



## Executive Committee Report

On behalf of the Board of Directors and the RTAM Executive Committee, Jayesh Maniar, RTAM President would like to offer everyone a happy new year.

[Read More](#)



## Pembina Trails Cyber Breach RTAM is sharing information available on the Pembina Trails website.

### Information specific to staff

The payroll database generally contains information about Pembina Trails School Division staff since 2009. Not all former staff from that period have information stored on the database and any staff whose information was in the database are being contacted by email or mail. Our payroll database contains name, date of birth, gender, address, phone number, compensation information, bank account information, and social insurance number. While we have no evidence that the contents of the payroll database were actually accessed, out of an abundance of caution, we are notifying and offering 36 months of credit monitoring service at no cost to current and former staff whose information was in that database.

If you have not received a letter by January 15, 2025, please contact us using [this form](#) and further information on how to protect yourself can be found [here](#).

## RTAM Summer Plans - Leaders Wanted!

We're looking for volunteers and regional

[Email](#)



leaders for several upcoming programs!

- This summer, RTAM will be hosting a BBQ day around the province for all our members. If you'd like to be part of our outdoor event and planning, please reach out!
- This May, RTAM will be partnering with a provincial charity and hosting a province wide walk-a-thon. We're hoping this event gets our members active and engaged, email to help become a leader today!
- During the month of June we will be hosting a pickle-ball week across the province to help celebrate the quickest growing sport in Manitoba... are you a pickle-ball player and connected to the community?

Help us reach out and connect this summer, we need your help!



## RTAM Events

Here are some of the great seminars and workshops RTAM is presenting to start the new year in January and February.

Please log in to the RTAM website through the new member portal to sign up for these programs for free!

- January 8th - Dementia Friendly Communities
- January 15th - Hearing Health with HearingLife
- January 15th - Chair Yoga "For Us By Us"
- January 22nd - Cancer Care Manitoba: Screening and Prevention
- February 5th - Red Cross Canada: Friendly Calls Program
- February 12th - Active Aging in Manitoba

A minimum of 10 participants is required for these events to proceed.



## RTAM Choir (Special Interest Group) Registration now open for Session 2!

Registration is now open for session 2 of the RTAM Choir. We encourage everyone, especially male voices, to join in the fun!

Most recently, the RTAM choir were guests at

the Manitoba Nurses holiday concert, and they held their own holiday concert on December 11th, 2024.

Registration can be done through the member portal.

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## RTAM Launches 2024-2025 Substitute Teacher Concerns Committee Survey

The Retired Teachers' Association of Manitoba (RTAM) is excited to announce the launch of its newest initiative—the RTAM Substitute Teacher Concerns Committee Survey for 2024-2025. This comprehensive survey, developed by the Substitute Teacher Concerns Committee, aims to gather valuable insights from substitute teachers who are members of RTAM. The information collected will help RTAM better understand the current challenges faced by substitute educators, providing an opportunity to advocate for meaningful change in the work environment and conditions for retirees who continue to work as substitutes.

More of this story and the survey link can be found here: [RTAM Launches 2024-2025 Substitute Teacher Concerns Committee Survey - Retired Teachers' Association of Manitoba](#)

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## Our Health

*Monthly Health News Curated by the RTAM Board*

*This newsletter does not provide any medical advice. Any health-related information is provided for informational purposes only and not to be used for any diagnostic or treatment. Do not attempt self-diagnosis or treatment based on anything read in this newsletter. Always seek the advice of medical professionals or health care providers regarding a medical condition, diagnosis, or treatment.*



We are thrilled to share a **free** resource crafted for those impacted by dementia, and those at risk of developing the condition. MindTriggers is a phone or tablet app created by a prominent Manitoba researcher, Dr. Zahra Moussavi. It consists of seven games designed to challenge the mind and improve cognitive skills in short, fun bouts of concentration. The app has been shown to improve the brain health of its users (link to study: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9261296/>). It is now available on all app stores, **at no cost!**

Please watch this video for a short description of the project: <https://www.youtube.com/watch?v=4nApkscrgmM>. We've also attached the video as a compressed file, allowing you to share at will with anybody you believe may benefit from it.

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## MONEY AND YOU SENIORS EDITION

### CFEE - Money and You Newsletter

This month, our partners and friends with Money and You help deliver stories and article on:

- Tips for living longer...
  - Tips for improving your mood...
  - Watching out for cyber fraud!
- \* AND MORE

### CFEE Launching Student Event at Red River College in Manitoba 2025

"**Summer Side Hustle**" is designed to give grade 9 students an opportunity to test the waters of entrepreneurship through a "gamified" competition, we would like RTAM Volunteers to help us deliver a successful program.

For volunteers, they can email the organizer of the competition, Justin Pasosky [jpasosky@RRC.CA](mailto:jpasosky@RRC.CA), and cc [cizatt@cfee.org](mailto:cizatt@cfee.org), to get them added to the volunteer roster. There will be a number of volunteer positions available across the 5 activities that are part of the Applied Commerce Education High School Competition.

**The main tasks would be supervising students as they complete the tasks, aiding in the implementation of the different competition activities, judging submissions, and assisting teachers in the lounge.**

The actual "hours" of the competition take place during school hours on **Wednesday, April 16<sup>th</sup>, 2024.**

Please email to register as a volunteer or [download the flyer to learn more here!](#)

[Click Here for the CFEE Newsletter](#)



### RTAM Website: Member Portal - Your New User Profile

RTAM launched a new website and through it a member profile unique to each of our members. This will be the hub where you register for events and programs, update your contact information and get updates and access member benefits moving forward. To learn about creating your profile, please visit the RTAM website through the link below!

[Read More](#)

## Pancake Breakfast with Festival! Déjeuner aux crêpes avec le Festival du Voyageur !



RTAM is partnering with local leader, Henri Dupuis and the *Relais des Pionniers* to bring our members a Festival du Voyageur EXPERIENCE at the *Relais des Pionniers Trading Post!*

- Where: Paroisse Saint Matyrs Canadiens (Parish of Saint-Martyrs Canadiens), 289 Dussault Avenue, Winnipeg
- When: Wednesday, February 19, 2025 8:30am to 10:00am
- What: Pancake, Sausage and eggs Breakfast, Melted Maple Sugar, Fiddle and Violin Music, Singing and more!
- Cost: \$20 per person
- Registration: Opens Wednesday January 8th, 2025 on the RTAM Website.

Le RTAM s'associe au leader local Henri Dupuis pour offrir à nos membres une EXPÉRIENCE Festival du Voyageur !

- Où : Paroisse Saint-Matyrs Canadiens (Paroisse des Saint-Martyrs Canadiens), 289, avenue Dussault, Winnipeg
- Quand : Mercredi 19 février 2025 de 8h30 à 10h
- Quoi : Petit-déjeuner aux crêpes et aux saucisses, sucre d'érable fondu, musique de violon, chant, et plus encore !
- Coût : 20 \$ par personne
- Inscriptions : Ouverture le mercredi 8 janvier 2025 sur le site du RTAM.



### RTAM Group Trip: Wonders of Türkiye

- September 3-17, 2025
- 18 Days/17 Nights
- Member Rate: Only \$4,999 CAD

Join this unforgettable adventure through Turkey, where East meets West! Experience the vibrant culture and stunning heritage shaped by the Ottoman Empire. Explore Istanbul's bustling bazaars, marvel at the Hagia Sophia, and sail the Bosphorus, separating Europe and Asia. Wander through the ancient ruins of Ephesus, relax in Pamukkale's thermal pools, and indulge in delectable Turkish cuisine.

For more information, please visit the trip information page [by clicking here.](#)

**HearingLife** | Trusted Partner of **RTAM**  
RETIRED TEACHERS' ASSOCIATION OF MANITOBA

# Start off the new year with better hearing!

Try the latest hearing aid technology for 30 days – risk free.

**RTAM Members & Family save an EXTRA 10% on the final purchase price of hearing aids.**



Retired Teachers' Association of Manitoba | 106-1780 Wellington Avenue | Winnipeg, MB R3H 1B3 CA

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