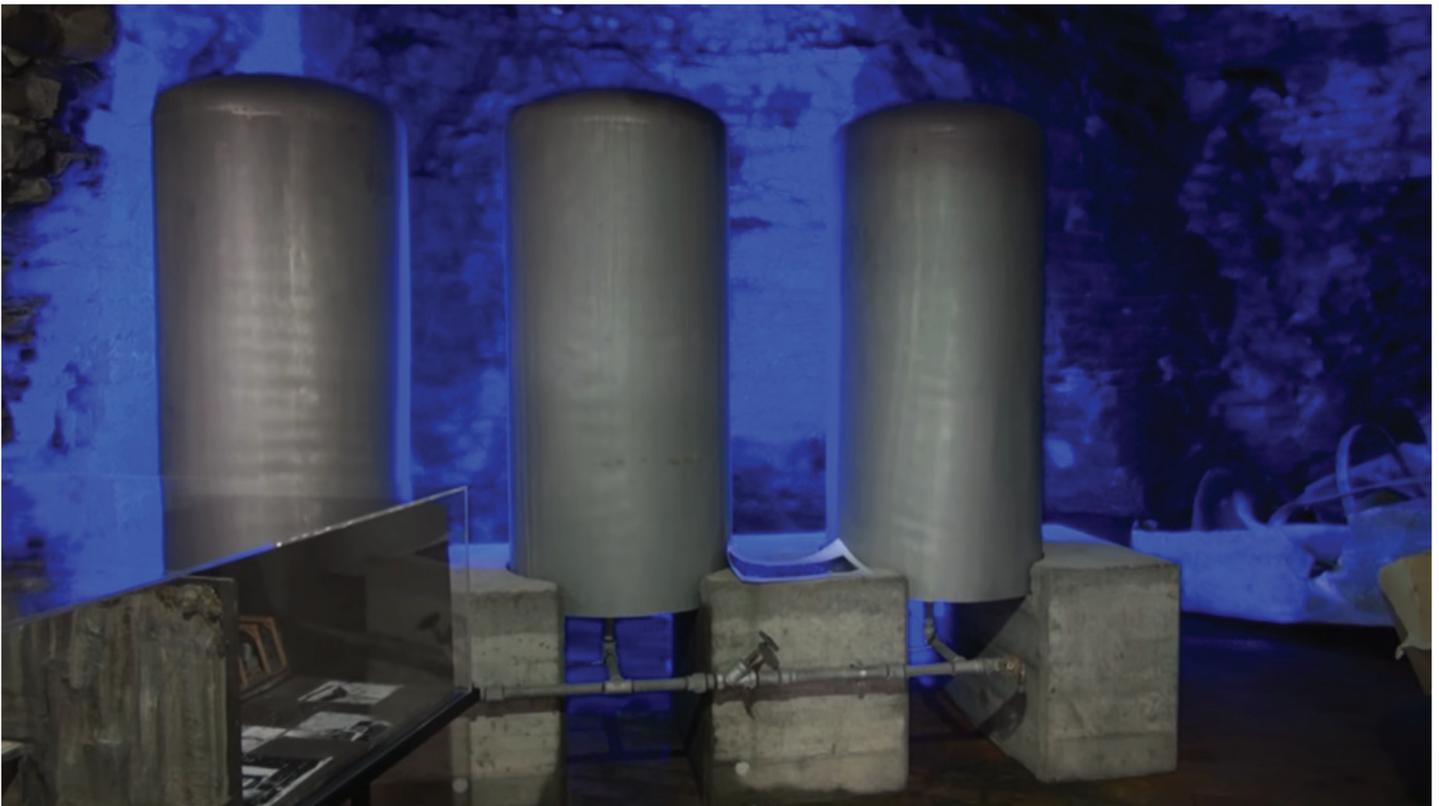
One thread that runs through many chapters is the deep concern the Allies had over what to do about Heisenberg. A first step was to determine the exact nature of his research projects, leading to several fascinating cloak-and-dagger

operations involving more than one outlandish character. By the summer of 1943 the British reached the conclusion that there was no German atomic bomb program, mainly on information coming from their contacts with scientists in neutral countries who were still in touch with sympathetic German scientists, but also because the code breakers at Bletchley Park had never deciphered a single message referring to atomic bombs or Heisenberg. Because the Brits shared their conclusion but not their sources, they failed to convince the Americans, who remained implacable. Robert Oppenheimer's opinion was that Heisenberg should be killed. General Groves considered recommending a bombing raid on Heisenberg's lab in Berlin with the object of killing the scientists. More elaborate and enduring were several plans to kidnap Heisenberg as he attended a conference in Switzerland. At one point, an agent with a pistol in his pocket sat in the front row of a lecture hall as Heisenberg talked, ready to shoot him if he dropped the slightest hint about a German atomic bomb.

After Germany was occupied, the Allies were stunned to realize the primitive stage of German nuclear research, and the story was born that Heisenberg and his team had made grave scientific blunders. On the night of Hiroshima, Otto Hahn, in detention with them, called them "second-raters." (Hahn himself was on the verge of suicide over his discovery of fission.) Power spends about ten pages considering the evidence before finally concluding that Heisenberg's apparent mistakes were really a ruse to prevent the development of a bomb. He knew the world's most dangerous secret, and he kept it from even his closest colleagues.



Werner Heisenberg



Heavy water storage tanks at the replica of the 1945 German experimental nuclear pile at Haigerloch.



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Keep up-to-date with ARM Chapter 12 events

Check out newsletters and the calendar at
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**Notify ARM and OSSTF of address and email
changes**

armchapter12@gmail.com
&

[Giovanna Papatheodorou, 416 751-8300](tel:4167518300)

18th Annual General Meeting OSSTF Active Retired Members Chapter 12

Wednesday, May 31, 2017

2:30 pm Registration

3:00 pm Meeting Begins

60 Mobile Drive

The Erie Room

***Guest Speaker: Gail Nyberg, Executive Director,
Daily Bread Food Bank***

***Please call Vice-President Jim Loftus to confirm your attendance
at dinner following the meeting \$30
416 447-0811***

ELECTION OF 2017-2018 ARM CHAPTER 12 EXECUTIVE

The election will take place at the annual meeting, June 1.

Anyone wishing to serve on the executive should notify Paul Rook:

E-mail prook@sympatico.ca Phone 416-292-9919.

Provide your name and the position to which you wish to be elected.

If you have questions or want more information please feel free to contact Paul Rook.

Executive positions

President (1)

Vice-Presidents (2)

Secretary (1)

Treasurer (1)

Executive Officers: Each has a leadership role for a specific activity such as pensions and benefits, communications, political action, theatre, data, golf, etc.

Members at Large are full members of the Executive but do not have a specific role.

There is no limit to the number of Executive Officers and Members at Large, so everyone who is nominated and accepts is considered elected.

ARM Toronto – Chapter 12**ACTIVE RETIRED MEMBERS OF
OSSTF TORONTO – CHAPTER 12****Margaret McPhail**

Secretary
166 Westminster Avenue,
Toronto, Ontario
M6R 1N7

Phone: 416-533-6660

Email: mcphail1950@gmail.com

President:

Manfred Netzel

Vice-presidents:

Jim Loftus
Neil Walker

Secretary:

Margaret McPhail

Treasurer:

Michelle Barraclough

Executive Officers:

Charles Hawkes
Paul Headdon
Boris Mischenko
Rosemarie Mohring
Karma Naike

Members at Large:

Bruce Archer
Christos Aslanidis
Marion Evans
Julia Harney
Mel Herman
Cyndie Jacobs
Jim Mile
Millie Oliver
Bill Pryde
Paul Rook
Don Wright

May, 2017

Dear ARM Chapter 12 Member,

I am writing this open letter to all of you to formally endorse and request your consideration for enrolment into one of the available health benefits plans offered to all current and former OSSTF members by the Ontario Teachers Insurance Plan (OTIP). Should you already be an OTIP subscriber, I hope you are satisfied with the service offered, and that you will encourage other colleagues to consider becoming a new subscriber in 2017.

As about 40 per cent of you already know, all retired Ontario education employees, their families and survivors are eligible to apply for coverage under an ARM plan. There is also NO age restriction to join an ARM plan, simply a requirement of Ontario residency and OHIP coverage at the time of application. Should you spend a certain period of time outside of Ontario during part of the year, you are covered by 95 consecutive days of comprehensive travel insurance with any of the current ARM plans at no additional cost to you. Dental coverage can also be added at any time, without penalty. Importantly, as an ARM OTIP subscriber who might be diagnosed with cancer, you also have access to the CAREpath cancer assistance program which provides expert guidance and support through every step of your cancer experience.

When you purchase an OTIP health plan, you are also automatically enrolled in ARM, and the \$50 membership fee charged by OSSTF is deducted annually with your January plan premium. If you decide to join ARM mid-year, the fee is waived until the following year. Full information about the various OTIP health benefits plans is available by viewing the link on our Chapter 12 website armchapter12.org or by contacting OTIP directly at: 1-800-267-6847.

In an effort to provide the ARM membership with more comprehensive health benefits information, OTIP and Chapter 12 are planning an information workshop on Wednesday, May 17th located at the OSSTF Provincial Office (60 Mobile Drive). The presentation will start @ 11am and a light lunch will be provided. Please contact Vice-President Jim Loftus (416- 447-0811) by May 10th, if you plan to attend or also bring along an interested friend or colleague.

In Federation,

Manfred Netzel

Manfred Netzel, President