
After School

armchapter12.org

Volume 20, Issue 1, February, 2018

Educators

Financial

Group

**Financial Planner
Marian Ollila steps
in to give sound
advice on your
money**



In this issue

Calendar . . . 3

Presidential Perspective . . . 4-5

Wallace Gastro Pub . . . 6

Curmudgeon's Corner . . . 7

Holiday Luncheon . . . 8-9

The Retired Bard . . . 10

Getting Around . . . 11

Health and Wealth . . . 12

Money . . . 13

5 Tips . . . 14

Beautiful Treacherous Winter . . . 15

Considered – Hillbilly Elegy . . . 16

*Considered – Consciousness and I Am Not a
Brain . . . 17-19*

Getting Around in Antigua . . . 20-22

C12 Theatre Excursion . . . 23

Stratford Theatre Trip . . . 24

Editorial Chatter

Who was Plato's favorite pupil? Give up? Read Larry French's memoir, *Man on the Move* for the answer to this and many other questions. Larry has outlined a fascinating life that spans two continents and several countries as he learns engineering, poetry and French, ends up as OSSIP's legislative researcher and then retires to a two-nation life in Switzerland and Canada. Look for a wine and cheese book launch at 60 Mobile Drive in late February.

In this issue, President Manfred Netzel looks back on the past year and announces his plans for 2018.

Karma Naike appreciates the December Holiday Luncheon.

Michelle Barraclough introduces us to three travel agents, advertises the founding of a Chapter 12 Travel Club and reports on her adventures from Antigua, Guatemala.

Paul Rook gives us his curmudgeonly view of life and Allan Hux

gives us a tour of a fine gastro pub.

Teachers Life, EFG and OTIP, with the reporting skills of Ed Preston and Jim Mile, give us ideas for wise finance and protection, while BEA shares two love poems in honour of Valentine's Day.

We are happy to feature two book reviews, one by Charles Hawkes and two-in-one by David Schreiber.

Meanwhile, puzzle over the two books on the mind and consciousness that David Schreiber reviews. What is mind? What is consciousness? And when you read Charlie's review of *Hillbilly Elegy*, see if it answers any questions about Donald Trump's success.

A full issue to kick off 2018, a year with lots of promise and an election in Ontario on June 7 – look for more on this in our next issue.

Happy New Year! I hope you enjoy the rest of this winter while looking forward to a warm spring.

You Are Invited

***After School* needs articles, photos, 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**

Active Retired Members Chapter 12 (Toronto) Executive

President: Manfred Netzel 416 767-8786
Vice- President: James Loftus 416 447-0811
Vice-President: Neil Walker
Secretary: Bill Pryde
Treasurer: Michelle Barraclough
Executive Officers: Charles Hawkes
Paul Headdon
Rosemarie Mohring
Karma Naike
Members at large: Bruce Archer
Chris Aslanidis
Marion Evans
Roy Evelyn
Julia Harney
Allan Hux
Jim Mile
Millie Oliver
Paul Rook
Don Wright

After School Volume 20, Issue 1, February, 2018

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, Charles Hawkes, Manfred Netzel, Ed Preston, Paul Rook, Neil Walker

Newsletter Contact Information
nwal.42@gmail.com

Calendar

Wednesday, February 14, 2018. Should I Sue? A legal professional tells us about the ins and outs of lawsuits and when they are important and reasonable to do. Location, 60 Mobile Drive. Registration 10 am. Lunch \$20. Confirm attendance in advance with Jim Loftus, 416-447-0811.

Friday, April 13, 2018. ARM Chapter 12 Travel Club inaugural meeting. Superior Meeting Room (main floor across from the cafeteria) 1:00 pm to 3:00 pm. As the club has no budget, everyone could bring some nibbles and organizer Michelle Barraclough will get the coffee. From organizer Michelle Barraclough: “Depending on the turn out, we could ask for this room again and we can talk about who else might be interested in giving a presentation and when we would be interested in having it. I will make a presentation on Northern India, visiting the holy city of Amritsar, the refuge of the Dali Lama, McCleod Gunge, and a river cruise on the sacred river, the Ganges. Please indicate if you are available and interested in attending by emailing me: barracloughmichelle@gmail.com”

Wednesday, April 18, 2018. Topic TBA Location, Canadiana Restaurant, Six Points Plaza. Registration, 10:00 am. Lunch, \$20, choice of three entrées. Confirm attendance with Jim Loftus, 416-447-0811.

Wednesday, May 9, 2018. Relationships – Ellie Tesher, The Toronto Star. Listen as Ellie talks about keeping relationships going, how to handle conflicts, what makes a good relationship and lots of other aspects of personal business and romantic relationships. Erie Room, 60 Mobile Drive. Registration 10 am. Lunch \$20. Confirm attendance in advance with Jim Loftus, 416-447-0811.

Wednesday, May 23, 2018, ARM’s Annual Spring Golf Tournament, on the Classic Course, Rolling Hills, Warden Ave, north of Stouffville Road, Gormley. Registration at

10:00 a.m. Shotgun Tee-Off at 10:00 am. \$68 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 \$68 per golfer, by cheque, to Jim Loftus, 301–7 Roanoke Rd. Toronto, ON, M3A 1E3. Cheques should be mailed by May 11, 2018 and made payable to ARM Chapter 12. Call Jim Loftus for additional information at 416-447-0811.

Wednesday, May 30, 2018, ARM Chapter 12 Annual General Meeting, 60 Mobile Drive, Lower Level, Erie Room. Registration, 2:00 pm. Confirm attendance in advance with Jim Loftus, 416-447-0811 or Neil Walker, 416-949-7088.

Thursday, June 14, 2018, Stratford Theatre Trip. Returning after a break last year, our ARM C12 Stratford Theatre Trip happens on Thursday, June 14, 2018. Two fascinating productions scheduled for the afternoon’s matinee shows have historical literary significance: *To Kill A Mockingbird* at the Festival theatre. *The Rocky Horror Picture Show* at the Avon theatre. Totals including lunch, travel and theatre admission: Mockingbird \$126, Rocky Horror \$128. Register ASAP to confirm your order. Shows are being quickly sold out. Call Karma Naike (416-783-6591) Make your cheque payable to OSSTF ARM C12 and mail it to Karma Naike, #511, 25 Earlington Ave, Tor, M8X 3A3 – Mockingbird (\$126), Rocky Horror (\$128) no later than April 10, 2018 See ad on this issue, page 24.

Wednesday, June 20, 2018, 1:30 pm Theatre Excursion. A Chorus of Disapproval by Alan Ayckbourn. Open to all ARM Chapter 12 members, their family members and friends. Tickets \$62 each. For full details see ad in this issue of After School, page 23.

Out of Town Events

CHAPTER 3 (Sudbury-Rainbow)

February 23, March 23, April 27 - Monthly Chapter Breakfasts They start @ 9am *Gloria’s Restaurant* 469 Bouchard St. Sudbury Contact: Lee Ferguson (President) lferguson@isys.ca

April 24 - Annual General Meeting. Location TBA The keynote speaker will make a presentation on Dementia Awareness Same contact as above.

CHAPTER 9 (Windsor-Essex)

February 2, March 2, April 6 - Monthly Chapter Breakfasts They start @ 9am *The Lumberjack Restaurant* 475 Tecumseh Rd. E. Windsor. Contacts: Jacques Aharonian or Pat Pajot (519) 948-7570 x 234 or armchapter9@outlook.com

CHAPTER 11 (Thames Valley)

April 11 - Annual General Meeting & Spring Luncheon The meeting starts @ 10am @ the *Best Western Lamplighter Hotel & Conference Centre* on Wellington Rd., London. The agenda includes business items and a keynote address by Natalie Mehra Executive Director Ontario Health Coalition, followed by lunch. Contact: Mary Lou Cunningham (President) armpresident@osstf11.com

CHAPTER 13/16 (Durham / York)

March 5 - Joint Chapter Membership Meeting The meeting starts @ 10am located in the D.13 OSSTF Office 601 Palace St., Whitby. The keynote address will be on the topic of Estate Planning by a representative from EFG.

Continued page 7

Taking a Look Back

The challenges of 2018 are surmountable if the optimism and will are there

BY MANFRED NETZEL, PRESIDENT, ARM CHAPTER 12

First, let me express my hope that your holidays were memorable and enjoyable, along with my sincere wishes for a happy and healthy 2018 for both you and your loved ones. Let us collectively hope that the events of 2017 will lead to better developments in the coming year, individually and for all Canadians.

The year-end reviews for 2017 were generally quite depressing and frustrating, for most that I saw or read happened during the Arctic-like conditions our part of the world in late December and early January. Of course, the extreme weather situations in our hemisphere and elsewhere have been a continuing global trend due to the rapid effects of climate change (despite the views of the US president and his base of supporters) mostly brought about by selfish and ignorant human behaviour. At the same time, political and economic developments in many of our friends' and allies' nations have brought doubt and insecurity about the prospects for greater peace, good health and prosperity for their citizens.

On the other hand, there was evidence of incremental improvements to some of humanity's greatest age-old enemies: disease, poverty and illiteracy. According to UN data, recently presented by New York Times columnist *Nicholas Kristof*, 2017 was "the best year in human history" as reflected by these statistics:

- 217,000 global citizens emerged from extreme poverty;
- 300,000 people received clean water for the first time;
- 325,000 received electricity for the first time;
- global youth illiteracy rates continued to trend

downwards, although rates for young females lagged behind accounting for 59% of illiterates in the total youth population;

interstate conflicts have continued to decline resulting in fewer military and civilian casualties (Needless to say, civil wars have started or continued during 2017 resulting in record high numbers of displaced or persecuted populations).

Locally, the past year in Toronto (and Ontario) could be described as showing progress in certain areas such as homicides in our city (63 compared to 73 the previous year) although other types of violent crime have increased. Unfortunately, a 2017 report by the United Way described the GTA as "the inequality capital

of Canada," with the data showing that much of this inequality is found in high-rise neighbourhoods both in the inner and now outer suburbs inhabited mostly by the poor, new immigrants and visible minorities. Although the Fair Workplaces, Better Jobs Act (Bill 148) enacted by the Wynne Government on January 1st received much attention and praise for its increase of the minimum wage to 14 dollars an hour (15 dollars next year) and other important labour reforms, it did little to address the gender gap in average pay (30 per cent). Since almost 60 per cent of Ontario minimum wage earners are women, the pay gap is even higher for immigrant women (39 per cent) and Indigenous women (57 per cent). Also, since The Ontario Employment Equity Act was repealed by the Harris Government in 1995 (and has not been re-enacted since), visible minorities are now the most unrepresented segment in the labour market.

The solution to this situation would be clearly to raise the participation rate of women and reduce their current proportion of part-time work that reflects about two-thirds of all part-time workers in Ontario. According to some labour economists, raising female participation by only one per cent would have the potential to add 115,000 workers to the labour force (and tax base). In fact, if the provincial workforce were to become a completely equal playing field, some estimate that personal incomes would be higher by \$168 billion annually.

Another area of needed legislative reform for 2018 is that of pay equity, where Ontario and most of Canada again lag far behind. Although tiny Iceland started the new year with the most progressive pay transparency laws in the world, other countries such as Australia, Denmark and the UK now require employers with 10 or more employees to file their annual Pay Equity Plans electronically to prove legal compliance. The only province in Canada that follows such a model is Québec. It would be a simple move to add this provision to Ontario's reformed labour laws before the election in June, and possibly enhance the Liberals' poor chances of re-election.

Other grounds for optimism for the citizens of Toronto in 2018 were recent public announcements

by the Ministry of Education that TDSB and TDCSB schools will get a big share of the \$200 million announced for environmental upgrades to schools. These funds can be used to install or replace solar panels, LED lighting systems and more efficient windows and HVAC systems. Importantly, they are in addition to the 1.4 billion dollars already allocated to tackle the estimated 15 billion dollar backlog for necessary school repairs and upgrades identified over the past three years. For Toronto City Council, the attention being paid to the plight of the homeless is encouraging (if somewhat late). The target to create 1000 more shelter beds this winter is certainly positive. Of course, the best strategy to follow in our city, as Montreal and Vancouver already do, is to build and repair affordable housing units, a process which is both cheaper in the long-run and providing of greater dignity for those who are the clients. City Council can take some solace from the results of the annual global 2017 “Safe Cities Index,” compiled by *The Economist* magazine, which ranks 60 major cities in 49 indicator topics to reflect quality of life for their citizens. The results for the past year had Toronto ranked in fourth place, as one of only two North American cities ranked in the top 15 and the only Canadian city in the top 10.

On a much more positive note, we held our recent annual All-Sponsors’ Information Workshop and catered luncheon in mid-January, where some 40 members were treated to very informative benefits updates and a free catered lunch offering courtesy of EFG, OTIP and TL (Teachers Life). We owe thanks to our long-standing friends and supporters with these organizations for this generosity. A more detailed report about the workshop

will be found elsewhere in this issue of *After School*. On January 19, I was also invited to the retirement celebration for out-going District 12 President, *Doug Jolliffe*, ending a 14-year stint as Teachers’ Bargaining Unit and District 12 leader during some very turbulent times in public education. Amongst the over 150 colleagues, friends and guests that attended and heard some very complimentary speeches by politicians, OSSTF colleagues and family friends (as well as Doug himself) was one special guest – Premier Kathleen Wynne. She fondly reminisced about her early dealings with Doug as an activist parent, trustee, MPP, Minister of Education and lastly, as Premier with a continued personal interest in public education.

On behalf of ARM Chapter 12, I want to extend our best wishes to Doug for all his efforts on the members’ behalf over many years and I also look forward to welcoming him into the proud ranks of ARM Chapter 12.

Finally, this seems an appropriate time to also announce my own “retirement” from this role as president effective July 1. I have already shared these plans with the current executive, and am sure that my successor will ably carry on with the business of both our chapter and ARM Council. Please review the events and activities that we are offering you over the next several months, as described in this issue.

In Federation,

Manfred

Keep up-to-date with ARM Chapter 12 events

Check out newsletters and the calendar at
www.armchapter12.org

Notify ARM and OSSTF of address and email changes
armchapter12@gmail.com

&

Giovanna Papatheodorou, 416 751-8300

The Wallace GastroPub

1954 Yonge St., Toronto, 416.589.3500 <http://www.thewallacegastropub.ca/>

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

A friend of mine and I are the powers of attorney for an elderly gentleman and we were out checking retirement residences with three levels of care in November. After a stressful morning, we decided that we needed a bite to eat and a drink. We found ourselves at Davisville and Yonge Street and quickly found free parking on a side street. We spotted The Wallace GastroPub on the west side of Yonge St. a few doors north of Davisville and Chaplin Crescent. When considering which pub to review for the this issue of *After School*, I had thought about this place. I knew that it was just a couple of blocks from my son Ryan's apartment and so I asked his opinion. He said that he had eaten there several times and thought the food was pretty good. As a tea-totaller he offered no opinion about the brews. As the publication deadline loomed, I offered to take Ryan and Denise for lunch to do my formal research and get additional opinions on the fare and the other criteria. They accepted and we were not disappointed.

The Wallace offers a nice range of meals and has a special brunch menu as well. Ryan had the French Toast with a variety of fresh fruit and real Canadian maple syrup that he said was excellent. It was only \$10.95 and since he passes on coffee, tea and alcohol, Dad was very pleased. Denise ordered the curry chicken at \$15.95, which she said was pleasantly hot. This required her to sample two 250 ml. glasses of the Hoblon Chouffe beer to mix with the curry over the 75 minutes that we were there. She found this very pleasant, along with the company of course. I ordered the pork schnitzel which came with snow peas and broccoli for \$17.95 and I substituted sweet potato fries over the mashed with onion gravy for an extra two dollars. I had a 500 ml. glass of the Canadian Side Launch Pale Ale for \$7.95 which was excellent. In fact, the two large pieces of pork schnitzel were so large that I had to forego supper.

There are 20 draft beers on the menu mainly of a craft nature and in fact this is one of the most impressive lists because it offers quite a few brews that were new to me. The selection offered American, Canadian, Belgian, English and German brews; one would have to visit quite a few times to complete the taste survey.

Beatriz was a very accommodating server whose English was excellent considering that she had only been in Canada for 4 months. She had emigrated from Brazil and is still enrolled in English as a Second Language classes. She will soon be able to transition to a regular college program in

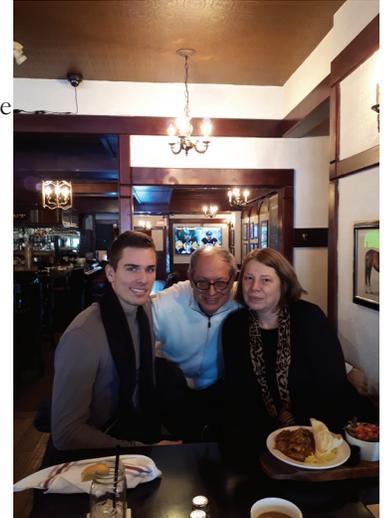
early childhood education which course of study is her dream.

The layout of The Wallace is definitely in the style of an English pub. They have a one-step raised dining area at the front, a regular dining area in the main room with a bar on the south side.

The raised area was not wheelchair accessible. The chairs are very solid, slightly rounded with padded seats and the tables are solid with no wobbling when you put down your drink or lean forward. They have a small patio out the back which would be pleasant in the warmer months, but patrons would have to contend with the sound of the open subway tracks just to the west of the building. However, inside the establishment we did not hear or feel the force of the subway rumbling past. They did have the usual large T.V. screens broadcasting various sports, but thankfully the sound was off so we could carry on a normal conversation. The background music was pleasant and did not intrude.

As with these older buildings along the main streets of Toronto, the steps to the downstairs washrooms are steep. Denise reported that there were only 2 stalls in the Women's washroom and there is only one in the Men's' and one urinal. More disturbing was the fact that one of the three pot lights in the Men's Room was still burned out two months after my previous visit. And of course the burnt out pot light was over the pot.

Despite these short-comings, I highly recommend The Wallace GastroPub for its excellent fare, wide range of brews, and superb location less than 10 doors away from the Davisville subway station. You might consider dropping in here when you come down to negotiate with the TTC over the purchase and activation of your new Presto card in 2018. And kindly remember to nominate your favourite pub for consideration for a future column. Cheers. **ARM members are invited to join me and other members of the Executive for lunch at 1 p.m. on Friday, February 23. If you plan to attend, please call me at 416.487.8255 to let us know to expect you.**





Three Absurdities

From banks to car horns, the absurd seems to be always with us

BY PAUL ROOK

As curmudgeons observe society, we notice the absurd things that humans are doing and the ridiculous reasons that they give for doing them.

Let us start with banks. They are trying various ploys to get us to use the bank machine or to go to banking through the internet. Recently, a bank employee going up and down the line up waiting for tellers at my bank branch pointed out the long line for tellers and said that using the bank machine was faster. I pointed out that they now had far fewer tellers working now than they had a few months ago and suggested that may be the reason for the longer line ups.

It was obvious that speaking to customers in line was not working. So my branch went to a new tactic. Every Wednesday no tellers are on duty as tellers. In fact, the tellers stand in front of the barrier to the tellers' area and are offering to take you over to the bank machines to show you how to use them for the transaction you want to perform. Others have iPads or portable computers and offer to show you how to do online banking. They stress that this is being done to make your life easier. That is nonsense. The banks are doing this to get rid of tellers and just use machines. This makes more money for each bank and its shareholders. Of course, this is necessary because our major banks are making only billions of dollars in profits each year. In fact their shareholders are demanding more dividends. But what about the tellers who will lose their jobs? One told me he knew he might lose his job but he had no choice but to promote electronic banking. Obviously the financial bottom line means more than the employees' jobs or the customers' preferences.

Now, I want to comment on selling products that are not necessary. The one ad that gets me angry is the one where it is pointed out that a woman's teeth are not white enough. She is advised to use strips that whiten your teeth. Before these commercials, I don't remember people going around embarrassed that their teeth were not white enough. This seems to be a creating a need and market that did not exist before in order to sell a product that is really not necessary. What really drives me crazy, (Some would say this would be a short trip) is that for most people in the world just having teeth and retaining them is the real concern.

Finally, let's talk about car horns. They were originally created to warn other drivers to avoid accidents. Now their prime purpose seems to be to intimidate and irritate other drivers. Think about how many times this has happened to you. You are stopped in front of a red light and as soon as it turns green the driver behind you starts to pound on his/her horn to get you moving right away and faster. Or you are driving slower to try to identify a street you want to turn onto or place you want to go into. Immediately the person behind you starts beeping the horn constantly.

As some of you have probably guessed, I am a bit of a Luddite and proud of it. However, there is one coming technological advance I am looking forward to – the driverless car. These vehicles will not need horns because the computer systems will be quietly communicating with each other. That is if they are working!

In my next Curmudgeon's Corner I will be giving a curmudgeon's views on Justin Trudeau and his government.

Out of Town Events Continued from page 3

Contacts: Colleen Ireland (President) colleen.r.ireland@gmail.com or Cyndie Jacobs (Secretary) cyndiejacobs1@gmail.com

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

February 20 - Theatre Building Tour & Lunch The event begins @ 11am inside the *Player's Guild Theatre* site located @ 80 Queen St. S. in Hamilton for a tour of the props, costumes and building itself. Parking is adjacent to the building. Following the tour, lunch is arranged for 12 noon @ *La Luna Restaurant* 306 King St. W. nearby. Contact: Milt Payne (President) milt_payne@hotmail.com

March 20 - W. J. McCallion Planetarium Visit This event, which is limited to 35 participants, begins @ 10:30am by the group first meeting @ *Ye Olde Squire Restaurant & Pub (Westdale)* 875 Main St. W. in Hamilton and then proceeding to the nearby Planetarium located @ 1280 Main St. W., Hamilton.

Same contact as above.

April 17 - Annual General Meeting The business meeting begins @ 10:30 am @ the District 21 Office 1423 Upper James St. Hamilton. Contact same as above.

CHAPTER 22 (Niagara)

February 14, March 14, April 11 - Monthly Chapter Breakfasts Each event starts @ 9:30 and the locations vary throughout Niagara Region. For February, the site is *Angel's Diner* (St. Catharines), March is @ *Falls Manor* (Niagara Falls) and April's location is *Patty's Place* (Welland). Contact: Ray Marshall (President) rmarshall23@gmail.com

CHAPTER 24 (Waterloo)

February 6 - Social Justice Presentations The event starts @ 9:30am in the District 24 Office 225 Centennial Court, Kitchener and will have representatives from both OPSEU and Habitat for Humanity speaking about the "We

Continued page 15

December Holiday Luncheon

An Appreciation

BY KARMA NAIKE



Past-president Karma Naike accepts a floral tribute from President Manfred Netzel in recognition of the work she does in organizing the December Holiday Luncheon



The Three Amigos Allan Hux, Charles Hawkes and Jim Mile

The above named event surely turned out to be a good time worthy of the Spirit of the Season, despite a smaller than usual attendance. It was good to arrive on a crispy wintry morning greeted by Jim Loftus, Rosemarie Mohring, Manfred Netzel, and Frank Niessen and to have coffee ready on entering a satin-white hall with end to end windows, and adorned by a lovely Xmas tree and pan music too.

More members participated in the program this year, so more fun. The familiar guest pianist and guitarists Keith Dindayal and Mike Daley also were involved in the group performances, but the usual maestro, Pan Man Pat, due to illness, was replaced by Mark Mosca. We thank them for their music; however, Pat was missed for his extended performances during lunch.

Our member performances involved perennial favourites The Three Amigos Jim Mile, Allan Hux. and Charles Hawkes. These men use their wit to apply a current topic to a Christmas theme. We remember "The Twelve Days of Christmas" and the Donald, and on this occasion, "An Alternate Christmas Eve, Cheers!" Also talented poet, Larry French, returns home from Europe for the holidays, and does a dynamic poem rendition each year. On this occasion



Karma Naike and Eileen Markwick entertain in song

he read a timely excerpt, "Snow," from James Joyce's story, «The Dead.» The other spoken word performance was a story reading. Pam Locke, on only a few days notice, presented a timely story: Stuart MacLean's "Dave Cooks a Turkey." Good stuff.

To enrich the program, members volunteered, and with the soloist in a sextet delightfully performed "The Huron Carol," and a duet for "The Virgin Mary Had a Baby



Left to right, Sue Kralik, Barbara Edwards, Barry Edwards and Charles Hawkes



Larry French reading "Snow" from James Joyce's *Dubliners*

Boy." These renditions and the hearty carol singing with accompaniment from the musicians infused the gathering with a festive spirit, augmented by C12's sharing in donations of money and food to the Daily Bread Food Bank, for a meaningful event.

We must also extend acknowledgement to our vocalists Barbara and Barry Edwards, Charles Hawkes, Eileen

Markwick, a friend and retired principal, Sue Kralik, and me. Thanks are also due to Steve O'Brien and Manfred Netzel for overall help.

Celebrations are marked by entertainment, conversations among friends, good food, but sharing also did enhance ours.

We look forward to more celebrations with more ARM Chapter 12 folks. Happy New Year!

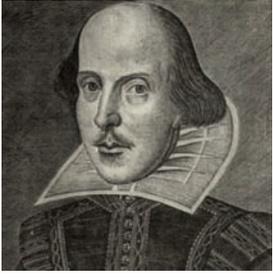
ARM Chapter 12 Donates to Daily Bread Food Bank

Tradition. That is what ARM's donation to the Daily Bread Food Bank has become. Every year, we provide a cheque for \$500 from ARM Chapter 12's charitable fund, Swing For Kids, for the food bank as well as several cartons of food donated by members at the December Holiday Luncheon.

We always make the presentation at the CBC building where Sounds of the Season is in its first day as the public broadcaster supports the Daily Bread's annual funding appeal. This year, on Friday, December 1, President Manfred Netzel (right) accompanied by Vice-



president Neil Walker (operating the camera) wished good luck to Daily Bread's Executive Director Gail Nyberg as she leaves the post she held for 12 years. Netzel also took the opportunity to welcome the new Executive Director, Neil Hetherington.



The Retired Bard

Two for Valentine's Day

Lost and Found

Imagine that the questions end,
and certainty replaces doubt.
Imagine that the love we knew,
so strong and deep is found again
In the scattered fragments of our past,
remembered and re-lived at last.

Imagine that I fill my heart with you,
companion, lover, friend and guide,
and still find space for more. Each
word, each touch, each smile, each
time together, makes firm the "Us"
of you and me.
I thank the power that brought us close again.

Coming To Our Senses

I see you as I write. As I saw you when we last parted.
As I will always see you, while life and memory survive.
Your image is always before me.

Your scent is part of my space. Your perfume is part of my obsession.
I breathe you in my dreams. I dream you clothed and naked.

I hear you in all your moods. I have heard you laugh and weep.
I am spellbound by your whispers of love. I carry your voice and words
With me everywhere I go. They resonate in my thoughts.
Your voice gives life to my life.

I have loved you in ways that define intimacy. We have melded our bodies
With heat and passion, and tender touch. The sounds of love-making
Are wordlessly intense.

I have touched you and held you close, locked in your arms,
warmed by your kiss. I have laid my palms on the hurt and pain
Of your body. I have held hands with you. We have embraced,
willing our closeness to be closer still.
Love, caring, and companionship
have met together in the us of you and me.

Love validates and makes sense of everything that moves us.
How to describe true love? I think of an inexhaustible banquet,
Created by, and consumed by, those who have fallen in love.

Travel or Where to next?

Three companies offer ARM members lots of travel choices

BY MICHELLE BARRACLOUGH

This is the time of year where the retired community starts to dream of vacations that are warm and clear. To this end, ARM Chapter 12, organised a seminar with companies representing varied interests of their membership. Well attended, the seminar panel presented everything from luxury river cruising, with Avalon tours, adventure tours with GAdventures and a specialty focused group with Know the World tours. Each company represented a different demographic within our group.

Know the World tours specializes in focused tours. Based on a variety of professions they develop tours that are offered in correlation to conventions. Once developed, they are posted on line and they welcome everyone to participate. They have tours from Asia to Europe and South America. Some of the tours have a river component, usually with AMA Waterways, a top-notch cruise company that does tours in many parts of the world. Additionally, the focus is sometimes on opera and arrangements are made to attend several operas as part of the tours. Using well-appointed hotels, the tours pick out the highlights in whichever country you are travelling. Examples include Angkor Wat in Cambodia, and the UNESCO heritage site of Luang Prabang in Laos. To get further information, please go to their website: knowtheworldtours.com

GAdventures was the second presenter and Amanda Dunning did an enthusiastic offering of this ethically oriented company's services. What this means is that GAdventures looks for opportunities to encourage local involvement. They build social enterprises which help local marginalized women and disadvantaged youth. At the moment, Planetera, their project wing, has over 50 projects world wide, where local people are trained in an enterprise, paid, and learn a skill.

Their country guides, CEOs, are proactive and from the country you are travelling in. They actively go out into the more remote communities and develop something that will employ and train local people; for example, a restaurant where students learn both the culinary arts and the business of running a restaurant. Your journey, in a small group of no more than 15, crisscrosses the country, in diverse forms of transport from well-appointed mini van to camels – more than a bird's eye view. On one tour I was on, the CEO got us invited to a wedding in a village where the guests welcomed us.

GAdventures have all types of tours: Classic, Active, Marine, local living and my favourite, National Geographic tours. Additionally all their tours are 100 per cent guaranteed.



Treasurer Michelle Barraclough, an inveterate traveller, introduces three travel consultants to a large ARM crowd of would-be wanderers

Once you book, you are going, no matter the number. Website: <https://www.gadventures.com>

Hektor Kuczuga, with Globus family made the last presentation. Their services include Cosmos, (Economy), Monograms (individual local travel), and Avalon (river cruises). Hektor focused on river cruising, a representation of luxury. Large well-appointed cabins allow clients to view the world as they drift by. Each day, a tour takes you out to explore a new area of the world. As the ships dock in central locations, when you disembark you are in the centre of town. On your return, you are treated with options for your next day's activities. They use small ships with a maximum of 150 passengers. The average age of the ships is 3 years which guarantees you the most up-to-date passage: sound proofing, spacious staterooms, free WiFi, excursions with guides, wine and beer with lunch and dinner. Their ships cover six continents including Europe, SE Asia, Africa, North America and South America. Once on board, you have a choice of active options, such as hiking, biking, and canoeing, or guided less strenuous activities. Website: avalonwaterways.ca

As usual, there was lots of opportunity for Q&A sessions. Please check their websites for up to date information on the tours each company is offering.

Roundup

Health & Wealth: a Checkup

Teachers Life, EFG, and OTIP update ARM members on their services

BY JIM MILE

The new year has arrived and this is a good time (make it a new year's resolution) to do a checkup on your health and your wealth. A proper examination is best done by calling the three organizations mentioned below and making an appointment. In the meantime, there are some reminders and new information, good to know about, that our guests presented at the ARM lunch on Wednesday, January 17.

Duane Young started the meeting with some interesting news from Teachers

Life. In addition to the familiar life insurance plans, they provide three scholarships and bursaries ranging from \$1,000 to \$3,000. They also introduced a mental health resource called Ready for Life (ReadyforLife.ca), created expressly for educators. Their partners at this resource are the Canadian Mental Health Association (CMHA); Mental Health Works, Children's Mental Health Ontario (CMHO) and two others.

Marian Ollila announced that Educators Financial Group has a new set of mutual funds designed to make investing easier and less stressful. What makes these funds different from their other mutual funds is that they are continually monitored by a professional who adjusts your portfolio to maintain it according to the proportion best suited to your wishes. There are four portfolios available ranging from low risk (mainly fixed income) to the highest risk (heavily foreign equity). All this would be carried out after consultation with an investment professional. The Management Expense Ratios (transaction fees) are under two per cent.

It's the 40th anniversary of OTIP. It began in 1977 with a single product, a long term disability plan that at the time was open only to teachers. Since then, coverage has been expanded to include all people working in education such



Left to right, OTIP's Anita Chamberland, EFG's Marian Ollila, and TL'a Duane Young.

as custodial and support staff and university and college employees. Anita Chamberland pointed out that educators have a direct input into OTIP because two sit on the Board of Trustees. OTIP is unique in that all profit is invested in programs for active and retired members. A surprising statistic is that there are 142 members over 100 years old who are collecting pensions. The beauty of OTIP is its flexibility; it's tailor made for us. When reviewing your OTIP plan, consider how Ontario Drug Benefit (ODB) fits in. ODB covers most drugs for people over 65. There is an annual \$100 deductible but that is reimbursed by the ARM plan.

When we think about it for a minute there are few things in life more important than our health and wealth. They impact the wellbeing of our families and our friends in addition to us. It's a good idea to have a checkup every new year.

**Lots of pamphlets and booklets to read. Call Teachers Life 416-620-1140 or 1-800-668-4229
Educators Financial Group 1-800-263-9541
OTIP 519-888-9683 or 1-800-267-6847**

Take a look at your finances

EFG saves the day

BY ED PRESTON

The ARM meeting for November 29 was intended to showcase the latest from OTIP. Unfortunately, a flight cancellation left Anita Chamberland of OTIP stranded in Sudbury. With very little notice, Marian Ollila, CFP, from Educators Financial Group (EFG) was able to carry the meeting with important information especially for recently retired teachers. However, it was a good review for many of us who've been pursuing other interests for more than a few years.

Marian opened by reminding us that OSSTF-owned EFG has been in existence for 43 years, and currently has 15,000 clients, and assets exceeding one billion dollars. To set the tone for the rest of the meeting, new retirees were advised to analyze their cashflow and expenses to be sure that there will be sufficient for retirement. This also seems like good advice for all practicing teachers, and those well into retirement. There are too many cases where retirees are hard pressed to match their wishes with their incomes.

Marian had only enough time to highlight those areas of personal financial management relevant to retirees. At the outset, one should have a handle on the combination of pension income with CPP and the eventual OAS, not just for the first year of retirement, but projecting over the next 10, 20, or 30 years. Understanding the advantages and disadvantages of taking CPP as early as age 60, or deferring it, and OAS, to age 70 is essential. Regarding OAS, one should be cognizant of the prospect of clawbacks if income exceeds \$75,000. This can be cushioned if one is able to income split with a spouse.

Next, think about your RRSP. It will have to be turned over to a RIF when you hit age 71, and then taxable annual withdrawals at the prescribed will have to be made. The actual amount will depend on the market value of your RIF on December 31 of the previous year. It can be withdrawn monthly, quarterly, semi-annually, or annually. If you're planning on placing the annual withdrawal into another investment, consider leaving it in your RIF until December 31 where it is tax sheltered. If the funds aren't immediately required, consider a TFSA contribution.

If you have extra funds available for investing beyond what you are putting into your RRSP, then you might consult with a financial advisor from EFG, or elsewhere. You will then be better able to assess your personal situation and your risk tolerance. Striking a comfortable balance between savings, equities(stocks), bonds and GICs will facilitate a better night's sleep. The author and his wife have spent considerable time with our advisor and have acquired a very clear picture of total assets, liabilities, financial limitations and opportunities.

The whole meeting, and then some, could have been devoted



Winning prizes and picking winners. Left to right, Chris Aslanidis, Michelle Barraclough and EFG's Marian Ollila, CFP, look after the draw for prizes at the end of Marian's presentation

to the next topic: Wills and Estate Planning. Whether you use a formal will, a holograph will (handwritten and witnessed), or a will kit, decisions and their implications, will have to be made: executor(s), powers of attorney for financial and personal care matters, and non-continuing powers of attorney (specified time period). While you're alive, take time to consider the impact of your estate on the beneficiaries when you die. Spousal rollovers, deemed distributions, tax returns, probate, capital gains on your assets, the acquisition of your principal residence and other properties, and non-registered investments all require your attention. Your named executor(s) will have to be sure that probate assessments and capital gains are looked after before distributions can be made to beneficiaries. The executor(s) must have a clearance certificate from CRA, with respect to taxes paid, before distributions can proceed. Strategies to lessen the tax and probate burden may be considered and discussed with a financial advisor and your family.

The brief overview was intended to remind us, or even alert us in some cases, of the importance of attending to our financial affairs as we travel through the retirement journey. Even if your not in a financial muddle, consulting those with professional expertise is a wise strategy. Book an appointment with a consultant/advisor at EFG. It's free! Also plan on attending the ARM meeting on January 17, 2018 where there will be representation from OTIP, ETG, and Teachers' Life to explain updates in their plans:60 Mobile, register at 9:30 for a 10:00 AM start.



5 tips for finally following through with your financial resolutions.

So, how are those New Year's financial resolutions coming along?

* The sound of crickets chirping *
If you're not on top of any kind of financial resolution this year, don't worry—you and those crickets

have got company.

According to a new poll from CIBC, 48% of Canadians have NOT made any type of financial resolution this year. In addition to that, the same 48% are not even planning to cut back on non-essential spending. That's pretty brave, or brazen, depending on you look at it—particularly with Canadian debt-to-income ratio levels at an all-time high (*for every dollar earned, Canadians now owe \$1.67 in debt – according to Statistics Canada*).

That sheds light on a very important conclusion: MORE Canadians should be resolving to make (and stick to) financial resolutions.

After all, even as an education member with a generous pension plan in place, you have financial goals beyond being financially set in the future for retirement, right? In the present you have credit cards to pay off and a mortgage down payment to save for (*or current mortgage you would like to pay off faster*). Perhaps you even dream of taking a 4 over 5 someday, or have big plans on how you'd like to spend a summer break.

Whatever your financial goals—here are 5 simple ways to finally take action:

1. Identify your goals and a timeline for achieving them.

Just as you wouldn't begin the school year without a plan to get you to the end of June, your financial goals are only as good as being able to commit to a realistic timeframe to making them happen.

Click here for examples of various financial goals and corresponding timelines.

2. Create a budget.

Never fun to create but always functional, budgets are necessary to get the full 360 on your income and expenses.

Click here for how to build a budget that works.

3. Use cash only.

While debit cards make life at the checkout counter a whole lot easier, they've also made it too easy to overspend. Using cash will keep you more on track to sticking to your budget. Because once you've spent the

cash you've allocated yourself (*based on your monthly/weekly/daily budget*), you're cut off. Using cash may also put you into the habit of thinking twice about making a purchase. If you end up with cash leftover, great! Now instead of spending it, consider putting it towards an extra debt payment or the financial goal you're saving towards.

4. Take the 52-week savings challenge.

One of the most common excuses Canadians have for not saving is thinking they don't have the funds to do so. However, 'saving' is more about the money you spend, versus the money you make. By adjusting your spending habits over the course of a year, you'd be surprised how much a dollar here and two dollars there can add up. That's where the 52-week savings challenge comes in. In week one, you put \$1 away, week two \$2, week three \$3, etc.—all the way up to \$52 in week 52. By sticking to that simple challenge you can save \$1,378 by the end of the year (*because when there is an actual number attached to a financial goal, there's more of an incentive to work towards it*). Plus with financial literacy being a huge part of the curriculum you teach, you could even bring your students in on the challenge, adjusting the timeframe to coincide with the amount of weeks in a school year.

Click here to see how you can save up to \$500 a month.

5. Partner up to achieve your savings goals.

They say all good things come in pairs. That's doubly true when it comes to saving for financial goals. If you have a husband, wife, or partner, it makes sense to take on your financial goals together. Because nothing achieves financial goals faster than dividing and conquering said goals as a couple. Plus it can make it a lot less painful to make those initial budgetary sacrifices in the beginning when you're both there to encourage and support each other every step of the way.

Need some guidance to get your financial goals kick-started in the right direction? We're here for you.

Since 1975, Educators Financial Group has helped thousands of education members achieve their financial goals at every stage of their career and beyond.

Have one of our financial specialists reach out to you for educator-specific advice. Plus enhance your financial literacy at your own pace by taking The Financial Kickstart Challenge.



Canadian winters can be beautiful, but treacherous too.

Winter can be beautiful. It's hard not to see the beauty in a field covered with a blanket of fresh snow, especially when the ice glistens in the morning sun. Lately, however, Canadians have been faced with more frequent extreme weather conditions.

Ice storms have been blamed for some of the worst natural disasters in Canadian history. They can lead to massive damage to trees and electrical infrastructure, leading to widespread long-term power outages.

Other dangers include hypothermia, fires and carbon monoxide poisoning, which can occur when people use alternative heating sources during periods of extended power failures.

It's important to know how you can take preventive measures and reduce the risks for you and your family.

To learn more, visit www.OTIPinsurance.com/Article17

Out of Town Events Continued from page 7

Own It' anti-privatization campaign, and also info about volunteering to construct affordable housing in the K-W Region, respectively. Contact: Rich Clausi (President) raclusi@kw.igs.net

March 6 - EFG Estate Planning Workshop This workshop also starts @ 9:30 in the D.24 Office, with a representative from EFG explaining and giving tips about estate planning for retirees and their families. Same contact as above.

April 3 - Travel Presentation and Chapter Business Meeting This event starts @ 9:30 in the D.24 Office, with a representative from *Merit Travel* in Waterloo speaking

about travel opportunities for retirees. A part of the agenda will also select delegates for the ARM Biennial Conference in early May. Contact same as above.

CHAPTER 29 (Prince Edward - Hastings)

February 15 - Chapter Breakfast & Executive

Elections - The location for this event is the Chapter's usual breakfast location, *The Northway Family Restaurant* @ 205 North Front St. in Belleville, but the agenda will also include nominations and elections for the new chapter executive. Contact: Jim Stewart (President) armdistrict29@gmail.com

Considered

Hillbilly Elegy: A memoir of a family and culture in crisis

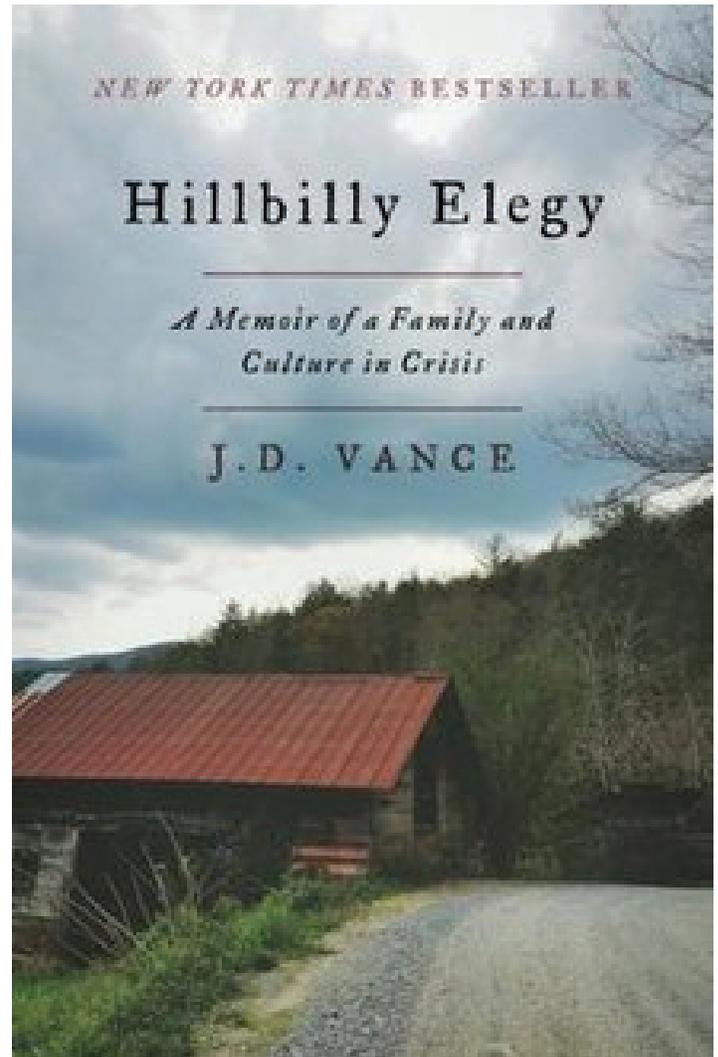
By J. D. Vance (Harper, 2016)

BY CHARLES HAWKES

The author of this memoir was raised in a dysfunctional Appalachian family in Ohio. He rose from his difficult circumstances to become a successful lawyer working for a Silicon Valley firm. The book is at turns sad, shocking, and even comical in its descriptions of his extended family's behaviours, and those of his neighbours whom he identifies as transplanted Appalachian hillbillies. The book became an instant bestseller as a result of an interview with author J. D. Vance in the summer of 2016, as Americans scrambled to try to understand Trump's rise, particularly his appeal to the white working class.

Appalachia refers to the states of Kentucky, West Virginia, Virginia, Tennessee, North Carolina, and Georgia. Vance describes the Irish-Scottish settlers as proud of their toughness, work ethic, patriotism, and family loyalty. Those traits also included tendencies to violence, verbal abuse, and increasingly, drug and alcohol abuse. Vance's family first lived in Kentucky but as the coalmines and mills shut down, and poverty grew worse, they joined thousands of other hillbillies who moved north to search for better jobs. Vance's family ended up in the steel town of Middletown, Ohio, and gained some semblance of a middle class life with a house and car. Vance's grandparents had a history of alcohol abuse and domestic violence that had an impact on their children, particularly his mother. She had five husbands, struggled with alcohol and drugs, and left Vance in the care of his grandparents. The grandmother, tough and profane, eventually became a stabilizing force in Vance's life, and forged a determination in him to find a way out of working class life that was deteriorating as Middletown slid into rust belt status. Vance finished school, joined the Marines, was accepted at Ohio State University, and went on to graduate from Yale Law School.

Vance is critical of the attitudes and behaviours of his own people. He relates how a young man with a pregnant girlfriend quits a decent paying job in tile because of the hours. He sees neighbours on welfare gaming the system to obtain cell phones that Vance's working family could never afford. They blame the Obama economy for their poverty and misfortune, an attitude that Vance calls 'learned helplessness.' These attitudes condemn them to permanent underclass status, and the pathologies that accompany it. Vance's memoir has caused much controversy and debate. Conservatives argue that Vance' story shows that success



in America is still a result of individual determination, not preordained by economic circumstances. Others argue that people such as Vance are an exception, and that luck played some role in his rise. To what extent can generalizations about the white working class and its issues be arrived at from one person's memoir? The problems created by failing economies affect all groups, white and non-white, and some note that Vance's account has a certain amount of smugness, and blame-the-victim tone to it.

Vance's memoir is well worth reading for the questions it raises about the responses of people facing difficult economic circumstances.

Consciousness, a very short introduction

by Susan Blackmore

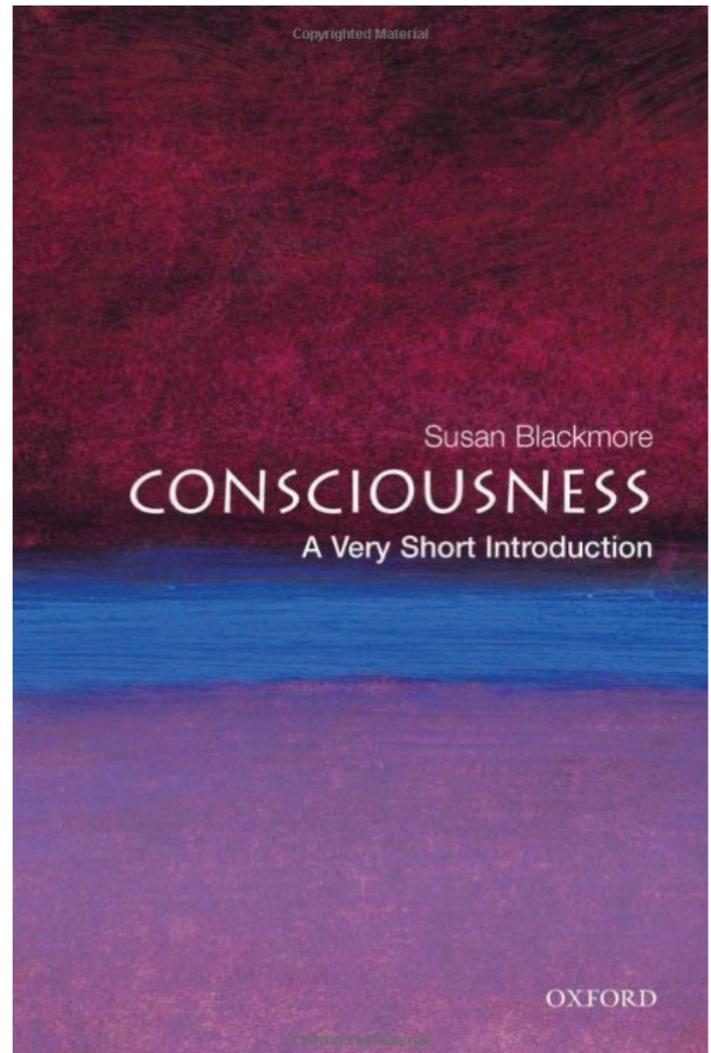
I Am Not a Brain: Philosophy of Mind for the Twenty-First Century

by Markus Gabriel

REVIEWED BY DAVID SCHREIBER

For many people, philosophy is a swamp, a madhouse, an ear-splitting cave filled with pointless, hair-splitting, logic-chopping argumentation. That may be true, but periodically we all find ourselves falling into that swamp, that madhouse, that cave. In the early days of computers, digital technology lured us in, asking us to ponder whether robots will one day look us in the eye with human-like intelligence. Much hair-splitting and argumentation ensued, with no clear results. Today the philosophical abyss opens again, thanks to sweeping claims made by neuroscience, which believes it has found the answers to some big questions. Does a mind exist or only a brain? What exactly is our inner life, our consciousness? Where does consciousness take place? How can something immaterial make connections with the material body? Is there any reality to the self, the ego, our feeling that we are the agents of our own actions? With recent discoveries about how our thoughts and actions depend on the brain, how can we believe that we have free will? Most of these questions go back many hundreds of years, and the philosophers who took them on, Descartes, Leibniz, Kant, Russell, and others disagreed with each other in a thousand ways. Perhaps we are nearing a day now when science will provide the final answers.

In her clear and concise monograph, *Consciousness: a very short introduction*, psychologist Susan J. Blackmore outlines the scientific findings on consciousness. The experiments and case studies she presents are entertaining and thought-provoking, as they seek evidence in dreaming, synaesthesia, multiple personalities, ouijah boards, out-of-body and near-death experiences, animal consciousness, and so on. Even ordinary experiences seem to yield insights. For example, since people can commute to or from work for half an hour or more and have no memory of doing it, they must have somehow been conscious to navigate and obey traffic signals. Yet it's not a normal sort of consciousness that leaves no trace in memory immediately afterwards. In the 1960s one of the most startling discoveries was



made when brains were scanned of subjects performing very simple physical operations, such as moving an arm. Parts of the brain associated with preparing for physical movement were found to be activated a full half-second before the conscious subject thought they had decided to move the arm. This raised grave doubts as to whether we are really agents of our own actions, whether the self exists, and whether we have free will.

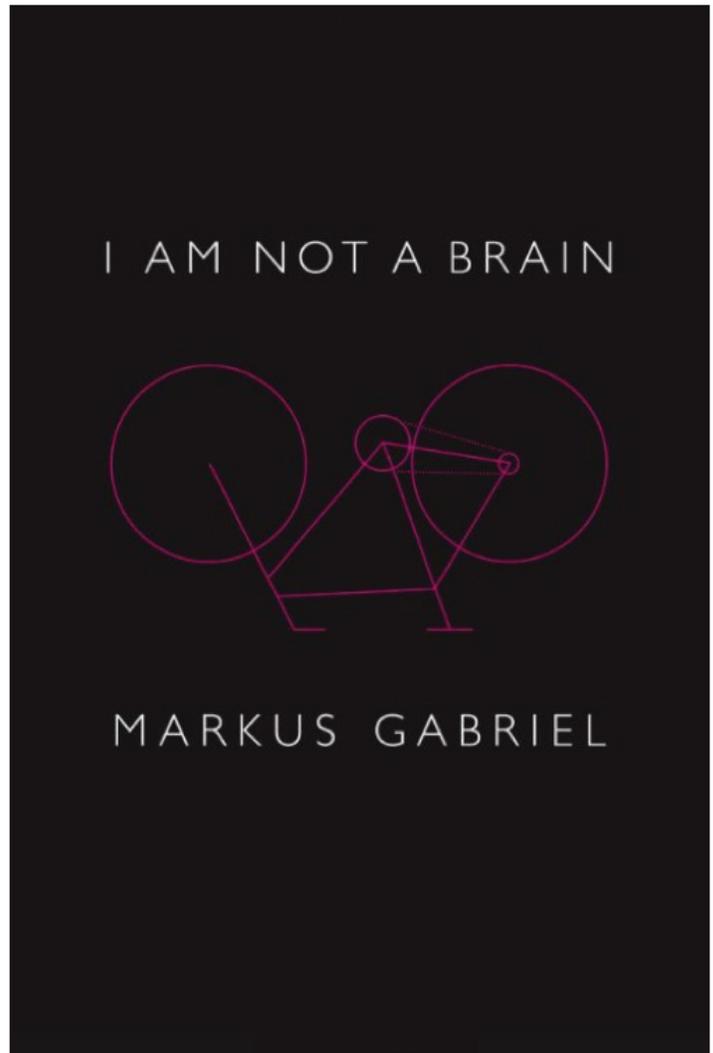
Dubious Conclusions

Philosophical questions are ubiquitous in Blackmore's account. Again and again as she describes what science says about consciousness, she bumps into the problem of explaining the connection between what scientists observe from the outside and what we as individuals experience from the inside, and she admits repeatedly that she cannot give an answer. She uncovers indications that seem to undermine the common sense view but never quite gets to proofs. To cover the gap she invokes future discoveries—coming “soon,” she says—when our technologies will be more advanced. Perhaps we will even discover the elusive “neural correlates of consciousness.” In the meantime, however, Blackmore does not bind herself to the evidence at hand, instead deeming the preliminary indications to be, likely, the whole truth. This leads to some peculiar theses. The mind, she believes, that is, the self, the entire mental world, is an illusion, and we ought to live dutifully keeping in mind that it is all an illusion: “This is tough, but I think it gets easier with practice,” she says, without offering any tips on how it is to be done. Free will is also an illusion, according to Blackmore, but, since studies have shown that rejecting belief in free will increases one's tendency to depression, we should live “as if” we believe in free will. Her book is an excellent introduction to the science of consciousness, but when it addresses ancient philosophical questions, it founders badly.

A Critique of Neurocentrism

In the recently published *I Am Not A Brain: Philosophy of Mind for the Twenty-First Century*, German philosopher Markus Gabriel takes the philosophical questions head-on in a multi-pronged attack on what he calls “neurocentrism,” the blurring, even the identification, of mind and brain. The claims of today's neuroscientists and psychologists, he believes, are riddled with omissions, incoherence, and bad logic. In a book sometimes dense with argument, sometimes light and spacious, making its points with references to *Fargo* and *Doctor Who* almost as often as Kant and Hegel, Gabriel subjects the pillars of neurocentrism to close scrutiny, picking away at their logic, exposing their presumptions, and investigating alternative explanations.

One of the most powerful images driving us toward the neurocentric, materialistic view is that of a machine-like universe consisting of nothing but particles and energy, all locked into a chain of causality stretching from the beginning of the universe until its end. Because our brains belong to that realm, and because the brain is the originator, apparently, of all thought, it is argued that we are mere automata (as are all other conscious creatures),



our entire mental world functioning beyond our control, inescapable and foreordained. Gabriel attempts to weaken the force of that image, pointing out, for example, that the current state of physics is not a closed, finished system: it cannot yet integrate gravity with quantum mechanics, it has no account of dark matter and dark energy, and causality seems vitiated by probabilities. However, he accepts the validity of determinism—as applied to the world of matter. Taking it further, though, is, he says, to over-extend one model of explanation over the entire cosmos.

The World Does Not Exist

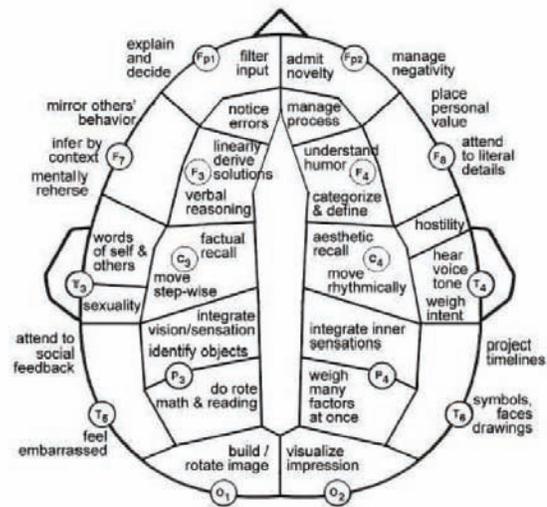
Gabriel's most unusual argument was presented at length in a previous book (and TEDTalk) entitled *Why the World Does Not Exist*. It is not possible, he believes, to step outside everything that exists, comprehend it all at once in a God-like glance, and thus see both the entire contents and the absolute limits of “the world” or “the universe.” That's what materialists think they have done when they declare that only matter and energy exist. But why only matter and energy? Do numbers not exist? The rules of logic? How about facts? Or the Federal Republic of

Germany, *Hamlet* (the play, not the physical words printed on the page), relationships, democracy, love? Gabriel contends that it is a mistake to assert that everything that exists belongs to a single class and that everything that exists cannot be comprehended in a single frame of reference. Instead, he wants us to accept a countless number of what he calls “fields of sense,” so that, just as it is meaningful and true to say that chairs and rainbows exist, in other fields of sense it can be meaningful and true to say that principles exist, or friendship or even Ebenezer Scrooge. Of course, Gabriel’s main interest in this argument is to clear the way for the mind and its cognates to be recognized as existing just as surely as atoms.

A chapter is devoted to each of consciousness, self-consciousness, the self, and freedom, as he both deals with various reductionist views of the mind and develops his own position, which he calls New Realism. Much of it is the common sense view of the mind — that it is real (although not a mysterious ‘substance’ and not existing apart from the brain); the true originator of many, but not all, of our actions; and operating with free will, even as it is subject to unconscious processes. He offers a tricky notion, though, for the defining function of the mind, which he takes to be its ability to think creatively about itself, ceaselessly to form conceptions of itself. At least part of what this means is our ability to imagine our own identities, as a Christian, for example, or a German, a patriot, a gift to the opposite sex (the mind can make errors about itself, of course) or a plaything of fate. This feature he takes to be absolutely crucial: “The human mind does not have a reality that is independent of its self-images.” Because a self-image has consequences in action and engenders a multiplicity of further thoughts, Gabriel believes it is important to push back against neurocentrism’s false image of the mind as illusory and unfree.

Here and there Gabriel raps the knuckles of some incidental figures, such as Richard Dawkins for his thesis that the human is no more than an elaborate biological mechanism devoted to the single purpose of passing on genes, Freud for his idea that the mind is enslaved to the libido, and Silicon Valley types who anticipate cyborgs and a future when an individual’s human experience can be uploaded to a computer, a network, or a USB stick. “Darwinitis” comes under fire for invoking a remote, mythical past to explain concepts such as egoism, altruism, good, and evil in terms of the struggle for survival and genetic transmission rather than accepting the historical development of these concepts, already so well

This is a brain map (birds eye view).



documented in culture.

The Other Sciences of the Mind

“Nothing is more human than the wish to deny one’s humanity,” wrote philosopher Stanley Cavell. Again and again Gabriel sees attempts to reduce our humanity to something other than, and always less than, human. The German word for the humanities, he points out, *Geisteswissenschaften*, means “sciences of the mind” and consists of subjects such as philosophy, history, musicology, linguistics, and theatre studies. There, he thinks, is where we learn the most about the human mind. Neuroscience undoubtedly helps us understand the biological phenomena without which, of course, there is no mental life. But it has not proven that we are identical with our brains or provided satisfactory explanations of mental phenomena. More important, it seems unlikely ever to provide the level of insight into ourselves that we find beyond the sciences in figures like Sophocles, de Tocqueville, Proust, or Niebuhr.

I Am Not A Brain could be much better focused. As it shifts from topic to topic, the connections can be fuzzy, sometimes leaving the feeling of a miscellany, as if portions were patched together from notebooks. Nevertheless, it is very stimulating, invites repeated readings, and provokes hours of reflection. Written with the lay reader in mind without sacrificing intellectual rigour, it offers a bracing reminder to keep our guard up against, not neuroscience itself, but its philosophical pretensions.

Living in the Land of the Eternal Spring, Antigua Guatemala

Beautiful vistas and architecture, volunteer opportunities, and a great Easter procession

BY MICHELLE BARRACLOUGH

I have been coming to Antigua Guatemala for several years now and have almost come to think of it as my second home. It took me several years to find somewhere to hang my hat. I have traveled to most of the Central American countries. They all have something to offer but Guatemala is the one in which I feel most at home. I live with a lovely Guatemalan lady, Marta, who rents rooms in her home and in exchange for your rent, you get a nice clean space to live with three meals, and the opportunity to indulge in a bit of local culture. You also get to understand a bit of how some people make ends meet.

Guatemala is one of the poorest Latin American countries, with one of the warmest people. Most Guatemalans welcome foreigners and in Antigua, a UNESCO heritage site, there is a large range of restaurants, travel agencies, art galleries, cooking schools and other facilities for the foreign invaders. The Guatemalans themselves are a soft-spoken society with strict rules of etiquette. Of course there is the not so nice element as well. But this can be avoided with a bit of common sense.

My initial venture into Guatemala was to study Spanish in 1990. This was a very different Guatemala from today's Guatemala. Where there were broken down buildings, today there are well-maintained colonial buildings which are strictly controlled by a city council. Not even the fast food chains can violate the rules of colonial style. If the rules are violated, the city has the right to demolish the offending building.

Now there is an international flavour to the restaurants and access to attractions, such as Lake Atitlan, is easy. In the old days, I took the chicken bus to reach the lake and had to duck when the cops came by, as there were too many people on the bus. Now, although the chicken bus option exists, you can go by comfortable minibus on a



modern highway. There is a variety of hotel choices, from hostels to five star hotels, and Airbnb. Entertainment varies from talks from nonprofit organizations, every Tuesday at Rainbow Cafe, to jazz at La Esquina de jazz. Recently, I attended an art exposition at El Sitio, a beautiful

colonial home now used as an exhibition and concert

space. Here fountains flow and tranquility reigns, no matter the bustle on the street.

As part of my on-going quest, to do some volunteer work here, I have discovered a wonderful afterschool program run by a Canadian woman, Vicki Horsfield. (Creating Opportunities for Guatemalans). As the children at the local villages attend school for only half a day, she decided to provide them with an option. Once I contacted her and offered my services teaching, she welcomed me and now I spend three days a week at



her project working with the kids on ecology, mostly in English. So on the days I volunteer, I catch the chicken bus to the pueblo and spend the morning helping out. Then I rush, figuratively, nothing moves fast on the chicken bus, home for lunch before walking to my Spanish class in the afternoon.

Then begins my language challenge. I have been spending several years here learning Spanish and I like to think that it is improving slowly. At the moment I am fighting with the subjunctive mood. My poor teacher,



The cathedral from City Hall



Sheny, is very patient, as is my host. Both give me lots of help and explanations. And I have finally grasped when I am supposed to use it. Unfortunately, it is usually

after I have used the wrong tense or mood. At any rate, we have a lot of laughs. The other day I thought I was telling Shenly that Vicki watched to see how the kids were doing in school, when what I actually said was Vicki was watching them make kids. A slight modification but significant. On a side note, I took a photographic tour of Antigua and learned a bit and reinforced some of the rules I learned in my art class. It was interesting; now, all I have to do is remember the rules of Antigua photo walks, with Rudy Giron. Rudy did a great job, explaining both the theory of photography and some of the history of

Antigua, before the walk started. From there, he took us on a small walk and applied some of the theory as well as showing us some of the hidden gems inside some of the shops and restaurants in Antigua. Many of the old



The Christ figure being carried from a ruined church, part of the Lenten procession

homes have been converted into fast food franchises but the bones of the old home still exist and have been incorporated into the new function. A visit to Antigua is not complete unless you go to the patio of McDonalds. The view of the volcano is breathtaking and the patio is replete with a fountain from when the building was someone's home.

The start of Lent is very exciting here in Antigua. The religious processions commemorating the passion, crucifixion and resurrection of Christ commence – a ceremony brought over by the Spanish in the 16th century. Antigua has one of the largest celebrations in the world. I was lucky enough to see one. Families vie for the right to help carry the floats with Christ in the procession. There is a fee the family pays to take part in the procession. The same families have been taking part in the parade for generations. Each person has a card with a number which gives them the place they stand to carry the float. They change people every 4 or 5 blocks depending on the size of the float. In front of the floats the people lay out carpets, alfombras of flowers or coloured sawdust pictures, over which the procession travels. Add incense and fireworks and you have a little of the essence of the start of Lent in Antigua.

I hope my views on Antigua have engendered a desire for you to see this beautiful city and tour the many hidden vistas in Guatemala.





ARM Chapter 12 Theatre Excursion ***A Chorus of Disapproval* by Alan Ayckbourn**

Wednesday, June 20, 1:30 p.m.

Open to all ARM Chapter 12 members, their family members and friends.
Tickets \$62 each.

After the show, participants are invited to gather at a restaurant in the Distillery District for dinner or snacks and refreshments. The restaurant will be named at a later date.

A Chorus of Disapproval, “a deeply funny dramatic comedy about deception, ambition, and lust,” won the Lawrence Olivier Award for Best New Comedy.

At The Young Centre for the Performing Arts in the Distillery District, 50 Tankhouse Lane, Toronto. To purchase tickets, contact the theatre box office directly. It is open from 1 to 8 p.m. daily. Call 416-866-8666 or go online: <http://tickets.youngcentre.ca/single/SYOS.aspx?p=10264>

Once you have booked your tickets, contact Paul Rook either by phone at 416-292-9919 or e-mail at prook@sympatico.ca to let us know that you will be attending and to help us plan for the post-show festivities.

For more information, please contact Paul Rook.

Stratford Theatre Trip

Thursday, June 14, 2018

Returning after a break last year, our ARM C12 Stratford Theatre Trip happens this year on Thursday, June 14, 2018.

Two fascinating productions scheduled for the afternoon's matinee shows have historical literary significance:

To Kill A Mockingbird at the Festival theatre.

The Rocky Horror Picture Show at the Avon theatre.

To Kill A Mockingbird, Harper Lee's 1960 novel adapted as a family and societal drama that reflects growing up in the 1930s southern USA, specifically Alabama. The story winds through different phases of injustice and inhumanity to revelations of new understandings and insights into humanity's soul. Atticus Finch is immortalized, but transformations within various communities and folks also occur. This masterpiece is considered a story of the power of childhood innocence, morality, and love but to Lee, a simple love story.

The Rocky Horror Picture Show is a revival of the 1975 cult sci-fi horror show based on B movies popular through the 40s to the 70s. A young couple caught in a storm arrives at the home of a mad transvestite scientist, Dr Frank-n-Furter and his invention, Rocky Horror. The story is outrageous for outrageousness' sake. Through the glam-rock movement, Dr Furter mirrors the current politics and taboos of the 70s. It is a musical some might want to re-visit, or are curious to see what they might have missed in the 70s.

Transportation/bus pick-up

8:15-8:20, Agincourt Mall, NE corner Sheppard/Kennedy, outside Walmart.

8:30-8:45, NW corner, Yonge & York Mills Ave.

9:00-9:15, 2245 Islington Ave, outside Walmart.

5:00-5:15 pm, Bus after-show pick-up: Avon Theatre, Festival Theatre – leave for Toronto

Lunch

Arrival at Harvest Moon Restaurant, St.Jacob 10:45-11.00 am. Lunch (optional) followed by departure for Stratford, 12:00 pm. 1:00 pm arrival, free time downtown Stratford. 1:35 head for theatres.

The lunch menu is a choice between fish and chips with salad, or chicken, with mashed potatoes or fries, veggies, and a drink.

Cost

Theatre admission:

To Kill a Mockingbird \$73

The Rocky Horror Picture Show \$75

Travel: \$35

Lunch: \$18 (Optional)

Totals including lunch:

Mockingbird \$126

Rocky Horror \$128

Registration

Register ASAP in order to confirm your order.

Shows are being quickly sold out. Call Karma Naik (416-783-6591)

Payment: Make your cheque payable to **OSSTF ARM C12** and mail it to Karma Naik, #511, 25 Earlington Ave, Tor, M8X 3A3 – Mockingbird (\$126), Rocky Horror (\$128) **no later than April 10, 2018.**

Let us come out for a great time together, no driving, and much less costly than on your own!