



Limestone/ Ottawa-Carleton/ Renfrew/ Upper Canada

ARM CHAPTER 25

ARM Ch. 25 Newsletter: October 2025

www.armch25osstf.com



President's Welcome

Dear Members,

It is an honour to serve as your new President of ARM Chapter 25. Our chapter continues to thrive thanks to the energy and engagement of our members, and I look forward to building on that strong foundation.

In the months ahead, we'll be celebrating the **30th Anniversary of ARM**—an important milestone that reflects our shared history and our ongoing commitment to supporting retired teachers and education workers. Together with the Executive, I'll continue to promote opportunities for learning, connection, and advocacy that make ARM Chapter 25 such a vibrant community.

I look forward to meeting many of you at upcoming events and hearing your ideas for the year ahead.

Cheers,

Les Robinson

President, ARM Chapter 25

IMPORTANT NOTE

NEW DIGITAL NEWSLETTER

WE'RE GOING MOSTLY DIGITAL...

This is the **last issue mailed to everyone.**

Do nothing → you'll receive digital issues (min. 4/year) by email + on our website.

Want print every issue? Email contact.arm25@gmail.com

Update your email? Email contact.arm25@gmail.com

No computer? Call **613-729-7211**



Retirement, your way

Choose from 3 RTIP health insurance plans, and the flexibility to move between plans if your needs change in retirement.



Learn
more



ARM Chapter 25 members enjoying dinner and camaraderie following the **Annual Golf Tournament** — a great day of golf, good food, and great company.

ARM CHAPTER 25 NEWSLETTER MOVES TO A PRIMARILY

DIGITAL FORMAT

Beginning this year, ARM Chapter 25 will share its newsletter primarily in digital form. This change reduces printing and postage costs, supports our commitment to environmental sustainability, and lets us deliver information more quickly—with space for more photos, links, and interactive features. As part of this process, our production and distribution of Chapter 25 membership cards, is under review.

Under this new model, the newsletter will be published at least four times per year in digital format. This will be emailed directly to members and posted on both the ARM Chapter 25 website: www.armch25osstf.com and the ARM Council website: www.armcouncil.osstf.ca for easy access.

If you prefer to continue receiving a printed copy of the newsletter, please email: contact.arm25@gmail.com with “Newsletter” in the subject line.

If you need to update your email address, send an email to contact.arm25@gmail.com with “Update” in the subject line.

Members without computer access can call **613-729-7211** to **request a printed copy**.

Thank you for supporting this transition as we modernize our communications and reduce our environmental footprint—while continuing to serve members who prefer print.

Your ARM Chapter 25 Executive Council



RTIP RAER



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Since fraudsters continue to find more sophisticated ways of tricking Canadians out of their money, it’s vital that you stay informed on how you can fight fraud and keep yourself, your family, and your money safe. After all, knowledge is power.

OTIP: <https://www.otip.com/why-otip/news/fighting-fraud>

FRAUD PREVENTION: KEY TAKEAWAYS FROM THE OTTAWA POLICE SERVICE

With Sgt. Doug Mirau

At the October 8 General Meeting, Sergeant Doug Mirau of the Ottawa Police Service delivered an engaging presentation on fraud and identity theft—a growing issue affecting Canadians of all ages, especially seniors.

Sgt. Mirau reminded members that fraud is “taking something by deceit,” and that scammers use fear, trust, and urgency to trick victims into sharing money or personal information. Common schemes include CRA and bank impostor calls, “grandparent” scams, and online marketplace overpayments.

He emphasized a few **simple safeguards**:

- Never share personal or banking details by phone or email.
- Shred financial papers and review your credit report regularly.
- No government or police agency will ever demand payment by gift card or cryptocurrency.

Ottawa Police Service (613-236-1222) or online at ottawapolice.ca

A Final Message

Sgt. Mirau closed with simple, but powerful advice:

“If it seems too good to be true—it is.”

“Don’t be afraid to say no, hang up, or delete.”

ARM Chapter 25 extends its thanks to Sergeant Doug Mirau for an informative and practical presentation that helps members recognize, prevent, and report fraud before it happens.

 **Presentation Access** – A recording of Sgt. Mirau’s presentation — along with a **PDF copy** and other **helpful resources** — is available to ARM Chapter 25 members on our website: <https://www.armch25osstf.com/fraudandprevention>

Members were encouraged to report incidents to the

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ARM Chapter 25 members joined the community rally in Manotick to oppose Bill 33 and defend public education.



ARM Chapter 25 General Meeting — October 8, 2025

ARM Chapter 25 members gathered for the biennial General Meeting on October 8, 2025, at the Hilton Garden Inn, Ottawa Airport. The meeting provided an opportunity to celebrate achievements, recognize service, and plan for the next phase in the life of our vibrant chapter.

Leadership Transition

The meeting marked the end of Dina van den Hanenberg's term as President. In her final report, Dina reflected on the Chapter's strong record of advocacy, community giving, and member engagement throughout her tenure. She highlighted key initiatives such as local charitable donations totaling more than \$20,000, partnerships with OTIP/RTIP and Educators Financial Group, and active participation in provincial ARM Council discussions and the 2025 ARM Biennial.

With nominations closed and all positions acclaimed, Les Robinson assumed the role of President, with Clare O'Connell Noon as Treasurer and Judith Miller as Secretary.

Highlights from Reports

The Chapter's ongoing success in member communication and outreach was evident in the Webmaster's Report, which showed more than 1,000 annual website visits and over 2,500 page views. The most frequently visited pages were the Homepage, Upcoming Events, and Newsletter sections. These analytics demonstrate that members are actively engaging with online content, particularly around events such as the General Meeting, Golf Tournament, and Breakfast Socials.

Advocacy and Future Focus

Incoming President Les Robinson

previewed the upcoming 2025–2026 program year, which will feature an OTIP/RTIP update in January, a combined EFG Estate Planning session and holiday luncheon in December, and the return of the popular East and West Breakfast Socials in February. Planning is also underway for a special 30th Anniversary Celebration in May, marking three decades of fellowship, advocacy, and community among ARM members.

Looking Ahead

As ARM enters its 30th Anniversary year, Chapter 25 members can look forward to a renewed focus on advocacy, connection, and celebration. The Executive extends sincere thanks to all who continue to make our Chapter an active and welcoming community for retired teachers and education workers across Eastern Ontario.

ARM Chapter 25 Events 2025–2026

Stay Connected!

Our calendar of upcoming events continues to evolve as new dates are confirmed. Please check the ARM Chapter 25 website regularly for the latest updates, registration details, and additional opportunities to participate:

👉 www.armch25osstf.com/upcoming-events

Upcoming Events:

 **December 3, 2025** – EFG Estate Planning Workshop & Holiday Luncheon

Join us for a festive lunch and an informative session on estate planning and wills.

 **January 22, 2026** – OTIP / RTIP Update Meeting

Our annual update session with OTIP representatives. Learn about benefit changes, new options, and rate updates for 2026.

 **February 11 and 12, 2026** – East & West Breakfast Meetings

Two community breakfast gatherings to share conversation and celebrate Valentine's Week. Door prizes and a seasonal draw included!

 **May 11, 2026** – ARM 30th Anniversary Celebration

A milestone event to honour 30 years of ARM! More details and registration information will be announced in early 2026.

 **Late May / June 2026** – To Be Announced

Our late-spring social or trip event will be confirmed once venue and partner availability are known.

For the latest updates, visit:

<https://www.armch25osstf.com/upcoming-events>