



QUARTER NOTES

CH.25 ARM Newsletter: Spring 2026

www.armch25osstf.com



President's Message

Honouring Those Who Built What We Share

Dear Members,

As we approach our province-wide ARM 30th Anniversary celebration on May 11, this feels like a moment not just to celebrate—but to remember.

ARM did not begin as a fully formed organization. It began as an idea—carried forward by individuals who believed that retirement should still include connection, purpose, and a voice within our Federation. That idea took shape through the work of early leaders such as Malcolm Buchanan, Betty Ann Bushell, Chester Faulknor, Manfred Netzel, Milt Payne, Brian Radke, and Frieda Smyth—builders of the structure, advocacy, and community that continue to guide ARM today.

Here in Chapter 25, that same vision found its way into the work of Terry Taller. In his reflections, Terry reminds us that what mattered most was not simply building an organization, but creating a community—one where people could come together, stay engaged, and genuinely enjoy one another's company.

“Hearts starve as well as bodies—give us bread, but give us roses.”

That enduring line from the labour movement captures something essential about what our founders understood. They built not only the structures that support us, but also the sense of connection, dignity, and shared purpose that continues to define ARM today.

Thirty years later, that vision still lives—in our gatherings, in our friendships, and in the understanding that retirement is not an ending, but a new chapter.

So as we gather on May 11, we do more than mark an anniversary. We honour the people who built something worth continuing.

To Terry, and to all of those early leaders across the province—thank you. Your work endures in all that we do.

I look forward to celebrating together.

In solidarity,
Les Robinson
President, ARM Chapter 25



OSSTF-ARM Chapter 25 members supporting public health care coalitions

OSSTF-ARM Council Presidents at press conference in support of Home Care

Home Care in Ontario: From Report to Advocacy

Health care in Ontario—and across Canada—continues to be a major concern for many of us. In response, ARM OSSTF/FEESO has been actively engaged in advocacy efforts at both the provincial and local levels.

Members have participated in rallies supporting public health care, organized by the Canadian Health Coalition in collaboration with the Ontario Health Coalition.

In 2023, ARM Council conducted a province-wide survey of both active and retired OSSTF/FEESO members regarding their experiences with home care services. The findings informed the OSSTF/FEESO Report on Issues in Home Care in Ontario, released in May 2025.

→ [Link to full report](#)

As a follow-up, ARM Council launched a

coordinated advocacy initiative encouraging members to meet with their local MPPs. Participants shared the report along with a briefing sheet, speaking notes, and a summary of key concerns.

Here in Chapter 25, members met with representatives from all three major parties:

- MPP Stephen Blais (Liberal – Orléans)
- MPP Stéphane Sarrazin (Progressive Conservative – Glengarry–Prescott–Russell)
- MPP Catherine McKenney (NDP – Ottawa Centre)

These meetings were constructive and non-partisan, focusing on practical ways to strengthen the home care system and improve patient outcomes.

ARM advocates presented four key recommendations:

1. Increase government-funded home care services by at least 15%
2. Ensure funding supports improved wages for PSWs and nurses
3. Tie funding to continuity of care and quality standards
4. Establish an independent public office for transparency and complaints

Participants also completed a reporting template to share outcomes provincially.

On March 26, ARM Council members gathered at Queen’s Park for a coordinated Lobby Day, including a press conference highlighting concerns identified across the province.

▶ [Watch the press conference](#)

While these efforts represent an important first step, improving

home care in Ontario will require sustained attention and continued public engagement.

ARM members who are interested in supporting this work—whether by sharing information, contacting elected representatives, or participating in future initiatives—are encouraged to stay involved as this advocacy continues.



Bruce Awad, ARM Chapter 9 President, presents the Home Care Report at Queen's Park

Join us in celebrating ARM's 30th Anniversary



Monday, May 11, 2026
Coffee and Light Refreshments: 10:00 a.m.
Watch Party: 11:00
Keynote Speaker: Charlie Angus
Complimentary Luncheon to follow

**9 Corvus Court
Ottawa
K2E7Z4**

→ Watch Party Registration:

<https://forms.gle/Dej8kY67ubQagD9B8>

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](http://www.armch25osstf.com) regularly for the latest updates, registration details, and additional opportunities to participate:

Upcoming Events

📅 April 28, 2026 – National Day of Mourning

Honouring workers killed or injured on the job

12:30 p.m. | Vincent Massey Park, Ottawa

📅 May 11, 2026 – ARM Chapter 25 30th Anniversary

Province-wide celebration of 30 years of ARM

✓ Virtual participation or local Watch Party (D25 Training Centre)

👉 Details & registration:

www.armch25osstf.com/upcoming-event

📅 May–June 2026 – Spring Breakfast Gatherings

Join us across the district for relaxed mornings of good food and conversation.

✓ Complimentary breakfast — no cost to attend

- ✓ Partners and guests welcome
- ✓ Seating is limited — register early
- **Kingston** – Thursday, May 14 (10:00 a.m.)
Morrison’s Restaurant
- **Upper Canada East: Ingleside** –
Wednesday, May 20 (10:00 a.m.)
Jimmy’s Restaurant
- **Upper Canada West: Brockville** –
Wednesday, May 27 (10:00 a.m.)
Sunset Grill Restaurant
- **Pembroke** – Wednesday, June 3 (10:00 a.m.)
Westwinds Restaurant

👉 Register for all breakfasts:

www.armch25osstf.com/upcoming-events



How technology can reduce distracted driving on our roads



Think about the last time you were in your vehicle. Did you swing by a drive-thru and eat your breakfast behind the wheel? When your phone rang, were you tempted to pick it up? How often did you reach over to change the music or adjust the temperature? Multitasking has made its way into nearly everything we do, including driving. However, multitasking behind the wheel, also known as distracted driving, can quickly turn a safe trip into a fender bender. Let's explore some technology and tools that can help you keep your hands on the wheel and your eyes on the road.

Read more at www.otip.com/article203. #OTIPUpdate

You inspire us to serve you better, at work, on the road and at home.

You dedicate your life to helping others, and we dedicate ours to protecting you

Navigating life's unexpected changes: is your financial safety net ready?

Life has a way of throwing curveballs when we least expect them. Whether it's the uncertainty of a new bargaining cycle, an unexpected medical leave, or the personal impact of a divorce or job loss, these moments are stressful enough on their own. They shouldn't have to break the bank, too.

The best time to build a safety net is before you need it. Here are 2 ways to start today:

- **Register for our next “Ready for Anything” webinar** on April 28th from 4:30 pm – 5:45 pm. Learn actionable tips to help you prepare financially and personally for events like strike action, disability, or other major life changes: <https://bit.ly/4bXOJug>
- **Book a complimentary consultation** with an Educators financial advisor to get personalized advice and a plan tailored to your goals: <https://bit.ly/4c35aGH>

P.S. Want a chance to win one of ten \$50 gift cards? Take a couple minutes to complete our Spring Survey: <https://bit.ly/4bUYc5c>. Your input will help us tailor our products and services to better support you in reaching your financial goals.

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<https://bit.ly/4c35aGH>.